

TASMANIA – FREYCINET, WINEGLASS BAY & EAST COAST RAIL TRAIL

9-days / 8-nights QUALITY, **GUIDED** cycling with gourmet food & wine from Launceston to Hobart



Explore the east coast of Tasmania and the iconic Freycinet National Park on this fully guided gourmet cycling tour. Discover the incredible, unspoilt beauty of this pristine region, visit wineries, oyster farms, wildlife sanctuaries and beautiful Wineglass Bay.

The tour starts in the vibrant, riverside city of Launceston, home to the Tamar River and spectacular Cataract Gorge and ends in Tasmania's capital, Hobart, with its culture, art, fashionable Salamanca Markets, MONA and relaxed city lifestyle. In between, ride the off-road North East rail trail near Launceston. Then cycle around the north east coast, through picture-postcard landscapes, taking in the pristine nature, wide open spaces, coastal views and enjoying incredible fresh food, wine and culinary experiences along the way. Beautiful fishing ports such as St Helens and Bicheno offer spectacular harbour and coastal views to go with feasts of the freshest of oysters, fish and other seafood. The historic, quaint town of Richmond has Australia's oldest bridge and should not be missed. Spend two nights in the Freycinet National Park with unparalleled access to the natural wonders of the park, views of Maria Island and the unmistakable Wineglass Bay.

The distances between towns suit most cyclists and there are often short or longer cycling options. We provide multi-gear hybrid bikes suited to the terrain or bring your own bike if you prefer. E-bikes are available (at extra cost). There is a support vehicle following your progress, should you want time to relax and take in the views. Each night come back to quality accommodation and enjoy a well-deserved, delicious dinner, perhaps with a glass or two of the cool-climate wines for which Tasmania is so renowned.

Cost from: **\$5745** per person, twin-share Single supplement from \$800
Season supplement of \$100 per person applies for 2027 departures

Departs: 21 November 2026
9, 23 January, 6, 20 February, 13 March, 10 April 2027

Includes: 8 nights in comfortable 4-star or similar accommodation with ensuite; 8 x breakfasts, 3 x lunches, 5 x dinners; wine tastings; luggage transfers; hybrid bike hire with helmet and water bottle; expert cycle guide; driver and support vehicle; Freycinet National Park day walk with gourmet lunch, local guide and water taxi; arrival and departure transfers on first and last days; transport to MONA on last day if required.

Not included: Meals not mentioned, other drinks, personal expenses. Bike helmets are required and are available, but we recommend you bring your own or buy one locally.

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Grade: moderate to challenging, mainly on quiet roads where possible (some highway sections) or unpaved trails. Undulating terrain with some hills. There are usually shorter options available and a support vehicle. Hiring an E-Bike is a good option for clients wishing to flatten out the hills. The itinerary is at the discretion of the guides and subject to local conditions and weather.

Suggested itinerary:

Day 1 – Arrive Launceston

Plan to arrive in Launceston by mid-afternoon. Transfers provided to your accommodation on arrival. In the evening, meet your guide and group for dinner at a restaurant in the city.

Day 2 - North East Tasmania Rail Trail

Cycling @ 26kms

Transfer from Launceston to Legerwood, to start riding the North East Rail Trail to Scottsdale. The well-formed, fine gravel trail through lush forest and verdant farmland offer easy and picturesque riding. Stay overnight in the grounds of a heritage homestead with National Trust classified gardens in Scottsdale with breakfast included. Dinner is at your own arrangement.

Day 3 – Scottsdale to St Helens

Cycling @ 43 or 73kms

After breakfast transfer to avoid busy roads (and a big hill), with options to start your ride at either Branhholm (73kms total day) or Weldborough (43kms). The day begins with an ascent, but the reward is a long downhill ride into St Helens as well as superb scenery on the descent to the coast. Overnight stay with breakfast and dinner included.

Day 4 – St Helens to Bicheno

Cycling @ 45 or 75kms

Today's ride is accompanied by ocean scenery all day. Whilst the ride is on the main Tasman Highway the support vehicle is behind the group throughout, with the option to ride the full length or be transferred some of the way. Stop midway for a picnic lunch with panoramic views. Stay overnight in beachfront cottage accommodation near Bicheno with breakfast included. Dinner is at your own arrangement.

Day 5 – Bicheno to Freycinet National Park

Cycling @ 45kms

Another day of ocean views and an undulating cycle route, as we head into Freycinet National Park. It's mainly downhill riding with two uphill that are short and achievable for most. Enjoy a winery lunch today on arrival at Freycinet Lodge, home for the next 2 nights, with breakfasts included. Dinner is included tonight.

Day 6 – Hiking in Freycinet National Park & Wineglass Bay

No cycling, Guided day walk

Today take a 5.5 hour walk to explore the world-famous Freycinet National Park with its the dramatic pink granite peaks, jewel-coloured waters, pure white sands & abundant wildlife. The fully guided walk is graded as easy and includes a gourmet picnic lunch and snacks. The day ends with a 30-minute trip to the lodge by water taxi. There is a free evening tonight with dinner at your own arrangement. There are three dining options at the lodge, or your guides can help you to arrange dinner elsewhere.

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Day 7 – Freycinet to Triabunna

Cycling @ 48 or 73kms

After a morning transfer to the top of a long hill at Apslawn, take to your bike for the descent to Triabunna, accompanied by superb coastal views. Triabunna is the main civic centre for the east coast and is fringed by beaches, coastal reserves, hills & forests. The town was established as a garrison for the penal settlement on Maria Island and is now the departure point for the Maria Island Ferry. Triabunna is also home to a number of well-preserved convict-era buildings.

Day 8 – Triabunna to Hobart

Cycling @ 25kms

Your final day of cycling takes you towards Hobart. After a morning transfer to the ride start, you'll cycle the scenic back roads of outer Hobart before arriving at a local vineyard for a well-earned lunch and wine tasting with beautiful rural views. If time permits, we'll make a brief stop in the charming historic township of Richmond before transferring into Hobart. This evening, enjoy a centrally located overnight stay, followed by our customary farewell dinner and a celebration of the week's highlights.

Day 9 – Depart Hobart and onward journey

Tour ends

After breakfast, depart at your own arrangements. Departure transfers are provided on this day if required.

If you have time, we highly recommend extending your stay in Hobart to visit MONA (Museum of Old and New Art), Australia's largest privately funded museum and one of the country's most celebrated cultural attractions. Showcasing an extraordinary collection of contemporary and ancient art, MONA offers a truly unique experience. Transport to MONA on the day the tour concludes can be arranged for guests extending their stay.



Outdoor Travel offers a range of guided and self-guided walking and cycling holidays across Australia and New Zealand. In Australia, cycle the scenic **Murray to Mountains Rail Trail** in North East Victoria or explore the **renowned wine regions surrounding Adelaide** in South Australia.

In New Zealand, discover world-class cycling in **Otago, Queenstown, the Nelson and Tasman region**, and **Hawke's Bay**. Walk through the picturesque **Akaroa region** or experience the spectacular **Queen Charlotte Track** on a guided or self-guided adventure.

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