

2017 Gold Coast to Noosa

This ride has everything! Starting at the beautiful RACV Royal Pines Resort (included) near the famous beaches of the Gold Coast, cycling through cool, green forests, open dairy farmlands outback central Queensland, crossing one of the biggest lakes in Queensland, then viewing the weird and wonderful shapes of the Glasshouse Mountains before hitting the coast again as we finish the ride in laid-back Noosa.

Enjoy this cruise through paradise at an average of 65km per day, an achievable distance for most cyclists, allowing you to enjoy the scenery and atmosphere of this wonderful route.

We organise everything that you will need for the duration of the tour including accommodation, food, safety and support vehicles, bike mechanic, luggage transfer, and much more. AllTrails is the best in the business when it comes to multi-day tours in Australia so you don't need to worry about a thing - just your cycling and deciding which way to look to take in the beautiful scenery of this location.

Book your place today and join us on this relaxed-pace cycling adventure through the beauty of South East Queensland.

Multi-tour discount: *Why not also join us on our [Cycle QLD accom package from Goondiwindi to Gold Coast](#) which departs a week before this ride. Book both tours for a \$100 discount off both rides.*

Group discounts: 5% discount each off the entry price for 3 or more cyclists

Experts:

No short-cuts! Our extensive preparation and organisation creates the best tours for our clients.

Service:

Our owners are usually on tour with you. AllTrails is renowned for good old fashioned service!

Quality:

From great accom & meals, to the quality ingredients in our famous home-made muffins and biscuits!

Support:

Our support vehicle is never far away if you need a pick-up or mechanical assistance. Our crew are the best.

Camaraderie:

AllTrails cyclists are famous for fun, positivity and support. We are proud of the AllTrails community.

Date:

10 -17 Sep 2017

Duration:

8 days / 7 nights
7 ride days

Distance:

452km

Ave. Daily:

65km

Bike Type:

Road bike (pref) or hybrid

Group size:

Approx 10

Accom:

RACV Resort, cyclist-friendly motels & guesthouses

Meals:

All included except one dinner

Difficulty Grading:

6/10

Deposit:

\$400 pp

[Download Itinerary](#)

[AllTrails Merchandise Sales](#)

[Copenhagen Amsterdam Paris 2018](#)

[Cycle Queensland 2018 Accommodation Package](#)

[4 Bays in 4 Days 2018](#)

[Food & Wine Indulgence Tour South Australia 2018](#)

[Great Vic Bike Ride 2018 Accommodation Package](#)

[New Zealand South Island 2019](#)

[Great Ocean Road Autumn Cycle Tour](#)

[Supported Mountain Bike Tour](#)

[Top End Tour Darwin to Broome – Coming Soon](#)

[European Expedition 'Cycle The Danube' – Coming Soon](#)

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Highlights

- [RACV Royal Pines Resort Surfers Paradise](#) (accom included)
- Gold Coast beaches
- Hinterland of Southeast Queensland
- Esk & Lake Wivenhoe
- Glasshouse Mountains region
- Montville and the Sunshine Coast Hinterland
- [Noosa National Park](#)
- [Noosaville and Noosa Heads](#)

This will be a beautiful cycle tour; very little traffic, National Parks, Gold Coast, Hinterland, Valley of the Lakes, Mineral Spa Country, Glasshouse Mountains and Sunshine Coast.

Cycle from RACV Royal Pines Resort at Benowa, through the Darlington Range in the Hinterland to Beaudesert; then onto Queensland's oldest provincial city, Ipswich, before heading west beside the very early train line, its stations and associated buildings still standing, looking better and more respected as time moves on. Cycle through Helidon, location of the famous mineral spring, then alongside Lake Wivenhoe to Esk and Kilcoy. The last few days are a real treat as you move north through the Glasshouse Mountains area up to the gorgeous town of Montville for our last night on tour; then finally down to the beach at Noosa.

What cyclists said about our last Gold Coast to Noosa ride:

"I really enjoyed the whole ride experience. I have never done anything like this before, and was unsure I would even be able to ride that distance. Your team made it seem like a doddle, by taking care of all the logistics, maps, drinks breaks, lunches etc. The ride itself was excellent and the places we stopped for lunch and dinner were also great. I really enjoyed it, and I expect to be back. Thank you." Gordon (NSW).

"We had a very enjoyable week with great company. Excellent backup, and attention to detail is fantastic. The hotels were all up to standard and breakfasts, lunches and dinners were very good too." Jennifer & Alan (WA).

"Thank you very much for a very good tour, which I really enjoyed. You provided some excellent weather, much nicer than that back in the UK! The accommodation was all good... the routes were generally easy to follow using the flour arrows and maps. Enjoyed the visit to Laidley and their impressive lunch menu and information about the

village...the morning and afternoon tea breaks with an excellent selection of drinks and nibbles. Briefings from the crew were very useful as was all of the technical support." Anne (UK).

"Just completed the 7-day bicycle ride from the Gold Coast to Noosa: 470km. My partner and I loved it. We can recommend AllTrails highly. Great organisers and good people. All of our cycling colleagues added to our enjoyment. We'll be in another tour . . ." Arthur (WA).

Pricing

Includes:

- 7 Nights Accommodation
- All Meals except one dinner
- Daily morning & afternoon teas on the road
- Support and safety vehicles with signage
- Bike mechanical assistance
- National Park entry fees if applicable
- Maps, training schedule and documentation

Payment Schedule

- Deposit (\$400)
- Progress Payment 30 days after deposit (40% of your package cost, less deposit paid)
- Balance 11 July 2017

For bookings made after 11 July, full balance is due upon booking.

Travelling on your own: Book the Single Room price, or early bookers can book a twin share package and we will partner you up with somebody else of the same gender travelling on their own. This offer closes 2 months before tour departure (11 Jul) - after this date contact us to see if we can match you, if not the single room price will apply. This does not apply to pre and post tour accom (see below).

Multi-tour discounts: Join us on the AllTrails [Cycle Qld package](#) (2-10 Sep), and our Gold Coast to Noosa tour (10-17 Sep) to receive a \$200 pp discount (\$100 off each tour).

Group discounts: 5% discount each off the entry price for 3 or more cyclists

Optional Extras

Pre tour accom. One night of pre-tour accom and a welcome dinner is included at RACV Royal Pines Resort on Sun 10 Sep. Let us know if you would like to book additional nights before this date (approx \$300 per room per night incl. bfast).

Post tour accom. We end the ride at a good motel in Noosa and we have some rooms booked there which you can purchase as an optional extra. We will finish early afternoon so those who wish to head home straight away can do so, however we recommend spending a night or two if you can.

Our accom is \$200 per room per night (no bfast).

Another option is to book your own accom at RACV Noosa (Approx \$300 per night, 2 night min)

If you are travelling on your own and would like to share a room before or after the tour please let us know. We will register you on a waitlist for a twin share partner and if another traveller of the same gender would like to share we will match you. If not we can book you in at the single room rate.

Transfer from Noosa to Gold Coast. If you need to get back to the Gold Coast after the tour finishes on Sunday 17 Sep, we can give you a lift. **\$45**

AllTrails t-shirt. Good quality tee. **\$20**

AllTrails cycling jersey. Brand new stock and new style/fit/design. Choose from two colours: "The Classic" famous AllTrails orange, or the new light blue "Stripes" design. **\$65**

AllTrails cycling cap. Matching the light blue "Stripes" design. **\$20**

AllTrails water bottle. Classic AllTrails orange colour, BPA free, made in Australia. **\$10**

AllTrails draw-string day-bag. Ideal for keeping your things together in the tour vehicle. **\$5**

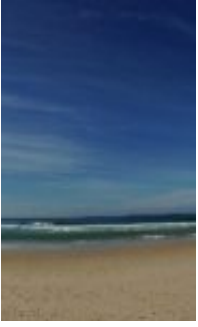
[Link to AllTrails merchandise PDF](#)

Transfer of hard case bike box from start of ride to finish, \$10/day (if space available). **\$70**

Transfer of soft FOLDABLE bike bag from start of ride to finish \$3/day. **\$21**

Click any image to enlarge





























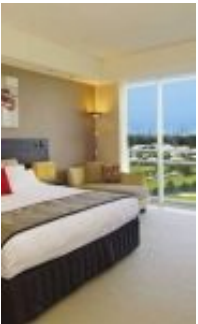


















We are happy to answer any other questions you may have

Feel free to contact us at any time through our website ['Contact Us'](#) page, phone or email. We love what we do and want to get you on the best bike ride for you. Speak to us about what's on your mind and we'll help you make your decision.

Support bus availability

Our support bus is there to support the tour and also pick up riders who need to jump in for any reason. 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 – especially long days or days with big hills! There is no shame in riding in this bus 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, just 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 all together. If you feel that you are extremely far off the fitness level required and cannot commit to enough training that will get you fit in time then you may be better off booking a later ride or a different type of tour – just give us a call or email to discuss.

Insurance – IMPORTANT

Obtaining appropriate insurance is your (very important) responsibility

IMPORTANT: Travel Insurance, either travel overseas or within Australia, is a good investment.

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When you consider the cost of what can sometimes go wrong when or before you travel, insurance is good protection. While people have a general understanding of what is covered, it is always a good idea to read your Product Disclosure Statement. These days they’re easier to read. To ensure you get the best out of your purchase make sure you are clear on the conditions of the Policy before you buy.

Some tips for AllTrails customers:

- Choose the level of cover that is right for you, not just the price.
- AllTrails customers should consider selection of the Add-on Benefit Pack for ‘Adventure Sports Pack’ (valid for under 70 year old travellers only). This pack provides some additional specific covers for the activity of ‘expedition bicycle touring’ which are not covered by standard travel insurance covers.

Most Importantly:

- Purchase your travel insurance once you have booked your tour and your travel. Don’t wait until just before you travel. Cover provided for cancellation expenses, whether it be for flights, accommodation or tour costs, is only active for insured events that happen after the issue date of a Policy. This applies to all products in the market. It stands to reason, i.e. you don’t get to insure your house or car after it has been damaged and expect that insurance will respond.

The Bali volcano event of 2017 is an example of where a number of people who had not purchased their travel insurance at the time of booking their travel, and before the volcano event, found that there was no cover for cancellation. You can prevent this happening to you by finalising your insurance early.

[Click here to quote and buy online](#) (under 70 years old)

Chubb Travel Insurance. Powered by Alliance Group (Alliance Insurance Broking Services AFSL 244127)

Over 69 years old? Try: tid.com.au

IMPORTANT: Cyclist insurance for accidents & medical:

Cycling can be a dangerous activity and you must be prepared for the worst. You may have an accident in training for the tour or on the tour itself. Cyclist insurance can be bought separately, or it comes with cycling memberships such as Bicycle Network or Bicycle Queensland. This is different to Travel Insurance.

bicyclenetwork.com.au/membership/

bq.org.au/join-us/member-benefits/

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.

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. On some tours you can also choose to 'twin share' where single riders are paired with other riders of the same gender (often changed during the tour to allow solo travellers to meet other solo travellers). On other tours you may need to 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 room-mates we ask that you book your own room at the Single Supplement price. 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.

Travelling alone?

Not a problem! You'll find other like-minded cycling companions taking part in our rides. If you're a solo traveller we can pair you with other solo travellers of the same gender in twin share accom (early bookers only) or you can opt for Single Supplement (additional cost) to receive a room of your own.

Snorers can enjoy their own room

If you are a chronic snorer or have other habits that may affect your fellow room-mates 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.

Accommodation on our rides

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, cabins or similar, usually 3, 3½, 4 star. We choose the best and most welcoming motel for cyclists and our tour group needs. On occasion we travel through some very small towns where accommodation is extremely limited. If for whatever reason, such as limited options, the accommodation one night is below normal standard, we strive to improve this with an extra good room the next night or nights following.

Carrying personal items on the bike

We suggest you carry a spare tube, a full water bottle and your own personal goods such as camera, wallet and rain gear, on your bike with you. We transport your luggage, drawstring day bags, food & 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. See the 'Day to Day' tab for more details, or click the 'Download Itinerary' button.

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 non-riders and part-time riders.

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 our ['Testimonials'](#) page.

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' tab on each ride page to see if group discounts apply to that tour. This generally excludes any optional extras such as pre and post tour accom, cycling jersey, t-shirt etc. Contact our office for more details and information.

Group info session

[Contact us](#) if you would like to find out about booking an info session for your group of friends, or if you would like to find out about a travel talk happening near you in the future. Be inspired, hear from the experts, learn more about a destination and even book your tour on the night.

Weather

Our tours have been specifically scheduled to take into consideration the best time of year to travel to that destination. This takes into account the temperate range, possible rainfall and the prevailing winds. Of course, we can't ever control the weather however this only adds to the adventure and excitement of your travel experience! For more specific weather and climate information visit www.bom.gov.au or for our international tours visit www.worldweather.org

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 'T&Cs' tab 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 any other trip related issues.

What sorts of people join our rides?

People from all parts of Australia and also some overseas guests. Ages generally range from 35 – 75 with the average age about 50-60 years old. Adventurous cyclists usually about 40% women & 60% men with a mix of singles, friends and couples.

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 that you pack as light as possible.

Bike type – which is best?

A comfortable racing bike, road bike or touring bike with a good seat and road tyres. A hybrid or mountain bike is also possible if you are comfortable riding the daily distances and average speed of the tour, however these bikes can be around 20% 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.

Training for AllTrails tours

You really need to be a reasonably keen cyclist – not necessarily fast, but consistent. Try to sit on an average speed of at least 20-25 km/hr on the flat, and build your kilometre total distance in training to be out on the bike for a number of hours for two days straight. Aim to ride close to the average daily distance of your chosen tour on each of the days if you can. 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 are more than happy to send this to you earlier when you are considering the tour – just ask us for a copy and we will get it out to you straight away.

Bike Hire

We do not have a fleet of our own hire bikes however we can usually help you out with organising bike hire through our local contacts near our office in Melbourne, or closer to a ride departure location. When you make your booking just let us know that you would also like to hire a bike and we will get the ball rolling for you and put you in touch with the right people where possible. You can also bring your own seat and/or pedals to give you that little bit of 'home comfort'.

Buying a new bike – what to consider

If you are purchasing a new bike for this ride or wanting to make some upgrades here a few points to consider:

Bike set up: Unless you are accustomed to riding long distances or are very flexible set your bike up for comfort rather than optimum aerodynamics. A more comfortable upright position is most easily achieved by raising the

handle bar and moving the seat forward.

Wheels: Do not go too light. High-end road bikes often allow you to choose different wheel sets or if you are considering upgrading, the lightest wheels might be the fastest, but they are not always the strongest. The heavier you are the more important this is. Cheaper wheels are heavier and generally have more spokes, but are also quite robust and easy to repair, so if this is your price bracket then there is not too much to worry about. If you looking at getting some fast wheels and you are over 90kg ask your bike shop for advice and even do some research online or within your bike community.

Tyres: Durability is the most important feature for long distance rides. When choosing your tyres look for features like anti-puncture and Kevlar lining. A harder rubber also allows you to get more kilometres out of each tyre. A popular choice amongst our cyclists are the Continental Ultra Gatorskins in either the 23mm or 25mm width.

Gearing: As a rule; the more gears you have the easier it is to climb hills. The standard configuration of gears found on road bikes does not suit everyone. If you find yourself running out of gears while climbing, needing to get out of the saddle to get over a hill or ride with a high cadence it might be worth considering one or both of these options. Replace the cassette with a larger one (more teeth) and/or get a compact crank. A compact crank tries to do what the triple chain ring crank does in just two chain rings. If you already have a triple, this is not for you. The compact crank slightly reduces your big chain ring size and significantly reduces your small chain ring size making it much easier to climb hills and spin your legs faster rather than harder.

Why book with us?

We only run approximately 10 tours per year. This makes every tour as special to us as it is to you because we are not repeating the same rides over and over again week-in week-out. Every tour is meticulously planned and we are just as excited to be there as you – there is no bulk production-line here! On most occasions the owner-operators of the business will be on tour with you looking after everyone on the ride. The safety and confidence that comes with that is one of many great reasons to book your cycling holiday with us.

AllTrails is a proud Australian owned company with a great reputation in the bicycle tour industry. We have earned that reputation through hard work and dedication and we sincerely care about every person on every tour. Our large community of loyal AllTrails riders that 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 great value at a fair price.

Full terms and conditions for each ride are available via our booking system (directions to find them are below). These terms and conditions will also be sent to you with your confirmation email after booking.

To find the terms & conditions of this ride:

- Click any 'Book This Ride' button on this webpage such as the one below (right click 'open in new tab')
- Enter at least 1 participant on any package, then scroll down and click 'BOOK NOW'
- Click the 'SKIP' button
- Scroll to the bottom of the questions page and click 'terms and conditions' hyperlink

Total distance cycled	0km		0	0	0	0
Average daily distance	0km					