



LA GRANDE GITA
ADELAIDE ITALIAN FESTIVAL'S GATHERING OF BIKES

The signature *Adelaide Italian Festival* ride

Rider Update - 2 November 2022

Bicycle SA is excited to partner with the [Adelaide Italian Festival](#) to bring you a fabulous ride experience this coming Sunday 6th 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 perhaps even a sumptuous lunch at Harvest Kitchen.

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 100 riders who registered for the event will receive a complimentary “goodie bag” of Italian food treats including San Remo food products, a Calabria Family wine tasting voucher, an Adelaide Italian Festival Program booklet, a VIVA Fitness voucher, a Saluti magazine and a Barossa SA Tourism magazine. 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

Whilst the weather conditions over the last few days have been particularly unpleasant, the forecast indicates that we can look forward to a fabulous warm day with a top temp of 26 degrees in the Barossa on Sunday. 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.

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 5pm on Friday 4 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 / Harvest Kitchen – 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 / restaurant 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 and Harvest Kitchen 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 avoid some roads that may not have dried out sufficiently by the weekend. 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.

Refreshments

Water will be available at check-in and en-route and for those who can't go without a morning espresso hit, [freshBean Adelaide](#) 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.

The Barossa chapter of Kiwanis will also be serving up egg and bacon 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 a delicious meal at the acclaimed [Harvest Kitchen](#) restaurant. Bookings are essential and limited spaces available for lunch so book early...! (08) 7523 3950

[Mattias Pizza](#) will also be onsite with freshly-made wood-fired oven pizzas available for purchase.

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. 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



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