

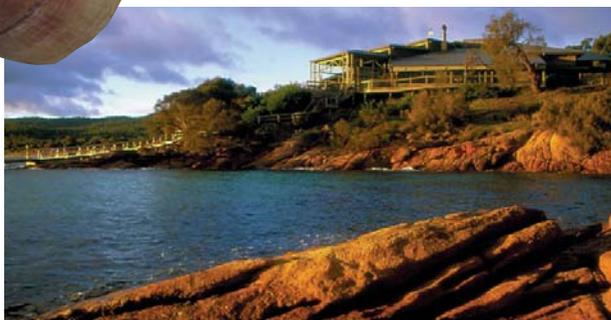
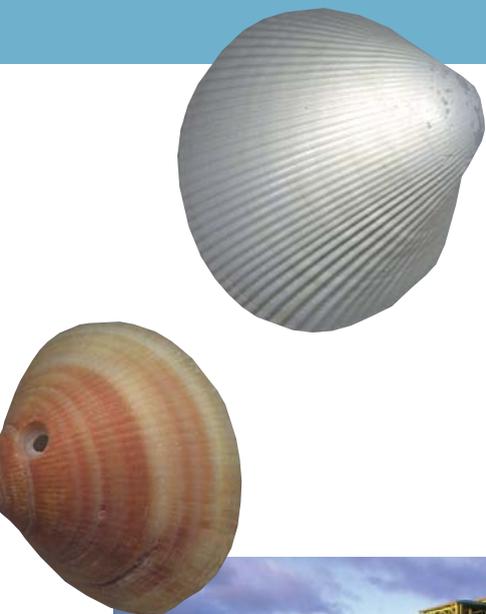
urban stress relief



island
cycle tours

island cycle tours

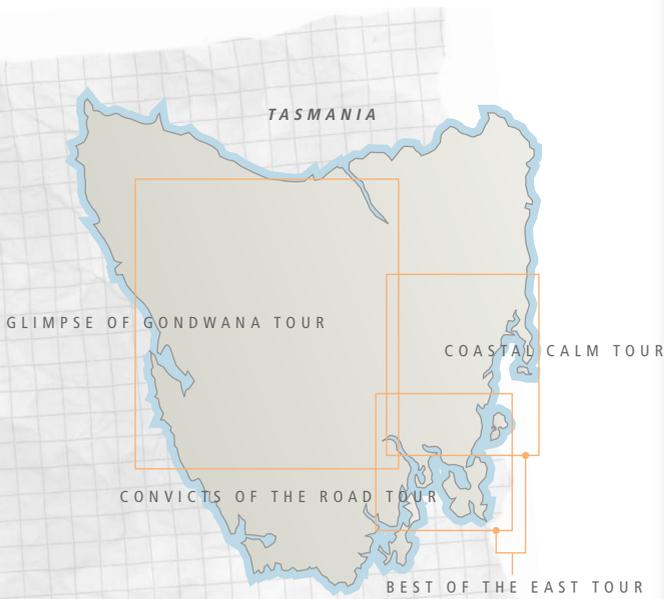
offers the ultimate mild to wild journey. Challenge your limits as a seasoned cyclist – or liberate the hidden road warrior, then revive in a luxury van.



It's a gourmand getaway. Refuel daily on famed Tasmanian flavours, world-beating beer and boutique cool climate wines. Relax at exclusive wilderness lodges or premium historic cottages.



Each trip is diverse and dynamic, just like the island. Be a marauding bike-seat explorer. Unearth new trails in an ancient land. Coast with the breeze along peninsulas fringed with secluded beaches, kick back with friendly locals in quaint colonial villages...and challenge your perspective.



Exchange tension for tranquility, stress for serenity, chaos for calm. Ditch your daily lifestyle on a ride to reclaim your soul.



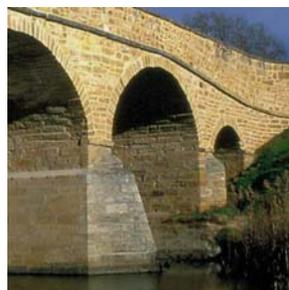
convicts OF THE ROAD

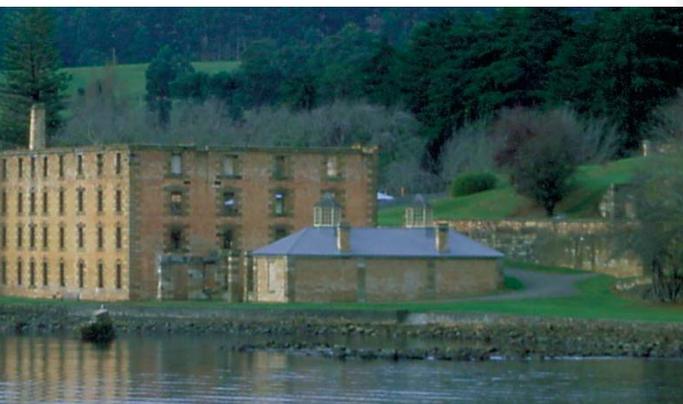
Pedal back 200 years in time. Unlike the chain gangs of yesteryear, you are a slave only to your own imagination.

Ride in the shadows of convicts as you experience grim gaols, colonial outposts and harrowing tales of settlement.

And revel in the modern freedom of the cosmopolitan island lifestyle that comes with vineyards, a café culture, wildlife parks, harbour cruises and living history.

Escape your limitations.





DAY ONE

Depart for Orford. Ride down the east coast to cruise alongside Marion Bay and lunch at a waterfront café in Dunalley. Ride past Pirates Bay lookout on the Tasman Peninsula, then cruise the harbour and explore the Port Arthur Historic Site. Overnight: heritage b&b.

DAY TWO

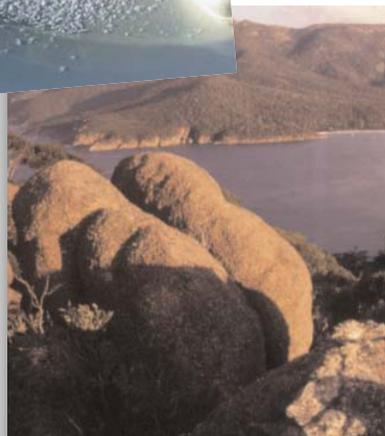
Half-day cycling in the region visiting convict-built coal mines with a picnic lunch at Lime Bay. Drive to Midway Point. Ride into Richmond (award-winning colonial village with Australia's oldest bridge and Catholic church). Overnight: stylish b&b.

DAY THREE

Visit nearby Bonorong Wildlife Park. Ride over Grass Tree Hill to Risdon Vale then travel to classy Moorilla Estate for a wine tasting and vineyard platter. Ride or drive into Hobart for a 5.30pm finish.

DEPARTURE DATES: TRIPS DEPART EVERY SECOND SATURDAY: 21 SEP, 5 OCT, 19 OCT, 2 NOV, 16 NOV, 30 NOV, 14 DEC, 28 DEC, 11 JAN, 25 JAN, 8 FEB, 22 FEB, 8 MAR, 22 MAR, 5 APR, 19 APR, 3 MAY, 17 MAY

COST: \$990 PER PERSON (SINGLE SUPPLEMENT \$200).



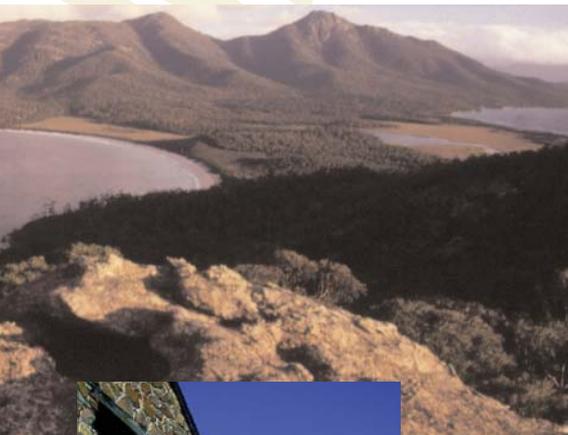
coastal CALM

You start out big. Suddenly the trail falls away and there's a vision of a pristine coastline that stretches your own horizons.

Ride along the serene seaside and race against dolphins and whales. Around the next corner there are gourmet delights – the legendary lemon tart is pedal fuel. The glow of granite mountain peaks at sunset leads you to a hidden eco-lodge. You've been going on holidays all your life but this is your first true journey.

DAY ONE

Meet in Hobart (rated the world's third most photogenic city by Lonely Planet travel guide readers). Travel by van to St Marys. Ride down the coastline to a picnic lunch in the rainforest at Douglas Apsley National Park. Pass through Bicheno on your way to Coles Bay and Freycinet National Park. Overnight: Freycinet Lodge (world class coastal eco-lodge)



DAY TWO

Free day to explore the area. Take a beach walk at famous Wineglass Bay (named one of the world's best 10 beaches by international magazine, Outside), mountain bike ride to Friendly Beaches, sea kayak, ocean swim or wildlife tour. Overnight: Freycinet Lodge.

DAY THREE

Ride to Swansea (classified historic town) via ferry, then along Nine Mile Beach to a café lunch in Swansea. Overnight: coastal cottage in Swansea.

DAY FOUR

Drive to Orford. Ferry to Maria Island National Park for a day ride. Explore painted cliffs and fossil rocks before return ferry to the mainland. Complete the journey in Hobart arriving at approximately 5.30pm.

DEPARTURE DATES: TRIPS DEPART EVERY SECOND TUESDAY: 17 SEP, 1 OCT, 15 OCT, 29 OCT, 12 NOV, 26 NOV, 10 DEC, 24 DEC, 7 JAN, 21 JAN, 4 FEB, 18 FEB, 4 MAR, 18 MAR, 1 APR, 15 APR, 29 APRIL, 13 MAY.

COST: \$1390 PER PERSON (SINGLE SUPPLEMENT \$300).



GLIMPSE OF gondwana

The west coast landscape works on you. One minute it's an ordinary day, the next you feel you're riding with the dinosaurs. Roam this timeless land with its Gondwanan plants and geology and discover a part of yourself lost long ago.

Every kilometre through one of the last great temperate wilderness areas on Earth will take you further from the outside world and closer to your own wild side. The power and majesty of Tasmania's frontier country surrounds you. Coast beneath huge manferns, up craggy mountains, around glinting glacial tarns and lakes and into the playground of the Tasmanian devil, found only in Tasmania.

DAY ONE

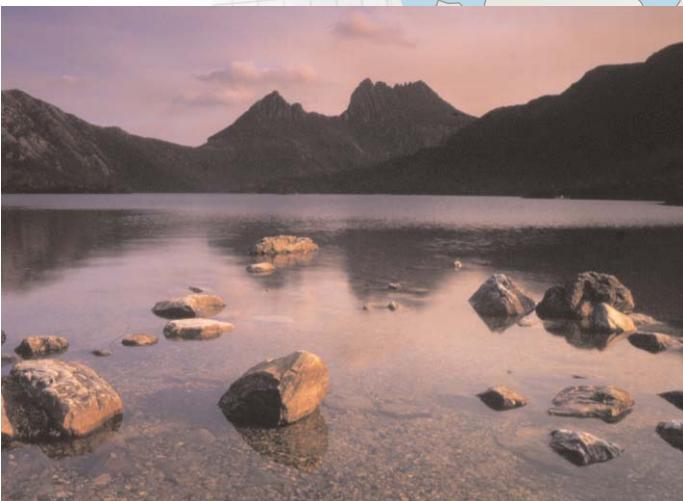
Drive to a country town just outside of Launceston. Ride to Liffey Falls for a picnic lunch. Ride to Deloraine and onto Trowunna Wildlife Park. Drive to Moina (edge of World Heritage Area). Overnight: Lemonthyme Lodge (wilderness retreat).

DAY TWO

Drive to Cradle Mountain for glacial lake walk. Ride to Tullah and drive up to Mt Murchinson. Ride alongside Lake Plimsoll then down to Henty River. Drive via Zeehan to Henty sand dunes then ride or drive into the fishing village of Strahan. Overnight: Strahan Village.

DAY THREE

Free day. Take a half day trip with Gordon River Cruises, or simply spend the day at your leisure riding or relaxing. Twilight sea kayak before dinner. Overnight: Strahan Village.



DEPARTURE DATES: TRIPS DEPART EVERY SECOND TUESDAY: 24 SEP, 8 OCT, 22 OCT, 5 NOV, 19 NOV, 3 DEC, 17 DEC, 31 DEC, 14 JAN, 28 JANUARY, 11 FEB, 25 FEB, 11 MAR, 25 MAR, 8 APR, 22 APR, 6 MAY.

COST: \$1990 PER PERSON (SINGLE SUPPLEMENT \$500).

DAY FOUR

Take the Abt Wilderness Railway to Queenstown. Picnic lunch at Lake Burbury. Drive to Mt Arrowsmith, ride to Lake St Clair. Overnight: World Heritage wilderness cabins.

DAY FIVE

Boat ride and walk Lake St Clair (Australia's deepest lake). Ride around highland lakes to Ouse. Drive into the southern forest and ride into Maydena. Overnight: wilderness cottages.

DAY SIX

Drive to Lake Dobson in Mt Field National Park (the island's first). Ride back down and take an easy stroll to Russell Falls for a picnic lunch. Drive to Bushy Park and ride amidst grazing land and rich hop reserves to New Norfolk. Afternoon wine tasting and vineyard platter at Moorilla Estate. Cycle or drive back to civilization in Hobart by 5.30pm.



best OF THE EAST

Sink into the warm golden sand to the rhythm of lazy waves, and any remnant of daily concerns will dissolve.

There's something seductive about the eastern edge of Tasmania. It transforms from sweeping beaches to lush grazing land, epicurean delights to colonial outposts.

That's what you'll experience when you combine the Coastal Calm and Convicts of the Road tours.

DEPARTURE DATES: TRIPS DEPART EVERY SECOND TUESDAY: 17 SEP, 1 OCT, 15 OCT, 29 OCT, 12 NOV, 26 NOV, 10 DEC, 24 DEC, 7 JAN, 21 JAN, 4 FEB, 18 FEB, 4 MAR, 18 MAR, 1 APR, 15 APR, 29 APRIL, 13 MAY.

COST: \$2290 PER PERSON (SINGLE SUPPLEMENT \$600).



DAY ONE TO SEVEN

This is a premeditated pilgrimage – seven days to indulge, to share and to contemplate the finer things in life at a pace that's sublime.

Best of the East is the Coastal Calm and Convicts of the Road tours combined to make the ultimate seven day challenge. Cottage accommodation on the fourth night is on the riverbank at Orford.

DETAILS

STARTING: All tours start from Hobart on day one. Meet at 8.00am at Wrest Point Casino in Sandy Bay for a prompt 8.30am departure.

FINISHING: All tours finish in Hobart at Salamanca Place. Our support vehicle can return you to your hotel if required, or a drop off at Hobart airport can be arranged with advance notice.

INCLUDED IN THE PRICE:

GEAR: 27 speed mountain bike with touring tyres for extra comfort. Accessories include a comfort gel saddle, adjustable helmet, gloves, water resistant jacket, saddle bag and complimentary waterbottle. Guests are welcome to bring along their own bike and other items as desired.

Meals: Emphasis is placed on featuring Tasmanian fresh produce in each meal. Start each day with a fully cooked or continental breakfast. Lunch will be a picnic hamper or from a cosy café enroute. Dinners will provide three courses of delicious fare, catering for all tastes. A Tasmanian wine will be specially chosen to complement your meal.

ACCOMMODATION: Price includes accommodation based on twin or double share. Tours include stays at some of Tasmania's favourite eco-lodges, wilderness retreats and heritage bed and breakfasts. (single accommodation requests incur a supplementary fee.)

ACTIVITIES: All activities listed within are covered in the tour cost. Additional activities are welcomed but at own expense.

OTHER: Also included are two experienced knowledgeable guides to accompany each trip. One will lead the group riding, the other will drive the support vehicle and provide full mechanical support. A specially designed trailer will carry all supplies and luggage required during the trip. Group sizes will not exceed 10 people.

FITNESS: These trips are designed with a moderately fit, active person in mind.

There is no requirement to participate in each riding session, likewise there will be opportunities to push your boundaries and ride further if you wish.

BOOKINGS: A deposit of \$200 per person is required upon reserving your place, along with a completed booking form. Booking forms can be obtained by downloading from our website: www.islandcycletours.com, or by calling for one to be faxed, emailed or posted to your address. Please send correspondence to PO Box 2014, Lower Sandy Bay, Tasmania, 7005. Ph. 1300 880 334

As there are a limited number of spaces and with respect to accommodation houses, the balance of the trip is due 45 days prior to departure.

CANCELLATIONS: Prior to 45 days of departure date, a fee of \$100 will be charged. For cancellations between 45 and 21 days, the deposit will not be returned, within 21 days of departure date, there will be no refund.

Due to the nature of these tours and weather conditions, Island Cycle Tours reserves the right to alter arrangements as required. We take great pride in showcasing the very best Tasmania has to offer, in the most rewarding way – in the clean open air on excellent quality roads with light traffic.



Island Cycle Tours

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