

Food & Wine Indulgence Tour South Australia 2018

Clare, Barossa, Adelaide Hills, McLaren Vale

Tuesday 30 October, 2018 to Sunday 04 November, 2018

A typical day on the ride: You wake up energised and excited to explore as you step out onto the balcony to greet the day before heading to meet the rest of the group for a wholesome bike rider's breakfast.

A morning ride of 30-40km will take you through to morning tea where you re-group with your fellow cyclists and chat about the sights you've seen, the things you've passed by and what is coming up later in the day. You take off after morning tea as the AllTrails team pack up and one vehicle will drive further up the road to arrange lunch. Another vehicle sweeps the group to make sure nobody requires mechanical help or maybe just needs a lift up a hill. Lunch may be set up as a picnic by a river, in a local bakery in a small town that we are passing through or could be at the end of your ride day at a restaurant or winery.

The last leg of the day takes you through more lovely scenery and spectacular cycling while the AllTrails support vehicle is never far away with water refills, bananas, home-baked goodies and advice on the best places to go and the best places to stop.

You will arrive at your overnight accommodation with time to explore another interesting town, enjoy the afternoon with a cuppa & biscuit, and will quite often provide the opportunity for a visit to a local winery. Later on we share a few stories at the evening briefing followed by a delicious dinner, then it's off to bed for a well-deserved slumber so that we can do it all again tomorrow.

Location	Distance	Date	B	L	D	A
Bus transfer Adelaide to Clare (optional)	NA	Tue 30 Oct 2018	--	--	Y	Y
Clare to Riverton (overnight Clare)	47km	Wed 31 Oct 2018	Y	Y	Y	Y
Riverton to Tanunda	76km	Thu 1 Nov 2018	Y	Y	Y	Y
Tanunda to Hahndorf	75km	Fri 2 Nov 2018	Y	Y	Y	Y
Hahndorf to McLaren Vale	45km	Sat 3 Nov 2018	Y	Y	Y	Y
McLaren Vale bus to Adelaide (optional)	NA	Sun 4 Nov 2018	Y	--	--	--
Total distance cycled	243km		5	4	5	5
Average daily distance	61km					

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

Bus transfer Adelaide to Clare (optional) — NA — Tue 30 Oct 2018 — - - D A

Today we will take a bus transfer from Adelaide Airport to our beautiful Country Club accommodation in the Clare Valley (approx 2.5hrs). We suggest arriving by 11am if you are planning to catch our bus which will leave around noon. Upon arrival in Clare we will set up bikes, run through the safety briefing and welcome everyone to what is going to be a great few days exploring some beautiful food & wine regions. Tonight, we will have our welcome dinner before heading to bed in eager anticipation of the first ride day tomorrow.

Clare to Riverton (overnight Clare) — 47km — Wed 31 Oct 2018 — B L D A

Staying two nights in Clare means we don't have to pack our bags today (winner, winner)! Our route today is along the Riesling and Rattler Rail Trails. This provides a rare opportunity for a leisurely opening pace. There is no rush today as we cruise this beautifully constructed hard-packed gravel surface which **is** suitable for road bikes **if** exercising due care and caution (i.e. slow down, let some air out of the high pressure tyres, take it easy and enjoy the sights). Following the former railway, we are afforded ever-changing views of vineyards, mixed farms, natural bushland and world-renowned wine regions. There are wooded sections that feel like English laneways and embankments that give sweeping views of villages and the hills. Along the way there are picnic spots and storyboards about the history and landscape of the region. It's a great way to start the tour, away from a busy and dangerous highway, with no traffic or cars to worry about and so much to take in.

Riverton has no large motels so we will leave our bikes locked up in the local hall and utilise the bus ride back to our accommodation in Clare as an opportunity to experience more of the beautiful Clare Valley. On the way, we will visit and lunch at Mintaro Maze, visit historic Martindale Hall, then taste just some of the local wines and produce as we call into a select choice of Clare Valley wineries. Back at Clare you will have time for a shower and look around town before meeting up at a local nosherie who promise an evening of relaxed regional dining where food and wine are matched in a mix of shared and individual courses for the whole table.

Riverton to Tanunda — 76km — Thu 1 Nov 2018 — B L D A

This morning, after a hearty breakfast, we will head back to Riverton to collect our bikes and embark on the next leg of the journey. We will leave the Clare Valley Region behind as we head towards the heart of the Barossa Valley. Our route takes us through transition country as we visit Tarlee and Kapunda before reaching Angaston, one of South Australia's oldest towns, renowned for its lovely vibrant and friendly village (as well as its food and wine). Here we meet the 'Barossa Trail', a 40km sealed bike path traversing the length of the Barossa (to Gawler) of which today we will ride the 6km section to Tanunda (via Penfolds Winery in Nuriootpa).

After a shower and freshen up at our stylish and centrally located accommodation, we have a superb late lunch booked at Jacobs Creek (which includes a vineyard tour and tutored wine tasting and education). With what's left of the afternoon, ensure you work off lunch by exploring the township before another culinary tour highlight tonight. Our dinner hosts are passionate about anything that is Barossan produce; carefully selecting ingredients incorporating three essential elements; fresh, seasonal, local. Naturally, this multi-course meal is matched with world renowned Barossan wines.

Tanunda to Hahndorf — 75km — Fri 2 Nov 2018 — B L D A

Today begins after breakfast by continuing along a beautiful 14km stretch of the "Barossa Trail" as we wind through and around wineries, up and down small rolling hills before descending into the township of Lyndoch. Back on the road, we begin the climb into the Adelaide Hills. It's not extreme but over the next 40km there is definitely more ups than downs. We lunch in Birdwood, home of "The National Motor Museum" which we will visit before

continuing our journey. Just after Mt Torrens we have not only reached the high point of the ride, but we swap the “from here-in, busy road” for the much safer ‘Amy Gillett Bikeway’ – a 17km sealed bike path with gentle descent to our destination at Hahndorf (except for that one little hill before you arrive). The path is a lovely way to finish the day’s cycling.

Hahndorf is Australia’s oldest surviving German settlement and has truly embraced its heritage as it bursts with every German cliché that one could imagine. The architecture, atmosphere and multitude of old fashioned sweet shops, chocolate shops, cuckoo clock shops and strudel bakeries will give you plenty of options for gifts for loved ones at home. It’s very touristy, but very fun so put on your lederhosen, order a bratwurst and sway along with the oompah band as you taste one of the great German beers (including many fine non-alcoholic beers if you would prefer)!

This afternoon we visit the ‘Bird in Hand’ Winery to sample one of the Adelaide Hills finest. “The Bird experience” allows you to take a relaxed seat in their barrel hall while a “Bird in Hand” expert guides you through an intimate tasting of premium wines.

This evening, strap yourself down for another great meal as we inspect the offerings from one of the most well respected fine dining restaurants in the Adelaide Hills. Your only decision: more of the regions exceptional wine or, if still slapping your lederhosen, German beer?

Hahndorf to McLaren Vale — 45km — Sat 3 Nov 2018 — B L D A

After a wonderful breakfast at ‘The Haus’ this morning we head south to Meadows before turning west and dropping out of the Adelaide Hills to McLaren Vale where wineries abound on both sides of the road.

Once at McLaren Vale we will settle in to our final accommodation – yet another multi award winning, high quality establishment in a great location – “Your Country Home Amongst the Vineyards”. Here you can relax around the pool, make use of the gym & sauna, walk through the gardens, or just kick back in your lovely room. This afternoon we will enjoy a “Tasting of the Senses” at Hugh Hamilton Wines, the must-see winery of McLaren Vale with a unique cellar door perched on a hill giving 270-degree views of the vineyard and coast.

Tonight, we celebrate together in traditional style in a rustic, family run, Italiano vineyard. Nothing fancy here and you’ll love it! Think checked red & white tablecloths, basket weaved bottles, smell of roasted garlic, Nonna’s tiramisu. Wholesome, simple, salt of the earth cuisine accompanied by Signore Mitolo’s finest. Ahhh, the simple things in life.

McLaren Vale bus to Adelaide (optional) — NA — Sun 4 Nov 2018 — B - - -

What a tour! This morning after breakfast we will be running a bus back to Adelaide Airport (we suggest booking flights after 12 noon). Thank you for joining us on this unique opportunity to see, enjoy, immerse and indulge yourself in so much of the great food, drink, accommodation, landscapes and cycling that the South Australian Winery regions have to offer.

