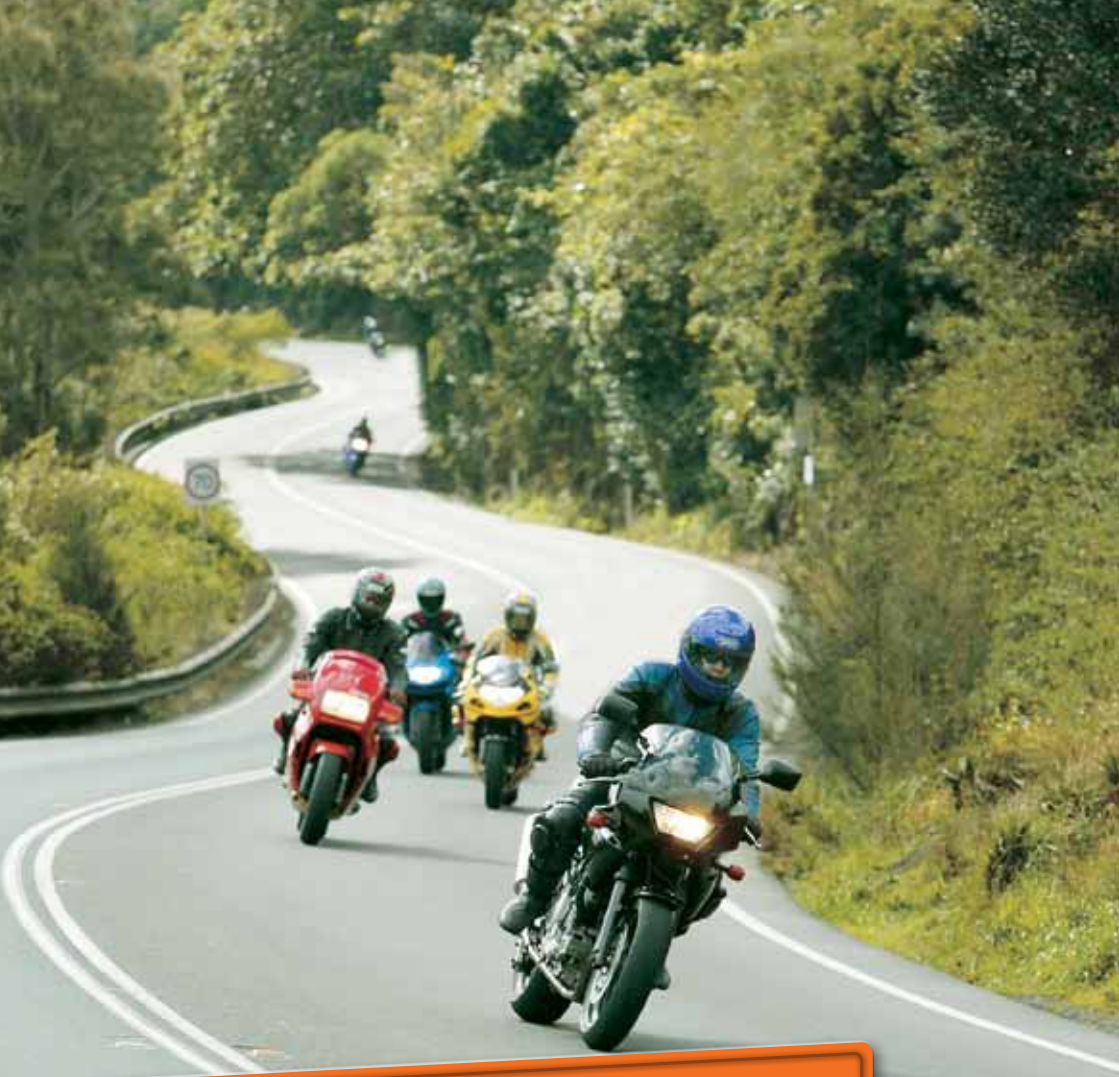


# MOTORCYCLING THE SOUTHERN WAY



Stretching from Warragamba in the north to  
Goulburn in the south, including the Southern Highlands  
and The Tablelands Way experience.



The Highlands and Tablelands region, located just south of Sydney, provides some memorable motorcycling routes in an area known for its history, breathtaking views, friendly people and unique natural features.

The area provides a range of challenging or leisurely one or two-day rides for groups, tourers or locals that could include highway conditions or winding country roads.

# MOTORCYCLING THE SOUTHERN WAY

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# MOTORCYCLING THE SOUTHERN WAY

Stretching from Warragamba in the north to Goulburn in the south, including the Southern Highlands and The Tablelands Way experience.

## SOME FAVOURITE ROUTES ARE:

**79** Braidwood Road

**54** Crookwell Road

**23** Federal Highway

**31** Hume Highway

**48** Illawarra Highway  
(including Macquarie Pass)

**9** Jamberoo Mountain

**TW** The Tablelands Way

Oallen Ford Road - **92** Nerriga Road



Thirlmere

## REGIONAL MAP



Map not to scale.  
Boundaries are a guide only.



# SOUTHERN HIGHLANDS AND WOLLONDILLY

## WOLLONDILLY

Burratorang Lookout

**Appin** This historic town, named after the village of Appin in Scotland, dates back to 1811 and was the fifth village in the colony. Visit several early buildings including the Appin Public School, the first school built under the Henry Parkes' Public Schools Act. Two coal mines, which also operate an innovative methane-powered electricity generating system, have been an important factor in the town's growth.

**Bargo** Bargo village is an ideal stopover providing retail outlets, fuel and a motorcycle repair shop. Enjoy nearby Wirrimbirra Sanctuary, picnic at Avon & Nepean Dams or just enjoy your ride on quiet, well-maintained roads in a picturesque rural environment.

**Picton** The administrative centre of Wollondilly, Picton, is reached in an easy 90-minute ride from Sydney. Picton thrives on its past with many historic buildings in the town and surrounding areas. Activities include parachuting, hot air ballooning, horse riding, bushwalking and much more. Visit the Tourism Information Centre for details.

**Thirlmere** Thirlmere is known for its wonderful Railway Museum and each year the town celebrates the traditional start of the steam festival culminating in an annual festival. Thirlmere Lakes offer swimming and canoeing as well as a very scenic location. These are among the last undisturbed freshwater lakes in the Sydney region and have a unique marine life.

**Warragamba** The gateway to Sydney's water supply, the village of Warragamba is a quiet retreat by the side of Warragamba Dam. A visit to the village will reveal some quaint shops, houses and narrow streets giving visitors insights into life during the construction of the dam.



[www.visitwollondilly.com.au](http://www.visitwollondilly.com.au)  
Ph: 02 4677 8313

4

## SOUTHERN HIGHLANDS & WOLLONDILLY



Map not to scale.  
Boundaries are a guide only.

5



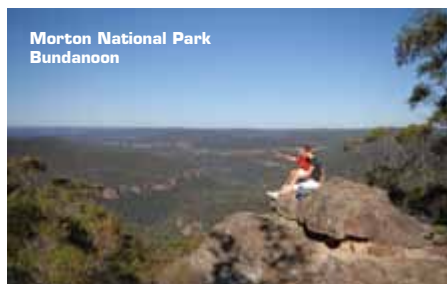
## SOUTHERN HIGHLANDS

Historic Berrima Courthouse

**Berrima** Considered one of the best remaining examples of a small Australian village of the 1830's. Berrima has a host of historic buildings, parks, boutiques, shops, arts and craft, galleries and eating-houses.

**Bowral** Bowral was established in the 1860's and is now the commercial centre of the Southern Highlands. The area is blessed with an English climate with four distinct seasons. The colours of Autumn and Spring are spectacular and attract large numbers of visitors particularly on weekends. Tulip Time held every September/October is one of Australia's leading floral festivals and many of the private stately mansions of the area also participate in the "Open Garden" festivals including Milton Park (reputed to be one of the best gardens in the world). Bowral was cricketer legend Sir Donald Bradman's hometown and the Bradman Museum & the NEW International Cricket Hall Of Fame is well worth a visit anytime.

**Bundanoon** This village is the southern gateway to the 130,000 hectare Morton National Park which features numerous scenic walks and picnic spots, breathtaking views and waterfalls, magnificent sunsets, an abundance of native fauna and flora and the nocturnal delights of the Glow Worm Glen. Each year in April, Bundanoon becomes "Brigadoon" for a day hosting one of the largest highland gatherings in New South Wales.



Morton National Park  
Bundanoon

**Burrawang** Situated on a hill 600 metres above sea level with beautiful views overlooking the Wingecarribee and Fitzroy Falls Reservoirs is Burrawang. A quaint and intimate village set in the seclusion of country lanes, rolling hills, mists, birds, trees and Old World charm.

**Fitzroy Falls** The village of Fitzroy Falls is home to the regions most visited and iconic attraction, Fitzroy Falls and the Morton National Park. Great place to bushwalk, picnic & explore. A must on any visit to the Highlands.

**Mittagong** Make your first stop in the Southern Highlands the Mittagong Visitor Information Centre. Rest a while at the beautiful Lake Alexandra or take a ride to the top of Mt Gibraltar for spectacular views. Mittagong is home to the Fitzroy Ironworks, Australia's first ironworks site, plus it boasts some of the regions finest antique & gardening centres. 📍



Fitzroy Falls  
Morton National Park



Illawarra Fly  
Tree Top Walk

**Moss Vale** The first major town when arriving in the Southern Highlands from the South, Moss Vale is surrounded with lush pastures supporting dairy, beef and horse studs. Moss Vale Golf Course is considered one of the best country courses in NSW and Leighton Gardens in the centre of town provides a magnificent floral display particularly in Spring.

**Robertson** Breath taking escarpment & coastal views of the region can be best seen from the new Illawarra Fly Tree Top Walk attraction. Take the many scenic country drives around Robertson including Macquaire Pass.

**Sutton Forest** In 1819 Governor Macquarie decided there should be a permanent settlement in the south so he granted land to 6 men including 70 year old Charles Wright. Today many of the old buildings, cottages and homes of the last century can still be viewed.



[www.southern-highlands.com.au](http://www.southern-highlands.com.au)  
Ph: 02 4871 2888



# SOUTHERN TABLELANDS



## GOULBURN & SURROUNDS

Historic Goulburn Waterworks

**Goulburn** Goulburn is the largest city on the Southern Tablelands and Australia's first inland city (1863). Goulburn district lays claim to being the birthplace of motorcycle racing in New South Wales (see page 11).

Wakefield Park, 10km south of Goulburn, boasts one of the best short circuit layouts in Australia, with dedicated motorcycle race meets and events.

A giant replica Merino sheep at the southern entry signifies the importance of wool growing in the area. Interesting attractions include the Rocky Hill War Memorial (lookout) constructed in 1923, Cathedrals and the Old Goulburn Brewery - Australia's oldest working industrial complex. For more ideas on what to see and do, contact the Goulburn Visitor Information Centre. [i](http://www.igoulburn.com)



Grand Prix Park, Goulburn



[www.igoulburn.com](http://www.igoulburn.com)  
Ph: 02 4823 4492



**Braidwood** The entire township of Braidwood has been classified by the National Trust. Nineteenth century architecture includes houses and businesses which have served the town since the goldrush days. 📍

**Breadalbane** Breadalbane marks the beginning of a 25km ride through the once notorious Cullerin Range stretch of the Old Hume Highway. These days it is a pleasant scenic drive to be shared only with sheep, birds, cyclists and walkers.

**Bungendore** Bungendore lies in a beautiful valley just 20 minutes from Queanbeyan. Boasting attractions such as local vineyards and Lake George, Bungendore is a traditional country town with a relaxed bush village atmosphere.

**Collector** Collector is located just off the Federal Highway and is renowned for the superb cuisine of Lynwood Cafe and the historically significant Bushranger Hotel. This Hotel, which was known as Kimberley's Inn was the site of a raid in 1865 by bushranger Ben Hall and his gang. A local policeman, Constable Nelson, was shot dead by Hall's associate John Dunn. A memorial marking the spot where he died can be found in the Hotel along with an interesting collection of bushranger artefacts.

**Crookwell** Crookwell is a town with a population of just over 2000. Australia's first commercial grid connected Wind Farm can be seen from the viewing area on the Crookwell Road. Attractions include the Sock Factory and Alpaca Shop. The route from Goulburn to Crookwell and back via Grabben Gullen is a scenic and fully sealed ride. Visit the Tourism Information Centre for details. 📍

**Gunning** Gunning was settled in the 1820s and today offers heritage experiences with cafés a peaceful friendly rural atmosphere.

**Marulan & Tallong** The district is home to some of the shire's most rugged scenery. Gibraltar Rocks at Brayton are only 20 mins west of Marulan. The township of Marulan has cafés, a pub and a heritage walk.

The village of Tallong is 10 minutes off the Hume Highway, east of Marulan and is home to Badgery's and Longpoint Lookouts. Both have picnic facilities and give breathtaking views of Bungonia and Shoalhaven River.

**Queanbeyan** Sited at the junction of two rivers (Molonglo and Queanbeyan) in the mid 19th century to service a rapidly growing rural community, followed by a mining spurt in the area, its population has grown to over 30,000.

**Taralga & Wombeyan Caves** Taralga was settled prior to 1843, when it was reported to have two houses, an orchard and a small area sown with wheat. "A heritage in stone" best describes the village of Taralga, evident from a drive through the street revealing the splendid buildings made of stone. The road to Wombeyan Caves (via Taralga) has improved greatly over the years, with only 23 kms of unsealed road remaining.

## GRAND PRIX PARK

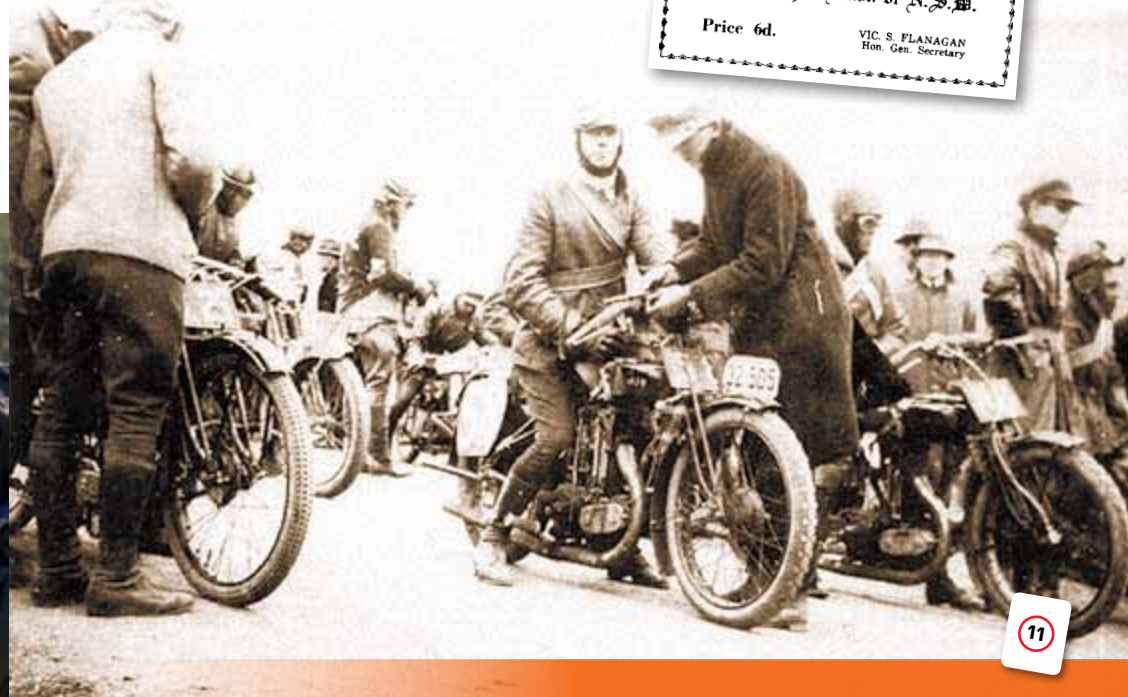
Goulburn is often considered the birthplace of Australian Motorcycle Racing. Grand Prix Park, located about 5kms east of Goulburn on the corner of Windellama and Bungonia Roads, commemorates the start of the First Australian Grand Prix for motorcycles. Held on a bitterly cold day on the 23rd of June 1924 the best motorcyclists in Australia raced over roads that even today would test the mettle of many modern bikes and riders. The race covered 4 laps of 50 miles and the winner Dave Brewster on an Indian Chief covered the 200 miles in just over 4 hours.

Goulburn also hosted the very first Tourist Trophy of Australia in 1914. Starting at Yarra it covered 100 miles in a triangular circuit taking in Breadalbane and Collector. The winner of that race was also riding an Indian.

Grand Prix Park was constructed by The Classic Riders Club and The Goulburn Motorcycle Club. For more details visit [www.classicridersclubgoulburn.com.au](http://www.classicridersclubgoulburn.com.au) or contact the Visitor Information Centre.

Safe motorcycling

Howard Kneebone  
President CRC of Goulburn





# Ride on to experience the glorious sweepers and twisties of The Tablelands Way experience

*Every twist and turn of the Tablelands region has a story to tell.  
The road from Goulburn to Mudgee and beyond to the Hunter is well constructed  
with non-stop curves providing a safe and rewarding driving experience.*

Visit a popular haunt of Canberra Ulysses club, the Upper Lachlan Shire, including Taralga, Crookwell and Gunning. You will pass through early settlers villages, and see the ruins of inns from the gold rush days. Drop in to the local cafes to hear the bushrangers tales of the likes of Ben Hall and his gang.

Oberon is the shire of grand sweepers, revealing grass hills crowned with granite tors. The area's streams and rivers are famous for their trout and gems. Live like a local, sample simple pleasures of homemade fare and hospitality at one of Oberon's many B&Bs or farm stays.

For those who like the thrill of a twister, the road into Jenolan Caves from Oberon is the pick of the Tablelands. Surrounded by the world heritage Kanangra-Boyd National Park, it begins a slow descent down to Jenolan Caves House and then through the Grand Arch and onto Lithgow or Sydney.

Lithgow borders on world heritage wilderness. Here you can ride past the dramatic Capertee Valley, the widest canyon in the world, with the one of the greatest bird diversities in the southern hemisphere. Railways enthusiasts can take in the view from the window of a steam train on the Zig Zag Railway.

Country roads are often narrow and winding, just great for bikes of course. Bends and curves are often dangerous due to a build up of loose dirt and stones. Be prepared for changing road conditions and surfaces in wet weather. Be aware of other hazards including livestock, native animals, fallen branches and ice, which can impact on road conditions. Always ride or drive in accordance with conditions, not necessarily to the posted speed limit.

Find out more about **The Tablelands Way** experience by visiting  
**[www.tablelandsway.com.au](http://www.tablelandsway.com.au)**



The Tablelands Way, find your way and TW are trademarks of Oberon Council and are used with the permission of Oberon Council NSW Australia.

# HOW TO ADVISE OF PROBLEMS WITH LOCAL ROAD CONDITIONS

**Goulburn Mulwaree, Wingecarribee and Wollondilly Councils are working with the RTA, local Motorcycle Clubs, the Motorcycle Council of NSW and others to, where possible, make our roads more motorcycle friendly. These Council's welcome your feedback on local road conditions, perceived hazards, amenities, parks and rest areas.**

**Please use the contact addresses provided to record your comments or visit [www.reportahazard.com.au](http://www.reportahazard.com.au)**

The Motorcycle Council of NSW also has a road hazard reporting form available on their website **[www.mccofnsw.org.au](http://www.mccofnsw.org.au)**. Feedback from this form is directly reported to the local Council concerned.

We recommend you take careful note of the location, time of day, weather conditions, and even take a photograph if possible to assist us in accurately identifying and addressing your area of concern.

## **Goulburn Mulwaree Council**

Locked Bag 22, GOULBURN NSW 2580  
Ph: 4823 4444  
Fax: 4823 4456  
E-mail: [council@goulburn.nsw.gov.au](mailto:council@goulburn.nsw.gov.au)  
Web: [www.goulburn.nsw.gov.au](http://www.goulburn.nsw.gov.au)

## **Wingecarribee Shire Council**

PO Box 141, MOSS VALE NSW 2577  
Ph: 4868 0888  
Fax: 4869 1203  
E-mail: [wscmail@wsc.nsw.gov.au](mailto:wscmail@wsc.nsw.gov.au)  
Web: [www.wsc.nsw.gov.au](http://www.wsc.nsw.gov.au)

## **Wollondilly Shire Council**

PO Box 21, PICTON NSW 2571  
Ph: 4677 1100  
Fax: 4677 2339  
E-mail: [council@wollondilly.nsw.gov.au](mailto:council@wollondilly.nsw.gov.au)  
Web: [www.wollondilly.nsw.gov.au](http://www.wollondilly.nsw.gov.au)

**[www.reportahazard.com.au](http://www.reportahazard.com.au)**

**Report all road and pathway  
safety hazards quickly & easily online**

An initiative of the Local Government Road Safety Program supported by the RTA, Goulburn Mulwaree, Wingecarribee Shire and Wollondilly Shire Councils.



# CLIMATE AND WEATHER

The Highlands and Tablelands have a spectacular range of landscapes, flora and fauna, but they also experience a wide range of weather conditions including heavy fog, occasional snow, black ice, high winds and glare from sunsets.

The area is known for its changing weather conditions and temperatures so make sure you check the local weather forecasts before heading off on a trip.

FOR MORE INFORMATION ON  
LOCAL WEATHER CONDITIONS

The Department of Meteorology [www.bom.gov.au](http://www.bom.gov.au)  
 NSW Country Forecasts: **1900 926 102**  
 Sydney Forecasts: **1900 926 100**  
 Visitor Information Centres: See page 32

Moss Vale	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg Max Temp C	26	25	23	19	15	12	12	13	17	20	23	25
Avg Min Temp C	12	13	11	7	4	2	1	2	4	7	9	11
Avg Rain mm	92	94	92	84	88	101	76	66	61	76	73	78
Picton	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg Max Temp C	29	29	27	24	20	17	17	18	21	24	26	29
Avg Min Temp C	15	15	13	9	6	3	2	3	5	9	11	14
Avg Rain mm	90	86	90	72	59	67	51	45	45	64	73	72
Goulburn	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Avg Max Temp C	27	26	24	20	16	12	11	13	16	19	22	26
Avg Min Temp C	13	13	11	8	5	3	1	2	5	7	9	12
Avg Rain mm	64	57	58	55	53	49	45	58	52	58	69	56





# PROTECTIVE CLOTHING

**Having the right protective clothing will ensure you are protected from the elements, as well as from the effects of a fall.**

**A recent survey of riders conducted by the Motorcycle Council of NSW found pillions are generally poorly protected. Pillions need protective clothing too.**

## Back protector:

To protect the spine in the case of a crash.

## Jacket and pants:

Must be highly abrasion and tear resistant and completely cover your arms, legs and body. They must be secured at the wrists, waist and ankles to prevent riding up and exposing skin.

Your jacket should be purpose built for motorcycling and should have padding on the usual points of impact.

Full-grain leather is the most ideal pants to wear while riding. Try to ensure that they have padding and hip protection.

**Check the Motorcycle Council of NSW website for updated information [www.mccofnsw.org.au](http://www.mccofnsw.org.au)**

## Helmet with eye protection:

Must be Australian Standard AS 1698 approved.

Helmets should be replaced after five years or first impact - which could be accidentally dropping it from the handlebars onto a hard surface.

## Visor:

Clear and shatterproof without scratches. Australian Standard AS 1609.

## WET WEATHER GEAR

A range of affordable wet weather gear is now available. Try to choose brighter colours so that you can be seen more easily by other road users.

The weather in this area can often change several times in a day. Make sure you are prepared for a range of weather conditions.

## Gloves:

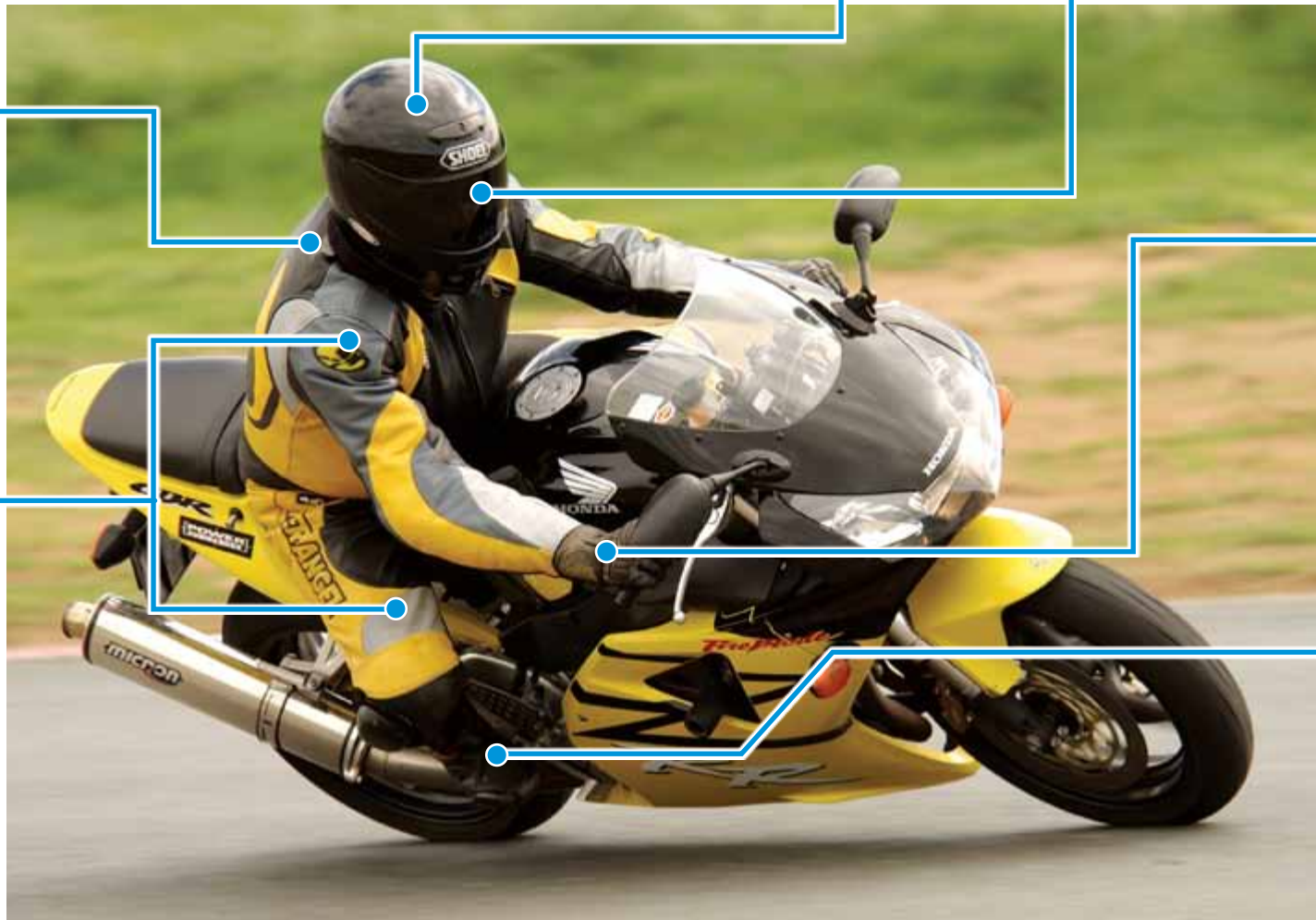
Gauntlet style with a strengthened palm area and knuckle protection. Zip or velcro fastening around wrist.

Make sure gloves are secure on your hands so they don't come off in a fall. Full-grain leather and reinforced protection on the fingers are the most ideal gloves to own/purchase.

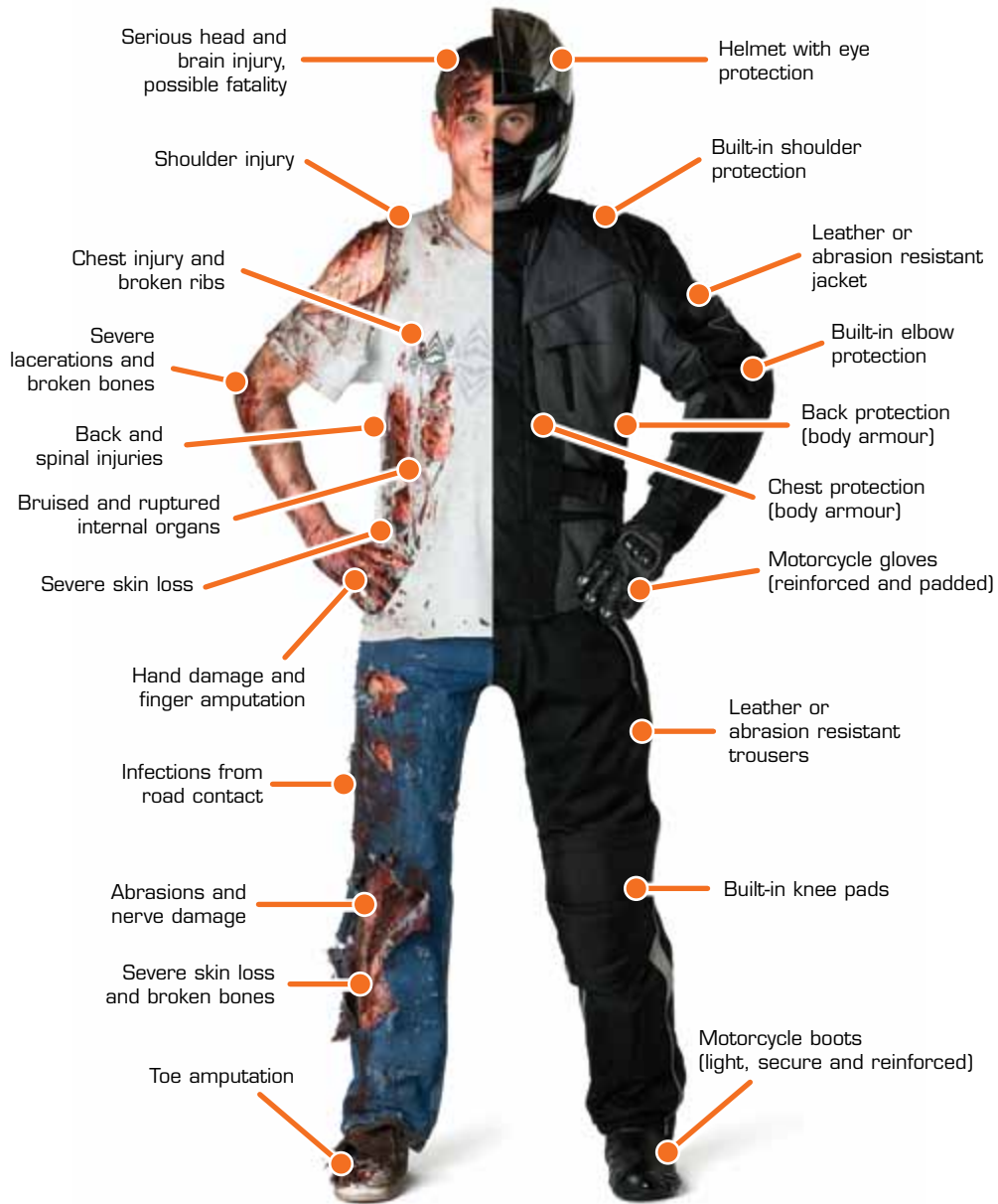
## Footwear:

Ankle cover boots must overlap the pants and provide shin, ankle and instep protection. Zipper or velcro fasteners required to prevent the foot sliding and a protective cover to protect against wear when changing gear.

Make sure they are a snug fit.



# HALF DRESSED



IT'S YOUR CHOICE...

Protective clothing courtesy of Motorcycles & Moore  
Photography © David Townsend www.davidtownend.com

# PLANNING YOUR TRIP



## PREPARING YOUR BIKE

- ✓ Check the tyre tread depth to the specification required.
- ✓ Before setting out check your tyre pressure.
- ✓ Got fuel? Fill up your tank the day before you ride  
- some village destinations may not have petrol stations.
- ✓ Conduct general maintenance on your bike including checking the lights, chain and fluids.

**Planning a trip is just as important as the actual ride that you will be participating in. Listed is a brief checklist that should be reviewed every time you head out for a ride. Preparing thoroughly for a trip may reduce the risk of things going wrong on the ride.**

## PREPARING YOURSELF



- ✓ If you are feeling stress or tension try to avoid riding as your mental state can affect your riding ability.
- ✓ Be sure to drink plenty of water before heading out on a ride. Riders often get dehydrated during a long ride.
- ✓ Stay fit and healthy - if your body is not working at its optimum level consider another form of transport.
- ✓ Have a good night's sleep before you head out for a ride.
- ✓ Avoid drinking alcohol before riding or during a ride - skills and reaction times can be severely affected by drug and alcohol use.
- ✓ Find out if any medicine you are taking may affect your riding.

For information about group riding see page 20.



# GROUP RIDE INFORMATION

Planning a group ride?  
Here are some handy tips to consider

## NOTES TO ORGANISERS



- ✓ Ensure you match skills and abilities into similar groupings.
- ✓ Ask each person to form a 'buddy' system. Alternately assign each person a 'buddy', this will encourage socialising in the group.
- ✓ Have an experienced lead rider AND an experienced sweep rider.
- ✓ Carry a first aid kit and mobile phone.
- ✓ Assign one experienced rider as the "route marker" to rejoin after all riders have made the turn at an intersection.
- ✓ Clearly define 'way points' at which to meet, to keep the group together.
- ✓ Break larger groups into pods of five to seven riders only. This causes minimal distraction to other road users.
- ✓ Sandwich the inexperienced riders with the experienced.
- ✓ Be aware of impatient drivers behind your group.
- ✓ With large numbers of riders, ensure "pods" do not bunch up.
- ✓ In the event of a fall, the experienced riders behind the accident will take the required action and safety precautions (see page 23-25).
- ✓ In the case of an accident beware of turning back and creating safety issues. Send surplus riders to next 'way point' to wait for news, keep one as a courier. Act fast. Communicate.
- ✓ Ensure all riders understand staggered formation riding. Three seconds to each offset wing rider. Don't ride side by side.
- ✓ Ensure all riders understand when to fall into single file:
  - at uncontrolled intersections
  - on-ramps, off-ramps
  - entrances, gates
  - on tighter curves, where separation distance must increase
- ✓ Stop to talk.
- ✓ Use hand signals, make sure all are briefed on them and can repeat them back down the line.
- ✓ Observe the three-second rule between riders. I.e. Allow enough space between you and the rider ahead to count to 3 seconds before passing the object they have just passed. At speeds higher than 60km allow a longer space.



## NOTES TO INDIVIDUAL RIDERS

- ✓ Keep your distance, in staggered or single file.
- ✓ Staggered formation is best, except in narrow curves or on and off-ramps.
- ✓ Never ride in pairs, alongside each other.
- ✓ Each rider is individually responsible for traffic rules.
- ✓ Each is responsible for being safe around other riders.
- ✓ Uncontrolled intersections (without traffic lights) are YOUR responsibility.
- ✓ Beware of just following another rider into trouble.
- ✓ Know the route.
- ✓ Passing - one at a time, then reform.

## MOTORCYCLE CLUBS

### Ulysses Club

Phone: 1300 134 123  
Website: [www.ulysses.org.au](http://www.ulysses.org.au)

### Goulburn Ulysses

Email: [committee@goulburnbranchulyssesclub.org](mailto:committee@goulburnbranchulyssesclub.org)  
Website: [www.goulburnbranchulyssesclub.org](http://www.goulburnbranchulyssesclub.org)

### Goulburn Motorcycle Club

Phone: 0418 482 630

### Wollondilly Wanderers

[www.ulysses.org.au/branches/wollondilly/](http://www.ulysses.org.au/branches/wollondilly/)

### Classic Riders Club of Goulburn

Email: [secretary@classicridersclubgoulburn.com.au](mailto:secretary@classicridersclubgoulburn.com.au)  
Website: [www.classicridersclubgoulburn.com.au](http://www.classicridersclubgoulburn.com.au)

### Motorcycle Council of NSW

15 Huddleston St, Colyton 2760  
Phone: 02 9833 7794  
Email: [mccofnsw@ar.com.au](mailto:mccofnsw@ar.com.au)  
Website: [www.mccofnsw.org.au](http://www.mccofnsw.org.au)

# CARRYING A PILLION

A pillion's safety is often not considered when riding. Carrying a pillion is a big responsibility for the rider.

## FOLLOW THIS CHECKLIST

- ✓ Ensure they are dressed appropriately, preferably with the same standard of gear that you wear (see page 16).
- ✓ Adjust the suspension settings correctly. Read your owner's manual and learn how to do this.
- ✓ Adjust the tyre pressures accordingly. Read your owner's manual.
- ✓ Pillions need more breaks than the rider. Get them off to stretch their legs for comfort.
- ✓ Ride with care, you have valuable cargo!



## NEW LAWS

- ✓ Pillions must be a minimum 8 years of age. Children under 8 years can only be carried in a sidecar.
- ✓ Sidecars must not be operated if the passenger is not safely seated or is not wearing an approved helmet.

## RIDING AS A PILLION

- ✓ Keep your feet up.
- ✓ Keep your feet on the pegs.
- ✓ Align your body with the rider, relax and flow with the movements - like dancing.
- ✓ Select a shoulder to look over.
- ✓ Grip with your knees when rider is braking.
- ✓ Communicate with rider, e.g. three shoulder taps to stop.
- ✓ Don't try and look the rider in the face when going slow (children often do this).
- ✓ If you are carrying children - their feet MUST reach the pegs securely.
- ✓ Children should not be expected to travel long distances. They tend to get fatigued earlier than adults.

# AT A CRASH SCENE

Follow the St John Ambulance **DRSABCD** action plan (see page 24-25). The first thing to do is to direct someone to call 000 for an ambulance.

## CASUALTIES ENCASED IN LEATHERS

Bleeding wounds can be hidden from view or disguised by riding leathers. Often the puncture made in the leathers is not a true indication of the severity of a wound. Profuse and life threatening blood loss requires that the wound be exposed so that direct pressure can be applied with bandages or clothing. Leathers may be torn or cut away with shears or scissors.

**BLEEDING** Stop any bleeding by applying direct pressure with bandages or clothing.

**BURNS** If a rider/passenger is trapped underneath the bike, extreme heat from exhausts and engine parts can be conducted and contained in leathers, causing severe burns. For all burns it is crucial to expose the wound, and cool with running water for at least 20 minutes or until affected area returns to a normal temperature. If clothing is stuck, cut around it; don't attempt to pull it off. Remove jewellery to prevent restricting circulation due to swelling. Protect the burnt area with a sterile or clean non-stick dressing or non-fluffy material.

**BROKEN BONES** Keep the injured person as still as possible by packing clothing and equipment around them to prevent movement to the spine and any broken bones.

**SHOCK** Keep the patient warm and give continual reassurance. Whilst waiting for medical assistance to arrive continue to check and manage any wounds (You may need to apply further pads and bandages) and also continue to check the patient's conscious state.

Source: St John Ambulance Australia

## IMPORTANT NOTE FOR CASUALTIES WEARING HELMETS

A full-faced helmet should only be removed if the injured rider does not have a clear airway and cannot breathe. In all other circumstances the helmet should remain in place unless the rider chooses to remove it him/herself. If a casualty is wearing a full-faced helmet, the helmet is to be removed by at least two people. The first person must ensure that the head and neck are completely stabilised and supported to avoid any further damage. The second person must carefully remove the helmet in a way that minimises all movement to the head and neck.

## EMERGENCY SERVICES

**POLICE, AMBULANCE, FIRE**  
**000**

**NRMA 13 1111**

### HOSPITALS

Camden Hospital **4634 3000**  
Bowral & District Hospital **4861 0200**  
Goulburn Base Hospital **4827 3111**  
Crookwell District Hospital **4832 1300**

**TIP: Add a phone number to your mobile list under 'ICE' (In Case of Emergency) so emergency services can use it to contact a family member or friend in an emergency.**



# HANDLING AN EMERGENCY

Specialist motorcycle  
first aid courses are offered by  
St John Ambulance Australia.

For more information

**1300 360 455**

**[www.stjohnfirstaid.com.au](http://www.stjohnfirstaid.com.au)**

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This information is not a substitute  
for first aid training



RESUSCITATION CHANGES UPDATED DECEMBER 2010

## DRSABCD

## ACTION PLAN

### DANGER

#### Check for danger

To yourself  
To others  
And casualty

### RESPONSE

#### Check for response

Ask casualty's name  
Gently squeeze shoulders

#### No response

Send for help

#### Response

Make comfortable  
Monitor response  
Check for any injuries

UPDATED

### SEND FOR HELP

Call 000 for an ambulance or ask another person if they are close by

### AIRWAY

#### No foreign material

Leave on back  
Open airway by tilting head back

#### Foreign material in mouth

Place in recovery position  
Open mouth  
Clear foreign material with finger  
Open airway by tilting head back

UPDATED

### BREATHING

#### Check for breathing

Look, listen, feel for breathing

#### Not breathing normally

Start CPR

#### Breathing normally

Place in recovery position  
Monitor breathing

### CPR

#### Start CPR

30 compressions  
2 breaths

#### Continue CPR

(30:2) until help arrives or casualty recovers

### DEFIBRILLATION

Apply defibrillator (if available)

# SURVIVAL TIPS

## FROM LOCAL RIDERS

These survival tips were provided by Richard Lindsay for the first edition of this booklet. Richard has since 'ridden on' but the experience of around 60 years as an active motorcyclist is still relevant to us all.

### SAFETY EQUIPMENT

Build yourself a side stand support by cutting a piece of waterproof plywood into a 90 x 90 mm square. Drill a small hole in one corner and attach a piece of coloured string long enough to reach the handlebars of the bike. It can then be carried in your pocket and used if necessary for parking on soft soil or grass.

### SAFETY CLOTHING

- ✓ Helmets - put them on and do them up every time - even if you're just going up the road for a paper.
- ✓ Wear visible clothing to increase the chance of motorists seeing you on the road.
- ✓ Leathers should be on your must have list. In an accident they won't stop broken bones but they will protect your skin.
- ✓ Get yourself some good quality riding boots not light weight ones, as they tend not to protect your shins when necessary. Good boots will have shin pads built in.
- ✓ Always remember to wear warm gear and long underwear underneath your leathers on cold days - especially in the Highlands and Tablelands where snow is not uncommon. Leathers in themselves don't keep you warm they just keep the cold out.
- ✓ Rain gear is also important, as there is nothing worse than travelling long distances and getting wet and uncomfortable.



### SPEED

- ✓ Motorcycling calls for enthusiasm not bravado.
- ✓ If in a hurry keep control of your feelings, an aggressive approach is a risk to yourself and others.
- ✓ Always obey the 3-second rule and give plenty of distance between you and the rider or car in front of you. Trucks and cars stop quicker than we do and as we get older our reaction time slows.

### BRAKES

- ✓ If in doubt about the condition of your brakes - don't ride. Repair them.
- ✓ Do not wash disc brakes with silicone based compounds because they do not operate well afterwards.
- ✓ Straight line braking is always safer than braking in corners. If you must brake in a corner or bend in the road then you must learn to 'feather' the front brakes and I always apply the rear brake slightly just before using the front brakes.

### WILDLIFE

- ✓ If travelling on back country roads where 'roos are a problem try to ride in the centre of the road as that gives you a chance to move either one way or the other if a 'roo jumps out in front of you. Remember kangaroos can not move backwards or sideways but they will turn, and move very quickly.
- ✓ Birds will fly into your path on odd occasions.
- ✓ Wombats are solid but slow movers.
- ✓ Avoid running over snakes as they can be flung up into the bike and they will not, be happy about that!

### ROUNDBABOUTS

Try to ride on the inside of roundabouts as most oil spills are on the outside.

### ROAD CONDITIONS

- ✓ If you need to ride on gravel roads then relax and let the bike do the work for you - do not hold the handle bars too tightly - this is called freezing and will bring you undone.
- ✓ When riding on narrow country roads that do not have separation lines, keep to the left hand side of the roadway because a timber jinker or a cattle truck may be travelling towards you in the other direction and on a corner they may need more roadway than you can spare.
- ✓ Keep your eyes wide open on country roads as farmers on tractors, stock crossing and native animals on the road are often obscured by trees and can be a real hazard.
- ✓ On the southern side of a mountain sometimes the roadway can be wet, or even have some moss on it. If that is the case always try to travel in the wheel tracks of the proceeding vehicles and slow down.
- ✓ Riders need to practice riding very slowly up slight slopes, loose sand, gravel and sometimes small ditches while keeping feet on the footrests. This enhances your 'feel' for the motorcycle and is a useful additional safety factor.

### MOTORCYCLE MAINTENANCE

- ✓ Check your tyres regularly for correct pressure and to make sure the tread is not below the maker's specifications. Valve caps are important - make sure they are intact because they stop dirt and grit from entering the valves and possibly causing deflated tyres.
- ✓ Running your hand around your tyres now and then allows you to check for small bits of steel or tacks - if you find them dig them out because they will eventually cause a puncture.
- ✓ Damaged wheels should be repaired or replaced as soon as possible.
- ✓ Keep your rear vision mirrors, tail light and headlamps clean.

### WEATHER CONDITIONS

- ✓ Wet roads - if you are frightened or even slightly uncomfortable then don't ride, if you do ride treat wet roads the same as gravel roads - relax. Never try to travel too quickly through bends in the wet and always do your braking in the straights before the bends if necessary.
- ✓ Remember riding in the rain can make you more tired than usual because your concentration needs to be more focussed - wet and slippery roads can be hazardous so where possible take a break until the weather clears.
- ✓ Keep off the white or painted centre lines, pedestrian crossings and those lines on the edge of some highways - they are deadly when wet.
- ✓ When it is windy always keep an eye out for the gaps in the trees or cuttings in the roadway as that is where you can be hit by high winds and they can force you and your bike across the centre of the roadway and possibly into the path of oncoming traffic.
- ✓ In high wind areas also keep your eyes peeled for falling branches, especially when riding along the tops of ridges where the wind comes up a gully or creek bed with a gush.
- ✓ Dust is also a problem if it gets in your eyes so remember your visor or goggles.



## SURVIVAL TIPS

### FATIGUE

Never ride when you are over tired or short of sleep - and pull over at the very first sign of being drowsy or losing concentration.

You can prevent fatigue by:

- ✓ Dressing to fully protect yourself from wind, heat, cold and rain (as they are tiring).
- ✓ Having a properly fitted screen or fairing on your motorcycle.
- ✓ Stopping every two hours. STOP. REVIVE. SURVIVE.
- ✓ Avoid eating big meals of fatty foods. Your body works harder to break these down and this will fatigue you.

### MEDICINES

On some medicines it says don't operate machinery after taking certain mixtures. This means don't ride your bike or drive your car. Doing so may cause an injury to you or someone else.

### HEALTH, FITNESS AND ATTITUDE

If you genuinely don't feel up to riding a motorcycle on any particular day, then leave it at home - it's safer that way.

### BOOZE & BIKES DON'T MIX

Eat, drink and be merry, but remember any alcohol in your system increases the risk of a crash. It can take many hours to remove alcohol from the body after drinking - a few hours of sleep and a shower are often not enough. To maintain peak riding performance don't drink before or during a ride.

**SAFETY TIP:** Look for diesel spills on roundabouts, junctions and tight corners that cause fuel tanks to slosh. Avoid dark lines on the road surface (rainbow in the wet) and stay alert for the distinctive smell of diesel.

# A REVIEW OF THE CRASH STATISTICS

**Whenever the Police are called to a road crash they complete a detailed record of the incident and this information is forwarded to the Roads and Traffic Authority (RTA).**

**All this information is collated by the RTA and then made available to the local Council so any 'black spot' or problem areas may be identified and addressed as part of the Local Government Road Safety Program.**

"Motorcyclists are involved in only a small proportion of reported crashes but they are more likely to be hurt than any other road user except pedestrians."

*Positioned for Safety. Motorcycle Council of NSW*

**According to the RTA, motorcycles represent only 2.9% of all vehicles registered in NSW yet 15% of all fatalities are motorcyclists.**

**Between January 2004 and December 2008, there were 239 crashes that involved motorcycles in the area covered by this booklet. Eight of these were fatal.**

### In summary:

- ✓ 63% of motorcycle crashes involved no other vehicles.
- ✓ Crashes tended to take place in daylight (76%) and in fine weather (87%), with only 9% occurring on wet roads and 5% during rainfall.
- ✓ Around sixteen percent of all motor vehicle crashes involve speed as a factor however 39% of motorcycle crashes in the Upper Hume area involved excessive speed for the conditions.
- ✓ Over 44% of crashes occurred on a weekend, Sunday being the most popular day for recreational riding.
- ✓ 76% of crashes occurred between 9am and 6pm.
- ✓ The majority of motorcycle crashes occurred on 2 way undivided roads and 30% at intersections.
- ✓ 31% of crashes occurred in 100 or 110kmph speed zones and 41% in 60km/h or less speed zones.

**Many roads in this area are narrow and winding, so motorcyclists should be wary of other vehicles crossing over the centre line and always ensure you have a good line of sight through corners and over crests.**

- ✓ 34% of motorcycle crashes occurred on bends - 6% were head-ons.



# DIRT BIKES

**The Southern Highlands and Tablelands of NSW are well loved by dirt bike riders. With a little bit of planning, a wide range of public road, track and trail riding options can be found.**

See page 32 for the contact details of local Visitor Information Centres. These places have staff who are clued up about scenic routes, detailed maps and great places to stay, plus their local knowledge about the availability of water, food and fuel can't be overstated. They'll also have contact details for State Forest and National Parks offices.

The Motorcycle Council of NSW has a great website which includes a vast amount of information about dirt bike riding.

Visit [www.mccofnsw.org.au](http://www.mccofnsw.org.au) for details of commercial riding parks and circuits, how to get onto good tracks legally and some important advice about how to communicate with other riders and get help in an emergency situation.

For information about registration, licensing, road worthiness and helmet laws visit [www.rta.nsw.gov.au](http://www.rta.nsw.gov.au)

## TO ENSURE A WARM WELCOME, DIRT BIKE RIDERS CAN:

- ✓ be considerate of other land users, neighbours, etc
- ✓ understand and obey the laws governing riding dirt bikes on public and private land
- ✓ act and ride in ways that minimise disturbance to others
- ✓ ride in areas and ways that minimise impact on the environment
- ✓ wash bikes, gear, trailers etc after each ride/trip to minimise transfer of weeds and disease
- ✓ wear appropriate clothing, helmet and protective gear
- ✓ have an emergency management plan, first aid training and communication gear



## THE BASICS

- ✓ Hold a current motorcycle licence and ride a registered bike.
- ✓ Have a noise compliant muffler and spark arrester.
- ✓ Ride only on formed roads and tracks.
- ✓ Respect others.

## THE DO'S

- ✓ Do prepare your bike, your gear, yourself, your ride plan.
- ✓ Do take care with fire, sparks & noise.
- ✓ Do stop for horses, you may frighten them.
- ✓ Do talk to other forest users, you may learn things.
- ✓ Do go quietly near walkers, horses, picnics, car parks.
- ✓ Do obey signage, restrictions, etc.
- ✓ Do respect locked gates, private property.
- ✓ Do take your garbage home – leave no trace.

## THE DON'TS

- ✗ Don't use unregistrable bikes or ATV's on public land.
- ✗ Don't use signposted management roads/tracks.
- ✗ Don't make new tracks through the bush.
- ✗ Don't ride on walking tracks.
- ✗ Don't disturb people with noise, especially near residences.

Source: Motorcycle Council of NSW





## WOLLONDILLY

Visitor Information Centre

Your local Visitor Centre is a fabulous place to search for activities to keep your family and visitors amused and entertained. You will be surprised what is available right on your doorstep. We can provide maps, information on attractions, free activities such as history walks & bushwalks, entry prices to venues so you can plan your budgets and vital details such as opening hours. The Wollondilly Visitor Information Centre is your one stop shop for all visitor needs, we are an agent for NSW Fisheries, Picton Theatre Group and NPWS. Remember Visitor Information Centres are not just for Tourists, they are also here to assist locals.

**SO COME DISCOVER YOUR LOCAL VISITOR INFORMATION CENTRE TODAY.**

**Open 7 days 9am - 5pm, located in the Old Post Office, Picton**

**Phone: 02 4677 8313 Fax: 02 4677 3217**

**Email: [tourism@wollondilly.nsw.gov.au](mailto:tourism@wollondilly.nsw.gov.au) Web: [www.visitwollondilly.com.au](http://www.visitwollondilly.com.au)**



## SOUTHERN HIGHLANDS

Visitor Information Centre

**Southern Highlands. So close, a world away!**  
**Make the Southern Highlands Visitor Information Centre**  
**at Mittagong your first stop.**

- Friendly local staff to help plan your visit
- Free Accommodation, tour & event booking & ticketing service
- Information on bushwalking, tourist drives, attractions & places to eat
- Pop in for a wide range of maps, souvenirs, gifts, & locally produced wines & crafts

**Open 7 days 9am - 5pm (Mon-Fri) 9am - 4pm (Sat & Sun)**

**62-70 Hume Highway, Mittagong**

**Phone: 02 4871 2888 Fax: 02 4871 3515**

**Email: [tourism@wsc.nsw.gov.au](mailto:tourism@wsc.nsw.gov.au) Web: [www.southern-highlands.com.au](http://www.southern-highlands.com.au)**



## GOULBURN

Visitor Information Centre

**Discover all that Goulburn & Surrounds has to offer, make your**  
**first port of call the Goulburn Visitor Information Centre.**

- Accommodation, dining, event & attraction information
- Guided & self-guided tours
- Local arts, crafts, produce, wines & ales
- Local maps & histories
- Free internet & wi-fi access
- Over 250 Australian Blues CD titles

**Open weekdays 9am - 5pm, weekends & public holidays 10am - 4pm**

**201 Sloane Street, Goulburn (opposite Belmore Park)**

**Phone: 02 4823 4492 / 1800 353 646 Fax: 02 4822 2692**

**Email: [info@goulburn.com](mailto:info@goulburn.com) Web: [www.igoulburn.com](http://www.igoulburn.com)**

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- **Motorcycle Council of NSW Inc**
- **Goulburn Mulwaree Council**
- **Wingecarribee Shire Council**
- **Wollondilly Shire Council**

The information contained in this book is to be used as a guide only.  
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**MOTORCYCLE COUNCIL**  
OF NEW SOUTH WALES INC.

