

## Cycle Tasmania's East Coast

Depart Cairns 16th October at 5.15AM arrive Sydney 9.10AM – Virgin

Depart Sydney 16th October at 1.25PM arrive Launceston 3.15PM – Virgin

Commence the following tour with Intrepid in Launceston on the 16th October and ending in Hobart on the 24th October

### Day 1: Launceston

Welcome to your Intrepid Cycling adventure in the beautiful surrounds of Tasmania. Your trip starts today in Launceston. There will be a Welcome Meeting at 6 pm this evening as you meet with your leader and fellow travellers for a brief run-down of the days ahead. If you arrive early, there are a heap of things to do in Tasmania's second city. You could cruise along the placid Tamar River and through spectacular Cataract Gorge, get a taste of Tasmania at a famous nearby winery or brewery, or explore colonial history at the Queen Victoria Art Gallery. This evening, choose to get to know your new riding team better with an optional group dinner out on the town.

#### Optional Activities

- Queen Victoria Museum & Art Gallery - AUD8
- James Boag Brewery Experience - AUD35
- Cataract Gorge Cruise - AUD40

#### Meals Included

There are no meals included on this day.

#### Special Information

It's very important that you attend the welcome meeting as we will be checking insurance and emergency contact details at this time. If you are going to be late, please let an Intrepid representative or your travel agent know.

### Day 2: Scottsdale

Today is a good introduction to riding in Tasmania as you will avoid most of the hills and save your legs for later in the trip. Transfer by vehicle out of Launceston to Scottsdale, before enjoying your first bike ride through tall forest and tree fern-lined embankments, along the gentle undulations and smooth gravel of the North East Tasmania Rail Trail. You'll cycle all the way to the former station of Tulendeena – at the trail's highest point you can look out to Bass Strait and on clear days see the mountain peaks on Flinders Island – before returning to Scottsdale for the evening. Surrounded by green fields and forest-covered mountains, Scottsdale is a key hub of agriculture and forestry and hosts a number of attractive turn-of-the-century heritage buildings. Later today you'll visit a nearby lavender farm, the largest in the Southern Hemisphere. While at its most spectacular during the lavender bloom in December and January, its ornamental gardens, manicured fields and native bushland against a Mount Arthur backdrop are beautiful all year round.

#### Included Activities

- Lavender Farm visit

### **Meals Included**

- Breakfast

### **Special Information**

Today's riding distance is approximately 42 kilometres/26 miles, undulating, with approximately 550 metres/1800 feet of elevation gain.

#### **Day 3: St Helens**

Today you have two cycling options, depending on how fit you are feeling. It's your choice of a 43- or 73-kilometre ride. After breakfast, to avoid busy roads (and a big hill!), transfer by vehicle to your chosen starts at nearby Branxholm (longer option) or the shorter and flatter Weldborough option. From Weldborough there's an initial uphill section followed by an enjoyable long descent towards the east coast, passing through forest reserves and rolling farmland to arrive into tonight's final destination of St Helens. Just south of the beautiful Bay of Fires and nestled in sweeping Georges Bay, laid back St Helens is Tasmania's second largest fishing port. That means there's no shortage of fresh seafood to taste at the local eateries, or even directly from a local fisherman. If you're still feeling energetic, why not ride out via the St Helens Point Conservation Area to Beer Barrel Beach and look over the sprawling Peron Dunes and the seemingly endless beaches nearby.

### **Meals Included**

- Breakfast

### **Special Information**

Today's riding distance is approximately 43 kilometres/27 miles, initially uphill then mostly downhill, with approximately 430 metres/1400 feet of elevation gain. You also have the option of a longer (and hillier) 73 kilometre/45 mile ride should you choose.

#### **Day 4: Bicheno**

Today follow the relatively flat (by Tassie standards at least!) coastal road south, past the delightful coastal town of Scamander and Chain of Lagoons. With the Tasman Sea and wide sandy beaches on your left and the rolling hills and forest of the Douglas-Aspley National Park on your right, the views are as spectacular as they are diverse. Again you have the option to ride the full length of the ride (75 kilometres) or opt for the shorter 45 kilometre option and make use of our support vehicle – either way the views are amazing as you make your way to Bicheno. This is a split personality town – part thriving fishing port, part popular beachside holiday town. While we love the beaches and the endless ocean views, it's the seafood that bring us back – especially the world-class oysters. It's not exactly your typical post-ride meal, but it's definitely worth it. If you have time (and energy) there is plenty to do here – why not get close to fairy penguins at dusk or take a walk out to the Bicheno Blowhole and nearby Rocking Rock. If you're feeling more energetic try the short walk up to Whalers Lookout Scenic reserve for wonderful views of Bicheno and the ocean, especially at sunset.

## Meals Included

- Breakfast

## Special Information

Today's riding distance is approximately 45 kilometres/28 miles, undulating with approximately 330 metres/1080 feet of elevation gain. A longer 75 kilometre/47 mile option is also available.

### Day 5: Coles Bay

Today enjoy a shorter, easier but no less spectacular ride as you head partly inland through green farmland and the gentle wetlands of the Moulting Lagoon Game Reserve – home to over 8000 black swans – and on to Coles Bay, gateway to the iconic Freycinet National Park. Set between the blue waters of Great Oyster Bay and the craggy Hazards mountain range, this small but thriving town is a perfect place to sit back, relax, and recharge your battery after a few days on the road.

## Meals Included

- Breakfast

## Special Information

Today's riding distance is approximately 40 kilometres/25 miles, mostly flat with a few short but sharp inclines, approximately 100 metres/300 feet of elevation gain.

### Day 6: Freycinet National Park & Wineglass Bay

Today you've got the choice to relax in town or swap your cycling shoes for hiking boots (normal shoes will suffice), head into Freycinet National Park and go by foot on any of the many walking trails that surround the area. If your legs are up for it, it's definitely recommended getting out to the famous Wineglass Bay lookout, or even the beach itself. Consistently rated as one of the ten best beaches in the world, the views over the green hills, white sand and multi-blue water are what postcards and screensavers are made of.

## Optional Activities

- Hike to Wineglass Bay - Free

## Meals Included

- Breakfast

### Day 7: Triabunna

After starting with a vehicle powered transfer to the hilltop town of Apslawn (approximately 30 minutes), choose your ride length as you leave Freycinet behind. Head further south along the coast south to the scenic port-side town of Triabunna, which sits at the northern tip of Spring Bay. Sheltered by the nearby Maria Island – once a harsh convict colony but now an idyllic National Park – Spring Bay is known for producing some of the best mussels in the world. Like with the oysters, it's really

recommended to give them a try (maybe with a nice wine from the nearby Darlington Vineyard). You can also get a deeper appreciation of the area's rich Aboriginal history at the local information centre.

### **Meals Included**

- Breakfast

### **Special Information**

Today's riding distance is approximately 48 kilometres/30 miles, initially downhill the lightly undulating with approximately 290 metres/950 feet of elevation gain. A longer 73 kilometre/45 mile option is also available.

### **Day 8: Hobart**

Today is your last day on the bike, and it's a mostly hilly one. Leave the coast behind and head to Tasmania's charming yet cosmopolitan capital of Hobart. Once again the route has options for longer or easier rides and takes you through historic Richmond and the Coal River Valley, before getting back in the vehicle for the drive into Hobart (approximately 1 hour). The rest of the day is free for you to explore the capital, and maybe choose to enjoy a final night's dinner with your new cycling friends and reflect on the last week's cycling experience.

### **Meals Included**

- Breakfast

### **Special Information**

Today's riding distance is approximately 43 kilometres/27 miles, undulating with one long climb, approximately 755 metres/2500 feet of elevation gain. A longer 88 kilometre/55 mile option is also available.

### **Day 9: Hobart**

Your East Coast cycling adventure comes to an end today. There are no activities planned and you are free to leave after checkout.

### **Optional Activities**

- MONA Museum - Free
- Hobart Kayak Tour - AUD95
- Salamanca Market - Free
- Hobart Hop-on-Hop-off Bus Tour - AUD30
- Bruny Island Day Tour - AUD175
- Cascade Brewery - Free

### **Meals Included**

- Breakfast

Depart Hobart 24th October at 4.35PM arrive Sydney 6.25PM – Virgin

Depart Sydney 24th October at 7.15PM arrive Cairns 9.30PM – Virgin

Cost per person \$5159.00 and includes the following:

Airfares

Airport taxes

9 day tour including breakfast daily and touring as per itinerary