



South Australian Food and Wine Tour by E-Bike

Adelaide to Adelaide

OVERVIEW

Embark on an unforgettable culinary journey through South Australia, where every turn reveals stunning landscapes and delightful flavors. Over the course of seven exciting days, you'll explore three beautiful regions, covering over 150 kilometers on your e-bike.

Your adventure begins with a leisurely coffee and a warm welcome against the backdrop of our scenic coastline. From there, we'll ride along the Coast to Vines trail, leading us into the famous McLaren Vale wine region, home to the iconic d'Arenberg Cube and the rolling hills of the Mt Lofty Ranges.

Next, we'll head into the Adelaide Hills for a day dedicated to exclusive wine tastings at renowned producers like Beerenberg, Udder delights, Shaw & Smith, and The Lane Winery. Immerse yourself in the artistry of winemaking while savoring exceptional local flavors.

Our journey continues to the Barossa Valley, a highlight of Australian wine regions. Here, you'll spend two full days exploring this historic area, boasting over 170 years of winemaking heritage. Visit culinary legends like Maggie Beer, Seppeltsfield, and Yalumba, and delight in exquisite tastings and memorable experiences.

As our adventure winds down, we'll take a river ride through the picturesque Red Gum-studded Linear Park, leading us back to the sandy shores of Glenelg Beach. Here, you'll unwind in luxury at The Stamford Grand, enjoying the perfect end to an exciting week.

Throughout this immersive 7-day cycling escape, you'll savor the essence of South Australia's world-renowned food and wine culture. From the refreshing breeze on your face to the delicious tastes of our gourmet cuisine, this journey promises to be a feast for the senses.

With experienced guides and support, you can relax and enjoy every moment of this incredible experience, knowing your journey is in expert hands. Join us and discover the best of South Australia—one pedal stroke at a time!

- DURATION - 7 DAYS
- AVERAGE DISTANCE PER DAY - 30 KM
- ARRIVAL DESTINATION - ADELAIDE
- DEPARTURE DESTINATION - ADELAIDE

ITINERARY

ARRIVAL IN ADELAIDE CITY

Please make your own way to our accommodation in Adelaide City. Check in is from 2pm. Tonight you can spend some time exploring Adelaide City at your leisure.

Cycling Distance: 0 km

DAY 2 MARINO ROCKS TO MCLAREN VALE

We'll pick you up from the hotel at 8 am and transfer to Marino Rocks where you will be fitted to your bike ready for a short warm up ride to a local cafe.

After a coffee and tour briefing, we'll cycle along the scenic Coast to Vines Trail to McLaren Vale. Along the way you will be treated to coastal views and find numerous wineries to explore. You'll have plenty of time to savour the McLaren Vale wine region at your own pace. Around 12.30 we'll arrive at our accommodation where your luggage will be waiting. You can spend the afternoon exploring the Vales and its surroundings.

Cycling Distance: 33 km

DAY 3 HAHNDORF GOURMET FOOD AND WINE TOUR

This morning, we'll start with a short transfer to Hahndorf - a historic German-heritage village in the Adelaide Hills. We'll take a guided tour through the charming Main Street lined with well-preserved 19th century German architecture, artisan shops, traditional German pubs and cafes. We'll enjoy a delicious cheese platter with freshly baked bread at a local cheese cellar followed by a wine tasting experience at a renowned local winery - Shaw and Smith.

In the afternoon we'll hop on our bikes and ride between The Lane Winery and Shaw and Smith, stopping along the way at a panoramic picnic stop for a picnic lunch complemented with Lois Sparkling Wine. After lunch you are free to take a self-guided tour through the country lanes to visit Beerenberg Farm at 2pm. (Strawberry picking available November to April)

Note: Picnic only available October to April. May to September - delicious lunch experience at Beerenberg Farm

Cycling Distance: 23 km

DAY 4 OAKBANK TO BAROSSA VALLEY

This morning's tour begins with an 8.30 am transfer to Oakbank. From here we'll cycle along the Amy Gillett Rail Trail to Mount Torrens through the breathtaking countryside in the heart of the Adelaide Hills.

We'll load our bikes at Mount Torrens and transfer to Sandy Creek where we'll continue our ride along the Barossa Rail Trail. Along the way we'll stop for lunch in Lyndoch before heading to our accommodation in Tanunda

Cycling Distance: 38 km

DAY 5 BAROSSA VALLEY BY BIKE

Today, you have the freedom to explore the Barossa Valley on your own. Cycle through Jacobs Creek Winery to Tanunda, Nuriootpa, and Angaston, where you can taste world-famous wines and witness breathtaking sights.

Alternatively, you can venture off the trail to visit historic Seppeltsfield, Yalumba, and Maggie Beer while in the area.

Cycling Distance: 20 km

DAY 6 HILLS TO SEA - RIVER TORRENS LINEAR PARK

We'll start the day with an 8 am transfer to the foothills of the Adelaide Hills in Athlestone at the beginning of the River Torrens Linear Park. From here we'll follow the river downstream through the city to Glenelg Beach. You can spend the afternoon relaxing at the beach.

Cycling Distance: 35 km

DAY 7 DEPARTURE FROM GLENELG

You are welcome to stay at the hotel until it is time to check-out. Feel free to extend your stay in Kyoto or head to the airport or the train station for your onward travel.

Cycling Distance: 0 km Meals: Breakfast, Lunch, Dinner

INCLUDED IN THE TOUR

- 5 days of exhilarating cycling.
- Experienced guides.
- 6 night's accommodation.
- A fully guided food & wine experience in Hahndorf (valued at AUD \$325 pp) on Day 3.
- E-Bike hire with panniers and lights for 5 days.
- Daily luggage and personal transfers.
- Maps provided
- All park fees.

NOT INCLUDED IN THE TOUR

- International flights and taxes
- Passport and visa requirements
- Meals (except day 3)
- Single room surcharge
- Personal expenses & drinks
- Optional activities and sightseeing
- Tips
- No guide on day 5

TOUR GRADE 1-2 : EASY TO LEISURE

Are you keen to make cycling part of your holiday but want time to explore and take in the sights?

This leisure trip combines seeing the best of the surroundings at a comfortable riding pace.

Short days and distances mean riders have plenty of time off the bike to experience the culture, landscapes and cuisine of the destination.

The terrain is mainly flat on roads or paths with some off-road trails The average daily distance is 30km. You will need a basic level of fitness and be confident on your bike.

www.globalcyclingadventures.com