

3<sup>rd</sup> edition – 22 March



Central West Cycle Trail

# Mendooran Food Cycle

## weekend 4-5 May

“tastes of the trail & great cycling”



For a cyclist on the 400 km Central West Cycle Trail (CWCT), the small town of Mendooran is accommodation, the classic pub or club meal, local produce of cheese, honey, pickles and meats, a surprise package distillery, a rich trove of photographic opportunities created by a diverse architecture and some great quiet gravel road cycling. The weekend of May 4-5 seeks to display the food and cycling opportunities of Mendooran and be a fundraiser for the CWCT. **The key get-together event after your day of cycling or just enjoying the town, bees, distillery, architecture, riverfront etc is the “Tastes of Mendooran”, starting at 5pm on Saturday 4 May at the Showground – three courses \$30! Importantly the weekend is planned so that it caters for the cyclist and non-cyclist.**

## Rides – F R E E

but make sure you have made your Bush Café booking!

**Emphasis of the weekend is riding when you like, along whichever route you like.**

**There are times set down when self-guided riders wishing to ride as a group will leave from the Mendooran Post Office-Mechanics Institute. This will make the ride more social. To give navigational confidence someone will be present who has ridden the route, or in the case of the Town Ride the route will be signposted. Times set out below.**

All riders are advised to download the route(s) which will be available from 2 April via [www.centralwestcycletrail.com.au/mendooran-food-cycle-weekend-4-5-may/](http://www.centralwestcycletrail.com.au/mendooran-food-cycle-weekend-4-5-may/) or [CLICK HERE](#). Please register interest to helping planning.

<b>Saturday 4 May</b>		
8.45 am	<b>Merrygoen and beyond</b> (46 km return). Merrygoen ‘pop up’ café passed at 16 km and 31 km marks. Route follows either gravelled rural roads or sealed roads. <a href="#">CLICK ROUTE</a>	<b>Location:</b> Departs Post Office
9.15 am	<b>Wongoni ‘wildside’</b> (67km return loop) Plenty of obscure unsignposted side-tracks, creek crossings, untrafficked sections. Merrygoen Café passed at 18 km and 52 km mark. <a href="#">CLICK ROUTE</a>	<b>Location:</b> Departs Post Office
10.30 am	<b>Town-ride</b> (6 km) with the option of further 6km near the edge of town, past The Beefarmer and Black Gate Distillery - comfortably back into town for lunch. <a href="#">CLICK ROUTE</a>	<b>Location:</b> Departs Post Office
<b>Sunday 5 May</b>		
8.30 am	<b>Goonoo via CWC proper</b> (44km return) to Denmire Creek ‘pop up Café’ at 22 km mark. Being out in the bush opportunity to know the bus – some keen birdwatchers and native plant-lovers at the Denmire Café. <a href="#">CLICK ROUTE</a>	<b>Location:</b> Departs Post Office
9.00 am	<b>Goonoo via CWC adventure trail</b> (56km loop) via Denmire - Dead Man’s Loop. Denmire Creek ‘pop up’ Café at 28 km mark. Sealed roads to rocky fire trails traversed. <a href="#">CLICK ROUTE</a>	<b>Location:</b> Departs Post Office
10.30 am	<b>Town-ride</b> (6 km) with option of further 6km near the edge of town, past The Beefarmer and Black Gate Distillery - comfortably back into town for lunch. <a href="#">CLICK ROUTE</a>	<b>Location:</b> Departs Post Office



## Events –Ticketing

**Bookings essential for catering and organizational purposes by April 30.**

<b>Friday 3 May</b>		
9.45am to 11.45am Friday, 3 May  <a href="#"><u>BUY TICKET</u></a> (booking essential)	<b>Brunch – on your way there at Cobbora Station homestead (\$27.50).</b> On your way to Mendooran from Dunedoo one of the iconic stops is Cobbora Station for brunch. At 25 km from Dunedoo it is just the right time to stop. Then push on to Mendooran to meet up with other cyclists at eating venues on the eve of the cycling/food weekend.	<b>Location:</b> Cobbora Station, Cobbora Rd, enter at very edge of the village of Cobbora leaving towards Mendooran.
<b>Saturday 4 May</b>		
9am to 9.45 am Saturday, 4 May  <a href="#"><u>BUY TICKET</u></a> (booking essential)	<b>Stroll Mendooran’s Architecture and History (\$5)</b> Mendooran has a varied architecture which reflects its history. Stroll the streets with Heritage architect/advisor and CWC foundation member Barbara Hickson. Limited numbers so everyone can participate. <b>(1 of 2 sessions available)</b>	<b>Location:</b> Starts at Crackers Cafe, 68 Bandulla St, Mendooran which opens at 8 am - so pick up a coffee before the stroll starts at 9am
9.00am 3.00pm Saturday,4 May  <a href="#"><u>BUY TICKET</u></a> (booking essential)	<b>Café Merrygoen Creek (\$15)</b> Beside the Merrygoen Ck, Cobbora Rd you will find a 'pop up' cafe where cyclists come and go from! Arrive when you like, pull up a chair, enjoy tea, brewed coffee, cool drinks, fruit and a few delicacies to help you on your way. From here you can cycle back to Mendooran or set out to explore a selection of great gravel road rides to the east.	<b>Location:</b> Cobbora Rd crossing of Merrygoen Ck (just off Castlereagh Highway), 11km from Mendooran.
10.30am-11.15am Saturday 4 May  <a href="#"><u>BUY TICKET</u></a> (booking essential)	<b>Life of Bees – Tastes of Honey at "The Bee Farmer" (\$15)</b> This will get your mind buzzing! An insight into and a taste of the Australian bee industry from Adrian Grew, the Bee Farmer himself. Adrian supplies bees and some hi-tech services throughout eastern Australia and can introduce you to this fascinating world. <b>(1 of 4 sessions throughout the weekend).</b>	<b>Location:</b> The Bee Farmer, Denmire Rd (Google Maps), Frederick St (signpost), Mendooran (1.8km south). For a hassle-free visit, please enter "The Bee Farmer" into your navigation system.
<b>Lunch</b>	<b>Lunch available from</b>  Crackers Café 8am – 4pm Blue Sky Cheese 10am – 4pm Royal Hotel 11.30am-2pm	

<p>2pm to 2.45pm Saturday 4 May</p> <p><b><a href="#">BUY TICKET</a></b></p> <p><u>(booking essential)</u></p>	<p><b>Tastings Black Gate Distillery (\$30)</b> Genise and Brian of Black Gate Distillery offer a unique experience with tastings of their Dark Rum and Single Malt Whisky. Tastings are designed to take you on a journey of flavours, showcasing the best. Check their website for the long list of awards received by Black Gate. <b>(1 of 3 sessions over the weekend).</b></p>	<p><b>Location:</b> <i>Some navigation systems may misdirect you.</i> For a hassle-free visit, please enter "Black Gate Distillery" into your navigation system. The distillery is situated approximately 1.5km along the road to Dubbo from the Mendooran township.</p>
<p>2pm to 2.45pm Saturday 4 May</p> <p><b><a href="#">BUY TICKET</a></b></p> <p><u>(booking essential)</u></p>	<p><b>Life of Bees – Tastes of Honey at "The Bee Farmer" (\$15)</b> This will get your mind buzzing! An insight into and a taste of the Australian bee industry from Adrian Grew, the Bee Farmer himself. Adrian supplies bees and some hi-tech services throughout eastern Australia and can introduce you to this fascinating world. <b>(1 of 4 sessions throughout the weekend).</b></p>	<p><b>Location:</b> The Bee Farmer, Denmire Rd (Google Maps), Frederick St (signpost), Mendooran (1.8km south). For a hassle-free visit, please enter "The Bee Farmer" into your navigation system.</p>
<p>3.15 to 4pm Saturday 4 May</p> <p><b><a href="#">BUY TICKET</a></b></p> <p><u>(booking essential)</u></p>	<p><b>Tastings Black Gate Distillery (\$30)</b> Genise and Brian of Black Gate Distillery offer a unique experience with tastings of their Dark Rum and Single Malt Whisky. Tastings are designed to take you on a journey of flavours, showcasing the best. Check their website for the long list of awards received by Black Gate. <b>(1 of 3 sessions over the weekend).</b></p>	<p><b>Location:</b> <i>Some navigation systems may misdirect you.</i> For a hassle-free visit, please enter "Black Gate Distillery" into your navigation system. The distillery is situated approximately 1.5km along the road to Dubbo from the Mendooran township.</p>
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<p>5pm to late Saturday 4 May</p> <p><b><a href="#">BUY TICKET</a></b></p> <p><u>(booking essential)</u></p>	<p style="text-align: center;"><b>Tastes of Mendooran</b></p> <p style="text-align: center;"><b>platter, evening meal and more (\$30)</b></p> <p>Local cheesemaker and providore Deb Kiem and locals invite you to enjoy the local produce via early evening platters, a main meal (6pm on) and after-dinner delicacies. With the cool of evening the open firepit will be an attraction, and excellent undercover facilities provides a great venue for any weather.</p>	<p><b>Location:</b> Mendooran Showground - DalGLISH St, Mendooran.</p>

## Sunday, 5 May

<p>8am to 1pm Sunday, 5 May</p> <p><b>FREE ATTENDANCE</b></p>	<p><b>Market Day</b> <b>Coffee/Breakfast at Blue Sky Cheese</b> Blue Sky Cheese is hosting a range of stalls from local food producers to those with some oddments to sell. <b>(free attendance)</b></p>	<p><b>Location:</b> Bandulla St, Mendooran</p>
<p>9am to 3pm Sunday, 5 May</p> <p><a href="#"><u>BUY TICKET</u></a></p> <p><u>(booking essential)</u></p>	<p><b>'Café Denmire Creek' in Goonoo (\$15)</b> Beside Denmire Ck on Forest Rd you will find a 'pop up' morning tea refreshment stop where cyclists come and go from! Arrive when you like, pull up a chair, enjoy tea, brewed coffee, cool drinks, fruit and a few delicacies to help you on your way. There is our <b>Birds and Bikes stop</b>, and a short self-guided walk with plants named. From here you can cycle back to Ballimore or set out on a selection of great gravel road rides back to Mendooran.</p>	<p><b>Location:</b> 'pop up cafe' will be at corner of Punks Rd and Forest Rd (the road to Dubbo) 17.5km south of Mendooran.</p>
<p>9.45am - 11.45am Sunday, 5 May</p> <p><u>(booking essential)</u></p> <p><a href="#"><u>BUY TICKET</u></a></p>	<p><b>Brunch at Cobbora Station homestead.</b> On your way to Dunedoo from Mendooran one of the iconic stops is Cobbora Station for brunch. At 40 km from Mendooran and another 25 km Dunedoo it is just the right time to stop. Then well rested push on to Dunedoo. Come to think of it, you might want to cycle down from Mendooran and back - the food is worth every pedal stroke!</p>	<p><b>Location:</b> Cobbora Station, Cobbora Rd, enter at very edge of the village of Cobbora leaving towards Mendooran.</p>
<p>10 am to 10.45am Sunday, 5 May</p> <p><a href="#"><u>BUY TICKET</u></a></p> <p><u>(booking essential)</u></p>	<p><b>Life of Bees – Tastes of Honey at "The Bee Farmer" (\$15)</b> This will get your mind buzzing! An insight into and a taste of the Australian bee industry from Adrian Grew principal of The Bee Farmer. Adrian supplies bees and some hi-tech services throughout eastern Australia and can introduce you to this fascinating world. <b>(1 of 4 sessions throughout the weekend).</b></p>	<p><b>Location:</b> The Bee Farmer, Denmire Rd (Google Maps), Frederick St (on the signpost), Mendooran. Some navigation systems may misdirect. For a hassle-free visit, please enter "The Bee Farmer" into your navigation system.</p>
<p><b>Lunch</b></p>	<p><b>Lunch available from</b></p> <p>Crackers Café 8am – 4pm Royal Hotel 11.30am-2pm</p>	
<p>2.00 pm to 2.45pm Sunday, 5 May</p> <p><a href="#"><u>BUY TICKET</u></a></p> <p><u>(booking essential)</u></p>	<p><b>Tastings At Black Gate Distillery (\$30)</b> Genise and Brian of Black Gate Distillery offer a unique experience with tastings of their Dark Rum and Single Malt Whisky. Tastings are designed to take you on a journey of flavours, showcasing the best. Check their website for the long list of awards received by Black Gate. <b>(1 of 3 sessions over the weekend).</b></p>	<p><b>Location:</b> Some navigation systems may misdirect you. For a hassle-free visit, please enter "Black Gate Distillery" into your navigation system. This will accurately lead you to our distillery, situated approximately 1.5km along the road to Dubbo from the Mendooran township.</p>

## Accommodation

There is a range of accommodation in Mendooran – camping at Showground or beside Castlereagh River, local pubs and clubs, bed and breakfast and cottages. Go to the CWC website for [Mendooran Accommodation](#).

## Bike Hire

Mendooran itself does not have bike hire but enquire to Dubbo-based Cooper Cycle Tours (0437 136 169) who will be attending the weekend.

## Transport

The only public transport to Mendooran is NSW Trainlink, with the Lithgow to Mendooran leg being by bus. The Committee will be working to see if a system of freighting bicycles from Lithgow to Mendooran can be set up, whilst the cyclists travel by Trainlink bus. This overcomes the need to disassemble bicycles and box required by Trainlink. If you are interested contact: David Allworth 0408 726 038 or [info@centralwestcycletrail.com.au](mailto:info@centralwestcycletrail.com.au)

## Maps – Route Options

For cycling routes around Mendooran go to [Mendooran Food Cycle weekend 4-5 May – Central West Cycle Trail](#). Routes will be posted on or before 2 April. In the run up to the Mendooran Food Cycle the number of suggested routes will increase.

## Further information

For further information watch the [CWC Facebook](#) site or [CWC](#) website News section. Any updates to this brochure will be available via the CWC website News section.

Organised by the Central West Cycle Trail Incorporated.

Email: [info@centralwestcycletrail.com.au](mailto:info@centralwestcycletrail.com.au)

[www.centralwestcycletrail.com.au](http://www.centralwestcycletrail.com.au)

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Leaves: Post Office/Mechanics Institute, Bandulla St, Mendooran. **REGISTER YOUR INTEREST BY SELECTING - THANKS. No charges occur.**

