

SOUTH AUSTRALIA – BAROSSA, CLARE VALLEY & McLAREN VALE

7-days / 6-nights small group, **GUIDED** cycling with gourmet food & wine



South Australia is home to some of the world's best wine regions, offering much more than the famous Barossa Valley. Discover the diverse wine and food experiences of the Clare Valley, Adelaide Hills, and McLaren Vale while exploring scenic off-road cycling trails through landscapes shaped by their unique terroir.

Begin in the Barossa Valley, founded in 1836 by George Fife Angas and later enriched by German settlers who brought their traditions, cuisine, and winemaking expertise. Ride the Barossa Rail Trail, a sealed 40km off-road route from Gawler to Angaston, passing vineyards, artisan producers, and renowned wineries famous for Shiraz and the legendary Grange Hermitage.

Continue to the Clare Valley and the Riesling Trail, where heritage towns, boutique wineries, museums, and galleries sit among rolling landscapes shaped by the Hutt and Hill rivers. Experience the region's celebrated Riesling and rich European heritage before visiting the Adelaide Hills, including a two-night stay in the charming German-influenced town of Hahndorf.

Finish in McLaren Vale, a Mediterranean-style wine region overlooking the Southern Ocean. Cycle the Shiraz Trail through vineyards, enjoy a downhill ride, and take part in a winemaking and tasting experience. Compare the unique flavours, landscapes, and cycling experiences that make each region exceptional.

Cost from: **\$4845** per person, twin-share Single supplement from \$400
Season supplement of \$100 per person applies for 2027 departures

Departs: 18 September, 23 October, 20 November 2026
5 March, 23 April, 7 May 2027

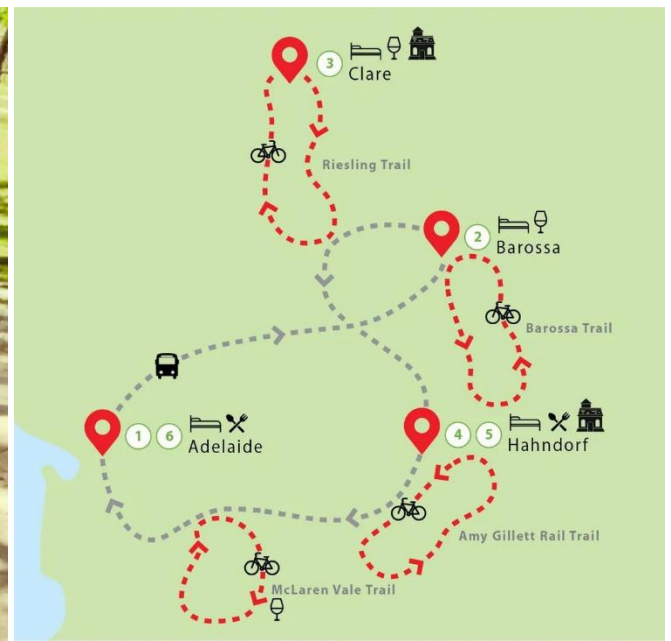
Maximum group size is just 10 riders, so availability is strictly limited.

Includes: 6 nights in comfortable 4-star accommodation with ensuite; 6 breakfasts, 5 winery lunches with tastings, 4 restaurant dinners; all wine tastings and farm gate tastings; wine-making tutorial; hire of 27-gear hybrid bike with rack bag, water bottle (you can bring your own bike if you prefer); experienced guide and vehicle support; luggage transfers; detailed route notes and maps; transfers from/to Adelaide accommodation.

Not included: Meals not mentioned, other drinks, personal expenses; flights/trains to/from Adelaide. Bike helmets are available, but we recommend you bring your own for fit and hygiene purposes. E-bike Hire, available at extra cost.

Grade: Easy to Moderate, with undulating terrain mainly on rail trails, bike paths and quiet country roads. The itinerary is at the discretion of the guide and subject to local conditions and weather.

Call OUTDOOR TRAVEL on 03 5750 1441 for details or reservations



Suggested itinerary:

Day 1 – Arrive Adelaide

Make your own way by mid-afternoon to the city of Adelaide. It is well worth spending the afternoon strolling around the recently updated Torrens River precinct and the city centre to see its impressive historic monuments, bluestone buildings and beautiful architecture. Meet your group and guide for dinner and an introduction.

Day 2 – Barossa Valley Rail Trail

Cycling @ 30km

After breakfast we travel 60km to the Barossa Valley for a full day of cycling, wine tasting and sampling gourmet food. Founded in 1836 by George Fife Angas, the Barossa Valley was a farming enclave for German settlers who brought their culture, food and wine knowledge with them. Now it is renowned as one of the world's great wine regions, home to the iconic Grange Hermitage and boasting more than 150 wineries producing varieties including Shiraz, Cabernet Sauvignon and Grenache. We ride sections of the Barossa rail trail and detour to visit notable food and wine venues including Penfolds, Yalumba and Seppeltsfield cellar doors, and Maggie Beer's shop and café in Nuriootpa. We stop for a delicious platter lunch at a winery and sample some characteristically big wines. Stay overnight in the Barossa Valley, with a group dinner at a local bistro.

Day 3 – Clare Valley Riesling Trail

Cycling @ 35km

After breakfast, we transfer to Auburn, the charming historic gateway to the Clare Valley, and cycle the Riesling Trail to Clare in the heart of the valley. Historic Clare features sandstone buildings and monuments and is surrounded by green rolling hills. The Riesling Trail was once part of the Adelaide to Spalding railway line and is now a bike path linking Auburn and Stanley Flat. We stop often as the trail winds its way through vineyards, farmland, towns and villages such as Leasingham, Watervale and Sevenhills, home to the oldest winery in the Clare Valley. We have a gourmet lunch at the multi-award winning Skillogalee Winery, a small family-owned venue in a historic cottage. We stay in Clare and dinner is at a local restaurant.

Day 4 – Clare to Auburn, Transfer to Hahndorf & Adelaide Hills

Cycling @ 30km

There is much to offer in this historic region from scenic rural landscapes, classic stone buildings and tales of pioneering pastoralists. From Clare we make our way back to Auburn along a slightly different route with lots of optional detours. We have a platter lunch showcasing local produce at the O'Leary Walker Winery with views over endless vines and rolling countryside. After lunch, a scenic 2.5 hour coach transfer to the historic German-inspired town of Hahndorf in the beautiful Adelaide Hills. We stay in a 4-star boutique motel just off the main street, with dinner at your own arrangements (not included).

Day 5 – Adelaide Hills

Cycling @ 25km

After breakfast, a short transfer to the beginning of the Amy Gillett Bikeway in the Adelaide Hills. Despite its location, the trail, on a disused railway line, is relatively flat. We cycle through the Adelaide Hills, with stops at Melba's Chocolate factory, Woodside Cheese Wrights and lunch and the delightful Lobethal Road winery. We leave this afternoon free in Hahndorf to explore this delightful village.

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Day 6 – McLaren Vale Shiraz Trail

Cycling @ 25km

A scenic one hour drive to the wine region of McLaren Vale, located near the sea and quite a different in terms of grape growing and cycling. The ride today is fairly flat along the Shiraz Trail, although this wine region also excels in Cabernet and Grenache varieties. It is interesting to compare the bold, full-bodied wines of the Barossa to with the softer, fruit intense, spicy complexity of those from McLaren Vale. Enjoy an exclusive wine and food matched lunch at Wirra Wirra Vineyards. Transfer back to Adelaide for the final dinner and night stay.

Day 7 – Departure day

Tour arrangements end after breakfast. Ask about additional nights in Adelaide (at extra cost).



We also offer a similar **SELF-GUIDED tour**, a **6-day / 5-night drive itinerary** with daily departures, starting from **\$2,545 per person (twin share)**. A minimum of two guests per departure applies. Peak date surcharges and small-group supplements (for groups of fewer than six people) may apply. This is a **self-drive tour**, with guests responsible for their own transport between regions. Transport services available at extra cost.

Contact us for available departure dates, personalised pricing, and a detailed itinerary.

Contact Outdoor Travel for more details and reservations:

- Call: 03 5750 1441
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
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