

# Everybody loves Tasmania, so let's cover it top to bottom and side to side Welcome to the Tassie Loop Cycle Tour

Spectacular Tasmania has always been a highlight of the AllTrails tour calendar. With a full route circumnavigating the apple isle that incorporates all the best locales; with time to explore, upgraded food and accommodation, rest days where you need them, distance options and the perfect balance of included and optional tour experiences, we have Tassie covered like never before. So, be you a first or repeat visitor to glorious Tasmania, be prepared to see Tassie in a whole new way!

# The tour/s at a glance East (Stage 1):

Dates: 8 Feb - 19 Feb 2025 (11 nts)

Distance: 625 km Average Daily: 78 km Difficulty Rating: 7/10

Bike Type: Road Bike is best (BYO or hire) Surface: Good, sealed bitumen roads

Group Size: 20 approx On road snacks: Included

# West (Stage 2):

Dates: 19 Feb - 2 Mar 2025 (11 nts)

Distance: 692 km Average Daily: 77 km Difficulty Rating: 7.5/10

E-bikes: Welcome

Terrain: Undulating with some decent hills

Accom: Quality hotels, motels, farm stays and resorts Meals: Majority included (22 bfast, 11 lunch, 16 dinner)

Who is this tour for? The distances are not huge but there are decent hills, so this would suit cyclists looking for a challenging ride with great scenery and beautiful destinations. Ride as much or as little as you like; a support vehicle is always available.

# **Highlights**

- Ride the full loop of Tasmania (or select one stage)
- Rest days in Freycinet, Port Arthur, Hobart, Strahan
- Full support with snacks and lunches set up en-route
- Optional extras: Gordon River Cruise, MONA Gallery
- Optional walks: Wineglass Bay Walk, Dove Lake Walk
- Lots of accommodation highlights
- National Parks and World Heritage Areas
- Support vehicle available if you've had enough cycling
- Distances designed for enjoyment on and off the road
- AllTrails unmatched camaraderie and service

# Always wanted to ride in beautiful Tasmania?

We have got you covered.

EAST: On Stage One we head out from Launceston passing the beautiful, freshly painted timber homes alongside the Tamar River, heading north to the beautiful Barnbougle Golf Resort Lodge where we touch the Bass Strait on the northern shores of Tassie. Deep forest valleys are interspersed with magnificent views across cattle-strewn countryside and National Parks as you wind your way through the picturesque landscapes to the east coast.

A first rest day at the exclusive NRMA Freycinet Lodge will be enjoyed by all, surrounded by some of the most spectacular scenery in the state including the famous walk to Wineglass Bay. Winding down the coast to the southern reaches of the Apple Isle, we enjoy our final rest day at historic Port Arthur before making our way to Hobart.

WEST: Changeover day is in Hobart at the impressive Henry Jones Art Hotel, overlooking Constitution Dock, an easy ferry ride to the world-renowned MONA Gallery which cyclists have the opportunity to visit on day one of Stage Two. The rivers, bridges, hills, forests, lakes, and wildlife on this half of the tour will give you plenty to look at while enjoying the quaint townships and interesting characters that you will come across along the way.

Enjoy top class accommodation including NRMA Cradle Mountain and NRMA Strahan Village, overlooking Long Bay which opens up to the Southern Ocean on the west coast. Marvel in the wonders of the Gordon River and Cradle Mountain before hitting the north coast's Bass Strait at Devonport, home of the Spirit of Tasmania. Close the loop of the Apple Isle as you cycle into Launceston after 3 weeks of wonderful riding, ensconced in the famous AllTrails service.



# Pricing and payment information (AUD)

Full tour (22 nts) Until 30 June From 1 July Twin share \$12,090 pp \$12,190 pp Single room \$15,370 \$15,470 Stage 1 (East, 11 nts) Until 30 June From 1 July Twin share \$6680 pp \$6780 pp Single room \$8470 \$8570 Until 30 June Stage 2 (West, 11 nts) From 1 July Twin share \$5980 \$6080 pp Single room \$7470 \$7570

Groups of 3 or more: deduct \$50 pp, per stage or \$100pp for full tour from prices above

#### Included:

- All bike-friendly accommodation
- Morning tea, snacks, water and fruit on the road
- Port Arthur Historic Site entry
- Support and safety vehicles
- Bike mechanical assistance

- Most meals (22 breakfasts, 11 lunches, 16 dinners)
- Rider Pack: jersey, bottle, day-bag
- All required National Parks Passes
- Daily luggage transfer
- Tour guides, maps, gps files & directions

# Payment Schedule:

- Deposit on booking (\$400 pp)
- Progress Payment 30 days after deposit (40% of package cost less deposit paid)
- Balance 8 Dec 2024 (60 days before the tours begin)

### 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'. If we have another solo twin share traveller of the same gender, we will pair you in twin share accommodation — if we cannot find you a match, the single room 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

\$50 pp discount for groups of 3 or more cyclists.

#### **Optional Extras**

# Launceston pre and post tour accommodation.

\$240 per room, one or two people, includes full buffet breakfast.

Start of Stage 1: Accom included on Sat 8 Feb.

Optional extra Fri 7 Feb if you want to arrive early.

End of Stage 2: Accom included Sat 1 Mar.

Optional extra Sun 2 Mar if you would like to stay an extra night.

#### Hobart accommodation.

Tue 18 Feb is included in Stage 1. Wed 19 Feb is included in Stage 2. If you are on a single stage only and want to stay both nights, contact the hotel direct for rates:

Henry Jones Art Hotel Hobart (thehenryjones.com).

## Transport your bike from Melbourne to Launceston (stage 1)

\$50 per bike (one way only, not available for start of stage 2 or returning to Melbourne).

Transfer of hard bike case from start of ride to finish SINGLE STAGE ONLY, \$60 (if space available).

Transfer of soft foldable bike bag from start of ride to finish SINGLE STAGE ONLY \$35.

Cyclists on BOTH stages free of charge (TBC) as cases and bags will be left in Launceston.

Note: collapsible cardboard bike box transferred free of charge.



# Getting to and from the tour

### Arriving:

Stage 1 (East): You can fly directly into Launceston airport, or travel via the 'Spirit of Tasmania' ferry from Melbourne to Devonport, then catch a bus or drive to Launceston. Our meeting place is the Best Western Launceston. You will need to arrive before our orientation briefing at 3pm on Sat 8 Feb. We have rooms held on Fri 7 Feb if you would like to come a day early (select as Optional Extra on booking form).

Stage 2 (West): Fly direct into Hobart Airport and head to the Henry Jones Art Hotel. Make sure you arrive before 3pm on Wed 19 Feb for our welcome and orientation briefing. If you would like to arrive a day early, contact the hotel direct for rates: Henry Jones Art Hotel Hobart (thehenryjones.com).

# Departing:

Stage 1 (East): For those departing after Stage 1 your tour will officially end after breakfast at the Henry Jones Art Hotel on Wed 19 Feb. You can catch the Skybus to the airport (\$20) or a taxi (approx \$50-\$55).

Stage 2 (West): For those departing after Stage 2 you will end your ride in Launceston where the tour officially disbands after breakfast on Sun 2 Mar. Bus to the airport approx \$20, Taxi approx \$45-\$50. Or catch a bus to Devonport for the ferry to Melbourne.

# **Itinerary**

Daily distances are set out below. Shorter distances and support vehicle also available.

Meals and Accommodation inclusions.

Breakfast = B, Lunch = L, Dinner = D, Accommodation = A

Location	Distance	Date	BLDA
Optional pre-tour accom Launceston	NA	Friday 7 February 2025	
Launceston ARRIVAL DAY (before 3pm)	NA	Saturday 8 February 2025	D A
Launceston to Barnbougle	85km	Sunday 9 February 2025	B L D A
Barnbougle to St Helens	101km	Monday 10 February 2025	BL-A
St Helens to Bicheno	80km	Tuesday 11 February 2025	B - D A
Bicheno to Freycinet	42km	Wednesday 12 February 2025	B - D A
Freycinet REST DAY	NA	Thursday 13 February 2025	В А
Freycinet/Cranbrook to Spring Bay	71km	Friday 14 February 2025	BLDA
Spring Bay to Iron Creek Bay	78km	Saturday 15 February 2025	B - D A
Iron Creek Bay to Port Arthur	66km	Sunday 16 February 2025	BLDA
Port Arthur REST DAY	NA	Monday 17 February 2025	B - D A
Port Arthur to Hobart	102km	Tuesday 18 February 2025	B L D A
Hobart END STAGE 1 / START STAGE 2	NA	Wednesday 19 February 2025	B A
Hobart to Curringa Farm (or MONA visit)	86km	Thursday 20 February 2025	B L D A
Curringa Farm to Derwent Bridge	94km	Friday 21 February 2025	B - D A
Derwent Bridge to Queenstown	87km	Saturday 22 February 2025	BL-A
Queenstown to Strahan	42km	Sunday 23 February 2025	B - D A
Strahan REST DAY	NA	Monday 24 February 2025	В А
Strahan to Tullah	89km	Tuesday 25 February 2025	BLDA
Tullah to Cradle Mountain	54km	Wednesday 26 February 2025	BLDA
Cradle Mountain to Devonport	89km	Thursday 27 February 2025	BL-A
Devonport to Deloraine	59km	Friday 28 February 2025	B - D A
Deloraine to Launceston	92km	Saturday 1 March 2025	BLDA
Launceston TOUR ENDS	NA	Sunday 2 March 2025	В
Total Distance Cycled	East 625km   West 692km   Both 1317km		22 11 16 22
Average Daily Distance	East 78km   West 77km   Both 77km		

# Day to Day.

#### Launceston ARRIVAL DAY

Day 1. We recommend arriving in Launceston on Fri 7 Feb or by lunchtime on Sat 8 Feb. If you are arriving Saturday, make sure that you are at the hotel by 3:00pm when we will be running our orientation and welcome briefing. That will be followed by bike set-up with our mechanic, then a welcome dinner to meet the crew and your fellow tour-mates, ready to begin your adventure tomorrow.

### Launceston to Barnbougle - 85km

Day 2. The beautiful timber homes alongside the Tamar River thin out as you get further away from Launceston and start the tour with a solid climb, then a nice downhill run to our morning tea stop at Lilydale Falls where the AllTrails crew will have your tea, snacks and fruit set up ready for you to refuel the body as you work through the first day of cycling. A little bit more climbing before beginning the downhill run home. Lunch, at the 50km mark, is at a winery and is also the end of the cycling day for anyone who wishes to partake in some wine tasting, while the non-drinkers will hop back on the bike for the last 30km to our accommodation at Barnbougle Golf Resort where you will enjoy stunning views of the Lost Farm course and surrounding coastline and hinterland. We enjoy a group dinner together tonight to celebrate your first day's ride.

### Barnbougle to St Helens - 101km (or 131km)

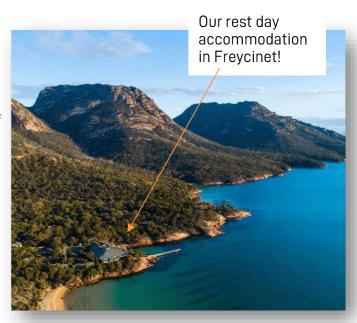
Day 3. Super-keen cyclists can start today's ride early and get out on the road to Scottsdale. If you take this option your day will be 131km with some decent hills so it's a good challenge. For the main group we will transfer you to Scottsdale where you can begin your 100km day. Morning tea is in the historic town of Derby where you will not only catch a glimpse of Tasmania's early days, but also the thriving atmosphere of mountain bike culture which has breathed life back into the area. More interesting stops and locations are unveiled throughout the day as you discover the Legerwood carved memorial trees, a short rainforest walk, the popular old pub snuck away in the Weldborough Pass and our lunch stop at Pyengana Dairy Company's Holy Cow Café. Feel free to jump in the support vehicle if you have had enough today but if not, it's on to the east coast town of St Helens. Tonight dinner is on your own - eat at the Bistro in our accommodation or look further afield into the township. Wherever you decide to go, the famous fresh local seafood is likely to be a common theme and popular choice.

### St Helens to Bicheno - 80km

Day 4. Now that the mountain ranges have been crossed, the effervescent sea-views are your distraction as you weave your way along the coast through to Scamander. From here we take the more challenging high road, climbing up through St Marys to Elephant Pass where we will stop for their famous pancakes. From here it's the downhill reward for your climbing as the route descends to the coastal road skirting Apsley National Park to stunning Bicheno, a marine reserve penguin rookery and where we will spend the night.

#### Bicheno to Freycinet - 42km

Day 5. After breakfast, a walk along the fascinating boulder coastline is highly recommended before today's short ride which you will enjoy as you take in this stunning peninsula's landscape. We stop off at Coles Bay where you can choose from a range of lunch options and begin to immerse yourself in Freycinet National Park - home to dramatic pink granite peaks, secluded bays, white sandy beaches and abundant birdlife. The National Park occupies most of the Freycinet Peninsula and looks out to the Tasman Sea from the eastern side and back towards the Tasmanian coastline from the west. In amongst all of that is our exclusive accommodation, the NRMA Freycinet Lodge, which overlooks the blue waters of Great Oyster Bay with a backdrop of the rugged Hazards Mountain Range – the location of our accommodation tonight is second to none.



# Day to Day (cont).

# Freycinet REST DAY

Day 6. There is an abundance of things to do and explore from Freycinet Lodge. Take a short stroll, or a half- or full-day walk to discover the area's forests, beaches, bays and mountains. We highly recommend the short trek to Wineglass Bay lookout, which is a bit of a scramble, but well worth it for one of Tasmania's most photographed views. For an excellent half day trek, continue on from the Wineglass Bay lookout down to the beautiful, perfectly curved beach and back to the park entrance via the Hazards Range for amazing views of Great Oyster Bay and the coastline surrounding the sleepy seaside village of Swansea (where we cycle through tomorrow). The Hazards look their best at sunrise and sunset when the pink granite glows bright and brilliant. Another option is to take a Wineglass Bay Cruise running 10am - 2pm daily and includes lunch, bookable through Freycinet Lodge reception along with other guided tours. This really is one of Tasmania's most extraordinary places.

# Freycinet to Spring Bay - 71km (or 116km)

Day 7. Today again gives the keen cyclists an option of an early start and extended ride day. If you head off from Freycinet Lodge your total distance will be 116km. For the main group, your ride will start back at the turnoff junction to Freycinet, heading southwest through the vineyards with great views back over Oyster Bay to the Freycinet Peninsula and National Park. Morning tea in Swansea, a classic Tasmanian beach holiday destination and one of Tasmania's oldest towns, before continuing along the coast, crossing interesting convict-built stone bridges, spanning creeks at the mouth of the sea. The port of Triabunna is strategically placed and protected from the wild Tasman Sea and a prime fishing area, well-known for its delicious locally caught fish, and our accommodation is just past the township at a beautiful waterfront resort with a spectacular over-water restaurant and bar.

# Spring Bay to Iron Creek Bay - 78km

Day 8. Inland is our direction today, cycling over the hills which will provide a good challenge and a nice change of scenery for cyclists. By morning tea we have nearly reached the high-point of the day's ride, before making our way down to Richmond for lunch. This picture-perfect town in the heart of the Coal River Valley wine region tells the story of an early Australian colonial village with its pretty 19th century streets. After lunch we head south through Sorrell and on to a new destination for this tour – Iron Creek Bay Farmstay, a unique and beautifully designed accommodation experience enveloped by its natural surroundings.

#### Iron Creek Bay to Port Arthur - 66km

Day 9. This morning's ride is a beautiful one along the coast before crossing bridges linking the peninsulas to Port Arthur. We will arrive by lunchtime which will give you time to look around the quaint village and the well-preserved penal colony buildings at the UNECSO World Heritage listed Port Arthur Historic Site. Get your bearings and settle in to our accommodation in the heart of the Port Arthur township. Tonight, we have a fun evening with dinner at our accommodation overlooking the Historic Site below, ready for our day of exploration tomorrow.

#### Port Arthur REST DAY

Day 10. A two-day pass to the historic site is included in your entry fee to our tour so today we start our visit with a guided tour of the Port Arthur Historic Site followed by a ferry ride around the surrounding islands and coast. Following that, you can explore as you wish. Check out portarthur.org.au to plan your day.

# Port Arthur to Hobart - 102km

Day 11. This morning we head out on the road again leaving the peninsula, stopping for morning tea around a series of attractions near the Eaglehawk Neck such as the Dog line, Officers Quarters Museum and the Tessellated Pavement. Nearing Hobart we navigate the quieter roads and backstreets as much as possible before hitting the Hobart bike track at the Tasman Bridge which will guide us all the way to our hotel overlooking Constitution Dock in the heart of Hobart. Tonight we have a celebration dinner to toast our wonderful journey from North to East to South, taking a tasty bite out of the spectacular Apple Isle of Tasmania.



# Day to Day (cont).

#### **Hobart CHANGEOVER DAY**

Day 1/12. We will say goodbye to some cyclists today and welcome some new arrivals for Stage 2. For those doing both stages you can take it easy on your rest day or get out and explore. Ride up to the top of Mt Wellington, check out Salamanca Place or the Cascade Brewery (Australia's oldest brewery). If you are short of ideas just search "10 best thing to do in Hobart" on the internet and you'll have more to do than you have time for - it's a great place. Note: MONA is closed on Tue and Wed, so you will have the chance to go tomorrow if you want.

## Hobart to Curringa Farm - 86km (or optional day at MONA)

Day 2/13. Today you can choose to either spend the day at the world-renowned MONA or begin the ride west. Leaving the beautiful port town of Hobart, with Mt Wellington on your left, we follow the Derwent River dotted with bright spinnakers and gracious buildings as we head to the colonial village of New Norfolk, where morning tea is set up along the route by the AllTrails crew. The landscape is similar to what you would expect from the English countryside as you follow the river's lead northwest. Eventually we will leave the river for a good climb and finish the day with a beautiful downhill to the quaint little town of Hamilton with its authentic cottages lining both sides of the main street. From here it's just a quick 4km ride to lunch at our overnight at the award-winning farm stay cottages, set in natural bushland overlooking picturesque Lake Meadowbank. For those who spent the day at MONA, our crew will come back to pick you up this afternoon and take you to Curringa Farm.

## Curringa Farm to Derwent Bridge - 94km

Day 3/14. The countryside is stunning, as we pass the dam on the Derwent and cross bridges, over tossing waters, with natural lakes and places to explore. Then it's up a few hills and through thick forest to Tarraleah hydro station with a magnificent view from the top and it's quite special to see our route way down there alongside the river. We stop in the high country at Bronte Lagoon to mark the geographical centre of Tasmania and continue to Derwent Bridge for our overnight accommodation. There are plenty of photo opportunities all day today so make sure that your camera phone is charged.

#### Derwent Bridge to Queenstown – 87km

Day 4/15. Surrounded by small mountains and rugged countryside we ride today through the southern reaches of Cradle Mountain - Lake St Clair National Park and then cross the Collingwood and Franklin Rivers. A cuppa at the Franklin then exceptional cycle touring continues through this pristine area before lunch at the picturesque Nelson Falls. Cycle around Lake Burbury and note the difference in landscape as the forest environment gives way to the copper mine region offering magnificent views overlooking Queenstown, before the long descent into town. Wow, what a great day.

### Queenstown to Strahan - 42km

Day 5/16. An early morning rise will give you time to explore this classic town at daybreak, perhaps a walk along the river before breakfast. We leave the stark bare hills of this old copper mining town and cycle through undulating thick bush to the beautiful portside town of Strahan where we take up residence for two days at the NRMA Strahan Village. During your time here you will be blown away by the natural beauty and charm of the isolated and naturally stunning West Coast wilderness of Tasmania. This is a place where the rivers, mountains and rainforests of Tasmania's World Heritage wilderness meet, and our accommodation at Strahan Village provides you access to it all. The short day on the bike leaves plenty of time to take a boat down Macquarie Harbour and up into the Gordon River, an area made famous by its convict history and the Huon pine that was logged there for boats that still exist today. Tonight, if you wish, you can experience the classic live play "The Ship that Never Was" right on the foreshore which we highly recommend for a good laugh.

#### Strahan REST DAY

Day 6/17. Get as busy as you like or relax and enjoy an easy day. The Gordon River Cruises are highly recommended with options from \$160 for a full day cruise taking in Hells Gates, Heritage Landing and Sarah Island. The West Coast Wilderness Railway is a great day out or just take a stroll along the Esplanade immersing yourself in Strahan's culture and heritage with visits to the museums, galleries and attractions of the historic fishing port, or just kick back at your accommodation and enjoy everything that the RACT has to offer.

# Day to Day (cont).

### Strahan to Tullah - 89km

Day 7/18. Today provides a stunning ride through the bushland skirting the Southern Ocean, as we touch our most westerly point of the tour. Zeehan and Rosebery are both mining towns and cradled in the veins of the wild west, providing a few climbs and some long sweeping descents which you will enjoy before finishing back at the water's edge on Lake Rosebery in the township of Tullah. This day is quite spectacular for the scenery and beauty of Tasmania's west coast so get into your rhythm, absorb the atmosphere and at the end of the day sit back overlooking the lake with a beer or a great coffee and a famous scone from the cafe (reportedly the best scones on the West Coast if not Australia).

#### Tullah to Cradle Mountain - 54km

Day 8/19. Cradle Mountain is 700m higher than Lake Rosebery so we have some climbing to do on a comparatively short day today. Once again though it is through incredibly stunning countryside, allowing us to stop along the way to rest, eat and soak up the sights. Upon arrival at Cradle Mountain we have lunch and then have the opportunity to head to Dove Lake to enjoy the 2-2.5hr walk around Cradle Mountain with its exquisite scenery.

### Cradle Mountain to Devonport - 89km

Day 9/20. It should be all downhill as we head from the mountain to the sea, but it's not quite, however it is a fast ride with breathtaking scenery on both sides. Just east of the wonderfully named rural locality of 'Nowhere Else', we stop for lunch at the intriguing township of Sheffield with its murals of local life adorning the side of almost every available building and structure in town. It's then a 25km roll through to Devonport where we again meet the Bass Strait and the most northern point of Stage Two.

### Devonport to Deloraine - 59km

Day 10/21. We are nearly on the home straight today as we wind southeast roughly following the flow of the Mersey River. We won't be on a 'ferry across the Mersey' but we will certainly enjoy a couple of very pretty river crossings via bridges. Morning tea is in Railton, the 'Town of Topiary', with more than 100 imaginative topiary characters found in its main street, as well as a great brewery. Unfortunately, it's probably too early for a drink so we'll continue through to Deloraine, a delightful riverside town with an historic streetscape classified by the National Trust. We'll be here by lunchtime so you'll have plenty of time to explore and find your favourite pick of the town's excellent bakeries and cafes.

#### Deloraine to Launceston - 92km

Day 10/21. This is it! We are now well and truly out of the forests and wilderness of the west as our final day leads us through expanses of pastoral lands - a patchwork of plots, properties and farms, showing the full spectrum of shades of green. Lunch at Evandale will give you a glimpse into the location for the annual Penny Farthing Championships (held 10 days ago), another example of Tasmania's strong link to colonial history (and also ties to some AllTrails history), then enjoy a smooth downhill cruise to the lowlands of Launceston. Tonight we celebrate with one final dinner at an exclusive Launceston restaurant - just a stone's throw from the River Tamar where we started our journey three weeks ago. Congratulations to all cyclists whether you joined us in Hobart for our journey from south to west to north or completed the full loop.

#### Launceston DEPARTURE DAY

Day 11/22. Our tour officially disbands after breakfast today but feel free to hang around for another night to enjoy a day off...Launceston is a great place to do it.

Thanks for joining us.



# What has been said about our previous Tassie Tours

"What a great ride and time on the East Coast Tasmania Tour! It's my 3rd time riding the beautiful coastlines and forested climbs of the East Coast with a group and certainly the standout. Everyone seemed to enjoy themselves and each other's company immensely and like myself felt individually catered for. Whether you were a faster rider or a weary tailender on day 6 who might want to start at the top of the first climb for the day, you felt well taken care of. See you all again soon." Graham

"I had a great time...the service that you guys provide was fantastic - I cannot say anything bad. The accom was very good, food was great and I cannot speak highly enough about the staff." Leah

"My first AllTrails tour. I'll be back. So well organized and great to share the road with like-minded people of all ages. Thanks." Leanne

"Great people, Fantastic support, Beautiful scenery. My week off work felt more like a month. Best way to see Tassie. Loved the riding. Looking forward to my next adventure with AllTrails. You definitely cover all the bases." Chris

"Well apart from the organization, people, climate, scenery, food, accommodation & support, I can't think of any highlights at all." Tony

"The appreciation you develop for the smaller things. Like the hot cup of tea after a tough climb, riding "real" undulations and a warm bath after a day of riding. I have had an amazing week, sharing great times with beautiful people. I'm ready to book my next AllTrails tour!!!" Julie

"After years of running bike tours, they really know how to do it. You will not find a better group to tour with - everything is geared to a safe, enjoyable and satisfying cycling experience. Most of all, I was welcomed like a family member away on a Summer Holiday. Like many others on what was my first trip, I'll be back." David M

"To all the team at AllTrails, my sincere thanks for making my first cycling tour with you such a wonderful enjoyable fantastic event, it certainly exceeded my best hopes and has fuelled my appetite for more. Well Done. Best Wishes." Colin

"It really was a magnificent journey... There are so many highlights! The most picturesque for me would be riding to Queenstown ... breathtakingly beautiful... And don't forget the great food and drinks throughout the tour...I really want to give a huge thanks to the AllTrails crew for their amazing support, encouragement, patience and dedication to make this tour highly enjoyable...The group has been so wonderful! It's the most caring, friendly, fun and encouraging bunch of people that I've been with. We soon became familiar with one another and all of us seem to get along very well right from the start...highly recommended for anyone who loves adventures, beautiful views and some challenges." Suri

"The wonderful experience of cycling Tasmania with the wonderful support made the journey very memorable. The accommodation, meals and scenery was first class. We have done many trips with AllTrails and thoroughly recommend them." Kerry

"With years of experience running successful bike tours in many areas AllTrails can be relied upon to deliver exactly what they promise - a wonderful cycling experience supported by friendly, professional and caring staff...more like a family than a company. A family that welcomes you into it when you ride with them. I cannot thank them enough for a fantastic East and West Coast of Tasmania ride and strongly recommend AllTrails to any prospective riders considering joining one of their rides." Steve

# 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.

#### Training for AllTrails tours

To keep to the daily scheduled times on a multi-day road bike tour you need to be a reasonably keen cyclist – not necessarily fast, but consistent. To train for your tour, slowly build up until you can cycle close to the <u>average daily distance</u> of your chosen tour, at the <u>expected speed</u>, for <u>two days straight</u>. 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 and we will get it out to you straight away.

For this tour: Average distance 77km/day. Expected average speed 20-25km/hr on flat terrain (more time allowed for sections with hilly terrain). Make sure you do some hill training for this tour.

### Support vehicles / scheduled times

Our support vehicle will follow the group to pick up weary riders and bikes if they wish, or if they are falling behind the group. Times will be given on the Day Sheets for morning departure and regrouping stops for morning tea, lunch and water stops. Check the average speed expected for your chosen tour. 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 bus. If conditions allow, we transport cyclists direct 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.

#### 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 it works

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, a very early riser, 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 cyclists

SOLO 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 solo twin share cyclist or crew member of the same gender, 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.

Curringa Farmstay note: Please be aware that Curringa Farmstay has some house type accommodation. While everyone will have the privacy of their own bedroom and most their own bathroom, there may be shared living spaces, and in some cases, share bathrooms (with 1 or 2 others).

#### Snorers can enjoy their own room

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

# Frequently asked questions and helpful information cont.

#### 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 gravel bike 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.

#### **Ebikes**

Ebikes are always welcome on AllTrails tours and we have special bike racks that can accommodate their unique size and weight, keeping your bike safe when we need to transport it. Our racks (and staff) can 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.

#### 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 you may be required to purchase some meals - check the meal inclusions on the itinerary table.

#### 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.

#### 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.

#### 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.

#### What sorts of people join our tours?

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

### Why book with us?

We only run 10-15 tours per year, 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.