



CYCLING NORFOLK ISLAND PRESENTS

Tour de Norfolk

Norfolk Island

10th and 11th July 2010

Norfolk Island 29° South Pacific

FAQ's

What is the Tour de Norfolk?

It's the inaugural annual event for the launch of Cycling Norfolk Island.

It's a fun filled week of cycling activities from coastal criterium to downhill sub tropic rainforest runs.

Anywhere else it would be on road bikes, a la the Tour de France but our roads are not kind to road bikes so mountain bikes are mandatory.

It's a 170km of cycling track (albeit the island roads – roads like no other) where cows have the right of way!

Its heart pounding mountain climbs to bring out your competitive spirit.

Its soft leisurely rides and lazy breakfasts.

It's your next adventure.

Where is Norfolk Island?

Norfolk Island, 29 degrees South Pacific. North West of Sydney just over 2hours by plane lies 'the World of Norfolk'. An island so diverse you'll need more than a week of discovery.

What's so great about Norfolk Island?

A tiny island rich in everything it offers. At 5km's wide x 8 km's long everything is yours in minutes, breathtaking scenery greets you at every turn; rugged coastlines, an azure lagoon, deserted beaches, rolling green hills littered with cows, sunsets that will set in your mind forever.

Meander through National Parks with sub tropical rainforests boasting a bio diversity found nowhere else in the world.

Discover a truly unique and proud culture that descends from the days of the bounty mutineers, where the locals speak their own language and you'll find them in the phone book listed by nickname.

Walk the history of one of harshest penal colonies in the new world where ruins remain remarkably intact.

Enjoy soft eco adventure from kayaking open oceans to four wheel driving rugged countryside. There are a myriad of activities and events that fill the local calendar that you are always welcome to join. Enjoy your favourite sport in a new light, Norfolk has clubs from Archery to Yoga and everything in between.

Oh and if you get bored, you can always go shopping!

AND you get to go down in history as one of the first participants in the Tour de Norfolk!

Will you wear the YELLOW JERSEY?

When is it?

The main event is to be held on the 10th and 11th of July 2010. However due to the unique nature of Norfolk Island and the select flights that service the island most guests will be here for a four to seven day period.

Cycling Norfolk Island encourage you to take the opportunity to experience all that 'the world of Norfolk' has to offer, you will definitely run shy of time to fit in everything you want to experience in during your stay. There are events and rides throughout the week that you can choose



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to add to your itinerary. We have scheduled these so you can tailor make your stay as leisurely or dynamic as you like, these are all priced separately, and can be chosen individually or combined. This excludes the welcome and farewell dinner which we have included in your package because we definitely don't want you missing out on these. Please see the registration form to pre book and pay.

What courses can I expect?

Stage One - Kingston Criterium

1.45km time circuits - Open Event - 9am Start.

Start your Engines!

On and off road (450m) alongside pristine beach foreshores, past haunting ruins of a yesteryear penal colony with a grass field thrown in for a laugh. Can't have you getting lazy!

20 Laps with a sprint every 5km. Left hand circuit.

Stage Two – The KP

8km - Circuit from surf to summit - Open Event - 2.30pm Start.

Not for the faint hearted

From Kingston compound winding up the deceptive Middlegate Road - 2.3km...given respite down Queen Elizabeth Drive – ah a bit of wind in your hair... through Burnt Pine Town Centre – smoothest roads on the island – sprint for .3km...Up Grassy Road - the road that just keeps going... the last climb - double or nothing - to the summit of Norfolk Islands 2nd highest mountain, Mount Pitt - 8km which includes 400mtrs of category 1 climb at the top ...finally THE END

Stage Three - The Gump Run

12km - Open Event - 10.00 Start

Forest Bash with a twist - Adventure starts here.

Back to basics bush bash with a twist, through some of the most pristine sub tropical forestry.

Stage Four - Cross Country Coast to Coast

17.4km - Open Event - 2.30pm Start.

Will you wear the Yellow?

Figure 8 Course starting in the Burnt Pine Town Centre...a semi leisurely ride with a few lazy hill climbs, around the perimeter of the international airport - don't worry no ducking overhead planes... under 100 year old Banyan tree canopies... past breathtaking coastal scenery...a few lazy hill climbs to make sure you are still paying attention... back through town... crossover...down through the countryside to costal Cascade, climb back up through Middlegate – flat? hmmm I don't think so and then its home james down Queen Elizabeth Drive....You can see the line - sprint finish...what colour will your JERSEY be?

How do I get there?

Norfolk Island is just over two hours flight from Sydney and Brisbane and a little under from Auckland. Air New Zealand, Qantas and Norfolk Air service Norfolk Island on a weekly basis. All you need to do to book is go to our Official Travel Partner – [The Travel Centre](#) - and they will handle everything. EASY! Norfolk Air has kindly offered to carry participants' bikes as a complimentary service. Please note you will need to pack down your bike and ensure it is in suitable carriage status prior to arrival at the airport and appropriate clear signage.



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Do I need a visa?

Norfolk Island is an external territory of Australia; therefore you require a passport to travel to the Island. If you are an Australian or New Zealand citizen you do not need a visa. Other nationality's will need to check individual requirements with Norfolk Island Customs via www.customs.gov.nf.

Where do I stay?

Norfolk Island has a large selection of accommodation houses to meet all budgets. Check with our official travel partner, The Travel Centre when you book your package, customised especially for the Tour de Norfolk.

What else?

You will need your helmet – helmets are mandatory when riding on roads.

Pack a sweater or two it gets quite cold at night.

Pack your swimmers some winter days are mild enough to laze on the beach.

Travel insurance is strongly recommended as Australian Medicare does not apply on the island. Treat this trip as you would an international one.

How do I Register?

Download the registration form and mail to

Tour de Norfolk - Cycling Norfolk Island

C/o The Travel Centre

PO BOX 172

Norfolk Island 2899

OR Fax: int+6723 23205

OR scan and email details to jannise@travelcentre.nf.

Once payment has been received/processed you will be sent your confirmation and your participation number. We'll also buddy you up with a local rider, send you their details and they can be your point of contact for anything you need to know prior to arrival. We want you to have the best possible experience discovering 'The World of Norfolk'.

More information

All information about the event is downloadable via www.tourdenorfolkisland.nf or contact us at tourdenorfolk@norfolk.nf.

Packages including air transport and accommodation with specials to transport your bike via www.travelcentre.nf.

Further information on 'The World of Norfolk' is available via www.worldofnorfolk.com.au.