

Ride for the Rainforest Sri Lanka Cycle Challenge - Part 2

TRUELINE
PATIOS & EXTENSIONS

The outdoor lifestyle specialists

*Proudly supporting Rainforest Rescue's
Plant a Rainforest Project in Sri Lanka*



Do you have the perfect outdoor living area?

We have the perfect solution!

Call today for a free design consultation...

Call 6687 2881
www.trueline.net.au



Licence # 207 223 C

organic
Passion
Where love & food meet.....

Call 02 66 844 559 or 0422 383 151

Supporting Sustainable Events in the Byron Shire.

info@organicpassioncatering.com
www.organicpassioncatering.com



THE EMPIRE

20 BARRINGBAR ST • MULLUMBIMBY

Congratulations to the Ride for the Rainforest team! Great job in Sri Lanka.

(02) 6684 2306



'Wolf Pack' tackles Satan's Steps and cycles on to success

Mist slowly rose, whitening out the sky around us. The cliff-face beside us dropped away to meet terraced tea plantations below. A rocky path of mini-boulders and broken bricks stretched out in front of us. We were at the gates of hell, Satan's Steps beckoned. We set off, jackhammering our bikes down the mountain, ricocheting off rocks and a road-in-ruin. Our brakes burned as we tried to slow our descent. Each jolt jarred our wrists and elbows, every rock knocked our knees.

The path levelled out and soon our descent became a climb. A mountain loomed up ahead. A criss-cross of roads led up its face like a zipper to a small pass between two peaks. Up we climbed, above the mist, ever present of the cliff's edge but a metre away. The constant vibration of rubber on rubble rode our bodies. Back and forth we crossed the mountain, up, up, and finally through the mountain pass. It was all down hill from here but it was also late. Our busted bikes didn't have lights. There were no street lights, no moon light. We had a mountain to get to the bottom of in a hurry otherwise we'd have to find our way down in the dark. Our fate had been decided, we'd have to 'gun' it.

"Yah!" we shouted and charged down the mountain path, gripping our galloping steeds of steel. We loosened our death grip on our brakes and allowed our bikes to bite. The jackhammer rhythm of machine against mountain intensified. We gritted our teeth, steadied ourselves in the saddle and back and forth we swooped down the mountain. Darker still it became. We reached a cement path and faster we flew. The cement path



Ride for the Rainforest team plant trees with local farmers

became sealed road and faster again we went, tearing through a small village. A child played with a cricket bat carved from a palm frond, an old woman slapped her washing against a rock in the river, but all they saw of us was a blur.

Just on nightfall we reached the main road and had 10 kilometres to go before reaching the camp site. Cars, buses, trucks and tuk-tuks lit our way as we flew along the road. We weaved past slow-moving traffic, effortlessly climbed up hills and shot down the other side. Wet, tired, sore, hungry, and absolutely exhilarated, we finally made camp. We were alive, we had done it. We had conquered Satan's Steps and lived to tell the tale. A fraternal bond that could never be broken had been formed. We had entered a wild realm borne of steel and stone and had emerged half-beast, half-machine. The 'Wolf Pack' was born...

The Sri Lanka story doesn't end there. This amazing journey saw Krista Bernard, Daniel Coward, Ebony Lowe, Colin and Leree Roden, Clint and Negin

Maddock, Angela Standley and me physically and emotionally challenged as we cycled 300 kilometres from Kandy in the middle of Sri Lanka to Galle in the south west.

We embarked on this adventure to raise funds for and awareness of Rainforest Rescue's Plant a Rainforest Project in Sri Lanka. We rode through tropical paradise, trekked through rainforests, we planted a tree, we got lost in a tea plantation, we saw lots of frogs, lizards and birds, we

spoke and laughed and head wagged with the people, we ate food made from the rainforest, we got tipsy on *toddy*, and jacked-up on *jaggery*, Ebony twisted her ankle and had it attended to by a medicine man. So much happened, it's too much to tell week after week in the *Echo*, why not watch the movie instead...

The adventure continues Thursday, 14 April at 7pm in Rooms 2 & 3, Byron Region Community College with the screening of *Wolf Pack in Sri Lanka*, a mini-



Excited school children cheer on the cyclists



Apple
Authorised Reseller

The all-new Apple TV.

The sleek new Apple TV is small in size but big on entertainment. Rent thousands of HD movies. And stream them instantly to your HDTV.



Just \$129

Find us:
Behind Byron Region Community College
Corner of Gordon & Burringbar Streets
Mullumbimby

(02) 66 191 777

info@mullummac.com
www.mullummac.com

Don't forget to come to the movie night - Thurs 14 April 7pm

Continued...

doco of our adventure in Sri Lanka, followed by David Suzuki's final movie *Force of Nature*. Tickets are \$15 with all proceeds from the event supporting Rainforest Rescue's Plant a Rainforest Project in Sri Lanka. A raffle draw will also be held on the night with winners receiving prizes generously donated by the businesses at the bottom right of this page.

Organic Passion Catering will be selling food on the night with a delicious Sri Lankan inspired, vegetarian menu, which includes Pumpkin Curry with Rice, Samosas with Peanut Sauce, and Sweet Corn Fritters with Sweet Chilli Sauce. Please come and enjoy some great food and film and support a worthy cause.

Story supplied by **Obi McDonald-Saint**.
Photography courtesy **Krista Bernard**, and **Colin and Leree Roden**.



The 'Wolf Pack' arrives in Galle, final destination of the cycle challenge in Sri Lanka

Proudly supporting

Cricket country



Tea picker collects new growth tea leaves

MULLUMBIMBY
MEDICAL CENTRE

Appointments: Mon - Fri: 8:30am - 5pm
Sat: 8:30am - 12pm

Walk-In Clinic: Mon - Fri: 8:30 - 12pm
Sat: 8:30 - 10am

Chronic Disease Management Musculo-Skeletal Medicine
Women's Health Checks Travel vaccinations (inc. Yellow Fever)
Men's Health Therapeutic Ultrasound
General Medicine Family Health
Acupuncture Skin Checks

60 Stuart St Mullumbimby
Ph: 02 6684 1511
www.mullumbimbymedicalcentre.com



Rainforest researcher tames tree snake



Angela marvels at endemic lizard species

YOGA PEACE

02 6684 2488

Above Newsagency
Burringbar St Mullumbimby

www.yogapeace.com.au

MOVIE NIGHT... \$15
Thursday, 14 April @ 7pm

Featuring

- » Wolf Pack in Sri Lanka
- » David Suzuki's Force of Nature

Room 2 & 3
Byron Region Community College
Corner of Burringbar & Gordon Streets
Mullumbimby

Raffles prizes & delicious vegetarian food by Organic Passion Catering



Raffle prizes donated by:

Marlene Farry
ACUPUNCTURE
4 / 41 Burringbar Street
Mullumbimby NSW 2482
PHONE (02) 6684 2400

O'Lush 6684 1660
GOURMET TAKEAWAY
28 Burringbar St
Mullumbimby

edens landing Ph: 6684 1007
Fruit, Veg & Organics
97 Stuart St
Mullumbimby

5 STARS DRIVER TRAINING
Learn with the best, pass like the rest
PP (02) 6656 9033

PHARAOHS PANTRY Shop 2/78 Dalley St
GOURMET GROCER Mullumbimby
Tel: 6684 2525

Imelda's Tel 02 6684 3343
MULLUMBIMBY
22 Burringbar St
Mullumbimby

LaTable Cafe & Restaurant
Cafe & Restaurant
(02) 6684 2220
(02) 6684 2227

PSY.CO (02) 6684 6644
24 Burringbar St
Mullumbimby
Easter sale soon...

Dominic's Restaurant Bar & Tapas
Shop 2 Fingal Street
Brunswick Heads
Tel: (02) 6685 1688