

La Grande Gita | Important Rider Update | 3 days to go!

1 November 2023



LA GRANDE GITA
ADELAIDE ITALIAN FESTIVAL'S GATHERING OF BIKES

The signature *Adelaide Italian Festival* ride

Bicycle SA is excited to partner with the [Adelaide Italian Festival](#) to bring you a fabulous ride experience this coming Sunday 5th November in the Barossa Valley.

Here is a quick update and a few reminders to help you prepare for the ride.

Firstly, remember that this is not a race but a fantastic opportunity to enjoy a fun, leisurely pedal around the scenic backroads and trails of the Barossa Valley countryside.

Whilst there is no need to rush, you should plan your ride so you can not only take your time to savour the experience but also arrive back at the finish in time to sit back and enjoy a cool beer, delicious wine or great food from vendors onsite including:

[Caparezza Coffee](#), [Diluggo & Co](#), & [Mattias Pizza](#)

And of course, we look forward to seeing many of you in your “classic” cycling kit of yesteryear, celebrating the fashion and style of times gone by. There will be prizes for the coolest looking rides and outfits.

La Grande Gita Goodie Bag

The first 200 ride finishers at the event will receive a complimentary “goodie bag” of Italian food treats including [San Remo](#) food product, a [Calabria Family Wine](#) tasting voucher, an [Adelaide Italian Festival](#) Program booklet, a [VIVA Fitness](#) voucher, a Saluti magazine, a Barossa SA Tourism magazine and more. These will be made available at the finish of your ride.

FREE Wine Tasting

For those who would like to sample some of the fabulous Italian heritage wines available in the Barossa Valley, complimentary wine tasting will be available at the finish at Calabria Family Wines and also en-route at Scalzi Estate / God’s Hill Wines in Lyndoch and Lou Miranda Wines in Rowland Flat.

For those participating in the 25km Piccolo ride, Cirillo Estate Wines, just outside of Nuriootpa, will also have free wine tasting available.

Weather

The forecast for Sunday is looking fabulous with a top temp of 26 degrees expected in the Barossa. Just about perfect conditions for a day out on the pedals! It will be a little cooler when each of the ride options kick off so dress accordingly and please use sun protection. Sunscreen available at the start.

As always, we recommend the use of bright clothing and front and rear lights to enhance your visibility to other road users.

Still Time To Register

Got some mates, colleagues or family who haven't signed up yet?? Please encourage them to get their registration in ASAP. It helps with our planning to get everyone registered sooner rather than later. They can register online up until 4pm on Friday 3 November. It will still be possible to register at the start on the day.

Ride Information

Make sure you familiarise yourself with all details about the event. You can view all details about the event on the [website](#) including the important [Participant Information and FAQs](#).

Rider Number and Jersey collection

All riders will receive their Rider ID number when they check-in at the start. You can collect a copy of the Route Map and Route Notes with emergency contact numbers at the same time.

You can also collect your La Grande Gita ride jersey (if pre-purchased) at the same time.

Venue

Start / Finish Venue:

[Calabria Family Wines](#), 284 Magnolia Rd, Vine Vale SA 5352.

Distance from Adelaide CBD: 80km

Travel time: Approx. 1hr via South Road Superway, Northern Expressway and Tanunda [Click here](#) for directions.

Car Parking: [Located on Magnolia Rd](#), 300m from Calabria Wines entrance

Make sure you allow plenty of time to arrive and check-in before the start.

Registration and check-in

Mega-Grande 85km ride

Registration opens 7.30am – you must be registered by 8.15am

Rider briefing 8.15am

Start time 8.30am

Grande 60km and Mezzo 44km ride

Registration opens 8am – you must be registered by 8.45am

Rider briefing 8.45am

Start time 9.00am

Piccolo 25km ride

Registration opens 9.15am – you must be registered by 9.45am

Rider briefing 9.45am

Start time 10.00am

** Registrations (issuing of Rider ID) may take between 5 and 10 minutes, so allow plenty of time

- There are toilets located inside the main cellar door building plus portaloos outside near the event village area
- Car Parking: there is limited available at the venue and this will be reserved for Cellar Door patrons. Car Parking for La Grande Gita participants is located just down the road from the entry on Magnolia Rd. [Click Here](#) for details. Please following the signage and directions of traffic marshals
- Coffee will be available for sale at the start

Route map and notes

The Final Route Map and Route Notes are now available for download from [our website](#). We have made some small changes to the first 10km of the Mezzo, Grande and Mega Grande routes to take advantage of dry weather roads that we were not able to use last year. You will also find links where you can download the route to a GPS device. The Route notes also contain information on which roads are Sealed or Gravel.

Printed copies of the maps and route notes will be available when you check-in at the Start. Please make sure you take one with you as the emergency and route support contact numbers are listed on these.

Gravel roads along the route are generally in good condition with most having a hard limestone cap. Some sections, however are subject to some minor corrugations and loose gravel. Please take care and check your speed, especially on downhill sections and when approaching corners.

Refreshments

Water will be available at check-in and en-route and for those who can't go without a morning espresso hit [Caparezza Coffee](#) will be onsite serving coffee & cappuccinos before the ride and after the ride - bring your credit card or some loose change if you want to purchase a coffee.

[Diluggo & Co](#) catering will also be serving up breakfast rolls first thing so you can top up the fuel tank before you head out on your ride.

Please remember that Lunch is NOT included at this event however you can treat yourself to some delicious food that you can purchase from food vendors onsite including:

[Mattias Pizza](#) with freshly-made wood-fired oven pizzas and [Diluggo & Co](#) with Antipasto and Polenta ...

Water, juice, bananas and muesli bars will be available at the refreshment stations. Feel free to bring along your own stash of personal snacks to keep you fuelled along the way.

Take extra water with you – at least 2 x 600ml water bottles or a hydration pack. It's a good idea to drink a bottle of water to ensure that you are fully hydrated before you start.

Mechanical support

Don't forget to make sure your bike is in top condition for riding and have it serviced before the ride. Also remember to pack a spare tube, pump and a puncture repair kit including tyre levers and multi-tool.

Bill Dragos from [Bills Bicycle Service](#) will be on hand to assist with mechanical issues at the start and will also be roaming out on parts of the route.

And of course, our usual posse of volunteer support crew will be on hand to assist with breakdowns/mechanical issues throughout the day as well.

Thanks to our La Grande Gita event partners and sponsors



Cirillo

We look forward to seeing you in the Barossa Valley on Sunday

Kind regards from the Event Team

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