



Blackwood Special Schools Outdoor Education Centre

Alpine 100 Ride Manual

**Monday 30th March 2026
to
Thursday 2nd April 2026**

School staff: it is vital that all staff attending and School Principals are thoroughly conversant with this material. Within the Manual is the pertinent planning information relating to the event. The remaining forms can be found on the Alpine ride event page on our website.

Parents: This camp is a challenge and the students gain enormous confidence and pride in their accomplishments. They MUST be FIT, HEALTHY & GOOD RIDERS. If you have any doubts or concerns about the program please contact the Alpine Ride Co-ordinator at your school.



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RAIL TRAIL OVERVIEW

The Alpine 100 ride involves students drawn from Special Schools throughout Victoria. Students and Staff will be cycling along part of the "Murray to the Mountains Rail Trail" which follows the route of the disused railway line through; Beechworth, Myrtleford, Bright and Harrietville.

The trail has a smooth bitumen/gravel (pebble mix) surface and – except for a 17 kilometre descent from Beechworth to Everton – has very gentle gradients.

We'll be riding through one of the most beautiful areas in Victoria, with views of:

- The Ovens Valley
- Mount Buffalo
- The Victorian High Country and
- Historical Features – with many that hark back to the days of Ned Kelly.

This camp is a challenge and the students gain enormous confidence and pride in their accomplishments. They MUST be FIT, HEALTHY & GOOD RIDERS. If you have any doubts or concerns about the program please contact the Alpine 100 Ride Co-ordinator at your school.

Please note that the itinerary may be altered if weather conditions are unsuitable.

ACCOMMODATION

- For the entire duration of the Alpine 100 Ride we will be based in the township of Myrtleford staying at:

Ardern's Caravan Park. Willow Grove, Myrtleford, Victoria, 3737. 03 5752-1394

- **Any school wishing to use the on-site vans or cabins must do so at their own expense & organisation:**
 - Blackwood outdoor specialist school will only organise and pay for the schools that camp in tents.
 - *Schools in on-site vans and cabins will pay a lower alpine ride fee to blackwood outdoor specialist school.*
- **Any school not utilising the above listed caravan park must inform blackwood staff as soon as their booking is confirmed:-**

- Please supply Blackwood Staff with full accommodation details including site phone number along with a Mobile Number for the Teacher in Charge of the Group.
- There are a mixture of powered & non-powered sites available at Arderns
- In addition to your regular camping gear, consider bringing:
 - Folding Table/s
 - Eating Utensils
 - Water Container & esky
 - Fold up chairs

MEALS

All schools are fully responsible for the purchase & supply of the following meals:-

- ✓ **Breakfast**
- ✓ **Lunch**
- ✓ **Snacks throughout each day**

Evening Meal Menu

	Venue	Main meal	Dessert
Tuesday	Footy Club	BBQ + Salad	
Wednesday	Club Savoy	Variety of pastas	Ice Cream & toppings
Thursday	Club Savoy	Chicken parma, chips & salad	Chocolate mousse

- Please ensure you provide accurate details for any dietary requirements
- Schools who HAVE NOT chosen to eat at the Savoy Club or Football club MUST ALSO supply their own dinners for the first two evenings.
- **All schools will enjoy dinner at the savoy club on Thursday night, as dinner will be combined with the medal presentation**
- Club Savoy meal at: 252-254 Myrtle St Myrtleford VIC 3737 (03) 5751 1296
- Footy club meal at: McNamara Reserve Myrtleford 35 Lewis Ave, Myrtleford VIC 3737 (03) 5752 1134

2026 ALPINE 100 RIDE ITINERARY

Monday	Tuesday	Wednesday	Thursday
Transport day + Football/Netball session	Ride Beechworth – Myrtleford: 45km's	Ride Harrietville – Myrtleford: 58km's	Transport day

Monday 30 th March Drive to Myrtleford	
	Schools drive to Myrtleford, arrival before 4:00pm
4:00pm	Staff Meeting - Ardern's Caravan Park. 1 staff member from each school required to meet at BBQ area
5.00pm	Activities at Myrtleford Football and Netball Club
6:00pm	Official Alpine Ride Welcome to Students & Staff – Myrtleford FNC
6.30pm	BBQ Dinner at Myrtleford FNC

Tuesday 31 st March Bike Ride Beechworth to Myrtleford				
8:00am – 9:15am	Buses depart Myrtleford		Rider briefings	Start Riding
	1 st Cycling Group	8:00am	8:45am	9:00am
	2 nd Cycling Group	8:15am	9:00am	9:15am
	Ride 17km to Everton Station for morning tea			
	Ride 19km from Everton to Gapsted Rec Reserve			
1:30pm	Lunch at the Gapsted Rec Reserve			
	Ride 10km's from Gapsted Rec Reserve to Ardern's Caravan Park			
3:30pm	Bus Shuttle to collect buses in Beechworth			
6:00pm	Dinner (Savoy club/self catered) <ul style="list-style-type: none"> • Tonight is backwards night. Dress up with your clothes backwards and enjoy your meal backwards. • 1st course: dessert • 2nd course: main meal 			

Wednesday 1st April
Bike Ride Harrietville to Myrtleford

7:45am - 9:15am	All buses drive to Tavare Park Harrietville for below riding start times			
	Buses depart Myrtleford		Rider briefings	Start Riding
	1 st Cycling Group	7:45am	8:55am	9:00am
	2 nd Cycling Group	8:00am	9:10am	9:15am
	Ride 31km's to Porepunkah Riverside Park or			
12:30pm	Lunch at Porepunkah Riverside Park			
1:30pm	Ride 28 km's to Ardern's Caravan Park Myrtleford			
3:30pm	Bus Shuttle departs Myrtleford to collect buses in Harrietville			
6:00pm	Dinner & Medal Presentation (Savoy Club) You get to dress up in your onesie/pjs & be presented your medal			

Thursday 2nd April
Return to School

Schools depart. Camp sites must be vacant by 10:00am

Enjoy a safe, sensational holiday!

RESPONSIBILITIES

RIDE ORGANISATIONAL TASK	BLACKWOOD STAFF	SCHOOL RIDE CO-ORDINATOR	PRINCIPAL
Issue Manuals	✓		
Publish Risk Management Plan	✓		
Police, VicRoads & Councils Permits	✓		
Read Manuals		✓	✓
Read Risk Management Plan		✓	✓
Distribute Manual to staff & parents		✓	
Complete DET Camp Forms		✓	
Student Activity Locator		✓	
Approve school's participation			✓
Approve the suitability of Staff			✓
Select participating Students & Staff		✓	✓
Adequately train Students & Staff		✓	
Sign & Return Staff & Principal Form		✓	✓
Sign & Return Staff Qualification Form		✓	✓
Ensure roadworthiness of all bikes		✓	
Ensure appropriate helmets for all		✓	
Ensure group has suitable clothing		✓	
Ensure suitability of camping equipment		✓	
Student Supervision at ALL TIMES		✓	

PERMISSIONS & MEDICAL INFORMATION

- Copies of permission forms, medical info & actions plans must be submitted to shane.lefeuvre@education.vic.gov.au by the **Monday 9th March**. This allows us to summarise student information prior to the event and appropriately prepare Blackwood staff.
- The checklist is as follows:

	BSSOEC Photo/Transport Consent Form (for each student)
	Parent excursion consent form (for each student) Example on DET PAL
	Medical form (for each student & staff) Example on DET PAL
	Medical form (for each staff)
	Any Action plans (e.g., asthma/anaphylaxis, epilepsy etc)
	Signed Staff & Principal Form (Group form)
	Signed Staff & Student preparation form (Group form)
	Dietary requirements form (Group form)

DET INFORMATION

It is essential that all staff participating in the Blackwood Cheviot Ride are familiar with The Victorian Government Excursions (including camps and adventure activities) Policies & Guidelines. **For the program coordinator, this includes the online learning module for Camps & Excursions.**

<https://www2.education.vic.gov.au/pal/excursions/guidance/approvals>

Please note... You will need to submit daily [Student Activity Locator Forms](#) for the duration of the Cheviot Ride. If there is an emergency situation in an area you are visiting DET are then able to contact you & your school to inform you of any actions you need to implement. Blackwood staff will also submit general Student Activity Locator forms.

- It is the full responsibility of each individual school participating in the ride to ensure that the appropriate department of education & training (DET) camp/excursion forms are approved by your principal
- It is very important that parents/carers have complete details of this camp including the skill and fitness levels required, road conditions, etc
- Information – re: the route, itinerary, etc. – included in this booklet should form the basis of details presented to parents/carers
- It is also recommended that schools keep a detailed training log so that you can prove that the students were adequately prepared for the ride

CAMPER SUPERVISION

- Teachers are reminded that their duty of care extends for the entire duration of the camp.
- All department of education and training regulations regarding supervision must be adhered to and staff are reminded that the consumption of alcohol is strictly forbidden.
- Please also be alert to the possibility of staff/students attempting to smoke in tents – a recipe for disaster!!!!

ROAD CROSSING SUPPORT

- Minor street and road crossings throughout the ride will need to be monitored by individual staff as their schools proceed along the Murray to the Mountains Rail Trail.
- To assist us with road crossings – especially when we cross the Great Alpine Road – the Blackwood Outdoor Specialist School staff have requested support from local Police.
- The Police, Wangaratta & Alpine Shire Staff may assist the Ride when crossing:-
 - The Great Alpine Road at Everton;
 - The Great Alpine Road at Taylors Gap;
 - The Great Alpine Road crossing into Willow Grove – Myrtleford;
 - The Great Alpine Road at Ovens;
 - The Great Alpine Road at Porepunkah;
 - Myrtleford – Yackandandah Road – Myrtleford; and
 - Standish Street – Myrtleford.
- Speed reduction on the Great Alpine Road has been approved for the Taylors Gap crossing & the Everton crossing, reducing the speed from 100km/h to 40 km/h.

TRANSPORT ARRANGEMENTS

- Where necessary bus shuttles will be arranged:-
 - 3:30pm Tuesday afternoon (staff only) to pick up buses in Beechworth
 - 8:00am Wednesday morning (staff only) to locate buses in Porepunkah prior to ride. Schools may choose to leave a vehicle at Porepunkah (lunch spot), as an option for students not riding the full distance to Myrtleford. This would be dropped in Porepunkah on the way to the ride start in Harrietville
- As well as the blackwood vehicle there will be '**sag wagon/s'** following the entire group throughout each riding day

- It is highly recommended that every student that rides on a sag wagon is accompanied by a staff member from their school.
- It is the full responsibility of principals & school councils to endorse staff support officers (sso's) & parents/volunteers from your school assisting with your schools riding group, as eligible to travel on sag wagons or continue riding with the group without direct teacher supervision prior to departing for the alpine ride. This endorsement must be minuted within your school council minutes and included as part of your department of education camp/excursion forms
- The schools providing 'sag wagon' support must be aware that to cater for rising fuel prices & a need for sag wagon support the Blackwood SSOEC has arranged to refuel sag wagon buses only at the expense of the blackwood committee while in Myrtleford
- Your school principal, council & parents need to be aware of and give consent and approval for the following:-
 - Both students and staff from your school may be required to travel in another school's bus for safety reasons, i.e.
 - Accident / injury
 - Bicycle malfunction
 - Tiredness or
 - Group transportation needs
 - Any bus selected as a 'sag wagon' will be an accredited special school bus only.
 - Drivers of these buses will be licenced and experienced in driving that particular bus.
 - If your bus is selected as a sag wagon bus it may be required to tow a trailer from another special school.
 - Communication between all school groups and all 'sag wagons' will be available through the use of walkie talkies.
 - If a decision is made to split the group into smaller riding clusters, each cluster will be supported by their own 'sag wagon' supplied from an individual school within that cluster.
 - Drivers of the 'sag wagons' will be provided with appropriate road maps and instructions.

BUSHFIRE RISK - GENERAL INFORMATION

- The Fire Danger period will be current in the Alpine Shire (within the North East Fire Region) at the time of the Alpine 100 Ride.
- Blackwood staff will follow their protocols for Fire Danger ratings and
- Alternative daily programs may include a shortened route with earlier start times, to avoid heat exposure. This will be discussed with school ride coordinators before a decision is made.

- *If there is a serious Fire Threat during the week of the Alpine 100 Ride an appropriate action plan for the safety and well being of all participating students and staff will be put into place by Blackwood Staff under the direction and full co-ordination of local Emergency Services:-*
 - The Victorian Police;
 - The Country Fire Authority;
 - State Emergency Services; and
 - The Australian Defence Forces.
- In the unlikely event of a serious Fire Threat ALL PARTICIPATING SCHOOLS MUST follow the direction of Blackwood Staff who will be following Emergency Service Directives.

LOCAL ABC RADIO BUSHFIRE UPDATE INFORMATION

TOWN	RADIO STATION
Myrtleford	91.7 FM
Bright	89.7FM
Wodonga	106.5 FM

CFA Fire Danger Rating page for North East Fire District:

<https://www.cfa.vic.gov.au/warnings-restrictions/total-fire-bans-fire-danger-ratings/north-east-fire-district>

Vic Emergency page for incidents & warnings

<https://www.emergency.vic.gov.au/respond/>

COSTS BREAKDOWN

Item	All inclusive	Self-cater wed night	Self-book accom	Self-book accom & self-cater wed night
Accommodation	\$60.00	\$60.00		
Savoy dinners	\$52.00	\$26.00	\$52.00	\$26.00
MFNC dinner	\$25.00	\$25.00	\$25.00	\$25.00
T - Shirt	\$56.00	\$56.00	\$56.00	\$56.00
Medallion	\$13.00	\$13.00	\$13.00	\$13.00
First Aid	\$40.00	\$40.00	\$40.00	\$40.00
Traffic management	\$14.00	\$14.00	\$14.00	\$14.00
TOTAL COST PER STUDENT	\$260.00	\$230.00	\$200.00	\$170.00

Total cost per student is calculated based on 80 event participants. The student cost includes costs for staff and is calculated based on 1 staff member attending for every 3 students. These costs will remain the same, regardless of how many staff attend from your school.

For example, if you bring 6 students and 2 staff members (all inclusive), Blackwood will invoice your school as follows:

$$\$260 \times 6 = \$1560$$

FIRE DANGER RATING PROTOCOL

The Alpine 100 Ride is located within the North East Fire District

Management protocol for the event in line with CFA Fire Danger Ratings:



CATASTROPHIC

**Alpine 100 Ride is ...
CLOSED - ALL GROUPS
MUST DEPART MYRTLEFORD
THE NIGHT BEFORE**



EXTREME

Alpine 100 ride event not to take place during 'Extreme' Fire Danger rating conditions. All staff and students to remain in townships and away from bushfire prone areas. Schools may also make the decision to leave Myrtleford and drive back to their Schools.

HIGH

Meeting to discuss event continuation options with Schools event coordinators. If decision is made that the Alpine 100 Ride continues, it will be with extra caution and monitoring of conditions. Be ready to act. Actively monitor the Emergency Vic app for fires in local area. Reconsider event start times and distances to avoid risks associated with extreme heat.

MODERATE

Alpine 100 Ride continues as usual with no modifications required for Bushfire. Continue implementing regular risk management protocols for all aspects of event.

WET WEATHER

- As it could be wet, each rider **MUST** have appropriate wet weather gear suitable for use on a ride. As *NO* alternative program will be possible, the main ride will take place irrespective of wet weather conditions.
- NO ALTERNATIVE PROGRAM WILL BE PROVIDED FOR WET WEATHER.**

CLOTHING

- Brightly coloured bike tops or T-shirts should be worn on the ride, preferably with a visibility vest.
- Bike shorts reduce chaffing and saddle soreness. Other shorts with fairly long legs are preferable to footy shorts which may rub the top of the thigh.
- Jeans **SHOULD NOT** be worn as they restrict movement and increase muscle strain.*

BIKES & RIDING EQUIPMENT

- Schools are now providing bikes for riders, we highly discourage the use of personal bikes to ensure all bikes are at a safe standard.
- If Schools allow students to bring their own bikes – the teachers from that school will have full responsibility of maintenance & suitability of those bikes for the duration of the Alpine 100 Ride.**
- Whilst some minor repairs may be carried out – if faults develop during the ride, it is the responsibility of the parents and each school to ensure that the bikes are mechanically reliable and roadworthy.
- Mountain bikes are the preferred bike for this event.
- ALL BIKES MUST HAVE 2 BRAKES.**
- It is essential that at least one water bottle is fitted to the bike – preferably two.
- Lack of water leads to loss of energy and dehydration.
- Water will be available for refills along the route.
- Approved bicycle helmet (ensure appropriate fit for students)
- Appropriate bright clothing

GENERAL RIDING SAFETY

- At least one teacher from each school will have:-
- A Current Bicycle Education Instructor Training Qualification.**
- One staff member from each school will have:-
- A CURRENT minimum Level 2 1st Aid Qualification
- A minimum of 2 STAFF will accompany each group during all Alpine 100 Ride Activities.

- Professional First Aid support will be provided throughout both ride days of the event
- **EACH SCHOOL GROUP WILL** carry an appropriate 1st Aid Kit
 - Larger kits will be carried in support vehicles
- A sag wagon will accompany the ride to pick up students and/or staff who run out of puff.

COMMUNICATION

- To aid with communication throughout the Alpine 100 Ride it is a requirement that all schools bring at least **ONE (1)** walkie talkie that operates on a frequency of **CHANNEL 12** – allowing all groups to have communication with:-
 - ✓ The Blackwood Vehicle;
 - ✓ The First Aid support team;
 - ✓ The Sag Wagon/s; and
 - ✓ Each individual school group

MORE INFORMATION

Comprehensive information on the **rail trail** can be found on the following websites:

<https://www.railtrails.org.au/trails/murray-to-mountains-rail-trail/>
<https://www.ridehighcountry.com.au/rail-trails/murray-to-mountains/>

See the Blackwood SSOEC website for **event** documentation as well as photos of previous events

<https://www.blackwoodssotec.vic.edu.au/our-events/bike-rides/alpine>

WOOLCOCK AWARD CRITERIA

- During the Blackwood Alpine Ride each School will be asked to nominate a student to receive the Woolcock Award.
- In nominating a student for the award we are not looking for the best rider in the group – the student does not have to physically complete the ride to be nominated for the Award.
- The nominated student MUST satisfy – in your eyes – the following criteria.
- Selection criteria for a student to receive the Woolcock Award include:-
 - ✓ **Training** - In preparation for the ride
 - ✓ **Teamwork** - Ability to work within the group supporting all the students & staff
 - ✓ **Tenacity** - The ability to accept the challenge and challenge themselves beyond their comfort zones
 - ✓ **Participation** - Their spirit and willingness to try their best
 - ✓ **Encouragement** - Their ability to encourage and support others within their group
 - ✓ **Service** - Helping to support their group to prepare, participate and enjoy the experience of the ride
- Please keep this in mind while training and preparing for the Alpine Ride.
- We look forward to riding with you, your students and your staff throughout the Alpine Ride, with you (school ride coordinator) awarding a student within your group the Woolcock Award at the presentation evening.

ALPINE 100 RIDE: PACKING LIST

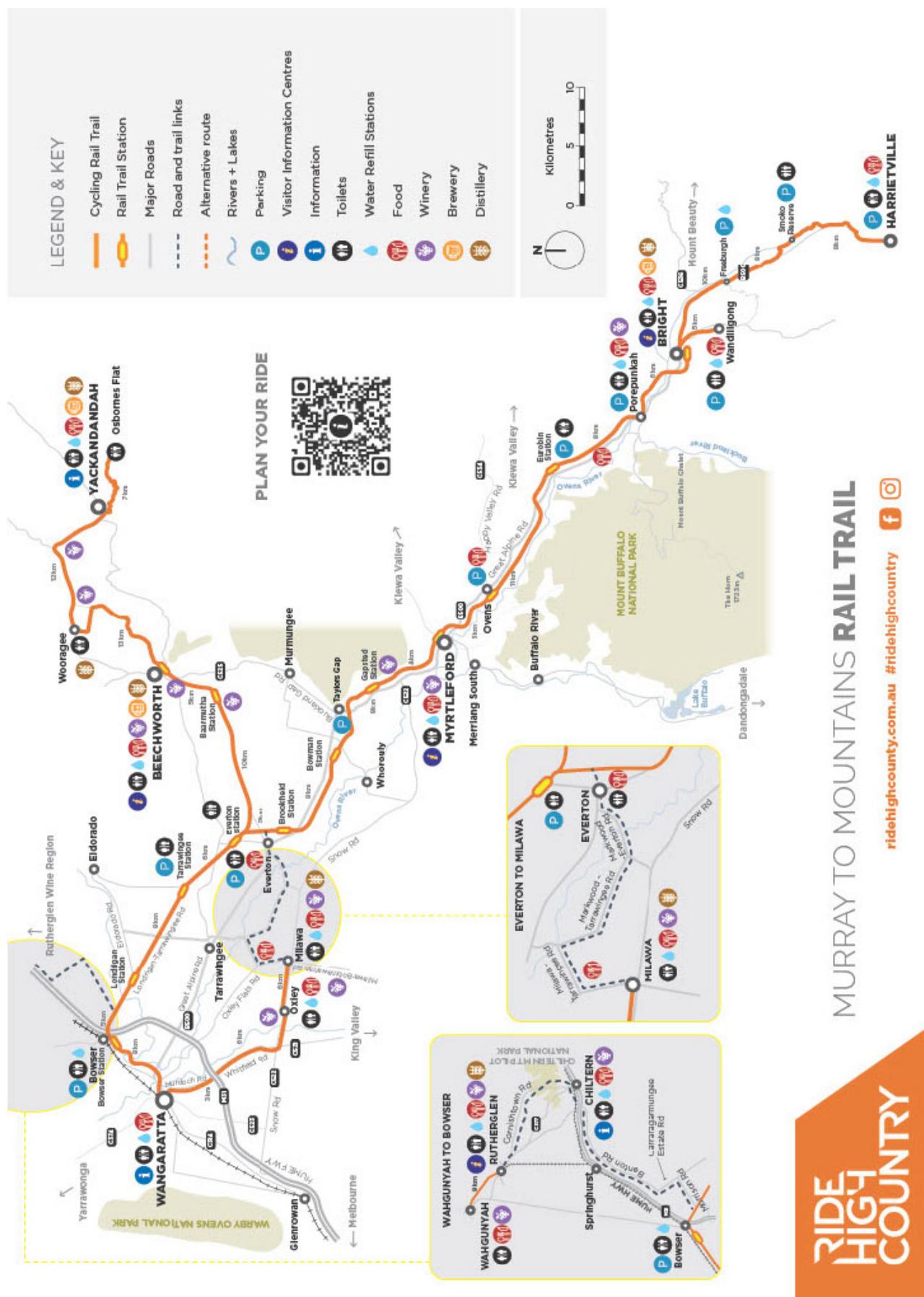
- ✓ Riding can be smelly business & nights can be cold, so come prepared!
- ✓ If you don't have these items; beg, borrow or buy from an op-shop

Students need to bring...

	<input type="checkbox"/> Sleeping Bag		<input type="checkbox"/> Pillow <input type="checkbox"/> Pillow Case
	<input type="checkbox"/> 2 X Shorts (suitable for riding long distance)		<input type="checkbox"/> Towel
	<input type="checkbox"/> 1 T-shirt per day		<input type="checkbox"/> 2 X Jumpers
	<input type="checkbox"/> 2 X Long Pants (for outside)		<input type="checkbox"/> Wet weather gear (suitable for riding)
	<input type="checkbox"/> Onesie or Pyjamas Thursday night is onesie night		<input type="checkbox"/> 2 X Pairs of Shoes
	<input type="checkbox"/> 1 Pair of Socks per day <input type="checkbox"/> 1 Pair Underwear per day		<input type="checkbox"/> Water Bottle <input type="checkbox"/> Bike helmet (may be provided by your school)
	<input type="checkbox"/> Bedtime Toy (if required)		<input type="checkbox"/> Sunscreen <input type="checkbox"/> Sunglasses
	<input type="checkbox"/> Sun Hat <input type="checkbox"/> Beanie		<input type="checkbox"/> Torch <input type="checkbox"/> Insect Repellent
	<input type="checkbox"/> Footy/netball/ sporting clothes (Monday night is footy/netball night)		<input type="checkbox"/> Plate, Bowl & Cup, Knife, Fork & Spoon in a draw string bag
	Toiletries <input type="checkbox"/> Soap & Face Washer <input type="checkbox"/> Toothpaste & Brush <input type="checkbox"/> Deodorant & Brush		Personal Medication <input type="checkbox"/> In original packaging and clearly labelled, with your family name & given to your School Staff

Please remember to clearly name every item with your CHILD'S NAME and SCHOOL NAME

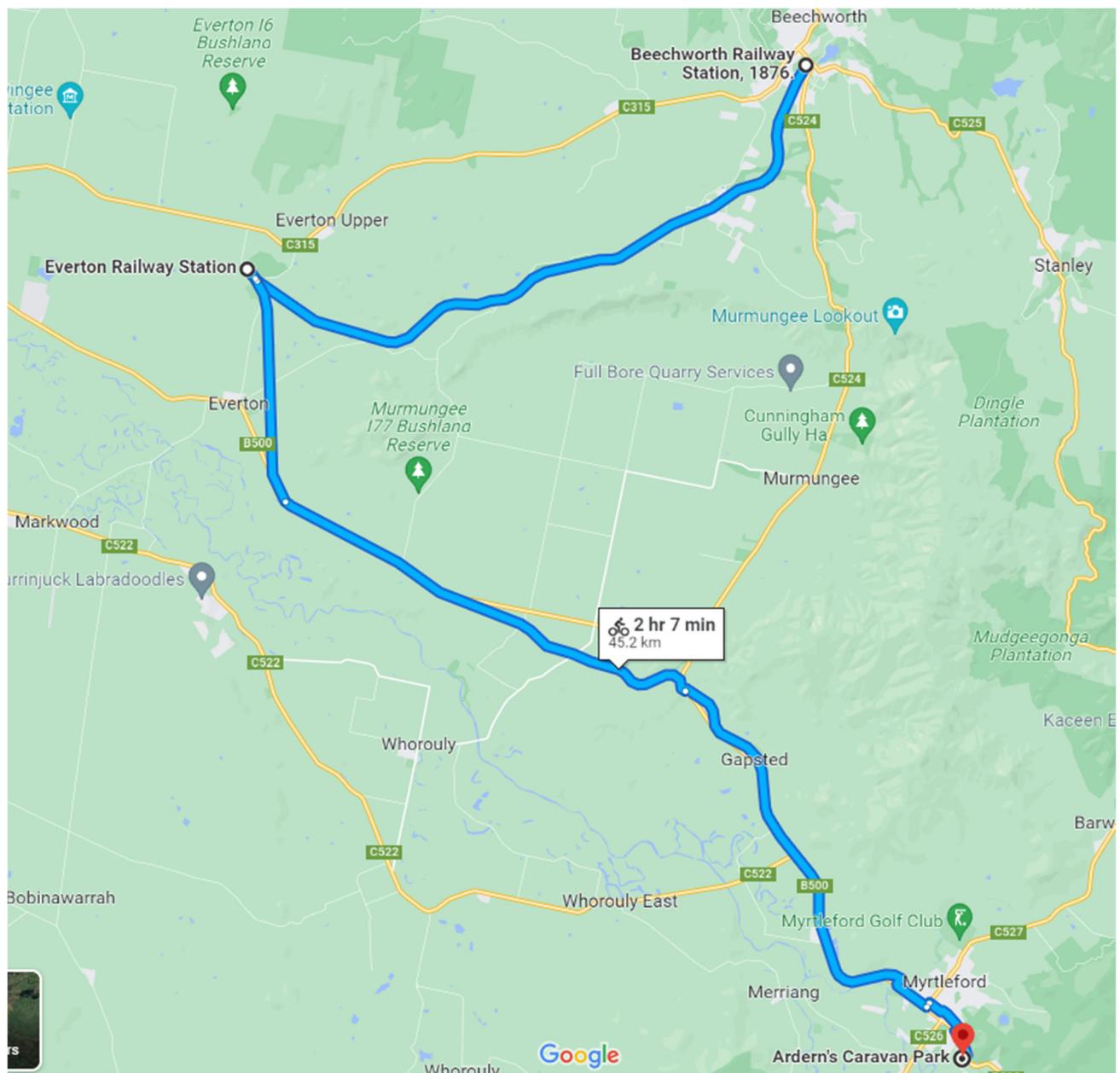
MURRAY TO MOUNTAIN RAIL TRAIL MAP



GOOGLE MAP ROUTE

Day 1

BIKE RIDE BEECHWORTH to MYRTLEFORD



Day 2 BIKE RIDE: HARRIETVILLE to MYRTLEFORD

