

2017 Gold Coast to Noosa

Beaches, Hinterland & National Park

Sunday 10 September, 2017 to Sunday 17 September, 2017

Day to Day

Imagine waking up in the early daylight and looking around a comfortable motel room and wondering where you are - is it the flashy Gold Coast, a cute town in the hinterland, or a colonial provincial city somewhere? Either way you want to get up and start another day in the AllTrails Gold Coast to Noosa Bike Ride, cycling through some of the most beautiful parts of Queensland.

The food breaks, morning tea, lunch and afternoon snack are at set times enabling all riders to plan their day and the amount of time required to enjoy the sights and attractions along the way. Lunch is a great time to relax, refuel your body and chat to your friends, be it in a famous bakery, a country pub, down by the sea or a mountain stream. Cyclists move off at their own time and pace, knowing the distance and terrain ahead and aiming to arrive at the overnight stop around early to mid afternoon.

You check in then enjoy a cuppa and snack and shower or soak in the bath. Explore the surroundings, go for a walk, share a cool drink with friends or simply relax. It is your life, it's your ride, enjoy it.

A briefing for all cyclists at 6pm before the evening meal is always interesting, finding out what happened that day, and a run down on the sights and special attractions to look out for the next day. Lots of laughs and stories are shared before we settle down to a good healthy meal and a few drinks. Bedtime is not far away, where you put your head down in salubrious surroundings, remembering the day and dreaming of tomorrow.

The camaraderie developed on a bike ride like this lasts a lifetime.

Location	Distance	Date	B	L	D	A
RACV Royal Pines Resort Gold Coast	NA	Sun 10 Sep	--	--	Y	Y
Gold Coast to Beaudesert	58km	Mon 11 Sep	Y	Y	Y	Y
Beaudesert to Ipswich	73km	Tue 12 Sep	Y	Y	Y	Y
Ipswich to Gatton	65km	Wed 13 Sep	Y	Y	Y	Y
Gatton to Esk	79km	Thu 14 Sep	Y	Y	Y	Y
Esk to Kilcoy	53km	Fri 15 Sep	Y	Y	--	Y
Kilcoy to Montville	67km	Sat 16 Sep	Y	Y	Y	Y
Montville to Noosa	58km	Sun 17 Sep	Y	Y	--	--
Total distance cycled	453km		7	7	6	7
Average daily distance	65km					

Meal and accom inclusions noted as B, L, D, A (Breakfast, Lunch, Dinner, Accom)

RACV Royal Pines Resort Gold Coast — NA — Sun 10 Sep — - - D A

Today is the last day of the annual Cycle QLD Bike Ride so AllTrails crew will be carrying out duties as the official accommodation package provider of that event. We will arrive at the Gold Coast at the end of the Cycle QLD ride around lunchtime then head to the RACV Royal Pines Resort to check in and meet the cyclists for this Gold Coast to Noosa ride. Want to join us on the Cycle QLD ride as well? More [details here](#). If you are arriving today, make your way to the RACV Resort where we will have a registration and briefing in the late afternoon followed by a casual group dinner to welcome everyone to the week.

Gold Coast to Beaudesert — 58km — Mon 11 Sep — B L D A

After a fun night at the beautiful RACV Royal Pines Resort, we cycle west towards central Queensland, past Mt Tamborine, up and down a few hills, lookouts and lovely little villages to historical Beaudesert. The living history of Beaudesert is obvious in the time and care given to the preservation of it by the Historical Society and the Information Center. The trails of old are still intact and available to the public to explore and enjoy and buildings dating back 150 years are open to the public. This town is the home of the Historical Museum and a great place to spend a night.

Beaudesert to Ipswich — 73km — Tue 12 Sep — B L D A

We head north taking some nice backroads today, dodging traffic while crossing the train line from Sydney to Brisbane. Queensland's oldest provincial city is our next night's stay, with magnificent colonial homes and public buildings. Ipswich is an alluring blend of heritage charm, metropolitan sophistication and expansive green spaces. Early colonial buildings stand proud in the city centre, lovingly restored Queenslanders perch on hills and quaint townships dot the surrounding countryside.

Ipswich to Gatton — 65km — Wed 13 Sep — B L D A

Today we head west alongside the train line towards Toowoomba - keep an eye out for some of the fascinating old rail stations and the associated buildings that pop up as we ride with the tracks. We pass the University of QLD Gatton campus before we arrive in the town of Gatton itself where we have secured the newest 4 star accommodation in the region. This is the largest town and the commercial centre for the fertile Lockyer Valley of South East Queensland known for its spectacular scenic backdrop of steep hills and the mountains of The Great Dividing Range. It's a fast growing region that has maintained its natural beauty and charm. Enjoy!

Gatton to Esk — 79km — Thu 14 Sep — B L D A

This morning we make a short looping ride out to Helidon, famous for its natural mineral water spring, comfortable

lifestyle and community, and being the birth-place of 'Kirks' soft drinks brand. We then head north passing through small outback towns, unique with their elevated old homes designed to beat floods, mosquitoes and heat. There are many creek crossings as we make our way to Esk, a tiny town at the foot of Mt Esk and close to Lake Wivenhoe, which a few years ago overflowed and flooded Brisbane. The town itself holds a prime location in the middle of the Valley of the Lakes, with all kinds of watersports being popular here; water-skiing, sailing, white water kayaking, fishing, canoeing and swimming.

Esk to Kilcoy — 53km — Fri 15 Sep — B L - A

We cycle alongside Lake Wivenhoe, twice the size of Sydney Harbour, before crossing the Lake before Somerset Dam, where boating, fishing and waterskiing enthusiasts converge to enjoy the famous local watersports. This is an extremely popular outdoor sports location - especially over holiday times. Maybe take a swim before your final push on to finish your day's ride in the cute little town of Kilcoy, on the Sunshine Coast Hinterland. Dinner tonight is at your own choice and expense.

Kilcoy to Montville — 67km — Sat 16 Sep — B L D A

Today we head towards the coast alongside the Stanley River, which flows beneath Mt Beerwah in the Glasshouse Mountains. The Glass House Region is renowned for its natural beauty, the vitality of its farming industry and its numerous tourist attractions, such as Australia Zoo and the Glasshouse Mountains themselves. You weave your way through lakes, hills and mountain views today as we climb up to the highest point of the ride at Balmoral Ridge (450m), then on to our destination. Montville boasts glorious views of the Sunshine Coast & Hinterland and is also increasingly renowned for its unique shopping. History and architecture buffs will marvel at the fine buildings which run along and around Main Street - it's simply a lovely place to relax and unwind for our last official night on tour.

Montville to Noosa — 58km — Sun 17 Sep — B L - -

What goes up, must come down they say, and after yesterday's hill climbing we spend the first 10km of today descending down to Palmwoods, then turning north and cycling through to Namboor - the hub of dairy farms and tropical fruit and a thriving township. After Namboor we follow the old road that parallels the Bruce Hwy, then it's the big one, Noosaville and Noosa Heads. What a ride! Tonight's accommodation is an optional extra so those that wish to head home straight away can do so, however we recommend spending at least one night here in Noosa to enjoy the satisfaction of completing your ride and the lovely town itself. Our vehicles will depart Noosa around 1pm and can do a drop off at Sunshine Coast Airport around 1:30pm.

