

**OUTDOOR TRAVEL**



THE ACTIVE HOLIDAY COMPANY

# CYCLING HOLIDAYS

IN AUSTRALIA

2023-2024

## 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:**    **\$5350** per person, twin-share                      Single supplement from \$800

**Departs:**        23 September, 14 October 18 November, 2, 16 December 2023,  
13, 27 January, 17 February, 16 March, 6 April 2024

**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 Branxholm (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 uphills 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.

### 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. Tonight is a BBQ dinner around an open fire at Spring Bay Mill.

### Day 8 – Triabunna to Hobart

**Cycling @ 25kms**

Today's optional cycling begins after a morning transfer to ride the back roads of outer Hobart. A winery lunch and then a visit the historic township of Richmond, with its heritage-listed buildings and landmarks. Two of note are Richmond Bridge, which was built in the early 1820's and regarded as the oldest stone span bridge in Australia and St Johns' Catholic Church, regarded as Australia's oldest functioning Catholic church. At day's end, take a final bus transfer into Hobart (about 1 hour). Overnight stay and dinner in Hobart.

### 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.

Hobart's MONA (Museum of Old and New Art) now outranks the TATE Gallery in London according to Lonely Planet and is well worth the visit. If you haven't been to MONA previously, we strongly recommend you extend your stay in Hobart and take time to visit. Transport to MONA on this last day is also provided for those staying on after the tour.



**Outdoor Travel** offer a wide range of guided walking and cycling experiences in Australia and New Zealand including the **Great Ocean Walk** in Victoria, the **Freycinet Walk** in Tasmania and the rugged and remote **Kimberley** region of North Western Australia. Cycle the **Murray to Mountains Rail Trail** in North East Victoria or explore the **Barossa and Clare Valleys** in South Australia.

In New Zealand try the **Milford Sound Track** guided walk, **Routeburn Walk**, **Grand Traverse**, **Abel Tasman Walk** or **Sea-Kayak**, or **Queen Charlotte Walk**.

**Contact Outdoor Travel for more details and reservations:**

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