

Munda Biddi Experience Itinerary

24 – 28 April 2026

Founder of Regenerate Retreats, Mike Barton, Cyclist for 33yrs, MTB coach, Personal trainer and who has completed the full Munda Biddi in 2020 and 2024, offers you and just 5 other riders a unique opportunity. An off-road biking Retreat, in the pristine forests of Southwest Australia.

Ride the best sections of the world class and longest continuous off-road bike track in the world, the MUNDA BIDDI (path through the forest). Mike provides everything, well not quite – you'll still need to pedal and enjoy his professional services. It will certainly have a positive effect on your "global" wellness, so SAVE THE DATE and join in the fun. Oh YES, a very good chance that we will break the schedule to relax at a local brewery, winery or two, a small reward for all that healthy exercise. That's wellness too – right?

In Summary:

- **4 days of enjoyable easy riding through National Parks - @4hrs/day.**
- **Accommodation: 2 nights Walpole, 2 nights Pemberton Bed, Breakfast, Dinner and transportation provided.**
- **5-day investment fee of \$1675.00 – see more below and regenerate-retreat.com.au**

Day 1 Friday 24th @20km Valley of the Giants to Nornalup – maybe a loop instead

- 6am meet @ Pet Stock Fremantle - load trailer and passengers into 12 seat van, spread out and relax.
- Arrive Valley of The Giants- Nornalup @1pm.
- Our first ride, led by Mike to stretch the legs, a very scenic ride of the MB, many tall trees and water to 10km away from Walpole riding west before we check in to our hotel.
- Stretch session by Mike @ 30-40mins
- 7pm dinner at hotel

Day 2: Saturday 25th: Coast to Forest, 25km & *15km Denmark and Nornalup

- 6.30am Stretch and gentle walk: Walpole Forest circuit.
- 7am breakfast at local Walpole bakery or Café.
- 8am leave for Denmark.
- 9am-1pm ride Denmark to Greens Pool (very scenic open coastal section). Not far open and flat
- @2pm 15km Nornalup section (see the very tall trees) this section, perhaps a ***bonus**.
- Return to Walpole, stretch before dinner.

Day 3: Sunday 26th 40km Forest and farmland – Northcliffe to Pemberton

- 6.30am gentle walk to Walpole inlet
- 7.30am breakfast
- Check out & drive to Northcliffe
- @10am: ride from Northcliffe to Pemberton
- Pm check in to hotel + stretch with Mike then Dinner.

Day 4: Monday 27th @35km Manjimup to Donnelly River

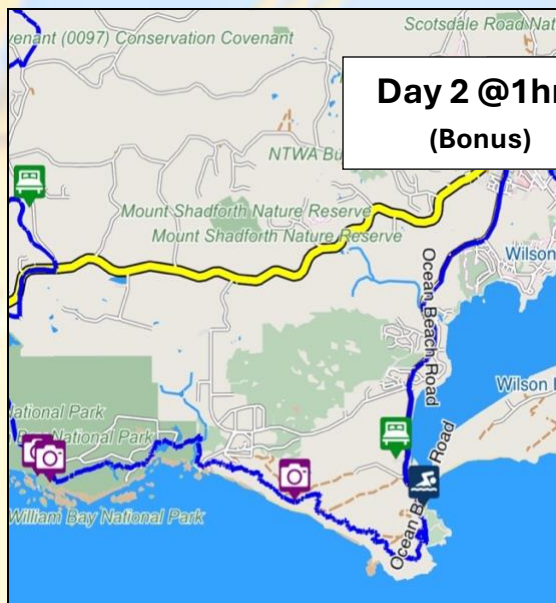
- 6.30am walk around hotel grounds or stretch before breakfast
- 7.30 Leave by van for Manjimup
- 8.30 Start ride from MB Karta Burnu Hut to Parky Road (Donnelly River Village)
- Pm Return to Pemberton Hotel – Stretch
- Dinner

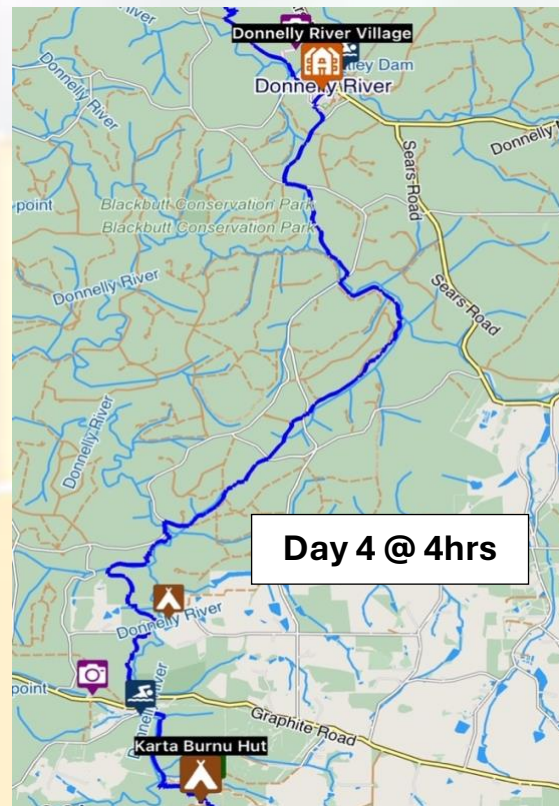
Day 5: Tuesday 28th: Travel back to Perth from Pemberton

- Sleep in – Optional stretch and mobility
- 8.30 Breakfast
- 10am Check out – Depart for Perth



Or





What's included? - see more regenerate-retreat.com.au

Transport Fremantle/ Return, drop off at trail start and collection of each day's ride. Own Hotel room, dinner (2 course), and breakfast over 4 days/nights. Bike riding specific mobility and stretch sessions after each ride where time and suitable space allows. When possible, Mike will lead the ride. Day 1 will allow for this.

See your accommodation: Walpole: treetopwalkmotel.com.au Pemberton: forestlodgeresort.com.au

What you need to bring: Trail food and hydration, (both can be purchased in local towns) bike, helmet, suitable riding clothing (Rain jacket), bike tools, spare chain link, chain breaker, spare tube, basic portable first aid kit, personal medications, Munda Biddi and St Johns First Aid Apps downloaded onto your mobile phone. A sense of humor too.

Suggestions: Bike riding practice, ideally off road, strength training and stretching is also advised. Mike can advise. Please ensure you have tested your bike set up and have your bike serviced at least one week before departure. I recommend South Beach Cycles, South Freo. Ask for Ash or Alex the owners, tell them I sent you.

I'm really looking forward to this fun experience during autumn!

Happy riding!

Mike Barton

Contact 0422 533 989 or see regenerate-retreat.com.au