

It's no ordinary rock...It's Uluru!

It's huge! It's red! It's a monolith towering over the surrounding dunes of central Australia!

At 3.6km long, 2km wide and 350m high it's impressive in its grandeur and role as a true Aussie icon... and the rock we see is just the tip, with most of it hidden deep under the desert.

In the same way, 'The Rock' is only the tip of the 'Rock Ride', as we explore an array of ancient geology and culture hidden deep in this amazing desert landscape. Marvel at the rich texture and colours of the escarpment as it changes with the light throughout the day. Witness the bright blue sky transform through a kaleidoscope of orange and violet, then into night and an endless twinkling tapestry. Explore ancient gorges, valleys, waterholes, rock formations and canyons, as well as 60,000+ years of indigenous history and culture.

The 'Rock Ride' will visit places you may know well, others you may not have heard of, and none you will ever forget. Come on your own, as a couple, or with friends. Come with us as we unearth the secrets and beauty of the Red Centre, one highlight at a time.

No ordinary rock, no ordinary tour.

The Tour at a Glance

Dates: 7-18 May 2024 (11 nights) Start: Alice Springs End: Uluru/Yulara

Distance: 628 km, average daily: 78km (long route: 696km, average daily: 87km)

Difficulty Rating: 6/10 Group Size: 10-20 approx

Meals included: 11 breakfasts, 4 lunches, 6 dinners

Terrain: Flat to undulating Surfaces: Sealed roads

Bike Type: Road bike (e-bikes welcome)

Accommodation: Excellent outback resorts and good quality motels/station stay

Who is this tour for? Cyclists looking to experience that iconic Red Centre adventure with a focus on great road bike

cycling, but plenty of time to enjoy the non-cycling highlights of this legendary location.

The perfect way for a cyclist to experience the renowned beauty of Australia's Red Centre.

The Red Centre covers a wide expanse and there is a lot to see and do. Let AllTrails take the hard work out of a trip to Central Aus as we tailor the perfect package for the road cyclist on this Rock Ride Tour.

Besides the booking and arrangement of your accommodation and meals, we have also planned out an itinerary that maximises your time cycling and sightseeing, while minimising vehicle transfers as much as possible. We time our visits to landmarks and locations to coincide with the best times of day to be there and we strike a great balance between a daily cycling challenge (50-100km) and having enough time off the bike to soak up the outback experience.

Our support vehicle and crew are there setting up morning teas and lunches along the cycling routes, and of course are there to pick you up if you need a break from cycling.

The AllTrails camaraderie is world-famous and our pre-trip planning is second to none.

Join us on our Rock Ride for the ultimate Red Centre cycling experience... an experience that won't be forgotten any time soon.

Highlights

- Uluru / Ayers Rock
- Kata Tjuta / The Olgas
- Uluru Field of Light / Sounds of Silence dinner
- Aboriginal Cultural Experience
- East MacDonnell Ranges (inc Emily Gap, Jessie Gap)
- Excellent accommodation and meals
- Cycle the famous Larapinta and Namatjira Drives
- Hermannsburg, Palm Valley/Finke Gorge NP Day Tour
- Kings Canyon Resort and Rest Day
- West MacDonnell Ranges (Ormiston Gorge, Glen Helen)

Tour Map



Pricing and Payment Information (AUD)

Twin share \$7550 pp Single room \$9490

Groups of 3 or more: deduct \$100 pp from prices above

Included:

- Accommodation
- Support Crew/tour guides
- Gps files and directions
- Standley Chasm entry fee
- All National Parks passes & entry fees
- Curtain Springs Paper Tour

- Support and safety vehicles
- Bike mechanical assistance
- Hermannsburg, Palm Valley/Finke Gorge NP Day Tour
- Morning tea, snacks, water and fruit on the road Meals (11 breakfasts, 4 lunches, 6 dinners)
 - Uluru Field of Light / Sounds of Silence dinner
 - Aboriginal Cultural Experience
 - Rider Pack: jersey, bottle, day-bag

Payment Schedule:

- Deposit on booking (\$400 pp)
- Progress Payment 30 days after deposit (40% of package cost less deposit paid)
- Balance due 7 Mar 2024 (two months before the tour begins)

Travelling on your own

We often have cyclists come on our rides who are travelling alone. If so, you may pay the Single Supplement price to have your own room, or you can put your name on our 'Twin Share Request List' and we will pair you with another solo twin share traveller of the same gender in twin share accommodation if we have another similar request. If we are unable to match you with another solo traveller, the single supp price will apply which will give you your own room for the entire tour. Contact us anytime to have a chat and check twin share availability – we may already have a match for you.

Travelling with friends

Discount for groups of 3 or more cyclists: \$100pp

Optional Extras

Collapsible cardboard bike carton free of charge

Transfer of soft foldable bike bag from start of ride to finish \$30

Hard bike cases cannot be accommodated or transported on this tour due to space limitations, please consider using a cardboard box.

Bike transport after the tour from Uluru to Melbourne or Adelaide \$75

(not available in the opposite direction due to immediate tour preceding this one)

Getting to and from the tour

Arriving:

Meet us at our tour hotel in Alice Springs on Tue 7 May. Please ensure that you are there before 3pm for our compulsory tour briefing, orientation and welcome, followed by our bike fitting. Our accommodation is just 15km from the airport and an easy taxi or shuttle ride away.

If you want to arrive earlier than 7 May, contact us for the hotel details if you would like to book at the same accommodation pre tour. Note, we are not holding any rooms prior to Tue 7 May so we would suggest booking early to avoid missing out.

Departing:

You will end your ride at our Yulara accommodation (the township near Uluru) where the tour officially disbands after breakfast on Sat 18 May. Check out is at 10am. Ayers Rock Airport is 8km from the hotel. Hotel reception will be able to assist with arranging transport if required. Please note, if you require assistance packing up your bike, this will occur at 7am prior to breakfast on this morning. If you want to stay on after the tour, contact us for the hotel details if you would like to book at the same accommodation.

Itinerary

Meals and Accom inclusions: B = Breakfast, L = Lunch, D = Dinner, A = Accommodation

Ride Route	Overnight	Distance	Date	BLDA
Alice Springs meeting day	Alice Springs	NA	Tue 7 May 2024	D A
Alice Springs to Ross River Resort	Alice Springs	86km	Wed 8 May 2024	B A
Ellery Creek Bighole to Glen Helen	Alice Springs	62km	Thu 9 May 2024	B - D A
Palm Valley Day Tour / Rest Day	Alice Springs	NA	Fri 10 May 2024	BL-A
Alice Springs to Standley Chasm	Erldunda	65km	Sat 11 May 2024	B - D A
Erldunda to Lasseter	Kings Canyon	81km (or 108)	Sun 12 May 2024	BLDA
Kings Canyon (Rest Day)	Kings Canyon	NA	Mon 13 May 2024	В - А
Kings Canyon to Ernest Giles	Kings Canyon	99km	Tue 14 May 2024	B A
Ernest Giles to Curtin Springs	Curtin Springs	79km (or 120)	Wed 15 May 2024	BLDA
Curtin Springs to Yulara	Yulara	86km	Thu 16 May 2024	B A
Uluru to Kata Tjuta	Yulara	70km	Fri 17 May 2024	BLDA
Yulara departing day			Sat 18 May 2024	В
	Total Distance Cycled: 628km			11 4 6 11
	Average Daily Distance: 78km (87km long routes)			

Day to Day

Alice Springs meeting day Tue 7 May 2024

Day 1. Welcome to the NT! Make your way to Alice Springs today. Check in is at 2pm but make sure that you are there before 3pm for our welcome briefing and orientation, plus our mechanic will be available to look over bikes. This evening we have a drink and dinner to allow everyone to get to know the crew and fellow cyclists before the exciting first ride day tomorrow.

Alice Springs to Ross River Resort 86km Wed 8 May 2024

Day 2. The anticipation builds as we gather after breakfast and cruise out of Alice Springs to delve into the East MacDonnell Ranges which stretch 150km out of Alice and hide some of Central Australia's great gaps, gorges, bush walks, Aboriginal art and amazing geological formations. In fact, it won't be long before we hit the first of these at Emily Gap, then Jessie Gap, and morning tea at Corroboree Rock. We won't be rushing, so you will have time to explore these wonderful locations. The afternoon sees us pedal on to the historical Ross River Resort for lunch followed by a transfer back to Alice via John Hayes Rockhole and Trephina Gorge. A day in the 'East Macs' is a wonderful start to the tour.

Ellery Creek Bighole to Glen Helen 62km Thu 9 May 2024

Day 3. This morning, after a hearty breakfast we change direction and explore the West MacDonnell Ranges. This National Park spreads over 160km from Alice, and is home to stunning waterholes, gorges and walks. Today we take in the far reaches of the ranges, so a morning transfer will take us out to Ellery Creek Bighole for a visit before our cycling begins. After a beautiful morning of riding we will stop for lunch and a visit at Ormiston Gorge (pack your bathers for a glorious swim). From here we continue west through the red dirt landscape and under the rich blue skies, arriving at our final destination of Glen Helen Gorge where cyclists can explore as our crew load the bikes on to the vehicles for the trip back to Alice Springs for a group dinner.



Day 1 mechanic meetup - AllTrails



Ellery Creek Bighole - Shaana McNaught



Glen Helen – Tourism NT/Aus

Day to Day cont.

Hermannsburg, Palm Valley/Finke Gorge NP Tour (Rest Day) Fri 10 May 2024 Day 4. Today is a day off the bike but the exploring doesn't stop. We have arranged a local tour company to take our group deep off the beaten track to experience some spectacular scenes not accessible to us and our road bikes. Their expert local guides will take you to historic Hermannsburg Aboriginal Community, Finke Gorge National Park and Palm Valley. This amazing wilderness reserve protects the Finke River, which, dating back 350 million years, is thought to be one of the oldest rivers in the world. Palm Valley has groves of rare palms and cycads, remnants of a time millions of years ago when central Australia had lush tropical forests. This is truly a step back through the ages and will be a certain tour highlight.



Erldunda to Lasseter/Luritja intersection 81km (or 108) Sun 12 May 2024 Day 6. It's a new day and a new part of the NT to explore as we roll down the legendary Lasseter Hwy. We are but tiny specs on the landscape here with the big skies and vast wide open spaces surrounding us in every direction. We have a rest stop at 81km where cyclists can jump in the support vehicle or for those still feeling fresh, the option is available to push on through to the Luritja intersection at 108km. Here we head to a special 1-hour Aboriginal Cultural Experience on the traditional lands of the Wanmarra family group, sharing language and culture, bush tucker and medicine, the making of traditional weapons, music sticks and jewellery. Tonight we transfer to the spectacular Kings Canyon where we freshen up for dinner and prepare for a magical rest day location tomorrow.

Kings Canyon (Rest Day) Mon 13 May 2024

Day 7. Kings Canyon's proximity to a cultural heritage that is tens of thousands of years old makes being here an opportunity to immerse yourself in Australia's incredible Indigenous ancestry. The day is yours and the optional activities are almost endless. Learn how the traditional owners survived for so long in harsh conditions, take a helicopter tour for an aerial view of Watarrka, do the iconic 6km Rim Walk to the top of Kings Canyon (guided or self-guided), experience the immersive sound and light installation 'Light Towers' by sunrise, sunset or night, have a drink at Luritja Lookout at sunset, splash out on the 'Under a Desert Moon' dinner experience...or just sit by the pool for the day and recharge — it's up to you!

Kings Canyon to Ernest Giles intersection 99km Tue 14 May 2024

Day 8. Even though we are in the desert, there is still plenty of life in the land, with the saltbush and scrub providing strokes of silver and green on the canvas of red dirt and brown rock. For an extremely dry part of the world, you'll often be surprised by the size and healthy colours of many of the roadside trees — an indication of how resilient and adaptive nature can be. Our route today is directly out of the resort and a great chance to get into your rhythm. With a couple of stops for snacks and water, we'll cover 99km (feel free to do a lap around the block to hit the ton). Packing up the bikes we head back to our Kings Canyon resort via Kings Creek for lunch and Kathleen Springs for a 45-minute walk to the beautiful waterhole.



Simpsons Gap – Tourism NT/Aus



Standley Chasm - Tourism NT/Aus



Outback traffic - AllTrails



Kings Canyon (helicopter) – Shaun Jeffers



Adaptive nature - AllTrails

Day to Day cont.

Ernest Giles intersection to Curtin Springs 79km (or 120) Wed 15 May 2024

Day 9. We continue south today on our way to meet the Lasseter Hwy. For those keen on a long ride, you will start your ride from Ernest Giles (where we finished yesterday), and for the rest of the group will start at our morning tea stop 40km down the road. As we hit the Lasseter Hwy, again we turn west in the direction of our overnight stop at Curtin Springs, and beyond that; our ultimate destination of 'The Rock'. We pass Mt Conner which looks a bit like Uluru from a distance but is in fact a horseshoe-shaped table-topped mountain, then to Curtin Springs Station - another very unique outback experience. This time it is the story of a family who have made this remote place their home. As a diversified pastoral and tourism business, Curtin Springs offers a mosaic of experiences on this million-acre cattle station, one of which we will partake in tonight, the making of handmade paper from the native grasses on the station.

Curtin Springs to Yulara 86km Thu 16 May 2024

Day 10. There'll be eager anticipation at breakfast this morning as we fuel up for our ride to the ultimate destination on our journey, Uluru. The first sight of Big Red is awesome, and it gets better the closer you cycle. Our day ends at lunchtime in the resort town of Yulara, the township just outside of the Uluru - Kata Tjuta National Park. Your two nights spent here will be magnificent and this afternoon you can settle and get your bearings, before a full day of activity tomorrow, making the most of your visit to this special place.

Uluru plus Uluru to Kata Tjuta ride 70km Fri 17 May 2024

Day 11. The last 10 days have been building up to this and here we are. It's Uluru day! Our final day of cycling and activities. This morning we will transfer you to Uluru from our accommodation and start with a 19km loop ride around The Rock so you can view its' majesty from all angles. After this you will have some time to explore a little; take a free 1.5hr ranger walk or just soak up the atmosphere of this marvellous location. We will meet up for lunch then jump on the bikes for a beautiful 51km ride out to Kata Tjuta. Here we park the bikes one last time at the most westerly point of the tour and enjoy a 2.5km walk among the 36 otherworldly domes of Kata Tjuta where you can take the time to contemplate the ancient landscape, feel the echoes of time, breathe in the tranquillity and listen to the soothing sounds of the desert. As the sun sets on our final day we have one more special treat, topping off the tour with the famous Sounds of Silence dinner and Field of Light experience, dining under the sparkling outback sky with Uluru as our backdrop.

Yulara departing day Sat 18 May 2024

Day 12. If you need some help with packing up your bike our mechanic will be on hand at 7am before breakfast. Otherwise, we will see everyone at breakfast for one last goodbye before parting ways after a very special couple of weeks in the outback. There are plenty of tours and activities at Yulara and Uluru for anyone planning on staying an extra day or two; from scenic flights and segway tours, to bush yarns and didgeridoo workshops.



Outback Camaraderie - AllTrails



First views of The Rock - AllTrails



Field of Light - Mitchell Cox



Sounds of Silence dinner - Helen Orr

Congratulations – what a tour!

Frequently Asked Questions and Helpful Information

Feel free to contact us at any time if your question is not answered here.

Travel insurance

You may get sick of us reminding you about travel insurance, but it is important and usually very good value – in particular for Australians travelling domestically. Travel Insurance is different to the insurance you get from being a member of a bicycle organisation. If you are investing in a tour like this, it is worth investing in some peace of mind for your payments.

Support vehicles

Our support vehicle will follow the group to pick up weary riders and bikes if they wish, or if they are falling behind schedule. The bus is also sometimes used for part-time riders who only ride certain sections of each day – these are often partners of someone else on the ride. This vehicle can be quite popular on some days and there is no shame in getting a lift every now and again so if you are considering a tour and are 'in the ball-park' in terms of your fitness and preparedness, but not 100% sure if you will be up to it on the toughest days, go for it – our vehicle and staff will be there to help out. It's better to give it a try than to miss out altogether.

Scheduled times

Times will be given on the Day Sheets for morning departure and regrouping stops for morning tea, lunch, water stops and attractions. If cyclists are falling behind the Day Sheet times, for the safety of all cyclists on the ride, they may be asked to board the support vehicle. If conditions allow, we transport cyclists ahead to the next meeting point where they can re-join the ride and keep within the times. These times are adhered to for the continuity and safety of the ride, keeping all cyclists, mechanics, medical team, within easy reach in case of emergency, and to meet our pre-booked times for meals and attractions where applicable. Slower riders are often given the chance to depart early, allowing more time to reach the re-grouping points. If you feel that you are extremely far off the fitness level required and cannot commit to the training that will get you prepared in time, then you may be better off booking a later ride or a different type of tour – call or email to discuss.

Training

To keep to the daily scheduled times on a long-distance road bike tour you need to be a keen cyclist – not necessarily fast, but consistent. To train for your tour, slowly build up until you can cycle close to the average daily distance of your chosen tour, at the expected speed, for two days straight. This will usually put you in a good position to be ready for your tour. We have a training schedule specific to each ride which we send to you after you place your deposit, however we can send this earlier to help you decide if the tour is right for you – just ask us for a copy and we will get it out to you straight away. For this tour: Average distance 76km/day. Expected average speed 20km/hr on flat terrain.

Bike hire

We do not have our own fleet of hire bikes as most people bring their own. Because of the remote location of this tour there will be some challenges to hiring a bike, but contact us if you are interested in hiring and we can give you some options to get the ball rolling.

Bike type – which is best

A comfortable road bike with a good seat and puncture-resistant road tyres, such as Continental Gatorskins. A touring bike or hybrid is also possible if you are comfortable riding the daily distances and average speed of the tour, however these bikes can be slower than a road bike. Ask us for the 'Training Tips' document for this ride to get an idea of distances and speeds you need to train for.

Ebikes

Because Ebikes are always welcome on AllTrails tours, we now have special Ebike carrying racks that can accommodate their unique size and weight, keeping your bike safe when we need to transport it. Our racks (and staff) can carry (lift) bikes weighing up to a **maximum 25kg** (battery removed). The racks carry the bike in a vertical position with the front wheel nestled in a cradle, meaning that any front wheel/fork accessories such as pack racks, panniers or mudguards must be removed prior to coming on tour.

What sorts of people join our tours?

People from all parts of Australia and some overseas guests. Ages can range from 35-75 with the average cyclist in their 50's or 60's. Adventurous cyclists usually about 40% women and 60% men with a mix of singles, friends and couples.

Group discounts

Bring your friends and save some money! Many of our tours have group discounts for 3 or more entrants. Check out the 'pricing' section.

Frequently Asked Questions and Helpful Information cont.

Accommodation on our tours

We always try to obtain great accommodation in the best location for you to rest your weary head (and legs) in each town whether it be a motel, hotel, B&B, resort, cabins or lodge. We aim for 4 star where possible and also take into account the welcoming cycle-friendly and group-friendly nature of accommodations. On occasion we travel through some very small towns where accommodation is extremely limited. If for whatever reason, such as limited options, a room is below normal standard, we strive to improve this with an extra good room the next night or nights following.

Sharing rooms – how does it work?

On the online entry form you can nominate any travelling companions who you would like to share a room with and/or be accommodated close to so that couples or friends can be grouped together. This can be in a double bed or twin beds. If you are travelling alone like many of our riders, a Single Supplement price is available for those who would like their own room for the whole trip. If you wish to share a room as a solo traveller, you can put your name down on a Twin Share Request List and we will try to match you up. If you are a snorer or have other habits that may affect your fellow roommates, we ask that you book your own room at the Single Supplement price.

Room types for solo travellers

TWIN: If you are coming on your own and have booked in as twin share, this usually means that you will share a room with one other single twin share cyclist or crew member, however in some cases we may have larger rooms (eg. two-bedroom apartment or a B&B/house with multiple bathrooms) where we may have 3 or more single twin share travellers together. SINGLE: A Single Supplement booking usually means your own room with ensuite. On very rare occasions when we travel through small towns or we are limited in accommodation options for any reason single supplement bookers may share a larger unit/house/lodge with other single travellers of the same gender. You will have your own room but not necessarily your own ensuite.

Snorers can enjoy their own room

If you are a chronic snorer or have other habits that may affect your fellow roommates, we suggest booking your own room (single supplement cost). This is not just a courtesy to your fellow travelling companions but will also give you the space & privacy you need to enjoy your sleep after a long day on the bike.

Carrying personal items on the bike

We suggest you carry a spare tube, a full water bottle and your own personal goods such as phone, wallet and rain gear, on your bike with you. We transport your luggage, drawstring day bags, food and extra water. A more detailed list of things to bring and not bring is on our 'Tour Preparation Guide' which is sent out to you before the ride.

Meals and food

Always a big part of any cycling holiday! Check tour details for meal inclusions on your ride. Our emphasis is on fresh food and balanced diet with plenty of carbohydrates, proteins, fruit and vegies catering for a cycling holiday. We successfully cater to most dietary requirements, however, feel free to contact us with any questions. Most meals are included as part of our tours; however, as this tour has an emphasis on travelling at your own pace, you can expect to purchase your own lunches at a time/place convenient to you. We will of course provide you with ample opportunity and suggestions.

Non-riding partners and part-time cyclists

We realise that often our riders want to spend their holidays with loved ones who may not be a keen cyclist as they are - we are happy to accommodate non-riding partners and part-timers who only want to ride part of each day, or only certain days. We will generally try to allocate pickup points along the route every day. The entry price will be the same for part-time riders and usually non-riders as well depending on their tour plan.

Bike mechanical assistance provided

A staff member with good bike mechanical knowledge will be part of our crew and will have a stand pump for different valves. The mechanic will often be able to help you with a safety check, general tips and advice about your bike and its upkeep, as well as fixing mechanical problems. We will have limited parts available for replacement which will be charged at shop prices. Labour is free for the first fifteen minutes, there after costs may be incurred at the mechanic's discretion. Cyclists with rare or different bikes are asked to contact us at AllTrails as parts can often be very difficult to obtain.

Frequently Asked Questions and Helpful Information cont.

Safety

We have a great safety record, but accidents can happen. We have trained First Aiders as crew, comprehensive First-Aid Kits, a list of hospitals in the areas that we travel through, as well as mobile phones and a satellite phone for emergency calls when we are out of cellular range. Safety discussions are held throughout the tour as part of the daily briefings.

Speak to a past client

We will be happy to give you the names and telephone numbers of people who have participated in the ride or a similar ride to the one which you are considering. Where possible we will provide you with the details of someone within your city or state. Another good place to look is the 'Testimonials' page on our website.

Changing or cancelling a tour

Should you wish to change your booking with AllTrails to a different tour, there will be a very reasonable service charge. We try to keep this figure as low as possible to allow flexibility where we can as we want to make sure that you get on the right tour for you. For cancellation and refund policies for your tour click the 'Book This Tour' button on the relevant tour page of our website. If you need to cancel your tour, a travel insurance policy will cover cancellation fees due to most unforeseen events. This is why we provide links to travel insurance options and highly recommend that you investigate and purchase travel insurance for all our rides (including Australian domestic tours) at the time of deposit and ensure that it includes coverage for cancellation fees if for some reason you are not able to travel (see Travel Insurance FAQ). For our international tours we require all participants to have Travel Insurance to assist you in the event of a medical emergency, lost baggage, personal liability, cancelled tour or other trip related issues.

Packing tips

We recommend you bring a soft bag or backpack. We advise against bringing a suitcase as they are bulky, difficult to stow on board vehicles or trailers and heavy. You may be required to lift or carry your own luggage from time to time, e.g. into accommodation. We expect your bag to be no heavier than 15kg, making it easy to manage for you and the staff. Any excess luggage may need to be stored or forwarded on to your final destination at your own expense. Information about what to pack is included as part of your pre-departure information. Generally, we advise to pack as light as possible.

Why book with us?

We only run 10-15 tours annually, always adding fresh destinations each year. This makes every tour as special to us as it is to you because we are not operating the same rides repeatedly week-in, week-out - we are just as excited to be there as you. On most occasions the owner-operators of the business will be on tour with you and the reassurance that comes with that is one of many great reasons to have confidence in booking your cycling holiday with us.



We are a proud Australian-owned company, with the privilege of taking cyclists to the small towns and communities all over the country, supporting regional economies and offering cyclists the opportunity to experience the hospitality of Australia outside the big cities. We have earned a top reputation in the cycle tour industry through hard work, dedication and genuine care for every person on every tour. Our longevity in the industry and large community of loyal AllTrails clients who keep coming back year after year are testament to the high standard of tours that we provide. We consider ourselves the best in the business and we always make sure that our tours represent a high-quality product at a fair price.