

## Tasmania East Coast Tour – 7 Days

### Australia Road Cycling from Launceston to Hobart

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Cycling on Tasmania's East Coast is one of Australia's truly spectacular coastal journeys. On our extraordinary cycle tour, you will coast along peninsulas with white pristine beaches, pass quaint colonial villages and challenge your perspective. See pristine, sandy beaches, breath taking ocean views, relict rainforest, fossil-filled cliffs, azure waters, pink granite peaks and famous national parks. Savour superb food and delicious wines along the way to tempt any gourmet. Completely different from the rugged mountainous west coast, the east is blessed with a calmer, mild climate with ever-changing terrain and scenery. The East Coast cycling tour takes you through a temperate natural paradise nearly 300km from north to south.

**Spectacular Coastal Scenery:** This truly is an extraordinary cycle journey. Ride along coastal peninsulas with white pristine beaches, azure seas with sun as hot as anything in the tropic, pass quaint colonial villages and savour superb local cuisine.

**Great Cycling:** The East Coast roads of Tasmania are uncrowded, the air is fresh, and there are plenty of pretty towns to stop at along the way. What's more, you'll ride a total of 300km on this tour.

**Connect with Nature:** Enjoy close encounters with unique Australian wildlife and learn about Australia's colonial history while staying in 3 to 4 star accommodation.

### Tour itinerary

#### Day 1. Arrive Launceston at your own arrangements

Airport transfers are available between 9am and 2pm should you require a pick-up and assistance checking in at the hotel. Meet in the lobby for a tour briefing, introductions and bike preparation at 3.00pm for approximately 1 hour. Spend the day in Launceston today, like most Tasmanian towns it is easy to explore and nature is right nearby; Launceston Gorge, with its Victorian parklands, complete with peacocks, has steep, rugged cliffs and wild areas that attract climbers. It is within easy walking distance of the city centre. The city is compact and its pretty, colourful Victorian and Edwardian homes line the hillsides along the river banks. With a population of around 68,000 the city has a strong sense of identity, and has one of the best regional galleries in Australia – the Queen Victoria Museum at Inveresk, along with art and craft galleries and quality restaurants.

*Accommodation: Launceston (motel)*

#### Day 2. Launceston to St Helens

Depart your hotel this morning ready to cycle, and travel out of the city as a group. Cycle 15km through to Whitehills through farming land and a newly developed wine region, then head to Evandale for a morning



- Meals: Breakfasts and lunches daily
- National Parks Fees

**Not Included in 7 day tour:**

- International Airfares to/from Tasmania
- Meals: Dinners (there are suitable restaurants in each overnight town)
- Cycling clothing or wet weather gear (may be hired if required) and equipment (Mountain or touring bike hire is available if required)
- Single Supplement
- Passport/Visa fees
- Personal Expenses
- Travel Insurance
- Drinks & Snack Bars

**Bike Hire:**

Mountain or touring bikes – 21 gear, front suspension, front handlebar bag, flat pedals (toe clips available, or bring your own pedals and shoes) and helmet. AUD\$230 per 7 day tour

**Tour Grade**

This tour is graded 3/4 challenging to hard (on a scale of 1-10 with 9/10 being extreme).

**Fitness Required:**

An average level of fitness is required, you will need to be doing some form of exercise two-three times a week on the build up to this tour.

**2011 Departure Dates**

APR 16  
NOV 05  
DEC 17

**2012 Departure Dates**

JAN 07,28  
FEB 18  
MAR 10  
APR 07  
NOV 10