

## 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 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 as you spend a week cycling through what Lonely Planet once named as one of the Top 10 Places to Visit.

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 from Scottsdale to Tulendeena. Then cycle around the north east coast, through picture-postcard landscapes, taking in the pristine nature, wide open spaces, scenic 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 with Australia's oldest bridge should not be missed. A two night stay in the Freycinet National Park offers unparalleled access to the scenic, 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:** \$3995 per person, twin-share      Single supplement from \$500

**Departs:** 4<sup>th</sup> December, 2021; 15<sup>th</sup> & 27<sup>th</sup> January, 19<sup>th</sup> February, 5<sup>th</sup> March, 2022

**Includes:** 8 nights in comfortable 4-star accommodation with ensuite; 8 x breakfasts, 3 x lunches, 6 x 2-course 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 @ 42kms**

Transfer from Launceston to Scottsdale, to start riding the North East Rail Trail to Tulendeena. The well-formed, fine gravel trail through lush, dense forest with huge tree ferns and then verdant farmland offer easy and picturesque riding. Stay overnight in the grounds of a heritage homestead with National Trust classified gardens in Scottsdale with dinner and breakfast included.

#### **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 apartment stay, with dinner in St Helens.

#### **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 dinner included.



### 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. 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 Applawn, 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. Dinner is at your own arrangement tonight.

### Day 8 – Triabunna to Hobart

**Cycling @ 43kms or 88kms**

Today's cycling route has options for longer or easier rides and passes through the Coal River Valley wine region. There is the chance to 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 a full 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.



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

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