

This Week with the Ghostriders



THE WEEKLY NEWSLETTER OF THE GHOSTRIDERS

We Are Back !

A couple of days ago the last of our 2010 Ghostriders South America Team members returned to Australia after completing an absolutely amazing adventure. Although this was actually our 9th Ghost rider Overseas Adventure, there is little doubt that it was our best yet.

Before departing from Australia most of us knew little about South America and did not know exactly what was to lie ahead of us. Although I have had some incredible experiences in previous trips I can honestly say that the scenery and richness of history that we were exposed to, just blew me away.

There were so many highlights that it seemed that each successive day just somehow happened to upstage the previous one. Some of the highlights that do come to mind include:

- Exploring the imposing Inca ruins at Sacsayhuamen near Cusco
- Cycling some of the highest roads on this planet (between 4000 and

5000 metres above sea level)

- Watching the giant condors ride the thermals at Colca Canyon
- Meeting the president of Peru—Dr Alan Garcia
- Standing on the balcony of the famous Casa Rosada in Buenos Aires
- Overcoming our vertigo to trek the Inca Trail to Machu Picchu
- Witnessing the mighty spectacle of Iguassu Falls in flood
- Experiencing the Salinas de Maras—the ancient salt pans that date back to pre Incan times.
- Playing Russian Roulette with unpredictable Peruvian sky rockets in Chivay (failure rate over 90%)

Fantastic as these might be, I think that the experience that will stay with us for the rest of our lives will undoubtedly be the first glimpse of Machu Picchu as viewed from the Sun Gate. This is a sight that most visitors to the fabled "Lost City of the Incas" never get to see.

I was so fortunate to be able to share this trip with such a great group of fellow travelers. Thanks to them, every day of the trip was an absolute pleasure. Dennis Wilson deserves an extra special honorable mention for putting up with me as room mate for the entire trip.

I have already posted a number of images from this trip on our web site and more will be added in the days ahead. Some of these have also been included later in this newsletter.

Although we have barely had time to unpack after our arrival back in Australia, it is worth noting that plans are already underway for a return trip to take place in a couple of years time. If you would to register your interest in such a trip please let me know.

Ghost rider Jerseys—

Before I left for South America I intimated that we may be preparing an order for more Ghost rider cycling jerseys. There are now a number of newer riders who do not have a Ghost rider jersey and some of our regular riders may be in need of a re-

Monday Oct 18th 2010

Temporary Contact Details

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placement. I have contacted Body Torque and they require a minimum order size of 10 units in order to proceed with printing.

The cost for the "official" jersey is still \$95 and a full range of sizes is available.

Several people have already contacted me with regard to placing an order but we do not yet have enough to place an order. If you would like your name to be added to the list please contact me with your required size and contact details.

If you are planning on riding regularly with our group, the jersey is a great way to show that you belong. Its high visibility also makes it a highly recommended safety accessory for all our road rides.

If you need any further information, feel free to ring me on 5968 3307.

Upcoming Rides & Activities

Thurs Oct 21st Warby Trail Ride

Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm.

Sat Sep 23rd—Upper Yarra Dam Ride - 9.30 start.

This ride starts from the Launching Place Plub Car Park at 9.30 am sharp and follows sealed roads all the way to Upper Yarra Dam and back. Best suited to road or hybrid bikes. Not for beginners.

Tues Oct 26th—Tues Fitness Group.

Brisk bushwalk starts at 10.00 am from my place. The duration is approx 1 hour.

Thurs Oct 28th Warby Trail Ride

Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm.

Tues Nov 2nd—Cup Day Ride—Tonimbuk Loop.

This ride starts from Pakenham at 9.30 am and follows a mixture of sealed and unsealed roads through the Black Snake Forest to Gembrook. After lunch at the bakery we return via the sealed roads back down to Pakenham. Mountain bikes or hybrids required.

Thurs Nov 4th Warby Trail Ride

Start at Woori Yallock at 12 noon or COGS at 1.00 pm or Woori Yallock at 1.40 pm.

Tues Nov 9th—Tues Fitness Group

Brisk bushwalk starts at 10.00 am from my place. The duration is approx 1 hour.

Thurs Nov 11th—Warby Trail Ride—TWILIGHT RIDE.

This is the first of our designated twilight rides where we delay the start of the ride by three hours so that we finish in twilight. All riders are invited to share a meal at the Launching Place Pub on the return leg. Mark this special date in your diaries now.

Tuesday Morning Fitness Group

Each Tuesday you are invited to join us for a brisk and scenic walk around the tracks of Emerald. Each walk starts at 10 am and is finished soon after 11 am. On the first Tuesday of each month we have a bike ride, instead of a walk. For more details give me a call on 5968 3307.

Everyone is invited to participate.

Regular Thursday Ride Details

Each Thursday we conduct rides along the Warburton Trail. Visitors are always welcome to join us. There are several alternative start times and meeting points to choose from.

11.10 am Early Group—Meet at Woori Yallock and ride the full distance down to Lilydale before meeting the second group at COGS at 1.00 pm

12 noon Main Group—meet at Woori Yallock and ride to COGS at Mt Evelyn to start the return ride at 1.00 pm

1.00 pm COGS Group leave and ride as a combined group to Woori Yallock where we usually arrive at about 1.40 pm.

1.50 pm Woori Yallock all riders re-group for the ride to Milgrove where we stop for lunch before the ride back to your chosen start point.

In this way all riders can choose a starting time and ride distance to suit their level of bike fitness. On the leg between COGS and Milgrove we expect all riders to stay together as much as possible (ie no bolting).

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**Some Images from Our 2010 South America Adventure
(more images to follow in future newsletters)**

GARMIN

Established just 20 years ago from humble beginnings, Garmin has now grown to become the foremost manufacturer and innovator in the field of navigation and GPS units.

We are proud to recognise Garmin as a supporter of our Overseas Adventure Challenges and recommend their products to our readers.

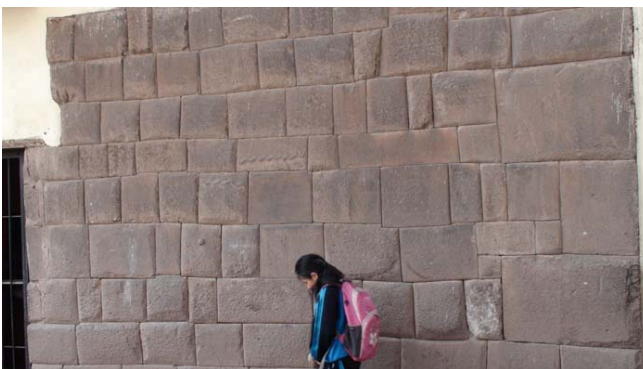
For more information refer to www.garminoutdoor.com.au



Members of our 2010 team—Bob Andrews, Dennis Dawson, Dennis Wilson, Linda House, Marg Jones, Allan Barlin, Anne Coxhill, Richard Coxhill (seated)



The impressive Plaza Mayor in central Lima



Some impressive Inca stonework in Cusco—note the precision of the cuts.



Riding along quiet roads near the Rio Urubamba (at least they were quiet until the road was blocked by a noisy mob undertaking a strike)



Ready for high altitude riding on the high plateau (about 4500 metres)



Part of the huge Inca complex at Sacsayhuamen (near Cusco). The person in the doorway was our guide Leo, surely one of the most educated and informative guides in the country.

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Can you see the Ghostriders hiding in this Inca ruin high above Ollantaytambo ?



This young villager was somewhat surprised by the arrival of lycra clad riders in her town.



How about this for some fantastic remote cycling (altitude 4300m)



The incredible circular terraces at Moray. The scale can be gauged by the diminutive figures at the top. Each terrace has its own micro climate, allowing different crops to be grown.



Ancient salt pans of Maras. Seldom seen by tourists and unchanged since pre-Incan times.



What a marvellous road for cycling. No cars and a beautiful sealed surface.



4300 metres high and a world away from Australia.



Gathered at the Malaga Pass, separating the Amazonian rainforest from the high and dry central plateau. (Approx 4300 metres).