

A DAY IN THE LIFE OF FLINDERS ESCAPE

The new day on the campsite usually begins between 6.30am – 7am. If you are an early riser, we ask you to be considerate of others still in bed by keeping as quiet as possible. We ask all riders to refrain from talking in the tent area before 6.30am so that those who cherish that last half an hour of sleep can rest undisturbed. We don't give wake up calls, so it is up to riders to get themselves going and on the road each morning.

Before breakfast you will need to freshen up for the day. The toilet facilities are open throughout the night, and where possible the showers are too. We use on-site facilities, which vary from campsite to campsite. Sometimes they're big, plentiful and spotless, and other times they can be football club style. Where possible, we try to make sure there are private shower facilities available. In addition, we will have the services of a mobile toilet and shower truck to supplement onsite facilities. The showers in this facility will close at 9pm every evening to enable cleaning and may not be available the following morning. Toilets will remain open throughout.

Breakfast 7:00am - 8:00am (unless otherwise stated)

If you are new to the Flinders Escape, here is how our meal service arrangements work: breakfasts and dinners are served from the big hall (e.g. football club) or marquee (e.g. caravan park)

Except for the occasional cooked option, breakfasts will include a selection of cereals, fruit and toast plus tea, instant coffee and hot chocolate.

Due to ongoing Covid-19 protocols, self-service of food and beverage items is not permitted. Catering volunteers at designated meal service areas will serve you a ready-plated meal or will serve the food directly to your plate. Similarly, tea and coffee service will require one of our team to assist and will be limited to designated mealtimes. You will be able to take advantage of local cafés when you arrive in each town – we encourage you to support local business.

Crockery and cutlery will be provided at all meals - you do not have to bring your own.

For those who love a fresh brewed espresso or frothy cappuccino, we will have a mobile coffee vendor with us for the duration of the event. This will be set up at each overnight venue and also at selected refreshment stations during the day. Both cash and credit card are accepted for payment.

Once you have your food you can either eat with your group or find a new friend. BikeSA is known for its intimate, friendly rides and you will soon find that riders on Flinders Escape are a welcoming bunch. After you have eaten your meal, please return your dishes to the kitchen or washup area.

Before you hit the road, pack your bags and tents and deliver them onto the back of the luggage truck, where our luggage crew volunteers will stack them for you on the truck. Please don't drop off your bags on the ground beside the luggage trucks as these may get left behind.

Note: please familiarise yourself with our Luggage Handling policy and be aware of luggage limits as outlined later in the My Gear information sheet.

IMPORTANT! By the luggage truck there is a check-list with every rider's name. Please see the volunteer marshal who will check you out before you leave in the morning and check you in when you arrive at the next campsite and then you can collect your luggage. In this way we will know whether you are at the campsite or en-route. An information board is also by the luggage truck, with updated news, local information and is a place where riders can leave each other messages.

Departing Camp. We understand that everyone has their own morning routine and some take a little longer than others to get organized. Whatever your routine we ask that you are all packed up and on the road by 8.30am when the SAG wagon will depart (unless otherwise advised). If you are a slow rider, we ask that you try to leave a little earlier, especially on longer riding days.

Lunch (approximately 11:30 – 2pm)

Lunch is at the designated lunch stop, typically around 60% along the route. Lunch may either be a filled wrap/roll or something hot. BikeSA uses local providers, such as clubs, groups and restaurants to provide the meal, which means you will always be guaranteed a variety of nourishing local fare.

Morning and Afternoon refreshments. While you will pass the occasional café and bakery along the route, BikeSA offers refreshments approximately 20km – 30km into each day's ride. There will be water, Nippy's juices, fruitcake, biscuits, snack bars and fruit. The same is provided at the occasional afternoon refreshment stations, though most often you will enjoy all these goodies when you arrive at each campsite.

Dinner 6pm – 7:30pm

Each dinner includes 3 courses – soup, main and dessert. Each course is served separately. The evening rider briefing is from 7pm between the main course and dessert.

Riders with special dietary requirements will be catered for (by nominating their requirements with their registration) These riders will have specially coded lanyards, to ensure they receive their correct meals. All riders must always wear their lanyard. No Lanyard = No Meal!

A bar will be operating at each of our overnight venues. Sometimes it will be operated by our hosts for the evening and at other times by a local community or sports club. Please respect local liquor licensing requirements that prohibit BYO alcohol. Not all venues will have credit card facilities, so it is best to have some cash with you. Each day you will pass through towns where ATM facilities should be available but be prepared that smaller towns may not have sufficient ATM resources to service an influx of 200+ all people wishing to withdraw cash. Plan ahead.

DAILY PROGRAMME

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| • 7.00am – 8.00am | Breakfast (unless otherwise advised) |
| • 7.30am | Route opens |
| • 8.30am | SAG wagon departs |
| • 9.30am – 11am | Morning Refreshments |
| • 11.30am – 2pm | Lunch |
| • 2pm – 4pm | Afternoon Refreshments (when applicable) |
| • 6pm – 7.30pm | Dinner |
| • 7pm | Rider Briefing |

ARRIVING AT EACH CAMPSITE

Once you have got to the campsite at the end of your day's ride you will probably want to find your luggage, set up your tent and attend to your ablutions before enjoying a well-deserved drink or setting out to explore the nearby locale. But even before that, you must sign in on the list by the luggage truck. This is very important, as it's our principal way of knowing who's safely in camp and who might still be out on the route and needing our support.

Bags from the luggage truck are laid out on the ground in rows. If it rains, the luggage crew will place tarpaulins over the rows of bags so please make sure you replace these covers carefully after you have retrieved yours so that other riders' luggage remains sheltered.

Generally, you can pitch your tent wherever you like within the designated campsite, though be very aware of any areas marked out as no camping. Often irrigation systems are located near the surface and any tent peg driven through them will leave you very wet and removed from the groundkeeper's Christmas card list.

By the luggage truck there will be an information board with a campsite site plan and general venue information as well as location of water, showers and toilets.

Bear in mind that in your tent you have maximum visual privacy but minimal audible privacy, especially if space is limited and we're forced to camp close together. If you are a light sleeper, we recommend you select a quiet tent site apart from other campers or bring earplugs. If you are a snorer, be considerate and park your tent away from the others.

The loud and lyrical sounds of socializing are focused on the dining area and bar, where you are welcome to stay after dinner and share a natter and drink with fellow riders. Beyond 10.00pm noise and mayhem are not welcome in the camping areas, where tired bodies are snoozing.