

4 Bays in 4 Days 2018

Includes 'Around the Bay' Bike Ride

Wednesday 03 October, 2018 to Sunday 07 October, 2018

Day to Day

A Typical Day on the Ride:

Up at 7am for a hearty cyclist breakfast before hitting the road on the first section of your day's ride. The AllTrails team will set up morning tea for you 25-35km up the road where you will regroup and chat with your fellow cyclists about the things that you have seen and the exciting scenery and highlights ahead.

The food breaks 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 will be set up for you another 30-40km up the road and is a great time to relax, refuel your body and chat to your friends, be it in a famous bakery, a country pub, next to a sparkling mountain stream or down by the sea. Cyclists move off knowing the distance and terrain ahead and aiming to arrive at the overnight stop around mid-afternoon.

And the cycling is just the beginning; once you're off your bike there is always a village to explore, a pool to relax beside, a café to critique, a beach to walk or a new friend to get to know. Your accommodation is excellent – a relaxed room where you can enjoy a cuppa and snack and shower or soak in the bath. 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 remembering the day and dreaming of tomorrow.

Location	Distance	Date	B	L	D	A
Melbourne (bus to Foster) PRE TOUR	NA	Wed 3 Oct 2018	--	--	Y	Y
Foster to Inverloch	81km	Thu 4 Oct 2018	Y	Y	Y	Y
Inverloch to Phillip Island	88km	Fri 5 Oct 2018	Y	Y	--	Y
Phillip Island to Rye	97km	Sat 6 Oct 2018	Y	Y	Y	Y
Rye to Melbourne	92km	Sun 7 Oct 2018	Y	Y	--	--
Total distance cycled	358km		4	4	3	4
Average daily distance	90km					

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

Melbourne (bus to Foster) PRE TOUR — NA — Wed 3 Oct 2018 — - - D A

PRE TOUR: Today we will meet up at Southern Cross Station around midday and head to Gippsland on an afternoon bus (approx 1pm). Once in Gippsland we will settle in to our accommodation and have registration, a safety briefing and bike set-up. There should be a bit of time to explore the town and surrounds before dinner - why not jump on the bike and take a look - it's a lovely part of the world. Our group dinner tonight will be a great opportunity to meet the crew, chat to some old and new friends and get excited about the days ahead.

Foster to Inverloch — 81km — Thu 4 Oct 2018 — B L D A

After breakfast this morning we are off! From Foster we head south then west, with a 4km climb up to O'Gradys Ridge Rd which leads into a 7km downhill run into Fish Creek and on through to the holiday-home hamlet of Walkerville and Cape Liptrap Coastal Park which sits on the shores of Waratah Bay. Our roadside morning tea stop is a beauty, with sweeping views over the Bay, the Park and the peninsula.

After morning tea the route swings north-west as we head through Tarwin Lower and skirt around the top of Venus Bay into Inverloch which sits on the coast at the mouth of Anderson Inlet, a protected bay where the Tarwin River enters Bass Strait. The shallow estuary creates a stunning turquoise colour while the beach boasts a large expanse of soft sand and is backed by low grassy dunes. Our accom tonight is a real treat at the RACV Resort, 5km out of the town itself. Beautiful rooms, indoor pool, gym, spa, sauna, tennis courts, walking trails in the resort bushlands - it's got it all.

Inverloch to Phillip Island — 88km — Fri 5 Oct 2018 — B L - A

Today is packed full of highlights so where do we start? How about breakfast? RACV Resort breakfast is fresh, beautiful and bountiful. Enjoy. Then on the bike we begin the ride with The Bunurong Coastal Drive which presents some of Victoria's most spectacular coastal scenery has been described as a mini Great Ocean Road. Running for 14kms from Inverloch to Cape Paterson this scenic cliff top ride gives views over rugged coastal cliffs, rocky headlands, and sandy beaches to Bass Strait on the one side and the rolling rural hills of the Bass Coast on the other. Although not as well-known as the Great Ocean Road, it is a genuine highlight. From here we head inland through Wonthaggi bound for another spectacular cycling road, this one somewhat of a hidden gem. The Glen Alvie Tourist Road doesn't get much coverage but you'll wonder why as you ride along the ridge-line rounding each corner that reveals a new scenic view across rolling green hills. Here we will stop for morning tea before rolling back down to the coast and lunch at Kilcunda, overlooking the wild Bass Strait, before the last leg of the day past San Remo into the township of Cowes on Phillip Island.

Phillip Island has a plethora of attractions and activities to discover from iconic wildlife, pristine white beaches, children's farms, chocolate factories, great restaurants and much more, however there is one attraction that stands above all else which is the famous Phillip Island Penguins and tonight we will include the dusk 'penguin parade' as part of our tour. Make sure you pack some warm clothes and a beanie as it will get cold out there on the beach in the evening - but it's worth it to experience this special event.

Phillip Island to Rye — 97km — Sat 6 Oct 2018 — B L D A

This morning cyclists have time for a relaxing breakfast before catching the ferry over to Stony Point on the Mornington Peninsula where the AllTrails support vehicles will be waiting. From here you cycle through beautiful coastal towns and past stunning properties and landscapes. The road undulates with a few hills which are short but testing as you come into the small town of Flinders for morning tea before heading along the south coast and down to the Cape Schanck Lighthouse for a snack and a few photos. We take the back roads on the south side of the

peninsula via Sorrento Back Beach to Point Nepean National Park where we lunch at the Point Nepean Quarantine Station near the Info Centre and from there it's a 2km ride and 800m walk to Fort Nepean on the very end of the Peninsula.

In this precinct there are almost 50 heritage listed buildings, forts, observatory points, and great walking & cycling tracks. If you have time, take the short detour to Cheviot Hill, the park's highest point. It overlooks Cheviot Beach, the site where former Australian Prime Minister Harold Holt disappeared without a trace in December 1967. A memorial is located about 500m further along Defence Road from Cheviot Hill. After checking it all out, saddle up for the final 15km ride up the coast to our accommodation in Rye.

If time permits this afternoon, why not consider a visit to the impressive Peninsula Hot Springs which is just 6km from our overnight accommodation? A lovely way to finish off your day. Back in Rye you will have time to shower, change and freshen up before our final dinner together - a fun celebratory occasion with lots of laughs, some fresh, local Asian food and a few drinks.

Rye to Melbourne — 92km — Sun 7 Oct 2018 — B L

Today is the day where our small riding group becomes thousands as we join the hugely popular 'Around the Bay' bike ride event. Over 25 years Around the Bay has cemented its place in bike riding culture as Australia's biggest one-day bike ride. All of our cyclists will be entered into the Sorrento to Melbourne 100km ride option. You are welcome to make your way to the start-line in Sorrento (8km each way) or just start your ride at Rye (making a 92km distance). Beach Road becomes a cycle path for thousands of eager riders from all walks of life during this annual event that finishes in Alexandra Gardens in Melbourne City. There is a truly festive atmosphere at the end of the ride as you pass through the finish arch.

Congratulations – what a ride!

It is possible to catch a plane home this evening (Sunday), however we suggest that you do not book anything earlier than 6pm if possible just in case you are delayed for any reason during your ride (flat tyres, weather, injury, mechanical problems etc). Staying in Melbourne on Sunday night will give you more leeway if that is possible.

