



*Celebrating 40 years
1982 - 2022*

Annual Tour 2022 *Gourmet Cycling*

*Adelaide Hills Clare Valley
Barossa Valley McLaren Vale*

South Australia

17 – 25 September 2022

Ride Guide



WELCOME TO THE 2022 ANNUAL TOUR

600km of great riding around the beautiful wine regions that surround Adelaide – including the Clare Valley, Barossa Valley, Adelaide Hills and McLaren Vale

The following itinerary information will help you plan for each day, there is also plenty of additional information in supplementary documents that you will find useful including:

- MY RIDE
- MY TRAINING
- MY GEAR
- MY BIKE

These are posted in the [“Participant Information”](#) area on our website. Make sure you read through the above well before the start, so you are fully prepared and can get the most out of your ANNUAL TOUR.

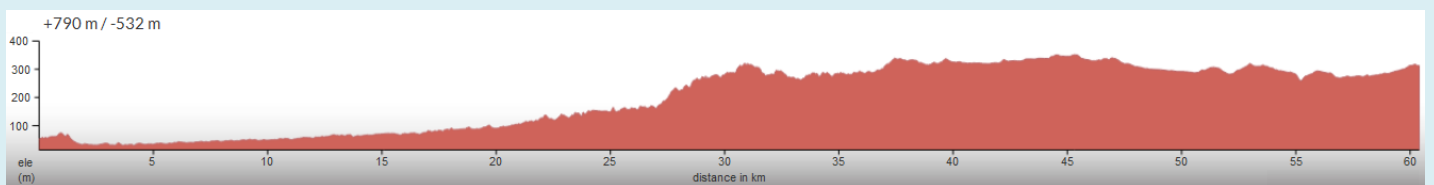
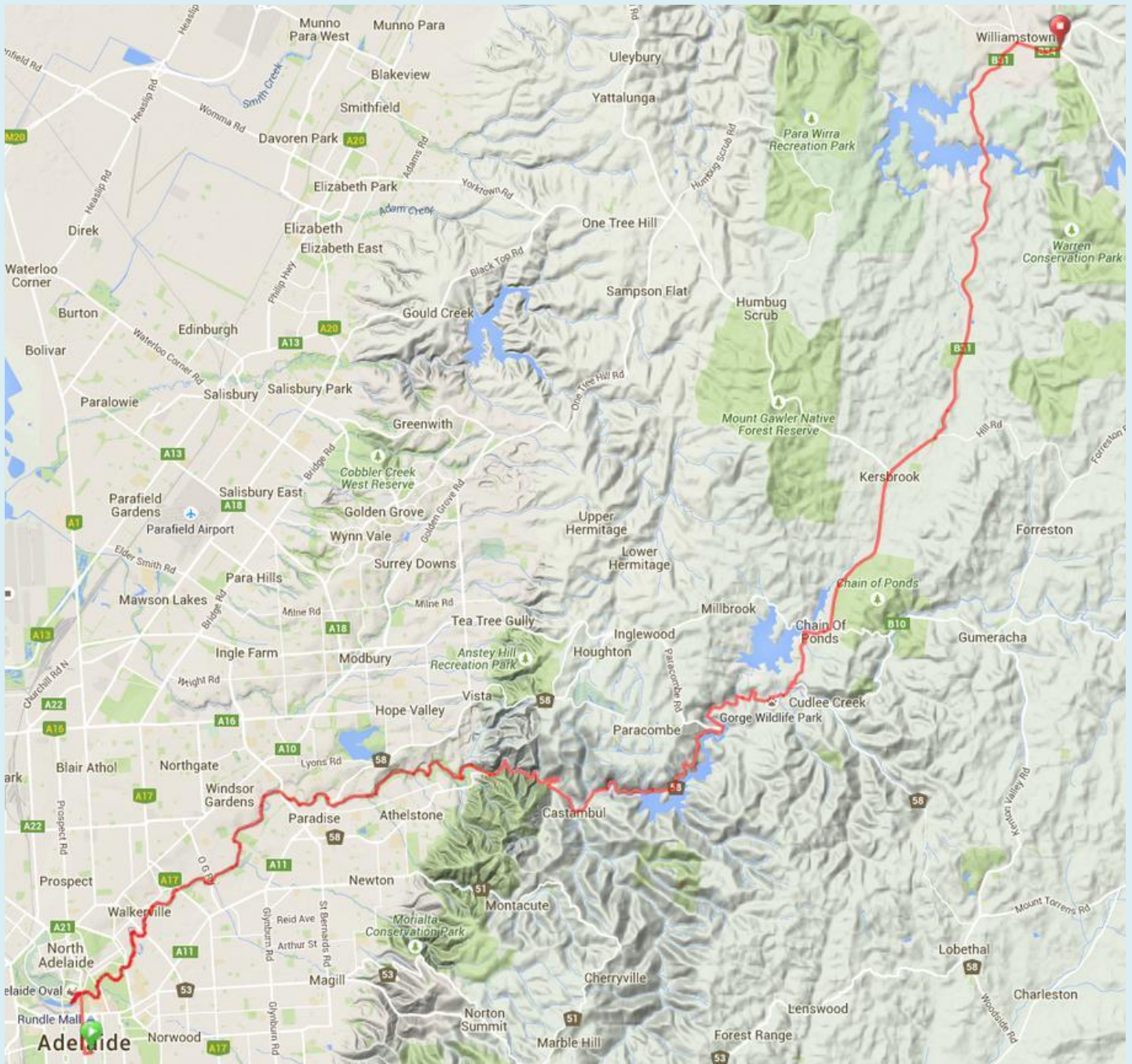
Note: Every effort is made to ensure that the information in this Ride Guide is correct and up to date. Please be aware some details may be subject to change and further information regarding optional activities will be added as it is confirmed. A final updated version will be published just prior to the event and a printed copy will be included in your Welcome Pack.

DAILY ITINERARY

A typical day begins with breakfast, then on your bike until a stop for refreshments, followed by more riding until lunch. On longer days we keep riding through until afternoon refreshments, then on until the campsite is reached. There you can unwind, socialize, explore your surroundings, sip a drink and watch the sunset over dinner. Later, the stars come out and riders share their stories until weary bodies hint it is time for bed. We hope you enjoy sharing this ANNUAL TOUR with us.



Annual Tour Day 1 | Adelaide to Williamstown – 60km



DAY ONE – SATURDAY 17 SEPTEMBER

ADELAIDE TO WILLIAMSTOWN

CHECK-IN – HINDMARSH SQUARE, ADELAIDE CBD

- REGISTRATION AND LUGGAGE LOADING 7:00AM – 8:10AM
- WELCOME AND BRIEFING – HINDMARSH SQUARE 8:10AM
- DEPART 8:30AM

REFRESHMENTS 29KM GORGE ROAD – KANGAROO CREEK RESERVOIR
LUNCH & FINISH 60KM QUEEN VICTORIA JUBILEE PARK & OVAL

Welcome to the start of the 2022 Annual Tour! Gather early, so you have plenty of time to register, load your luggage on to the luggage truck and maybe grab a coffee before embarking on the first of 600km of great touring around the spectacular wine regions surrounding Adelaide!

Our maintenance team will be on hand to help with any last-minute tweaks for your bike.

After the welcome and briefing at Hindmarsh Square in the heart of Adelaide, you enjoy a picture postcard ride along the banks of the River Torrens, via the Linear Park shared use path to Gorge Road and the start of the Adelaide Hills. The ride up Gorge Road will get your legs working and heart pumping, as you climb up through the hills. A welcome rest stop awaits you at the top of the hill adjacent to Kangaroo Creek reservoir. You can take another breather on the way through Kersbrook and maybe take time to check out the first of many winery options on our tour - Kersbrook Hill Wines and Cider, just on the left as you enter Kersbrook. You can try some of the highly rated Riesling & Shiraz as well as their amazing range of cider produced from locally grown apples. If the sun hasn't yet passed over your own personal "yardarm" you can grab a coffee or cappuccino there as well. From here it's only 15km to our destination at Williamstown.

CHECK OUT ...

En route

- Kersbrook Hill Wines and Cider www.kersbrookhill.com.au

Williamstown

- Barossa Reservoir and Whispering Wall – about 7 kms out of town www.barossa.com/listing/whispering-wall
- Linfield Road Wines <https://www.facebook.com/LinfieldRoadWines>
- Barossa Helicopters www.barossahelicopters.com.au

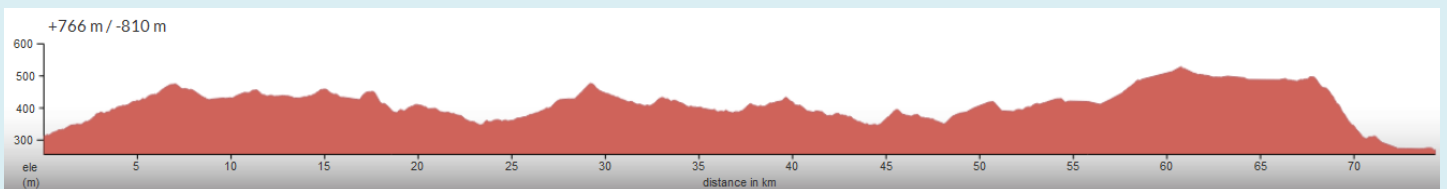
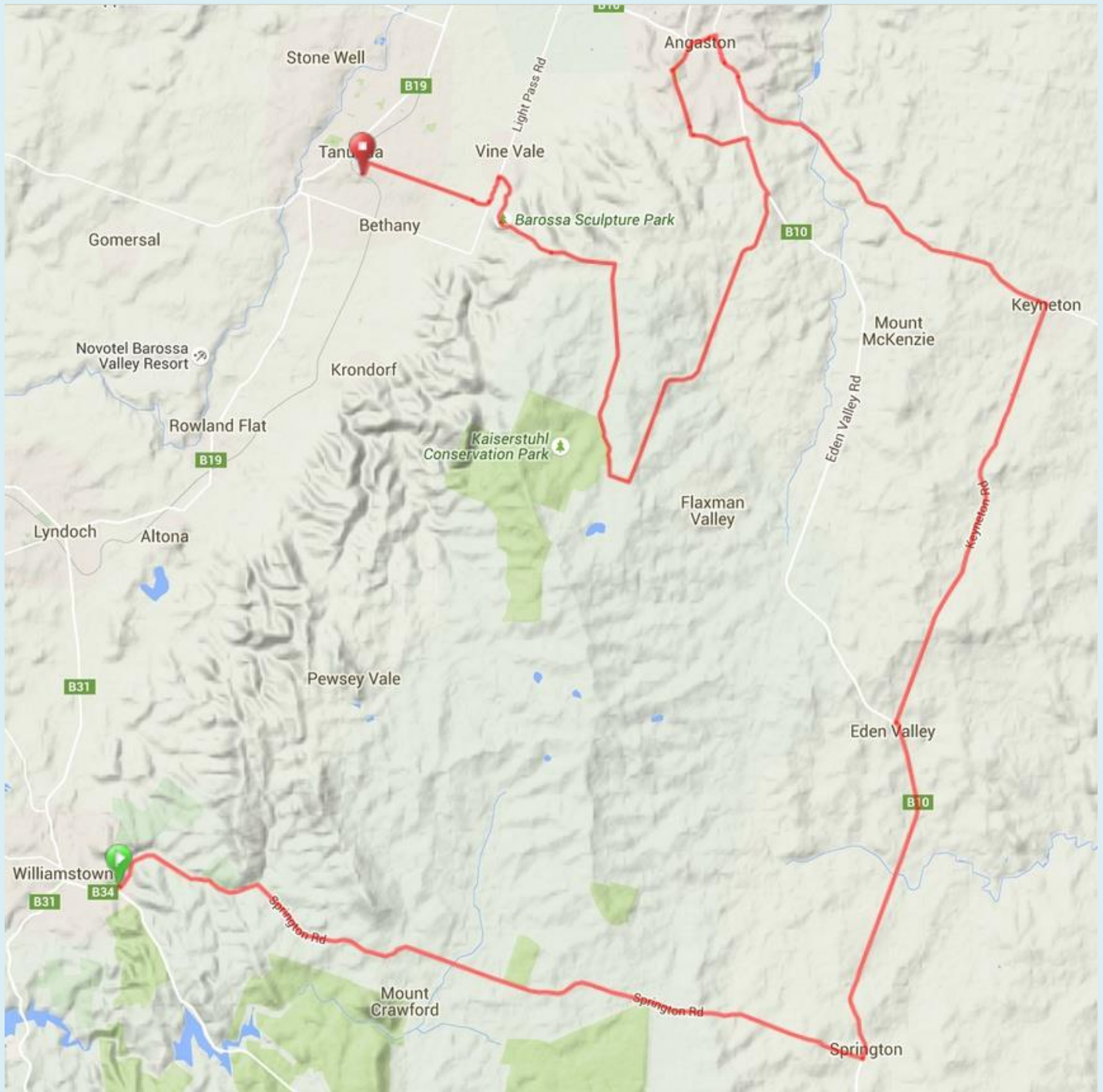
DAY TWO – SUNDAY 18 SEPTEMBER

WILLIAMSTOWN to TANUNDA

REFRESHMENTS 25.5KM EDEN VALLEY
LUNCH 48.5KM ANGASTON
FINISH 75KM CHATEAU TANUNDA

Leaving Queen Victoria Jubilee Park it is a steady climb along winding roads for about 10km then a gentle cruise down to the tiny town of Springton - famous for the Herbig Family Tree. Originally known as Black Springs, Springton is known primarily because one of the earliest European settlers, Friedrich Herbig, lived in a hollowed out red gum tree which still stands on the edge of town. A further 8 km pedal north of Springton brings us to Eden Valley where we make a right turn at the Lutheran Church and continue north to Keyneton – home of renowned Henschke Wines, and the incredible Hill of Grace Shiraz. Continuing on to Angaston we pass by the impressive equestrian facilities of Lindsay Park Stud - operated by the renowned Hayes horse racing family. Angaston is also home to the famous Yalumba winery – the oldest family-owned winery in Australia. The original Smith winery and cellars are located on Eden Valley Rd – to the left as you enter Angaston. After lunch there is plenty of great riding and scenery to take in as we make a steady climb to the top of Menglers Hill. Take time to stop and admire the view across the Barossa Valley and check out the Menglers Hill Sculpture Park before the final cruise down into Tanunda.

Annual Tour Day 2 | Williamstown to Tanunda – 75km



CHATEAU TANUNDA

Your finish is at Chateau Tanunda, on Basedow Road just before you get to the main street. What a place to finish! Chateau Tanunda is a tranquil oasis at the centre of the world famous Barossa Valley. Proprietor John Geber is a keen cyclist and the proud custodian of Chateau Tanunda's impressive range of wine, including The Three Graces, 100 Year Old Shiraz and the premium Old Vine Shiraz and Grenache.

The Chateau is on your right as you ride in and you freewheel down past the cellar door to the Cricket Pitch, home to the pilgrimage of former cricketing greats for an annual fundraising match. There won't be any cricket today, because you are pitching your tents on the oval turf (but avoid the centre square, lovingly tended by the Chateau groundsmen).

You can instead play some croquet on the green by the downstairs cellar door, where you can also treat yourself to a wine-tasting experience. Various options available but make sure you book well in advance to secure a spot.

<https://chateautanunda.rezdy.com/catalog/166803/tours-and-tastings>

<https://chateautanunda.rezdy.com/catalog/190264/croquet>

The upstairs bar, by the Grand Ballroom and Chateau Forecourt, is serving wine, beer and soft drinks from 5pm and into the evening ... the perfect place to put your feet up and relax.

The Grand Ballroom is the venue for tonight's dinner and presents the perfect opportunity to deck yourself out for a "BLACK TIE" affair - so don't forget your silk gown or white shirt and tux for this evening! (or improvise in whatever creative fashion you like)

For more information visit: www.chateautanunda.com

CHECK OUT ...

En route

- Springton - [Herbig Family Tree](#)
- Angaston - [Yalumba Winery](#) – as you enter Angaston
- Angaston town Cafes, shops and Cellar Doors
- Mengler's Hill Lookout and Sculpture Park www.barossasculpturepark.com

At Tanunda

- [Barossa Visitor Information Centre](#)
- [Chateau Tanunda](#) - Cellar door & Croquet

Nearby at Nuriootpa

- [Penfolds Wines Cellar Door](#)

SERVICES ...

Post Office, ATM's, shops & supermarket in Murray Street (main street)

For more information:

www.barossa.com <https://www.barossa.com/info/visitor-resources>



DAY THREE – MONDAY 19 SEPTEMBER

TANUNDA TO RIVERTON via HAMLEY BRIDGE

AM REFRESHMENTS 26KM

FREELING

LUNCH 64KM

TARLEE

FINISH 79KM

RIVERTON RECREATION PARK OVAL

From Tanunda we head a short way up the Barossa Valley Hwy to Nuriootpa (from the Aboriginal word meaning “meeting place”) – recognized as the commercial centre of the Barossa region and home to well known cellar doors such as Elderton Wines, Wolf Blass and Penfolds.

Here we turn west to Greenock and pass through rich, fertile farming land on our way to Freeling –often referred to as “McLeod’s Daughters” country. The popular TV series aired between 2001 & 2009 and was filmed on a small property close by. The pub and streets of Freeling have featured regularly in the series. The proprietors of the Gungellan Hotel are well used to answering questions from fans, with souvenirs available to purchase. We then pass through the small towns of Hamley Bridge and Stockport before fuelling up at our lunch stop in Tarlee. In the afternoon we will continue north up the Barrier Hwy to our destination, Riverton.

CHECK OUT ...

En route

Freeling

- Gungellan Hotel for info on McLeods Daughters TV show [Gungellan Hotel - is it haunted?!](#)
- Tours www.mcleodscountry.com.au

At Riverton

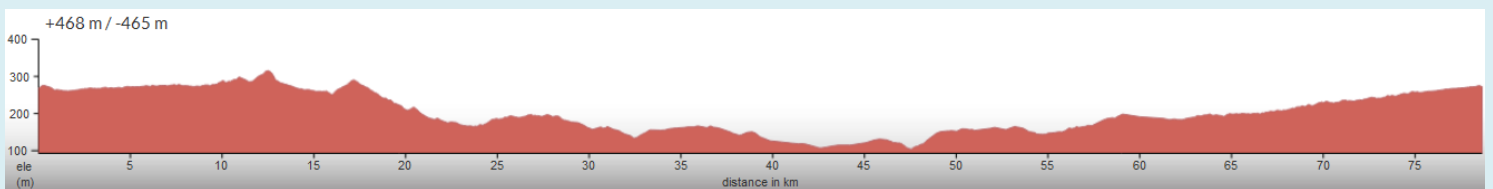
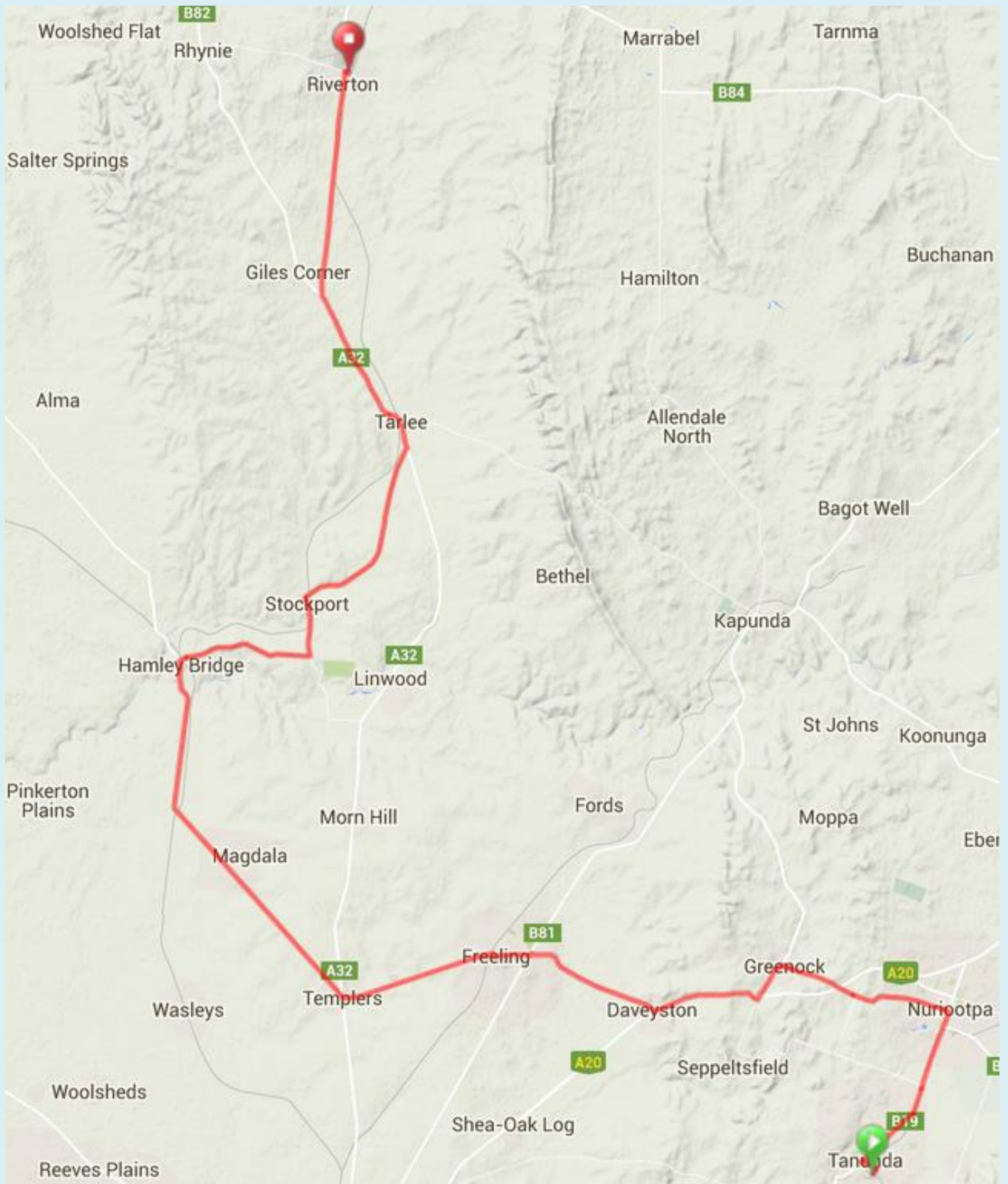
www.riverton.sa.au

- Historic Railway Station (by appt) www.blackstumpwines.com.au/riverton
- Riverton Light Gallery www.rivertonlightgallery.com
- Scholz Park Museum www.riverton.sa.au/discover/scholz-park-museum

Hamley Bridge Railway Bridge



Annual Tour Day 3 | Tanunda to Riverton – 79km



DAY FOUR – TUESDAY 20 SEPTEMBER

RIVERTON TO CLARE via MINTARO & FARRELL FLAT

REFRESHMENTS 27KM LEASINGHAM

LUNCH 63KM FARRELL FLAT

FINISH 84KM THE VALLEYS LIFESTYLE CENTRE & OVAL

From Riverton we journey along the Rattler Trail that follows the route of the old rail line between Riverton and Auburn – birthplace of renowned poet and author CJ Dennis. From here we follow the route of the famous Riesling Trail – SA's best known rail trail. We will pass by lovely little towns such as Leasingham, Watervale, Penwortham and Sevenhill. Wineries with evocative names and fine wine beckon – Annie's Lane, Kilikanoon, Skillogalee, Neagles Rock and many more. Don't dally too long though as we detour away from the Riesling Trail at Sevenhill and head east to Mintaro – home to the Mintaro Maze - *A living maze that includes seating, fountains, twists, turns and dead ends to trick even the most committed explorer.* Just outside of Mintaro you will also find the grand 19th century Georgian mansion Martindale Hall (featured in the movie Picnic at Hanging Rock).

From Mintaro we continue north to Farrell Flat for lunch (check out the Silo Art) before cruising back into Clare – our home for the next two nights. You will have time to check out what is on offer in Clare and plan your activities for the rest day tomorrow.

Tonight we will be hosted by the Valleys Lifestyle Centre where you can take advantage of the indoor swimming pool facilities for a refreshing dip or maybe even take part in one of the scheduled aqua aerobic classes or recovery sessions in the hydrotherapy pool

CHECK OUT ...

Auburn <http://auburn.sa.au/>

- [Cogwebs Hub Café](#) cycle shop/café
- Velvet and Willow Wines www.velvetandwillowwines
- Auburn Antiques
- Rising Sun Hotel www.therisingsunhotel

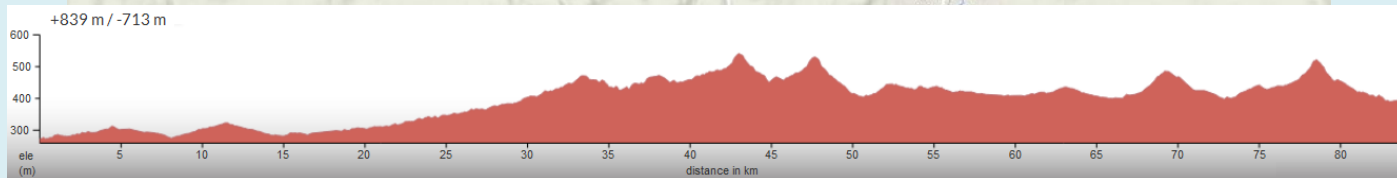
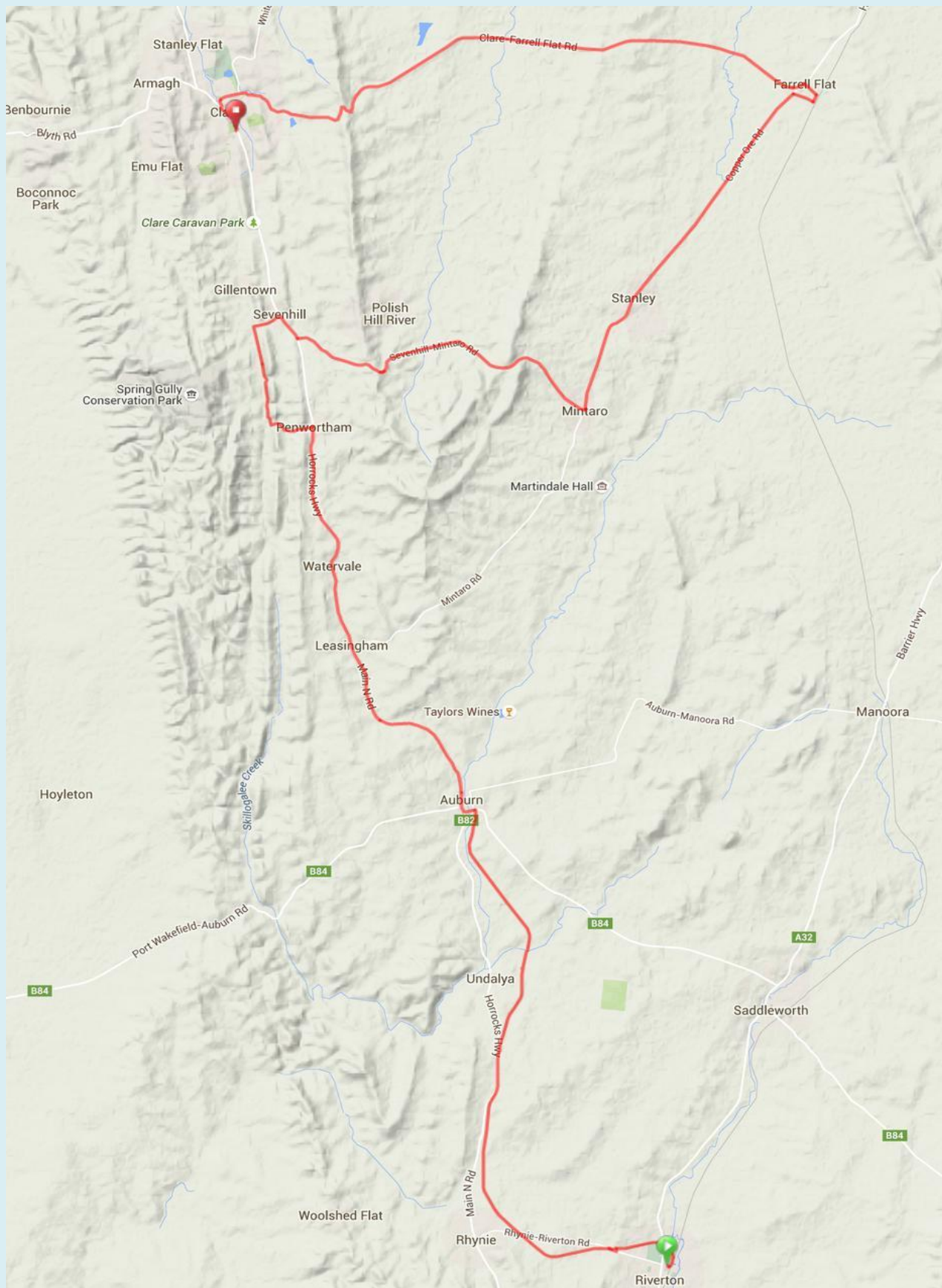
En route

- Sevenhill Winery www.sevenhill.com.au
- Paulette Wines www.paulettwines.com.au/
- Mintaro maze www.mintaromaze.com.au
- Reilly's Wines Mintaro www.reillyswines.com.au
- Contemporary Art Gallery www.jeniimac
- Martindale Hall www.martindalehall-mintaro
- Farrell Flat Silo Art www.australiansiloarttrail.com/farrell-flat

Mintaro Maze



Annual Tour Day 4 | Riverton to Clare – 85km



DAY FIVE – WEDNESDAY 21 SEPTEMBER

REST DAY CLARE

Officially this is your Rest Day, but there is plenty to keep you active with a plethora of wineries within easy reach of Clare. Take some time to explore more of the Riesling Trail or just have an easy day wandering around town and indulging in the fine food the region has to offer. If you didn't find time to stop at places like Mintaro or Sevenhill yesterday, it is not too far to ride back out and spend a bit more time exploring. <https://www.mintaro.sa.au/>

Martindale Hall



CLARE VALLEY DAY TOUR OPTION

Here is your chance to further explore the Clare Valley with no pedaling required and someone else to do the driving. \$175.00pp 10am - 5pm includes:

- Wine tasting with a short Wine Appreciation Course at Eldridge Wines
- Lunch at O'Reilly's Wines & restaurant in Mintaro
- Afternoon tea and wine at Bungaree Station

[Download the tour information flyer.](#)

For further information and all bookings contact David Wilson 0418 832 812 dave@clarevalleytours.com

CHECK OUT ...

- Riesling Trail & numerous Cellar Doors
- Clare Valley Wine, Food and Tourism Centre www.clarevalley.com.au
- Swimming / aqua aerobics at Valleys Lifestyle Centre
- Clare Valley Visitor Guide www.clarevalleyvisitorguide

THE RIESLING TRAIL

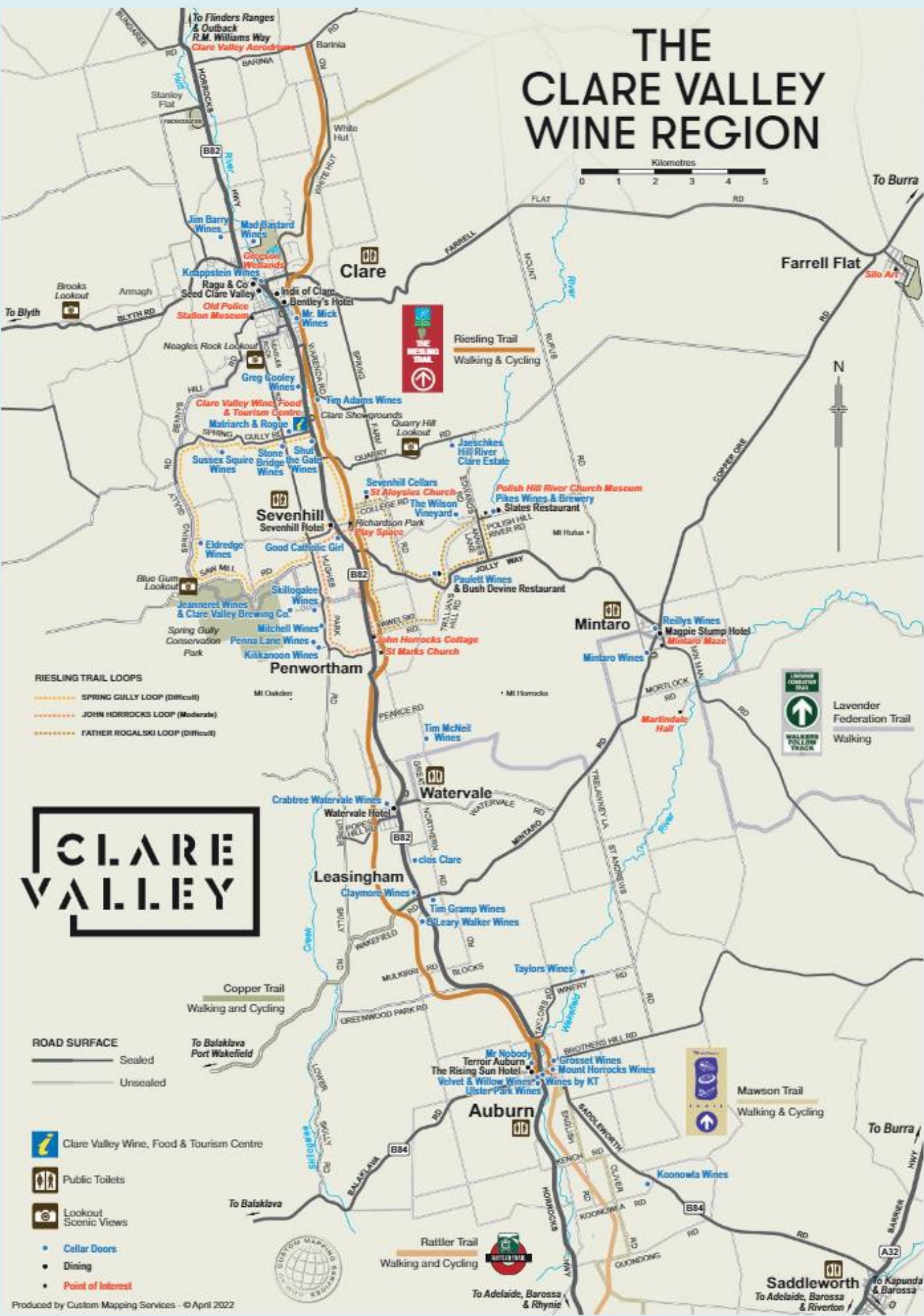
Traversing the picturesque Clare Valley wine region, the Riesling Trail is one of the first rail-trails in South Australia. Developed by the Office for Recreation and Sport and the Clare Valley community, the trail runs for 27 kilometres along the old Riverton to Spalding railway line.

The trail runs between Auburn and Clare. Named after the grape and wine variety that the region is famous for, the Riesling Trail leads you past many cellar doors and other visitor attractions, making it ideal for those wanting a leisurely ride with a distraction or two!

There are additional loop trails so you can take a detour and return to your starting point without travelling over old ground.

<http://www.southerntrails.com/regions/clare-valley/>

THE CLARE VALLEY WINE REGION



CLARE VALLEY

- RIESLING TRAIL LOOPS**
- SPRING GULLY LOOP (Difficult)
 - JOHN HORROCKS LOOP (Moderate)
 - FATHER ROGALSKI LOOP (Difficult)

- ROAD SURFACE**
- Sealed
 - Unsealed

- Clare Valley Wine, Food & Tourism Centre
- Public Toilets
- Lookout Scenic Views
- Cellar Doors
- Dining
- Point of Interest

Produced by Custom Mapping Services - © April 2022



2022 Annual Tour

DAY SIX – THURSDAY 22 SEPTEMBER

CLARE TO SEPPELTSFIELD

AM REFRESHMENTS	37KM	SADDLEWORTH
LUNCH	58KM	HAMILTON
PM WATER STOP	TBC	TBC
FINISH	92KM	SEPPELTSFIELD WINERY

Having rested up for a couple of nights, we reset the compass and start heading south - back to the beautiful Barossa Valley. Today's route follows back down along the Riesling Trail to Auburn then across to Saddleworth, Marrabel and on to Kapunda – recognised as where Australia's copper mining industry truly began and home to Australia's 'Cattle King', Sir Sidney Kidman, for over 40 years. Uniquely, the Mawson, Heysen and the Kidman Riding Trail all converge at Kapunda. On the final leg of the day's journey we pass through Greenock – home of the Barossa Brewing Company's micro brewery, the famed Greenock Tavern and also the Murray Street Vineyards. Some may find time for a coldie here before the final 5km run to Seppeltsfield where we enjoy an overnight stay in the lush grounds of Seppeltsfield Winery

CHECK OUT ...

En route

- Kapunda Visitor Centre [visitor-information-centre](#)
- Map the Miner - memorial exhibit

Greenock

- Greenock Tavern and Barossa Brewing Company thegreenock.com.au

Seppeltsfield

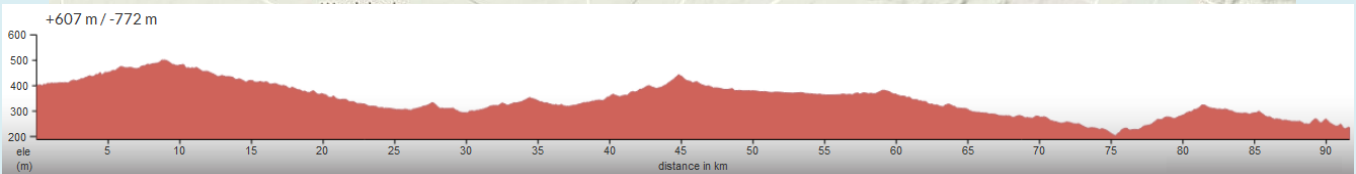
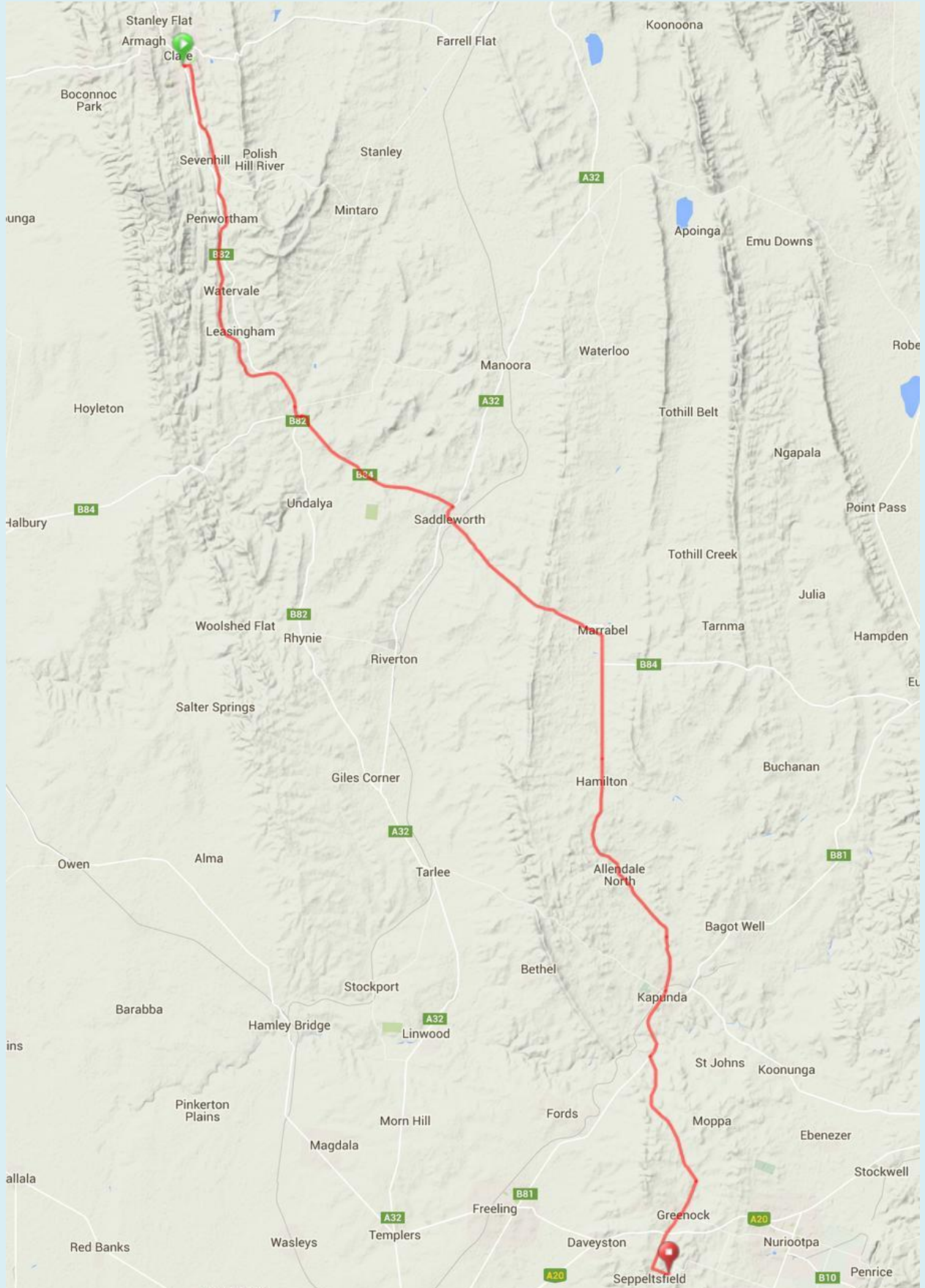
- Cellar door at Seppeltsfield Winery. www.seppeltsfield.com.au
- Seppeltsfield Grand Insight Tour and wine tasting – 1hr at 4.30pm \$33/person.
Bookings via helen@seppeltsfield.com.au (min numbers of 10 and 24 hrs prior notice required)
- Seppelt Family mausoleum.

SERVICES

Note: Seppeltsfield Winery is not located within a township therefore normal town services and amenities are not available close by.



Annual Tour Day 6 | Clare to Seppeltsfield – 92km



DAY SEVEN – FRIDAY 23 SEPTEMBER

SEPPELTSFIELD TO HAHNDORF via BIRDWOOD

REFRESHMENTS	30KM	WILLIAMSTOWN
LUNCH	53KM	BIRDWOOD
PM WATER STOP	70KM	WOODSIDE
FINISH	87KM	HAHNDORF RESORT

We continue our journey today following Seppeltsfield Rd through the vineyards around Marananga. Just after leaving Seppeltsfield you might like to take the short walk up to the impressive Seppelt family mausoleum - built in the style of a Greek Doric temple.

We will be passing back through Tanunda on our way down to Lyndoch and Williamstown before fuelling up at our lunch stop in Birdwood – home to the National Motor Museum.

After lunch we continue on to Mt Torrens where we join up with the [Amy Gillett Bikeway](#) and follow a scenic route through Charleston, Woodside and Balhannah - offering the chance to visit numerous attractions on the way before arriving in the beautiful hills hamlet of Hahndorf – famous for its German heritage and friendly hospitality.

CHECK OUT ...

Between Tanunda and Lyndoch

- Jacobs Creek www.jacobs creek.com
- Kellermeister www.kellermeister.com.au

In Lyndoch

- Sunrise Bakery www.sunrisebakeries.com.au

In Birdwood

- National Motor Museum www.nationalmotormuseum.com.au

In Woodside...

- Melba's Chocolate and Confectionery Factory www.melbaschocolates.com.au
- Woodside Cheese Wrights www.woodsidecheese.com.au
- Barristers Block Cellar Door www.barristersblock.com.au

near Hahndorf

- Nepenthe Wines www.nepenthe.com.au Shaw & Smith www.shawandsmith.com
- Hahndorf Hill Winery www.hahndorhillwinery.com.au
- Hans Heysen studio – The Cedars www.hansheysen.com.au
- Beerenberg Farm www.beerenberg.com.au
- Sidewood Estate www.sidewood.com.au Ambleside Distillers www.amblesidedistillers.com

SERVICES ...

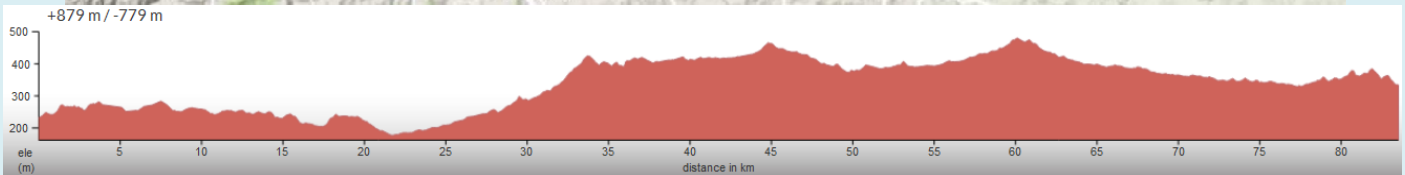
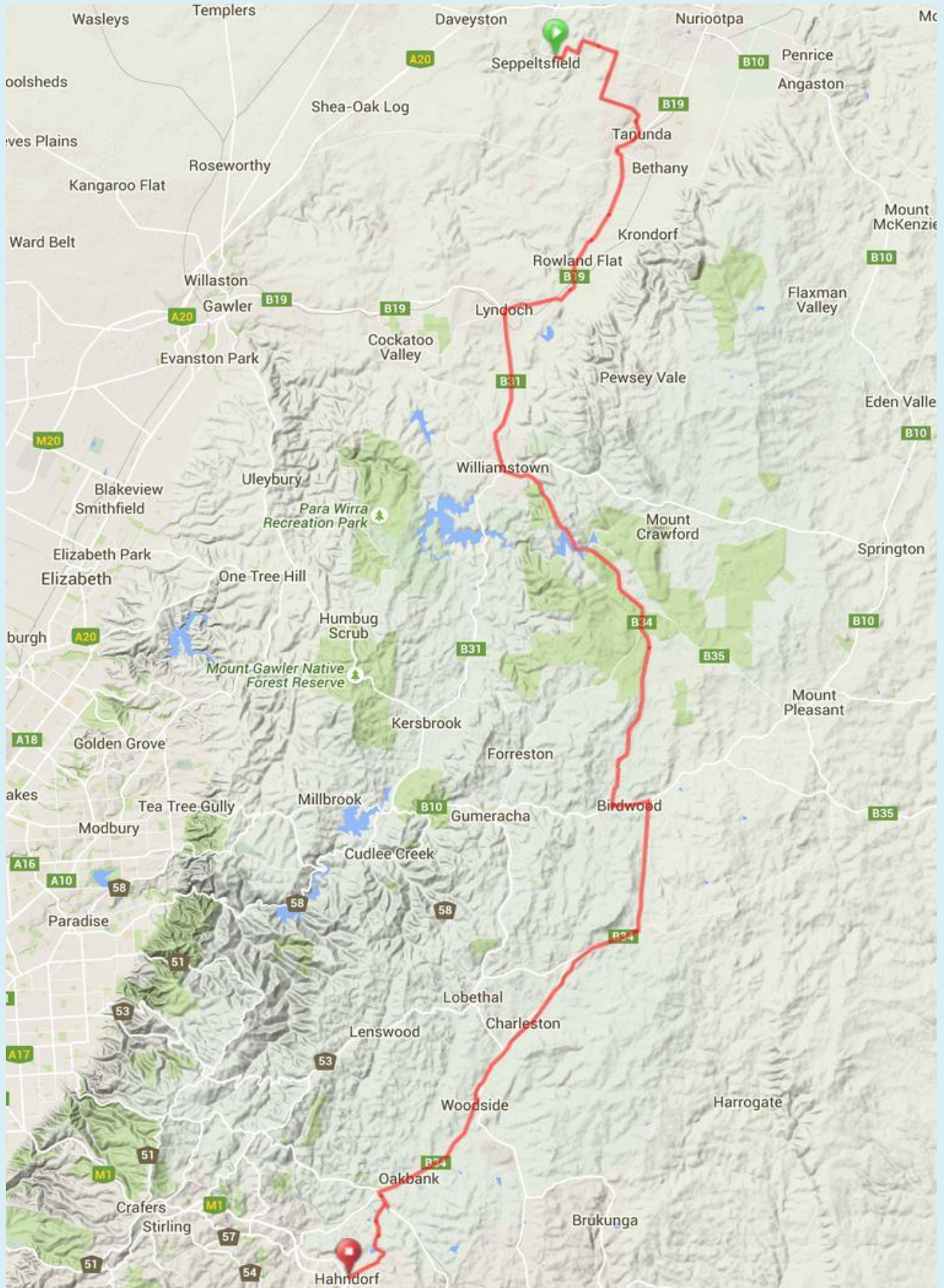
Banks, ATMs, Post Office, Tourist Information, Cellar Doors, Shops, Cafes and Hotels all located in the main street just a 10 min walk from BIG4 Hahndorf Resort

For more information

www.hahndorfsa.org.au www.visitadelaidehills.com.au/visitor-information
www.southaustralia.com/destinations/adelaide-hills



Annual Tour Day 7 | Seppeltsfield to Hahndorf – 84km



DAY EIGHT – SATURDAY 24 SEPTEMBER

HAHNDORF TO McLAREN VALE

REFRESHMENTS	34KM	KUITPO FOREST HQ
LUNCH	61KM	McLAREN VALE VISITOR CENTRE
FINISH	63KM	McLAREN VALE OVAL

Today we continue south to Echunga and Macclesfield – a landscape of lush farmland countryside. We then head west to Meadows and Kangarilla and on through the heart of the renowned McLaren Vale wine region. Our route will take us past several vineyards and cellar doors including those of Chapel Hill, Coriole, Rosemount Estate, d’Arenberg and Maxwell to name a few.

On arrival in McLaren Vale, take time to cruise through town and check out the local coffee shops, food and wine outlets. The McLaren Vale Visitor Centre is a great source of local information and the perfect place to taste a few local wines whilst relaxing in a lovely setting in front of the open fire or outside overlooking the vineyards. You can also enjoy a delicious coffee or snack from the Visitor Centre café.

If you have still got energy left, there is the opportunity to ride the old rail trail down to Willunga and back – an easy 15km round trip. Saturday is traditionally market day and if you arrive early enough you may find some of the stall holders still operating at the Willunga Farmers Market. If you head back to McLaren Vale along the main road you will pass by the cellar doors of Penny’s Hill and Leconfield wineries.

PARTY TIME

Tonight is our last night together before the final leg back to Adelaide although some of you may wish to extend your stay here to take in more of the McLaren Vale region delights.

We will make a celebration of the fun times we have had and the kilometres ridden over the last 8 days – a chance to cement new-found friendships over a few wines from the local area and kick your heels up. Hey, it is our last night together and what goes on Tour stays on Tour.

CHECK OUT ...

En route

- Meadows Bakery
- Numerous wineries around McLaren Vale
- Shiraz Trail rail trail to Willunga

SERVICES

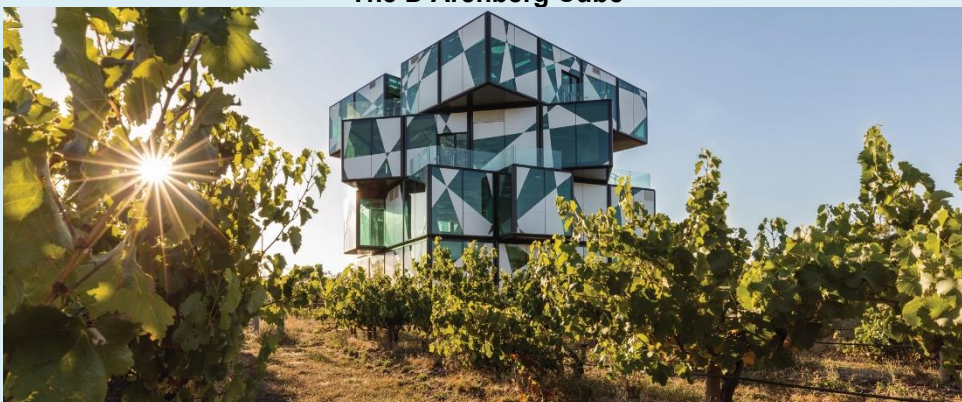
Banks, ATMs, Post Office, Tourist Information, Shops, Cafes and Hotels all located in the main street just a short walk/ride from McLaren Vale Oval

For more information

www.mclarenavale.info/explore/drink/

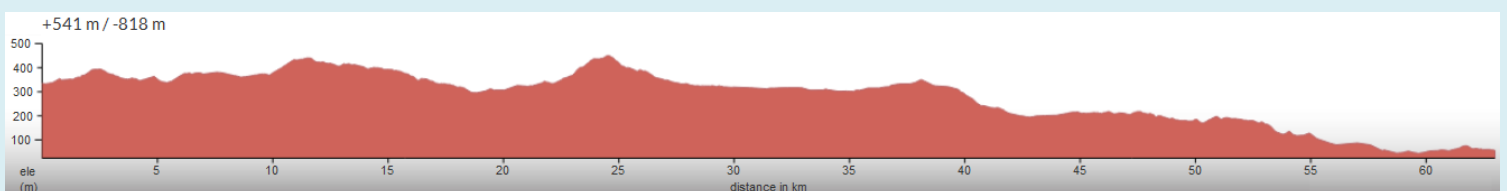
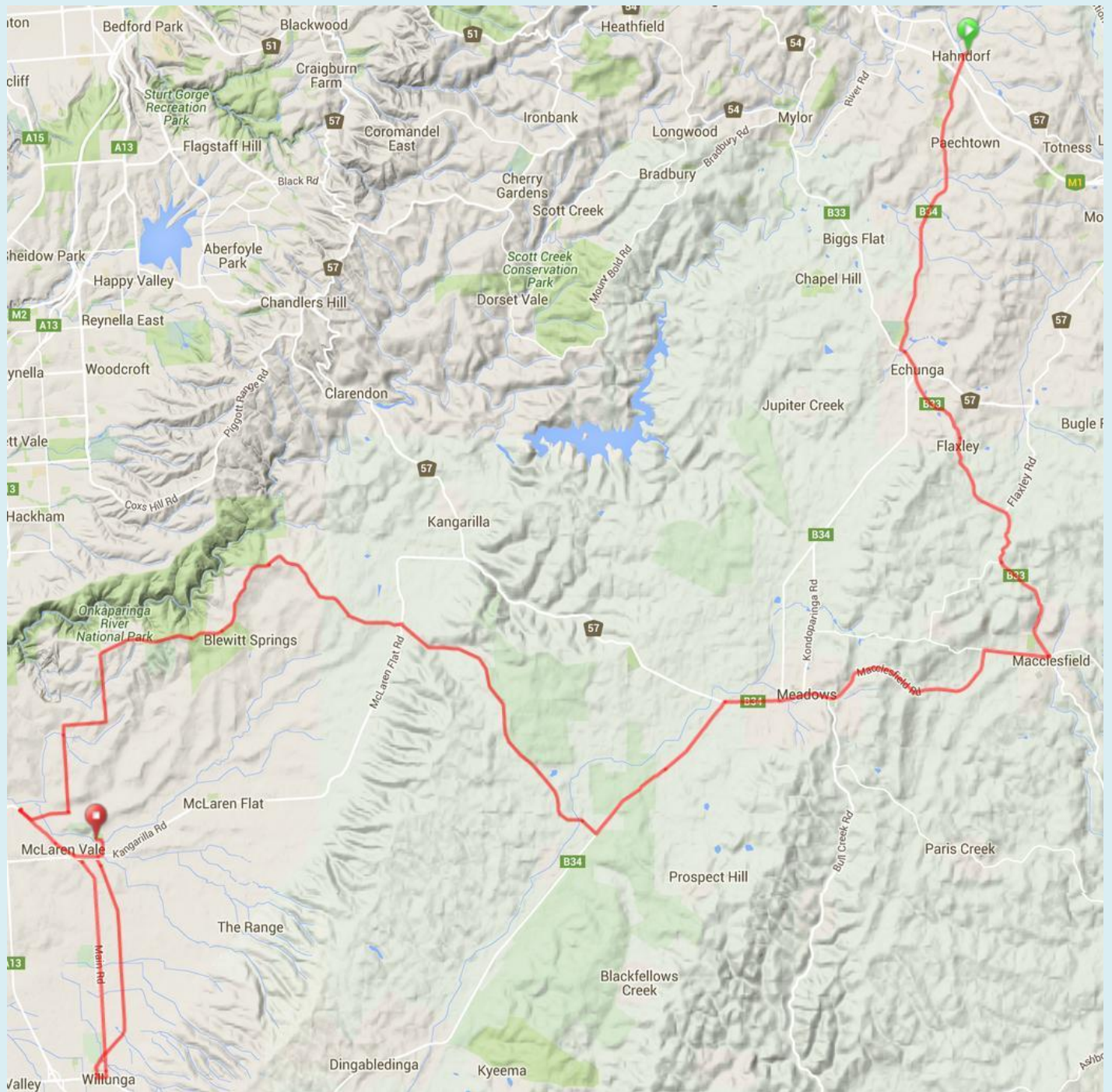
www.fleurieupeninsulavisitorguide.com.au

The D’Arenberg Cube



Annual Tour Day 8 | Hahndorf to McLaren Vale – 63km

Plus optional Willunga extension – 15km



DAY NINE – SUNDAY 25 SEPTEMBER

McLAREN VALE TO ADELAIDE VIA GLENELG

REFRESHMENTS	26KM	HALLETT COVE
LUNCH	59KM	BONYTHON PARK
FINISH	62KM	ADELAIDE CENTRAL BUS STATION

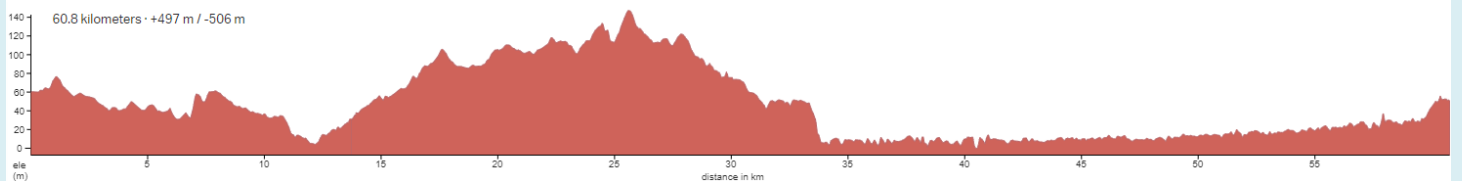
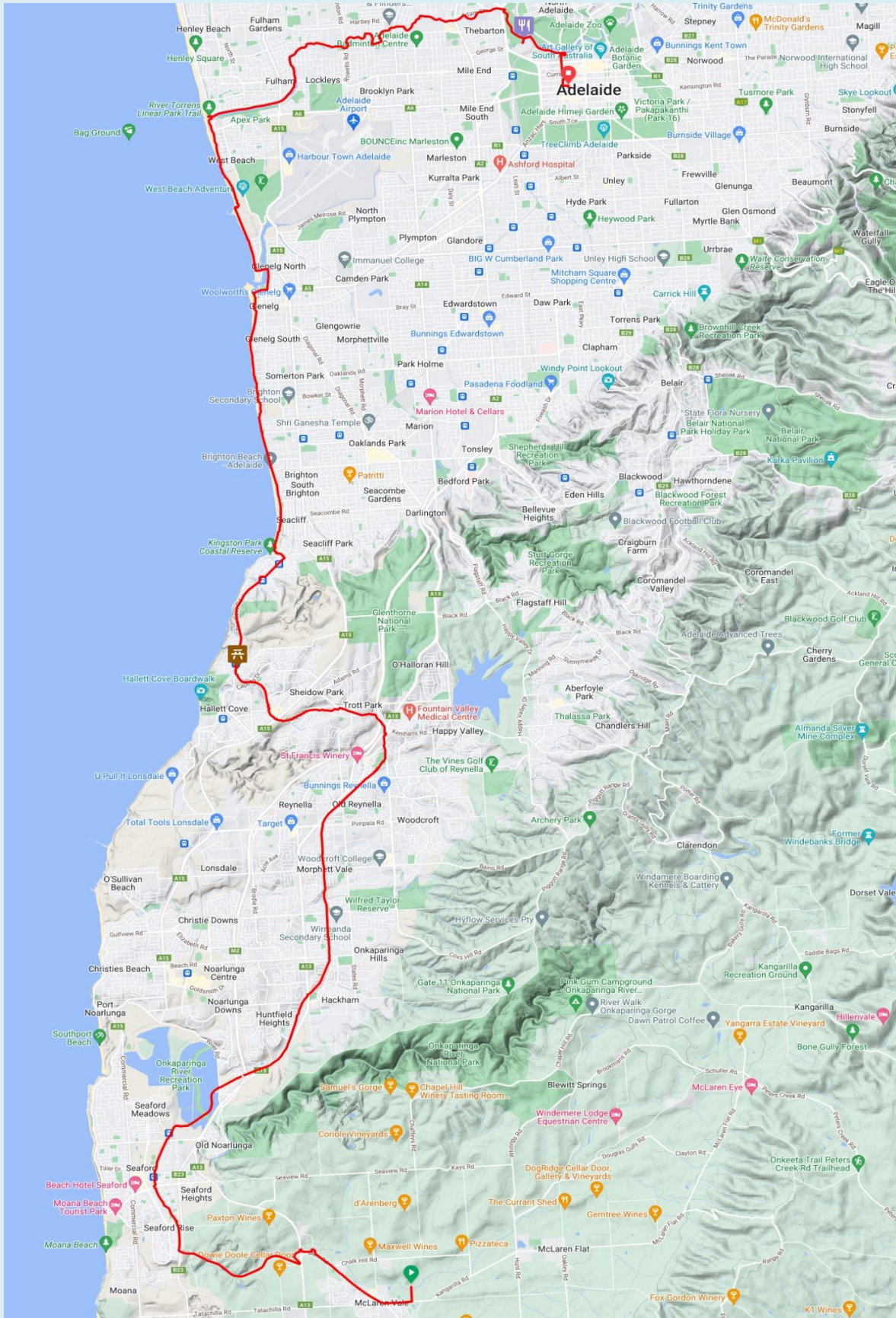
We start the final leg of our adventure by following the route of the old Willunga to Marino rail line - the Coast to Vines Rail Trail. We will pass through Moana and Noarlunga Downs before joining the Southern Expressway Veloway - a sealed bikeway for the exclusive use of cyclists that runs continuously alongside the Southern Expressway for a distance of 7 km. There are some great views out to the coast as we cycle north. At Trott Park the trail splits and we head west towards Marino Rocks and the coast eventually joining the Esplanade at Seacliff. There are more great views and a nice cruisey ride as we follow the beachfront north to Glenelg and West Beach. When we reach the mouth of the Torrens River, we head inland along the Linear Path following the river all the way into the Adelaide CBD. After a quick stop for lunch at the riverside Bonython Park, it's a short ride back to our final destination at the Adelaide Central Bus Station where the luggage truck will be unloaded. We made it!!!! 590km in total

It is time to say au revoir and head for home and hope that we meet again next year, on Bicycle SA's 2023 Annual Tour. Until then, whether you are staying on to explore more of South Australia or returning home with wonderful memories and photos to prove it, we wish you farewell and safe riding. We loved having you with us on our Annual Tour, proving once again that small *is* beautiful and life *is* better on a bike. Happy cycling!



The Brighton Jetty War Memorial

Annual Tour Day 9 | McLaren Vale to Adelaide - 61km



A DAY IN THE LIFE OF THE ANNUAL TOUR

The new day on the campsite usually begins between 6.30am – 7am. If you are an early riser we ask you to be considerate of others still in bed by keeping as quiet as possible. We ask all riders to refrain from talking in the tent area before 6.30am so that those who cherish that last half an hour of sleep can rest undisturbed. We don't give wake up calls so it is up to riders to get themselves going and on the road each morning.

Before breakfast you will need to freshen up for the day. The toilet facilities are open throughout the night, and where possible the showers are too. We use on site facilities, which vary from campsite to campsite. Sometimes they're big, plentiful and spotless, and other times they can be football club style. Where possible, we try to make sure there are private shower facilities available. In addition, we will have the services of a mobile toilet and shower truck to supplement onsite facilities. The showers in this facility will close at 9pm every evening to enable cleaning and may not be available the following morning. Toilets will remain open throughout.

Breakfast 7.00 – 8.00am (unless otherwise stated)

If you are new to the Annual Tour, here is how our meal service arrangements work: breakfasts and dinners are served from the big hall (e.g. football club) or marquee (e.g. caravan park)

Except for the occasional fry-ups, breakfasts will include a selection of cereals, fruit and toast plus tea and coffee. This will be made available from a dedicated service area where our volunteer team will assist in providing your breakfast.

Due to the current Covid-19 restrictions, we are unable to make plunger coffee available this year. **Self-service of food and beverage items will also not be permitted.**

Catering volunteers at designated meal service areas will serve you a ready-plated meal or will serve the food directly to your plate. Similarly, tea and coffee service will require one of our team to assist.

Previously tea and coffee has been accessible throughout the day however this year it will be limited to designated meal times. You will be able to take advantage of local cafés when you arrive in each town – we encourage you to support local business.

As much as possible we will be providing crockery and cutlery for you to use so we can avoid having communal wash up situation. However, you will still be required to bring your own crockery and cutlery, just in case. We suggest that you carry your plates, knife, fork and spoon and cup in a shoulder bag enabling you to keep both hands free to carry your food.

For those who love a fresh brewed espresso or frothy cappuccino, we will have a mobile coffee vendor with us for the duration of the event. Rory from Let There Be Coffee will set up at each overnight venue and also at selected refreshment stations during the day. Rory will be able to accept cash or credit card.

Once you have got your food you can either eat with your group or find a new friend. Bicycle SA is known for its intimate, friendly rides and you will soon find that riders on the Annual Tour are a welcoming bunch.

After you have eaten breakfast, please return your dishes to the kitchen or washup area.

Before you hit the road, pack your bags and tents and deliver them onto the back of the luggage truck, where our luggage crew volunteers will stack them for you on the truck. Please don't drop off your bags on the ground beside the luggage trucks as these may get left behind.

Note: please familiarise yourself with our Luggage Handling policy and be aware of luggage limits as outlined later in this information.

IMPORTANT! By the luggage truck there is a check-list with every rider's name. Please see the volunteer marshal who will check you out before you leave in the morning and check you in when you arrive at the next campsite and then you can collect your luggage. In this way we know whether you are at campsite or en-route. An information board is also by the luggage truck, with updated news, local information and is a place where riders can leave each other messages

Departing Camp. We understand that everyone has their own morning routine and some take a little longer than others in getting organized. Whatever your routine we ask that you are all packed up and on the road by 8.30am when the SAG wagon will depart (unless otherwise advised)

Lunch (approximately 11.30am - 2pm) Lunch is at the designated lunch stop, typically around 60% along the route. Lunch may either be a filled wrap/roll or something hot. Bicycle SA uses local providers, such as clubs, groups and restaurants to provide the meal, which means you will always be guaranteed a variety of nourishing local fare.

Morning and Afternoon refreshments. While you will pass the occasional café and bakery along the route, Bicycle SA offers refreshments approximately 20km – 30km into each day's ride. There will be water, Nippy's juices, fruitcake, biscuits, snack bars and fruit. The same is provided at the occasional afternoon refreshment stations, though most often you will enjoy all these goodies when you arrive at each campsite.

Dinner 6pm – 7.30pm. Each dinner includes 3 courses – soup, main and dessert. Each course is served separately. The evening rider briefing is from 7pm between the main course and dessert.

A bar will be operating at each of our overnight venues. Sometimes it will be operated by our hosts for the evening and at other times by a local community or sports club. Not all venues will have credit card facilities so it is best to have some cash with you. Each day you will pass through town where ATM facilities are readily available. Please respect local liquor licensing requirements that prohibit BYO alcohol.

Riders with special dietary requirements will be catered for (by nominating their requirements with their registration) These riders will have specially coded lanyards, to ensure they receive their correct meals. All riders must wear their lanyards at all times. Please note that meals will NOT be served to anyone not wearing their lanyard.

DAILY PROGRAMME

- | | |
|-------------------|--|
| • 7.00am – 8.00am | Breakfast (unless otherwise advised) |
| • 7.30am | Route opens |
| • 8.30am | SAG wagon departs |
| • 9.30am – 11am | Morning Refreshments |
| • 11.30am – 2pm | Lunch |
| • 2pm – 4pm | Afternoon Refreshments (when applicable) |
| • 6pm – 7.30pm | Dinner |
| • 7pm | Rider Briefing |



GENERAL INFORMATION

TRAVELLING TO THE START

Travelling by air

All Australian airlines require your bike to be boxed. Qantas and JetStar will sell you a bike box at the airport while Virgin Australia requires that you provide your own. If in doubt about air travel arrangements for you, your luggage or bike you should check with your airline well in advance of your departure date. For more information on transporting your bike check out the [Bike Transport info sheet](#) on the website.

Please note that due to limited storage capacity at our office we are unable to store luggage and bikes in the days prior to the start. You will need to make arrangements to store your bike at your accommodation on Friday night so you can ride directly to the start in the Adelaide CBD.

Travelling by car

You can drive to the start at Hindmarsh Square - where you can be dropped off. If you have pre-booked car parking please allow plenty of time to check-in, drop off your car and return to the start location.

FOR LONG TERM PARKING:

Bicycle SA has made arrangements with three of Adelaide City Council's UPark facilities for access to car parking in **Adelaide CBD. the cost is \$18 per day**. Bookings will be confirmed with payment and are essential as limited places are available. Contact (08) 8168 9999 or office@bikesa.asn.au

Option 1: [UPark, 82 Grote St](#) premises above the Adelaide Central Bus Station. **Note: there is a 2.1m vehicle height limit.** This facility is also where the Annual Tour will finish and where your luggage will be available for collection from 11am on Sunday 25 September.

Option 2: [UPark Pirie Flinders](#) premises at 191-207 Pirie St (access via Sudholz PI) with **a height limit of 2.2m**. Located close to the Annual Tour start at Hindmarsh Square on Saturday 17 September. Both of the above parking facilities are a multi-story park with monitored security. Access is available between 6am and midnight.

Option 3: For those with over-height vehicles, there is also the open air / outdoors [UPark Andrew Street](#) premises, 2 Andrew Street Adelaide, adjacent to the UPark Grote Street premises. There is no height limit at this facility, and it is unfenced and open to public access.

Regardless of which facility you park in, you will need to check in at the Bicycle SA office (Friday) or at registration on Saturday morning first to collect your discounted parking ticket and directions to the parking facility.

Option 4: For those who require parking for other oversized vehicles, caravans, camper trailers, etc, we suggest that you contact [Andrews Airport Parking](#), located in Bowden, approx 5km from the centre of Adelaide. Ph: (08) 8340 5200

HOW DO I CHECK IN?

Check-in takes place from 7:00am to 8:10am Sat 17 Sept at Hindmarsh Square in Adelaide CBD. Just show your ID to us for check-in and to receive your Annual Tour info pack and Rider ID. You should **come dressed ready to ride** and be ready to load your luggage directly onto the trucks parked on site.

If you are arriving on Friday, you can check-in at Bike SA's office 11a Croydon Rd, Keswick 5035, between 3pm and 5pm only on that day. If you wish, your bags can be loaded directly onto the luggage truck at this time as well. Pack a small bag for your overnight stay, come dressed in your riding kit the next day and load your bags on to the luggage truck at the start venue.

Once checked-in, all riders will gather in the pre-start marshalling area where coffee will be available before **departing at 8.30am**. We also suggest that you have a substantial breakfast beforehand, so you are properly fueled for the day. You will also find public toilets here.

If you have pre-booked car parking, please allow plenty of time to check-in, drop off your car and return to the pre-start marshalling area.

The important rider briefing takes place at 8:10am before **departing at 8.30am**.

LUGGAGE SPECIFICATIONS AND HANDLING

Your total luggage allowance is 25kg/person - this includes your tent, sleeping bag/mat, etc

This must be packed into 2 bags, each weighing no more than 14kg

Each bag must be no more than 85 litres in volume or have dimensions of no more than 140cm in total. i.e. L x H x W e.g. 70cm Long + 35cm High + 35cm Wide = 140cm

If any of your bags exceed the 14kg individual bag limit you will be required to unload or redistribute the bag contents. We suggest you use one bag for your wet tent, cutlery, plates, etc, and the other for your sleeping bag / mat, dry clothes and personal items.

For the health and safety of the luggage volunteers we will not carry bags that exceed the maximum size and weight as outlined above.

Before loading your luggage bags on Day 1, please ensure they are clearly tagged with airline style waterproof luggage labels containing your full contact details. It is advisable to also attach similar contact details inside your bag just in case the external label comes adrift. To ensure your bag can be easily distinguished, we suggest tying coloured ribbons around the handle.

Our luggage truck volunteers will weigh your bags before loading. Luggage ID tags must remain fixed to your bags during the Tour. Only bags with suitable luggage ID tags will be accepted by loading volunteers during the ride.

If your total luggage weight exceeds the 25kg allowance you will be charged an excess luggage fee of \$25 per kilogram up to a maximum of 28kg (\$75) and you may be required to re-bag your luggage. If, after redistribution and paying the excess fee, the total weight is greater than 28kg (that is, more than 14kg in each bag), then you'll be required to remove items to bring down the total weight to a maximum of 14kg per bag.

Each morning, before loading your luggage, change into your riding clothes and take out any items that you will need with you out on the road, as once you load your luggage onto the trucks you will not be able to get to it again until the campsite at the end of the day. We strongly urge you to take a set of extra-warm outer clothes as well as any other items you will need with you on the ride.



ACCOMMODATION

Saturday 17 Sept.

Williamstown

Queen Victoria Jubilee Park, corner of Springton Rd and Mt Crawford Rd
Telephone (08) 8524 6363

Sunday 18 Sept.

Tanunda

Chateau Tanunda, Basedow Rd
Telephone (08) 8563 3888

Monday 19 Sept.

Riverton

Riverton Caravan Park, corner Oxford Tce & Torrens Rd
Telephone (08) 8847 2419

Tues 20 and Wed 21 Sept.

Clare

The Valleys Lifestyle Centre and Oval, Main North Rd
Telephone (08) 8842 3091

Thursday 22 Sept

Seppeltsfield

Seppeltsfield Winery, Seppeltsfield Rd
Telephone (08) 8568 6237

Friday 23 Sept.

Hahndorf

Hahndorf Resort, 145a Mount Barker Rd
Telephone 1300 763 836

Saturday 24 Sept.

McLaren Vale

McLaren Vale Recreation Park / Oval, Park Drive



ARRIVING AT EACH CAMPSITE

Once you have got to the campsite at the end of your day's ride you will probably want to find your luggage, set up your tent and attend to your ablutions before enjoying a well-deserved drink or setting out to explore the nearby locale. But even before that, you must sign in with the "check-in" marshal by the luggage truck. This is very important, as it is our principal way of knowing who is safely in camp and who might still be out on the route and needing our support

Bags from the luggage truck are laid out on the ground in rows. If it rains, the luggage crew will place tarpaulins over the rows of bags so please make sure you replace these covers carefully after you have retrieved yours so that other riders' luggage remains sheltered.

Generally, you can pitch your tent wherever you like within the designated campsite, though be very aware of any areas marked out where camping is not permitted. Often irrigation systems are located near the surface and any tent peg driven through them will leave you very wet and unpopular with the groundskeeper!

By the luggage truck will be an information board with a campsite site plan and general venue information as well as location of water, showers and toilets.

Bear in mind that in your tent you have maximum visual privacy but minimal audible privacy, especially if space is limited and we are forced to camp close together. If you are a light sleeper we recommend you select a quiet tent site apart from other campers or bring earplugs. If you are a snorer, be considerate and park your tent away from the others.

The loud and lyrical sounds of socializing are focused on the dining area and bar, where you are welcome to stay after dinner and share a natter and drink with fellow riders. Beyond 10pm noise and mayhem are not welcome in the camping areas, where tired bodies are snoozing.

DELUXE CAMPING

Deluxe Camping is ideal for those riders who don't want the hassle of putting up and packing down their tent each day. The package includes a roomy 2-person tent that is tall enough to stand up in plus one self-inflating air mattress per person. Best of all, we put it up and pack it down for you each day. So, all you have to do is roll out your sleeping bag and relax. Everything is taken care of.

The cost includes all of the above and is per tent, so if you are riding alone, you can have the tent all to yourself. Couples only pay the single fee for their tents.

Air Mattresses

We provide 6cm self-inflatable air mattresses which have a high-density foam inner core bonded to a hardwearing outer cover. If you are one who feels the cold more easily you may want to supplement your sleeping bag with a lightweight thermal liner.

Each day the mat will be placed in your tent with the inflation valve left OPEN. If the weather is warm and the temperature inside the tent gets too high, it can cause the air inside the air mattress to expand and place undue pressure on the mattress seams and bonding. We ask that you leave the valve open during the day and gently twist it closed before you go to bed. In the morning simply open the valve again ready for transport. **DO NOT** place bags on the mattresses or walk on the mattress.

Bring a pillow

The air mattresses do not have pillows attached so you will need to **BRING YOUR OWN PILLOW**. We suggest using a small lightweight travel pillow that can be easily stuffed in your luggage. Most outdoor shops provide a wide range to choose from. Alternatively, you can bring along a pillow case and stuff your clothing inside to make your own pillow.

Tent Allocation

You will be allocated a specially numbered Deluxe Camping tent on Day 1. This will be your exclusive home for the tour. If you have any problems at all with your tent or air mattress during the ride, please don't hesitate to ask one of the volunteer tent team for assistance.

No bikes in or on tents please

Our Deluxe Camping tents are for human occupation only. Bikes are **NOT PERMITTED** to be stored inside tents. Please also do not lean bikes against the tent or tent / awning poles. The weight of the bikes can seriously damage the tents if they fall over especially if the wind picks up. We advise you to place your bikes upside down next to your tent whilst leaving plenty of room for other campers to walk freely along the line of tents.

Shoes off inside

We also ask that you remove your shoes before entering your tent to help keep the tents clean and prevent any damage to the floors and airbeds – especially from riding shoes.

Laundry / washing lines.

Please **DO NOT** hang washing lines from your tent as this can place undue stress on the tent structure and may cause damage to the tent, especially if windy. Please make use of a nearby fence or tree instead.

Daily access

Deluxe Camping tents will generally not be available **before 2.00pm each day**. It takes time to pack down and re-erect the tents each day, so your patience is appreciated. If you arrive early, take some time to explore the local surroundings whilst your tent is being prepared.

Packing up in the morning

On departure mornings please open the valve on your air mattress and take it to the "mattress truck" **BEFORE** you go to breakfast. Please have the majority of your bags packed before breakfast so that all you have to do is pack your eating utensils and toiletries before taking your bags to the luggage truck. This will assist the tent team in being able to pack up the tents each day in a timely manner and then move on to the next destination to commence setting up tents again ready for your arrival.

SECURITY AND SAFETY ON THE CAMPSITE

Bicycle SA is committed to best practice workplace safety and event management procedures for the comfort and safety of participants and volunteer personnel. Please help us by following these few simple points:

- **Sign out and in with the “check-in” marshal by the luggage truck** when you leave each morning and when you arrive at each new campsite in the afternoon. This is our roll call in case we need to check who is on site and who may still be out on the route or in town.
- **Lock your bike. Never leave your bike unlocked on the campsite.** Many of our sites are unfenced and we depend on riders to be vigilant and help maintain good security for all.
- **Secure your belongings.** Reduce the risk of theft by keeping all your belongings inside your tent.
- **Keep an eye out.** Good campsite security depends on all riders being watchful and observant. Report any unusual incidents to event personnel.
- **No fires are permitted** anywhere on the campsite for safety reasons. Tent material can be highly flammable. This prohibition includes candles, fireworks, sparklers and camp stoves of any type.
- **Smoking is prohibited** in all buildings, vehicles, tents, marquees and in any food service areas.
- **Camp only in the areas indicated.** Check with luggage truck personnel regarding any “no camping” areas, or areas marked with underground irrigation.
- **Please keep out of all work areas** marked by traffic cones or bunting. Experienced personnel undertake all activities in these areas.
- **The campsite is a quiet area between 10.00pm and 6.00am.** Tents have thin walls and we will all be tired at the end of the day so please ensure you are quiet after 10.00pm. If you are returning from town late, please do not talk in the tent area.
- **Alcohol free campsite.** The dining area and bars are the only parts of the campsite where alcohol is permitted.

RIDER SAFETY AND ETIQUETTE

Rider safety is not only your right, but also your responsibility.

This is an open road event - you will be sharing it with other road users. The roads we travel on are generally reasonably wide and in good condition. The volume of traffic they carry is not huge. However heavy vehicles and caravans are not uncommon. Please be aware of your position on the road and be aware of traffic approaching from behind you.

To ensure the safety of all riders please adhere to the following road etiquette:

- Ride single file in most cases, keeping well to the left. When moving out, let other riders know and check to ensure that there is not another rider directly behind
- When passing please let the other riders know by saying, 'passing right'. At no time pass anyone on the left and please keep to the left of the road
- When stopping please let other riders know by saying, 'stopping' and move a minimum of one metre off the road immediately. Avoid stopping and blocking the road

Campsite evacuation. In the event of an emergency site evacuation, you should leave your tent (and any luggage as well as your bike!) and go immediately to the evacuation assembly point, which is by the logistics truck (the biggest truck on site). The signal for an emergency site evacuation is a continuous car horn sounded for a minimum of one minute and repeated 15 seconds later.

Event volunteer personnel will assist you in the event of an emergency evacuation. Please follow their instructions and do not attempt to return to your tent until you have been advised that it is safe to do so. Emergency procedures have been designed for your safety and the safety of all riders and crew.

GENERAL INFORMATION

The luggage truck can be a quick source of information. It is where you will find campsite details and messages from other riders. More information, such as details about the locale and tourism attractions, can be found inside the big hall or marquee or on the Information Table. Generally lost property will either be at the luggage truck or on the Information Table.

Mobile phone charging, internet access and banking

Mobile phone coverage may be limited in some areas along the route. Coverage is reasonable in most of the towns we are staying in but may be fickle on road especially in between towns. It is a good idea to carry your mobile phone as a precaution and may be handy if you break down or are involved in an accident. A phone recharging area will be available in the clubrooms or marquee at each overnight destination. Please bring your own charging cables and adaptors and label them with your name to avoid someone taking the wrong cable by mistake. As a courtesy to other participants, please ensure you remove your device from the charging area as soon as it is charged as the number of available outlets will be limited.

Internet facilities are also a little harder to come by. Obviously if you have a smart phone or wireless broadband facility you can access whenever you find a network signal. Otherwise, you may be able to access internet terminals and free WIFI at the Visitor Information Centres in Tanunda, Clare, Hahndorf and McLaren Vale.

Emergency 000 App for your phone

We recommend that you download this app to your smartphone, as a permanent safety feature. The app is free and uses GPS functionality to help a Triple Zero caller provide critical location details to mobilise emergency services

<https://emergencyapp.triplezero.gov.au/>

Toilets & Showers

There are usually plenty of toilets and showers at each campsite and we will also be travelling with a mobile toilet/shower facility. However, you may still have to wait your turn, depending on when you want to perform your ablutions.

Predictably, toilets are busiest in the mornings, while the showers get used most in the mid-afternoon / early evening when riders come in from a day in the saddle. If you plan around these times, you often won't have to queue at all.

Important Note: The hot water supply is often limited in many locations so please keep your showers short so everyone can have a warm shower – 4 minutes is more than adequate.

The number of toilets and showers, and their location, varies during the ride. Local facilities always factor, and sometimes these are augmented by hired portaloos or showers. The campsite map by the luggage truck indicates where these are. So if the local facilities are being used, you might like to check out any hired facilities elsewhere on site. Showers in the mobile facility will close at 9pm each night.

When staying on sports grounds, the showers are almost always football club 'communal' style. One of the changing rooms will be set aside for men and the other for women. Sometimes there are additional, more private club showers on site (e.g. in Clare at the Valleys Lifestyle Centre and oval, where there are more facilities inside the sports centre).

Massage

Hazeline & her team will provide massage services each day during the Annual Tour. There will be a comfortable, quiet place in each campsite, where you can be healed and pampered. Whether you need a quick going over of the leg muscles, or want to indulge in the luxury of a full-body massage, they are happy to assist. You will need to book ahead though, as their diary tends to fill up quickly.

The massage team has a schedule of applicable fees, depending on time booked. Fees are payable directly to them. You can contact Hazeline 0439 331 569 on to make advance bookings and/or payment if you wish.

Annual Tour photographs

It's always great to see photographs from the Annual Tour. Some evenings, where possible, we show riders' photographs on the projector screen. You can help us by providing your edited photographs on a memory stick, but we may be able to show images direct from your digital camera if you have a cable.

Following the event we hope to bring together riders' photos into a compilation of images from the Annual Tour for everyone to enjoy. These will be uploaded to our Flickr webpage for all to see. Details will be available during the ride.

TOURISM

Adelaide

www.southaustralia.com/places-to-go/adelaide

[Adelaide Visitor Guide](#)

Barossa Valley

www.barossa.com

[Barossa Visitor Guide](#)

www.southaustralia.com/destinations/barossa

Riverton

www.clarevalley.com.au/explore/regions-towns/riverton

Clare Valley

www.clarevalley.com.au

[Clare Valley Visitor Guide](#)

<https://southaustralia.com/places-to-go/clare-valley>

Adelaide Hills

www.adelaidehills.org.au

[Adelaide Hills Visitor Guide](#)

<https://southaustralia.com/places-to-go/adelaide-hills>

McLaren Vale

<http://www.mclarenvale.info>

[Fleurieu Peninsula Visitor Guide](#)

<https://fleurieupeninsula.com.au/>

NOTES

Contact Information

Russell Miatke
Event Manager
0427 771 821

Maureen Merrick
Volunteer Coordinator and Catering
0407 600 326

Ray Merrick
SAG Wagon
0438 438 846

Brett Gillett
CEO
0419 628 088

Bicycle SA office
Open 9am to 5pm 4 days (Mon-Thurs)
(08) 8168 9999

Keep trying these numbers until you make contact. Do not rely on messages through a third party. Once contact has been established this representative of Bicycle SA will assume coordination of the incident and all further communication should be directed via them.

First Aid is available from qualified volunteer personnel (identified with 'First Aider' on their ID), but with general non-urgent health issues see Maureen at the campsite. Please ensure you inform us of any pre-existing medical conditions *before* the start of the Annual Tour.

Emergency contacts. Your mobile phone is the most direct way for family and friends to contact you, provided that there is mobile phone reception along the trail or in town. As most riders do not reach the day's campsite until mid-afternoon, it is best for people to phone you in the late afternoon or early evening.

If you can't be contacted directly, your family or friends should phone Russell Miatke, Maureen Merrick or the Bicycle SA office (numbers as above) and leave a message for you to ring home.

If something happens to you on the ride we will phone your nominated emergency contact person. Please ensure this information is accurate at the date you depart for the ride.

For more information go to www.bikesa.asn.au or email office@bikesa.asn.au

Contact Information

EVENT MANAGER	Russell	0427 771 821
VOLUNTEER COORDINATOR / CATERING	Maureen	0407 600 326
SAG WAGON	Ray, Paul	0438 438 846
ROUTE SIGNAGE	Nigel, Karen, Samantha G	0431 838 735
MORNING REFRESHMENTS	Dennis, Sue, Gorgy	0490 457 263
LUNCH	Leslie, Pam,	0409 098 551
CATERING SUPPORT	Greg, Geert, Jeanne	
EQUIPMENT AND STORES	Joe, Craig, Andy	
FURNITURE TRUCK	Frank, Graham, Cam	
LUGGAGE TRUCK AND RIDE MARSHALS	Norm,	0427 310 635
	Tony Laura, Leila, Peter	
DELUXE CAMPING	Ranald	0400 299 475
	Peter, Gwen, Darryl, Ailsa, Lodi, Margaret, Elaine,	
	Ann, Ben, Liz, Belinda, Marion, Jeff, Samantha P,	
MASSAGE	Hazeline	0439 331 569
BIKE MAINTENANCE	Lindsey	0449 592 950
BICYCLE SA CEO	Brett	0419 628 088
BICYCLE SA OFFICE (open 4 days)	(08) 8168 9999	
POLICE (non emergency)	131 444	

AMBULANCE / POLICE (emergency) 000

FIRST AID, MEDICAL HELP AND EMERGENCIES

In the event of an emergency or incident, please use the following checklist as a guide:

- Ensure your safety first;
- Ensure the safety and welfare of any injured person, any riders, volunteers and / or public;
- Contact appropriate emergency authorities – dial 000 – stating your name, location, phone number, role and service(s) required. Use your [Emergency Plus App](#) on your phone if possible.
- Remain at the scene until emergency assistance arrives unless it is unsafe to do so;
- Provide all possible assistance to emergency services;
- Record all actions and times and details of all involved, including possible witnesses as soon as practical. If possible / necessary, take photographs;
- Contact Bicycle SA personnel as soon as possible:



<https://emergencyapp.triplezero.gov.au/>