



BikeSA ANNUAL TOUR

RIDE GUIDE



WELCOME TO THE 2026 ANNUAL TOUR

600km of great riding around the beautiful wine regions that surround Adelaide – including the Clare Valley, Barossa Valley, Adelaide Hills and McLaren Vale

Bicycle SA acknowledges the First Peoples of the regions through which we travel including the Kaurna, Ngadjuri and Peramangk, the traditional owners of the lands and waters we will visit during our tour.

As we ride around, stopping occasionally to soak up the scenery and indulge in some fresh produce, we'll get a taste of what the good life can bring, away from the hectic cities.

The following itinerary information will help you plan for each day, but there is plenty of additional information in supplementary documents that you'll find useful including:

- MY RIDE
- MY TRAINING
- MY GEAR
- MY BIKE

These are posted on our website so make sure you read through the above well before the start, so you're fully prepared and can get the most out of the ANNUAL TOUR.

Note: Every effort is made to ensure that the information in this Ride Guide is correct and up to date. Please be aware some details may be subject to change and further information regarding

DAILY ITINERARY

A typical day begins with breakfast, then on your bike until a stop for refreshments, followed by more riding until lunch. On longer days we keep riding through until afternoon refreshments, then on until the campsite is reached. There you can unwind, socialize, explore your surroundings, sip a drink and watch the sunset over dinner. Later, the stars come out and riders share their stories until weary bodies hint it is time for bed. We hope you enjoy sharing this ANNUAL TOUR with us.



DAY ONE – SATURDAY 19 SEPTEMBER

ADELAIDE TO TANUNDA

CHECK-IN – HINDMARSH SQUARE, ADELAIDE CBD

- REGISTRATION AND LUGGAGE LOADING 6:45AM – 7:40AM
- WELCOME AND BRIEFING – HINDMARSH SQUARE 7:40AM
- DEPART 8:00AM

REFRESHMENTS	29KM	GORGE ROAD – KANGAROO CREEK RESERVOIR
LUNCH`	56KM	WILLIAMSTOWN
FINISH	78KM	CHATEAU TANUNDA

Welcome to the start of the 2026 Annual Tour! Gather early, so you have plenty of time to register, load your luggage on to the luggage truck and maybe grab a coffee before embarking on the first of nearly 600km of great touring around the spectacular wine regions surrounding Adelaide!

Our maintenance team will also be on hand to help with any last-minute tweaks for your bike.

After the welcome and briefing at Hindmarsh Square in the heart of Adelaide, enjoy a picture postcard ride along the banks of the River Torrens, via the Linear Park shared-use path to Gorge Road and the start of the Adelaide Hills. The ride up Gorge Road will get your legs working and heart pumping, as you climb up through the hills. A welcome rest stop awaits you at the top of the hill adjacent to Kangaroo Creek reservoir. You can take another breather on the way through Kersbrook and maybe take time to check out the first of many winery options on our tour - Kersbrook Hill Wines and Cider, just on the left as you leave Kersbrook. From here it's only 15km to our lunch stop at Williamstown. After refueling, continue on to Lyndoch where you join the Barossa Trail shared-use path for the final run in to Tanunda.

CHECK OUT ...

En route

- Kersbrook Hill Wines and Cider www.kersbrookhill.com.au
- Williamstown
- Lyndoch
- Jacobs Creek

At Tanunda

- [Barossa Visitor Information Centre](#)
- [Chateau Tanunda](#) - Cellar door

SERVICES ...

Post Office, ATM's, shops & supermarket in Murray Street (main street)

For more information:

www.barossa.com/visit/towns/tanunda/ www.barossa.com/info/visitor-resources

CHATEAU TANUNDA

Your finish is at Chateau Tanunda, on Basedow Road just off the main street. What a place to finish! Chateau Tanunda is a tranquil oasis at the centre of the world famous Barossa Valley. Proprietor John Geber is a keen cyclist and the proud custodian of Chateau Tanunda's impressive range of wine, including The Three Graces, 100 Year Old Shiraz and the premium Old Vine Shiraz and Grenache.

The Chateau is on your right as you ride in and you freewheel down past the cellar door to the Cricket Pitch, home to the pilgrimage of former cricketing greats for an annual fundraising match. There won't be any cricket today, because you are pitching your tents on the oval turf (but avoid the centre square, lovingly tended by the Chateau groundsmen).

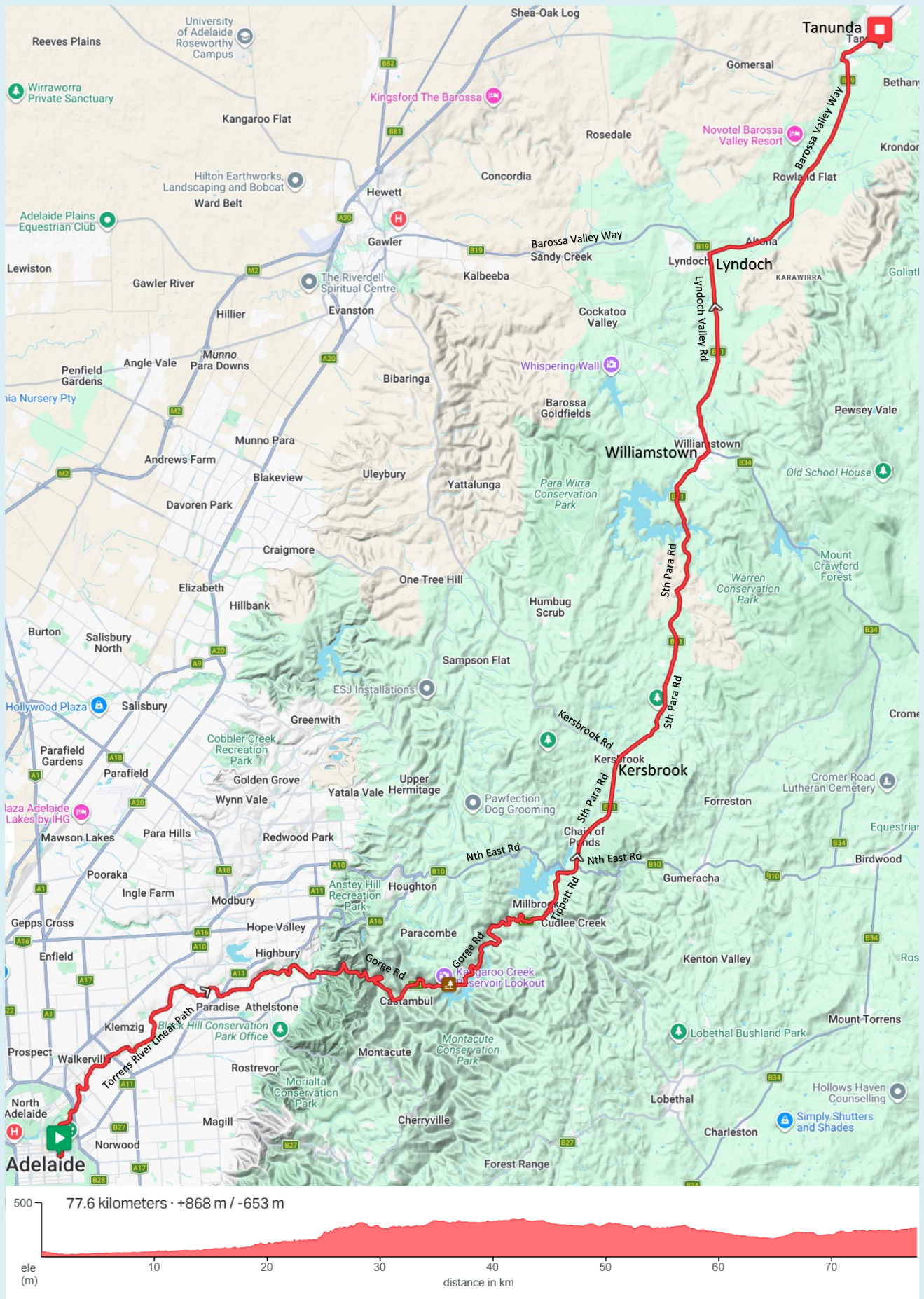
You can instead play some croquet on the green by the downstairs cellar door, where you can also treat yourself to a wine-tasting experience. Various options available but make sure you book well in advance to secure a spot.

The upstairs bar, by the Grand Ballroom and Chateau Forecourt, is serving wine, beer and soft drinks from 5pm and into the evening ... the perfect place to put your feet up and relax.

For more information visit: www.chateautanunda.com



Annual Tour Day 1 | Adelaide to Tanunda – 78km



DAY TWO – SUNDAY 20 SEPTEMBER

TANUNDA TO RIVERTON via HAMLEY BRIDGE

AM REFRESHMENTS 23KM

FREELING

LUNCH 60KM

TARLEE

FINISH 74KM

RIVERTON RECREATION PARK OVAL

Leaving Tanunda, we traverse a landscape of vineyards, passing through the locales of Maranga and historic Seppeltsfield and continue on through rich, fertile farming land on our way to Freeling – often referred to as “McLeod’s Daughters” country. The popular TV series aired between 2001 & 2009 and was filmed on a small property close by. The pub and streets of Freeling have featured regularly in the series. The proprietors of the Gungellan Hotel are well used to answering questions from fans, with souvenirs available to purchase. We then pass through the small towns of Hamley Bridge and Stockport before fueling up at our lunch stop in Tarlee. In the afternoon we will continue north up the Barrier Hwy to our destination, Riverton.

CHECK OUT ...

En route

Freeling

- Gungellan Hotel for info on McLeods Daughters TV show [Gungellan Hotel - is it haunted?!](#)
- Tours www.mcleodscountry.com.au

At Riverton

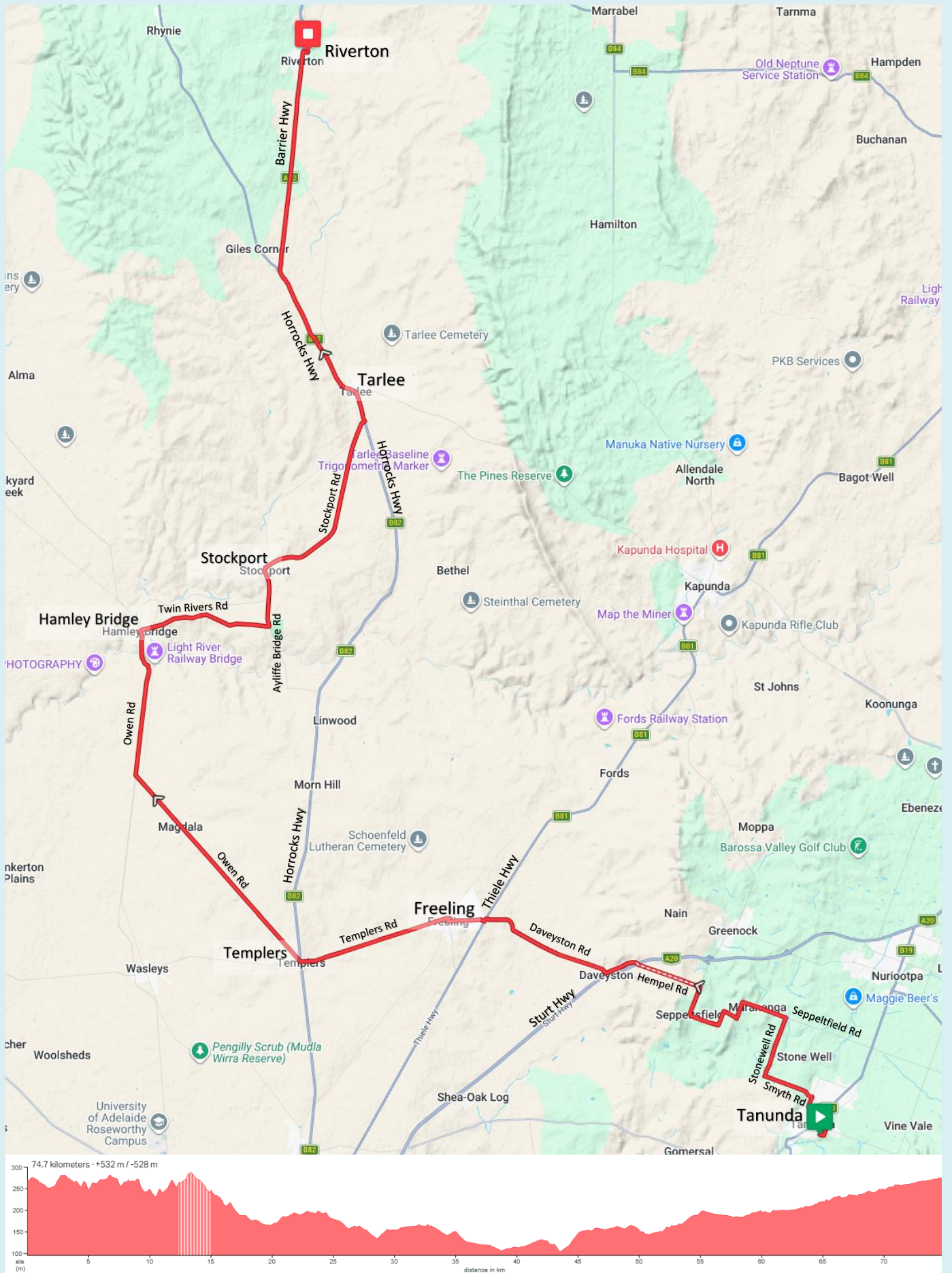
www.riverton.sa.au

- Historic Railway Station (by appt) www.blackstumpwines.com.au/riverton
- Riverton Light Gallery www.rivertonlightgallery.com
- Scholz Park Museum www.riverton.sa.au/discover/scholz-park-museum

Hamley Bridge Railway Bridge



Annual Tour Day 2 | Tanunda to Riverton – 74km



DAY THREE – MONDAY 21 SEPTEMBER

RIVERTON TO CLARE via AUBURN, LEASINGHAM & MINTARO

REFRESHMENTS 27KM LEASINGHAM

LUNCH 57KM SEVENHILL

FINISH 63KM CLARE OVAL AND FOOTBALL CLUB

From Riverton we journey along the Rattler Trail, following the route of the old rail line between Riverton and Auburn – birthplace of renowned poet and author CJ Dennis. From here we join the famous Riesling Trail – SA's best known rail trail, riding initially to Leasingham before heading east to Mintaro – home to Magpie and Stump Hotel and Reilly's Wines Cellar Door. Just outside of Mintaro (via a short detour) you will also find the grand 19th century Georgian mansion, Martindale Hall (featured in the movie Picnic at Hanging Rock). We venture back towards the heart of the Clare Valley via the locality of Polish Hill River, home to Paulett Wines and Pike Wines. Then we pass through lovely little towns such as Penwortham and Sevenhill where wineries with evocative names and fine wine beckon – Kilikanoon, Skillogalee, Penna Lane, Sevenhill and many more.

It's a short final run into Clare for lunch and also our home for the next two nights. You will have time to check out what is on offer in Clare and plan your activities for the rest of the day tomorrow.

CHECK OUT ...

Auburn <http://auburn.sa.au/>

- [Cogwebs Hub Café](#) cycle shop/café
- Velvet and Willow Wines www.velvetandwillowwines
- Auburn Antiques
- Rising Sun Hotel www.therisingsunhotel

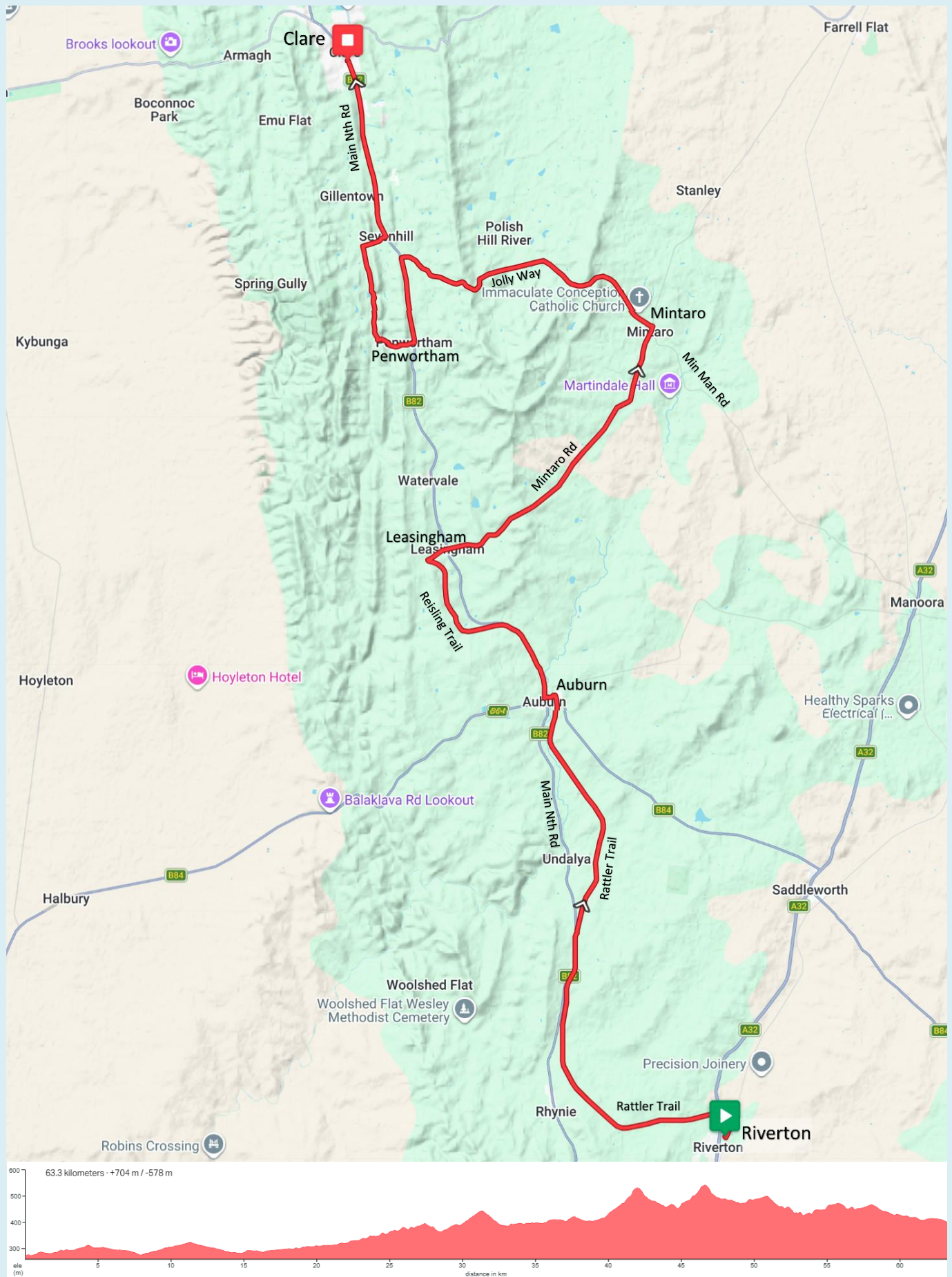
En route

- Reilly's Wines Mintaro www.reillyswines.com.au
- Mintaro <https://www.mintaro.sa.au/>
- Martindale Hall <https://martindalehall.com.au/>
- Paulette Wines www.paulettwines.com.au/
- Skillogalee <https://www.skillogalee.com.au/>
- Sevenhill Winery www.sevenhill.com.au

Martindale Hall



Annual Tour Day 3 | Riverton to Clare – 63km



DAY FOUR – TUESDAY 22 SEPTEMBER

REST DAY CLARE

Officially this is your Rest Day, but there is plenty to keep you active with a plethora of wineries within easy reach of Clare. Take some time to explore more of the Riesling Trail or just have an easy day wandering around town and indulging in the fine food the region has to offer. If you didn't find time to stop at places like Watervale or Sevenhill yesterday, it is not too far to ride back out and spend a bit more time exploring.

More information about optional activities / experiences in the Clare Valley will be available in due course.

CHECK OUT ...

- Riesling Trail & numerous Cellar Doors
- Clare Valley Wine and Wilderness Trail <https://cvwwt.com.au/>
- Clare Valley Wine, Food and Tourism Centre www.clarevalley.com.au
- Swimming / aqua aerobics at Valleys Lifestyle Centre
- [Clare Valley Visitor Guide](#)

THE RIESLING TRAIL

Traversing the picturesque Clare Valley wine region, the Riesling Trail is one of the first rail-trails in South Australia. Developed by the Office for Recreation and Sport and the Clare Valley community, the trail runs for 27 kilometres along the old Riverton to Spalding railway line.

The trail runs between Auburn and Clare. Named after the grape and wine variety that the region is famous for, the Riesling Trail leads you past many cellar doors and other visitor attractions, making it ideal for those wanting a leisurely ride with a distraction or two!

There are additional loop trails so you can take a detour and return to your starting point without travelling over old ground.

<http://www.southeastaustraliantrails.com/regions/clare-valley/>



Clare Valley Wine Region

Breathe
it in

CLARE
VALLEY



DAY FIVE– WEDNESDAY 23 SEPTEMBER

CLARE TO NURIOOTPA

AM REFRESHMENTS	37KM	SADDLEWORTH
LUNCH	58KM	HAMILTON
PM WATER STOP	TBC	TBC
FINISH	94KM	NURIOOTPA

Having rested up for a couple of nights, we reset the compass and start heading south - back to the beautiful Barossa Valley. Today's route follows back down along the Riesling Trail to Auburn then across to Saddleworth, Marrabel and on to Kapunda – recognised as where Australia's copper mining industry truly began and home to Australia's 'Cattle King', Sir Sidney Kidman, for over 40 years. Uniquely, the Mawson, Heysen and the Kidman Riding Trail all converge at Kapunda. On the final leg of the day's journey we pass through Greenock – home of the Barossa Brewing Company's micro brewery, the famed Greenock Tavern and also the Murray Street Vineyards. Some may find time for a coldie here before the final 6km run to Nuriootpa where we enjoy a 2 night stay at Centennial Park Oval.

CHECK OUT ...

En route

- Kapunda Visitor Centre [visitor-information-centre](#)
- Map the Miner - memorial exhibit

Greenock

- Greenock Tavern and Barossa Brewing Company thegreenock.com.au
- Kalleske Wines Cellar Door www.kalleske.com

NURIOOTPA

- Barossa Trail
- A variety of boutique cellar doors
- Cafes and restaurants

SERVICES ...

Post Office, ATM's, shops & supermarket in Murray Street (main street)

For more information:

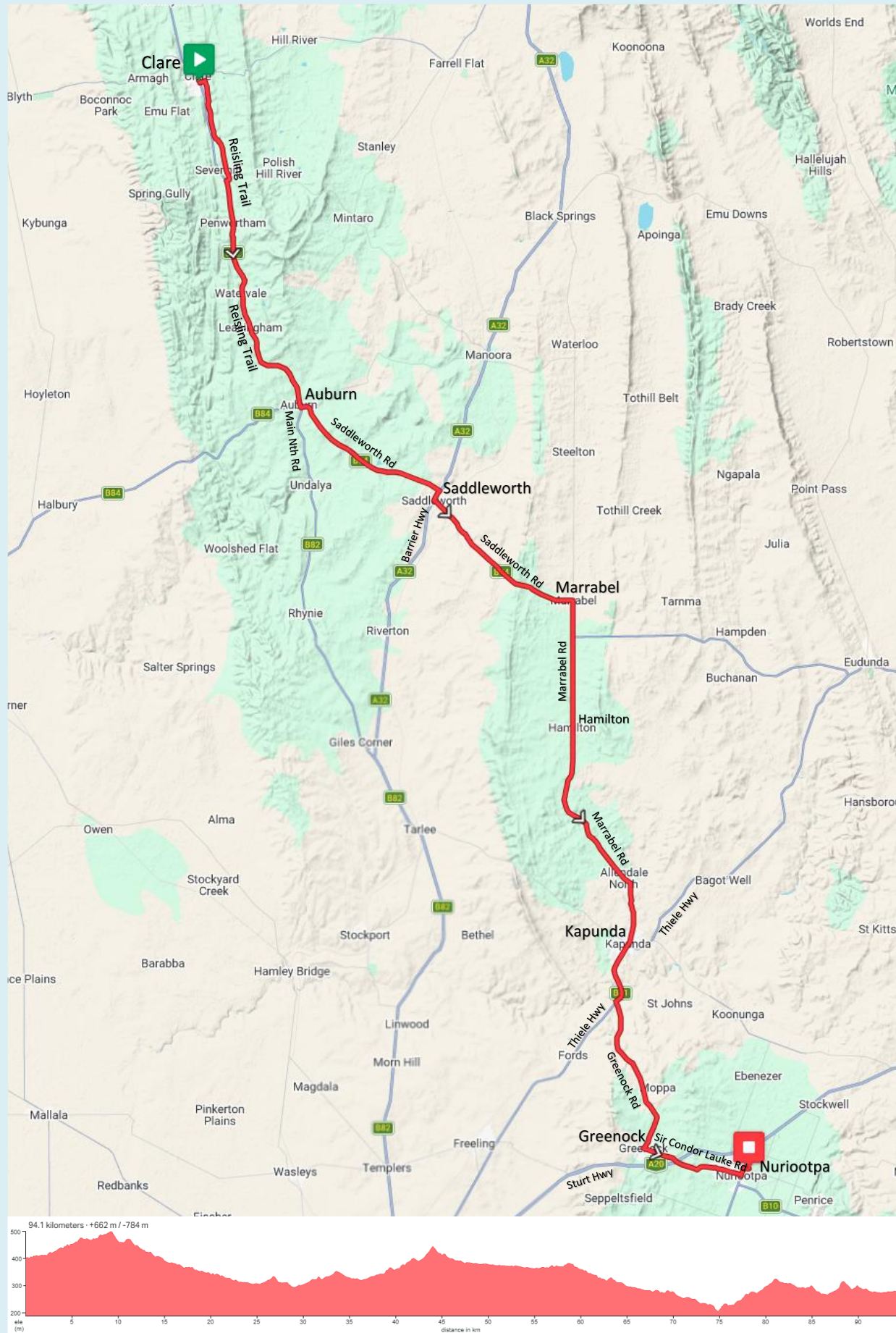
www.barossa.com/visit/towns/nuriootpa/

www.barossa.com/info/visitor-resources

www.barossa.com



Annual Tour Day 5 | Clare to Nuriootpa – 94km



DAY SIX – THURSDAY 24 SEPTEMBER

NURIOOTPA TO NURIOOTPA
BAROSSA VALLEY LOOP RIDE

AM REFRESHMENTS 28KM MENGLER HILL LOOKOUT
LUNCH TBC
FINISH 62KM NURIOOTPA

Indulge in a relaxed start today as we head out to explore the delights of the Barossa Valley. No need to pack up tents today as we'll be back in Nuriootpa again tonight.

Start the day with a ride along the Barossa Trail (former rail corridor) to Angaston, one of the first towns to be established in the region. Angaston is a historical rural town with well-preserved old buildings, huge street trees, pastoral vistas, and a delightful shopping area.

Our route continues through a landscape lush pastoral land, past the Kaiser Stuhl Conservation Park before a morning break at Mengler Hill Lookout and Barossa Sculpture Park. Take in scenic views across the valley towards Tanunda and Nuriootpa. Exercise caution when descending Mengler's Hill Rd, a regular feature of the annual Tour Down Under cycle race. In fact, much of today's route will be included in Stage 2 of the 2027 TDU. We pay a return visit to Tanunda before heading out to historic Maranga and Seppeltsfield, where you can visit a variety of cellar doors including renowned Seppeltsfield, Hentley Farm and more. There's also the opportunity to visit to Maggie Beer's Farm shop, just a short detour on our return to Nuriootpa, where you can kick back and relax or spend more time exploring locally. There's plenty of experiences in which to indulge.

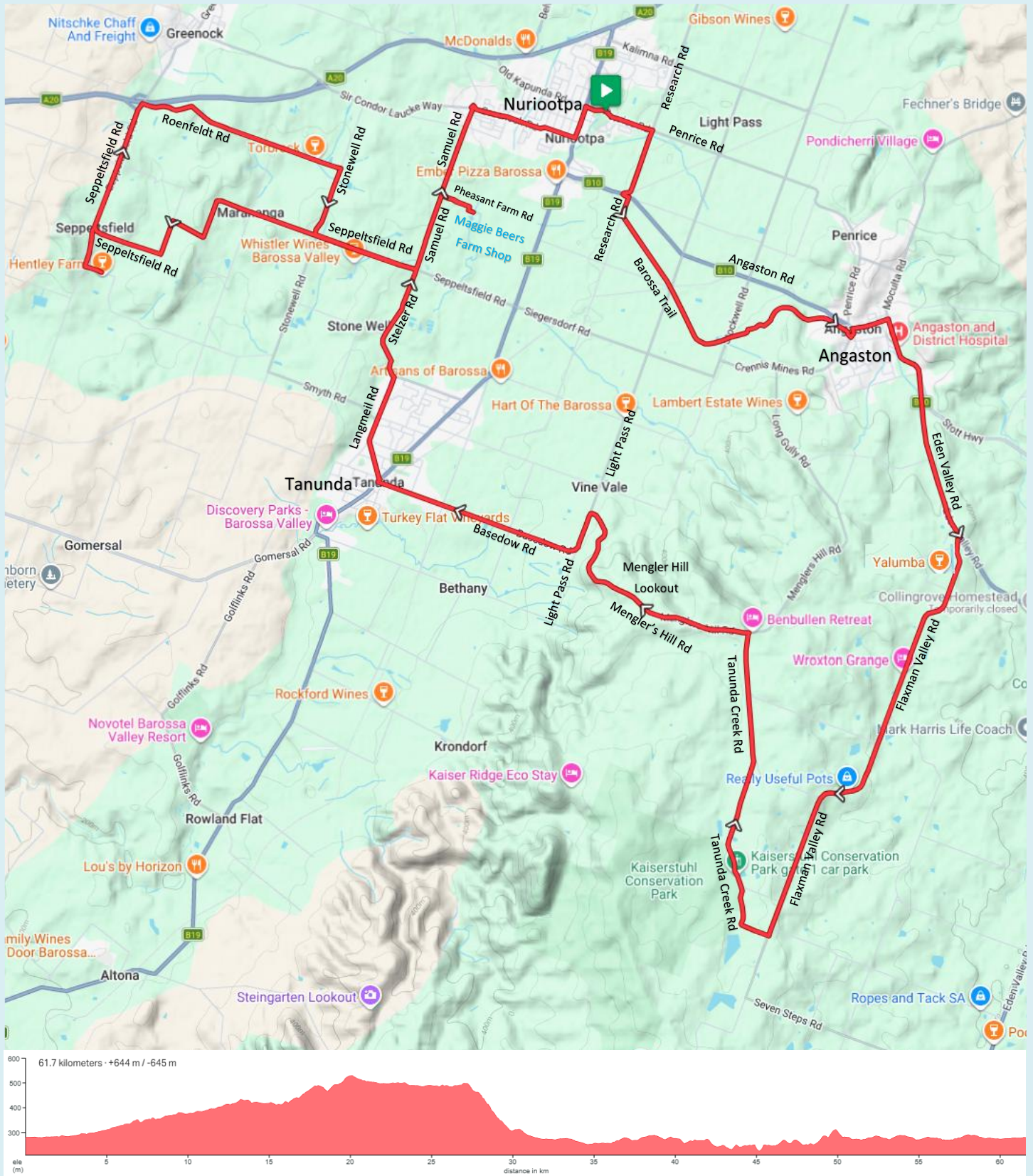
www.barossa.com <https://www.barossa.com/info/visitor-resources>

En route

- Barossa Trail shared use path
- Angaston <https://angaston.org.au/>
- Yalumba Winery & Cellar Door <https://www.yalumba.com/>
- Mengler Hill Lookout and Barossa Sculpture Park
- Tanunda <https://www.barossa.com/visit/towns/tanunda/>
- Seppeltsfield Road
- Seppeltsfield Winery and cellar door www.seppeltsfield.com.au
- Seppelt Family mausoleum.
- Hentley Farm Cellar Door <https://hentleyfarm.com.au/>
- Maggie Beer's Farm Shop <https://www.maggiebeersfarmshop.com.au/>



Annual Tour Day 6 | Nuriootpa to Nuriootpa – 62km



DAY SEVEN – FRIDAY 25 SEPTEMBER

NUTRIOOTPA TO HAHNDORF via BIRDWOOD

REFRESHMENTS	28KM	WILLIAMSTOWN
LUNCH	48KM	BIRDWOOD
PM WATER STOP	70KM	WOODSIDE
FINISH	84KM	DISCOVERY PARKS HAHNDORF RESORT

We continue our journey today travelling back though Tanunda on our way down to Lyndoch and Williamstown before fueling up at our lunch stop in Birdwood – home to the [National Motor Museum](#). After lunch we join up with the [Amy Gillett Bikeway](#) and follow a scenic route through Mount Torrens, Charleston, Woodside and Balhannah - offering the chance to visit numerous attractions on the way before arriving in the beautiful hills hamlet of Hahndorf – famous for its German heritage and friendly hospitality.

CHECK OUT ...

In Birdwood

- National Motor Museum <https://motor.history.sa.gov.au/about/>

In Woodside...

- Melba's Chocolate and Confectionery Factory www.melbaschocolates.com.au
- Woodside Cheese Wrights www.woodsidecheese.com.au

near Hahndorf

- Nepenthe Wines www.nepenthe.com.au Shaw & Smith www.shawandsmith.com
- Hahndorf Hill Winery www.hahndorhillwinery.com.au
- Hans Heysen studio – The Cedars www.hansheysen.com.au
- Beerenberg Farm www.beerenberg.com.au
- Sidewood Estate www.sidewood.com.au Ambleside Distillers www.amblesidedistillers.com

SERVICES ...

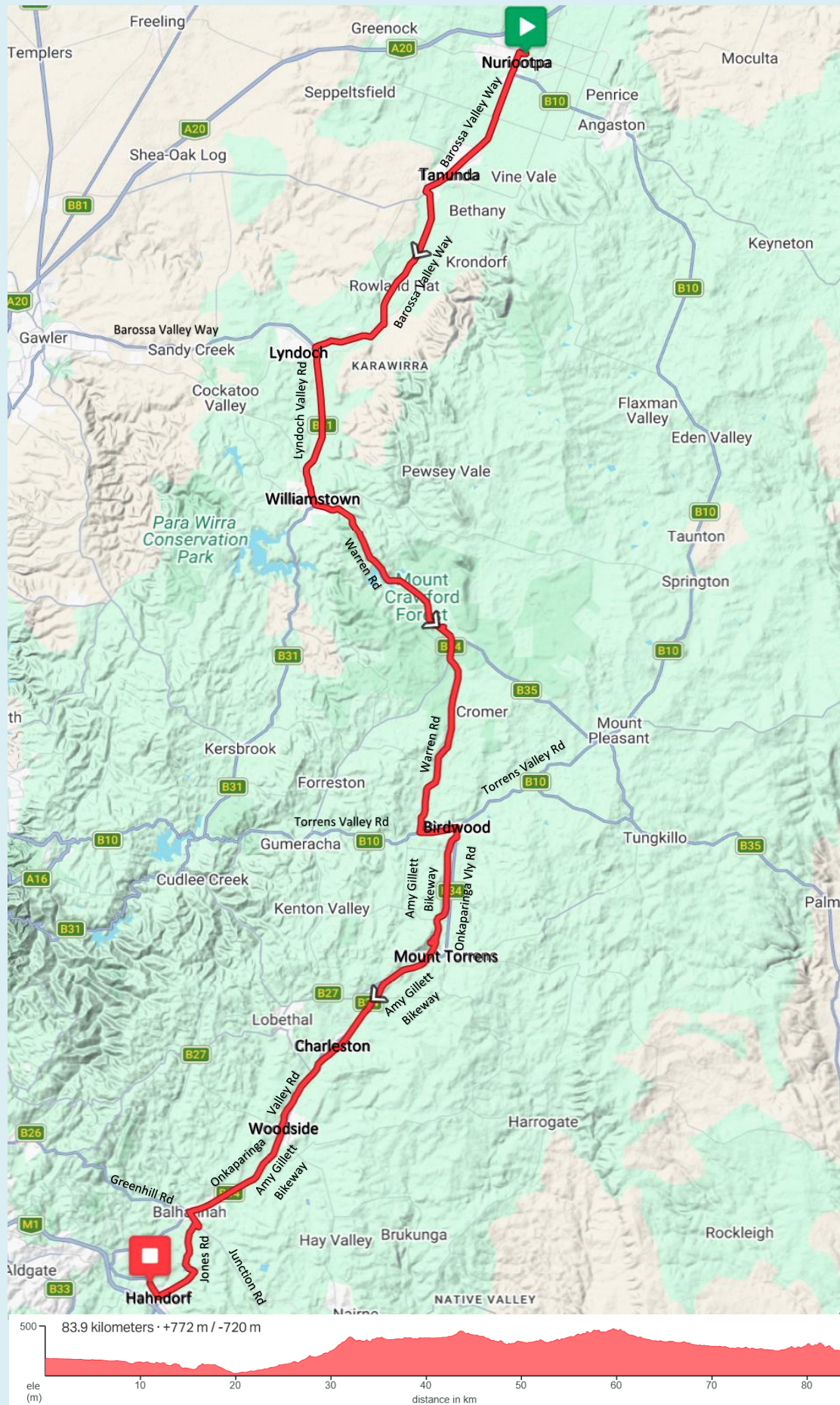
Banks, ATMs, Post Office, Tourist Information, Cellar Doors, Shops, Cafes and Hotels all located in the main street just a 10 min walk from Discovery Parks Hahndorf Resort

For more information

www.hahndorfsa.org.au www.southaustralia.com/destinations/adelaide-hills



Annual Tour Day 7 | Nuriootpa to Hahndorf – 84km



DAY EIGHT – SATURDAY 26 SEPTEMBER

HAHNDORF TO McLAREN VALE

REFRESHMENTS	34KM	KUITPO FOREST HQ
LUNCH	61KM	McLAREN VALE VISITOR CENTRE
FINISH	63KM	McLAREN VALE OVAL

Today we continue south to Echunga and Macclesfield – a landscape of lush farmland countryside. We then head west to Meadows and Kangarilla and on through the heart of the renowned McLaren Vale wine region. Our route will take us past several vineyards and cellar doors including those of Coriole, Rosemount Estate, d’Arenberg, Alpha Box & Dice and Maxwell to name a few.

On arrival in McLaren Vale, take time to cruise through town and check out the local coffee shops, food and wine outlets. The McLaren Vale Visitor Centre is a great source of local information and the perfect place to taste a few local wines whilst relaxing in a lovely setting in front of the open fire or outside overlooking the vineyards. You can also enjoy a delicious coffee or snack from the Visitor Centre café.

If you have still got energy left, there is the opportunity to ride the old rail trail down to Willunga and back – an easy 15km round trip. Saturday is traditionally market day and if you arrive early enough you may find some of the stall holders still operating at the Willunga Farmers Market. If you head back to McLaren Vale along the main road you will pass by the cellar doors of Richard Hamilton and Vigna Bottin wineries.

PARTY TIME

Tonight is our last night together before the final leg back to Adelaide although some of you may wish to extend your stay here to take in more of the McLaren Vale region delights.

We will make a celebration of the fun times we have had and the kilometres ridden over the last 8 days – a chance to cement new-found friendships over a few wines from the local area and kick your heels up. Hey, it is our last night together and what goes on Tour stays on Tour.

CHECK OUT ...

En route

- Meadows Bakery
- Numerous wineries around McLaren Vale
- The d’Arenberg Cube <https://www.darenberg.com.au/darenberg-cube/>
- Shiraz Trail rail trail to Willunga

SERVICES

Banks, ATMs, Post Office, Tourist Information, Shops, Cafes and Hotels all located in the main street just a short walk/ride from McLaren Vale Oval

For more information

www.mclarenvale.info/explore/drink/

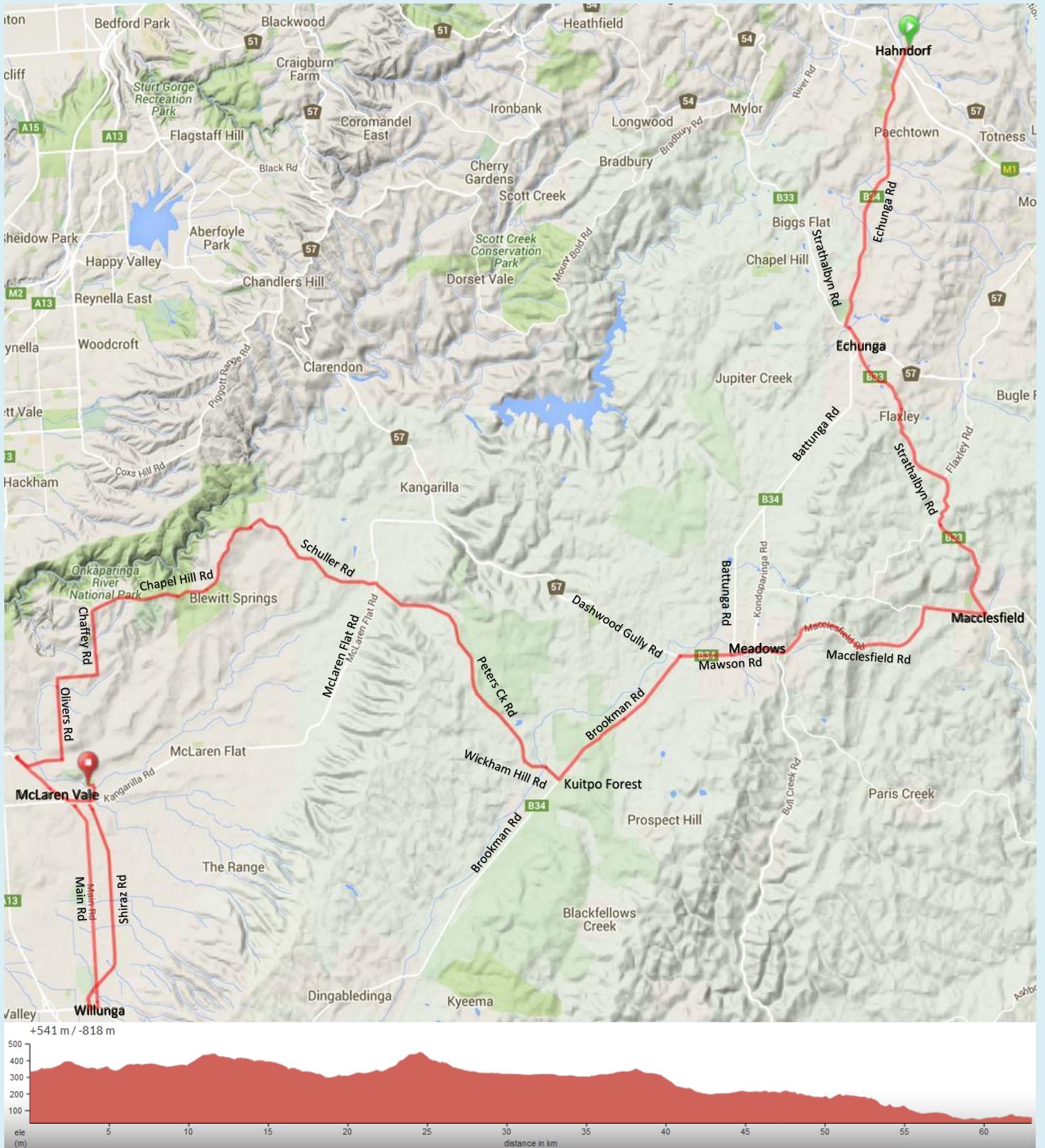
www.fleurieupeninsulavisitorguide.com.au

The D’Arenberg Cube



Annual Tour Day 8 | Hahndorf to McLaren Vale – 63km

Plus optional Willunga extension – 15km



DAY NINE – SUNDAY 27 SEPTEMBER

McLAREN VALE TO ADELAIDE VIA GLENELG

REFRESHMENTS	26KM	HALLETT COVE
LUNCH	59KM	BONYTHON PARK
FINISH	62KM	ADELAIDE CENTRAL BUS STATION

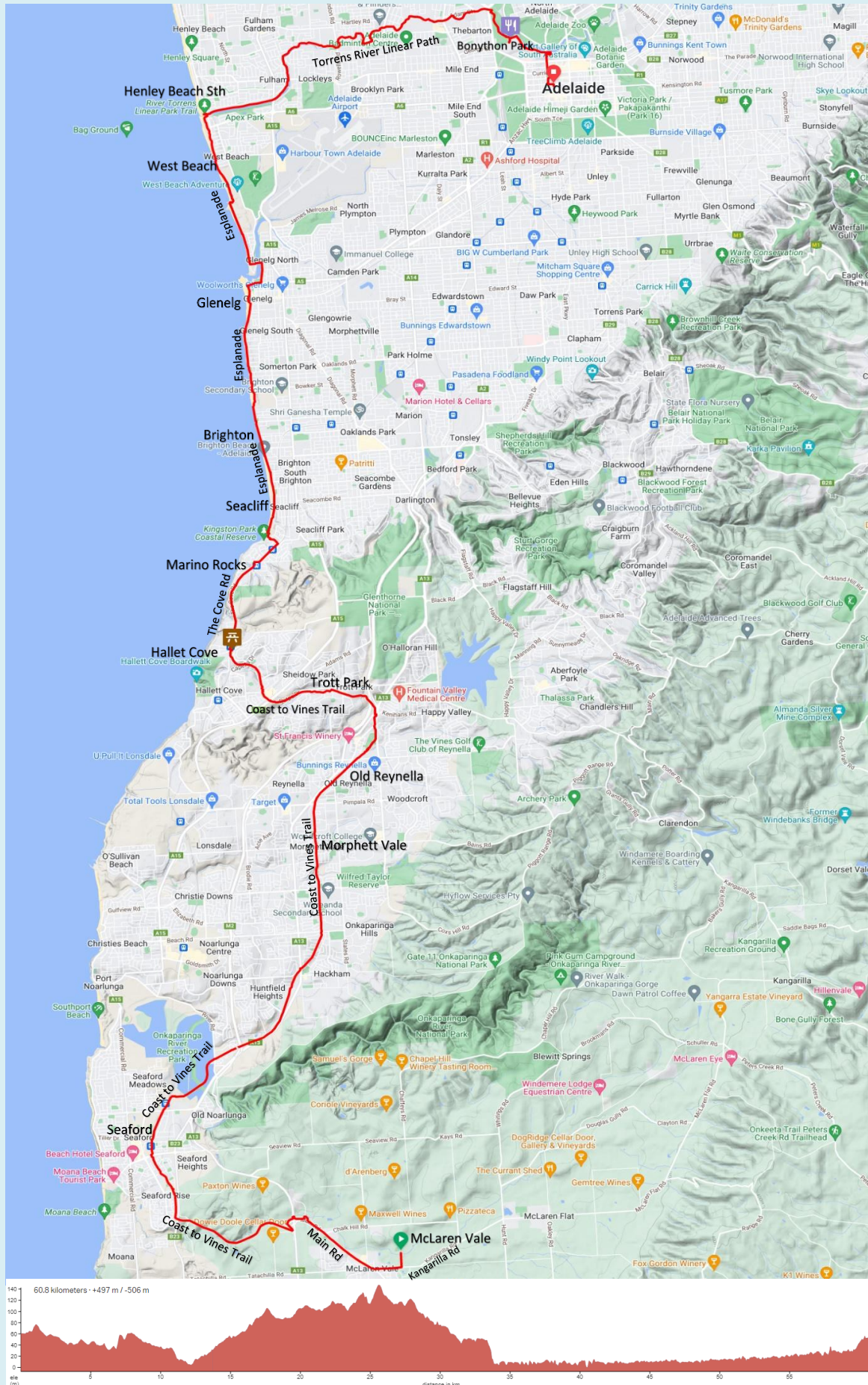
We start the final leg of our adventure by following the route of the old Willunga to Marino rail line - the Coast to Vines Rail Trail. We will pass through Moana, Noarlunga Downs and Old Reynella where we head west towards Marino Rocks and the coast eventually joining the Esplanade at Seacliff. There are more great views and a nice cruisey ride as we follow the beachfront north to Glenelg and West Beach. When we reach the mouth of the Torrens River, we head inland along the Linear Path following the river all the way into the Adelaide CBD. After a quick stop for lunch at the riverside Bonython Park, it's a short ride back to our final destination at the Adelaide Central Bus Station where the luggage truck will be unloaded. We made it!!!! 580km in total

It is time to say au revoir and head for home and hope that we meet again next year, on Bicycle SA's 2027 Annual Tour. Until then, whether you are staying on to explore more of South Australia or returning home with wonderful memories and photos to prove it, we wish you farewell and safe riding. We loved having you with us on our Annual Tour, proving once again that small *is* beautiful and life *is* better on a bike. Happy cycling!



The Brighton Jetty War Memorial

Annual Tour Day 9 | McLaren Vale to Adelaide - 61km



GENERAL INFORMATION

RIDER SAFETY AND ETIQUETTE

Rider safety is not only your right, it is your responsibility.

This is an open road event - you will be sharing it with other road users. The roads we travel on are generally reasonably wide and in good condition. The volume of traffic they carry is not huge. However heavy vehicles and caravans are not uncommon. Please be aware of your position on the road and be aware of traffic approaching from behind you.

To ensure the safety of all riders please adhere to the following road etiquette:

- Ride single file in most cases, keeping well to the left, when moving out let other riders know and check to ensure that there is not another rider directly behind
- When passing please let the other riders know by saying, 'passing right'. At no time pass anyone on the left and please keep to the left of the road
- When stopping please let other riders know by saying, 'stopping' and move a minimum of one metre off the road immediately. Avoid stopping and blocking the road

TRAVELLING TO THE START

Travelling by air

All Australian airlines require your bike to be boxed. Qantas and JetStar will sell you a bike box at the airport while Virgin Australia requires that you provide your own. If in doubt about air travel arrangements for you, your luggage or bike you should check with your airline well in advance of your departure date. For more information on transporting your bike check out the [Bike Transport info sheet](#) on the website.

Please note that due to limited storage capacity at our office we are unable to store luggage and bikes in the days prior to the start. You will need to make arrangements to store your bike at your accommodation on Friday night so you can ride directly to the start in the Adelaide CBD.

Travelling by car

You can drive to the start at Hindmarsh Square - where you can be dropped off. If you have pre-booked car parking please allow plenty of time to check-in, drop off your car and return to the start location.

FOR LONG TERM PARKING:

Bicycle SA has made arrangements with three of Adelaide City Council's UPark facilities for access to car parking in **Adelaide CBD**. **The cost is \$21.00 per day**. Bookings will be confirmed with payment and are essential as limited places are available. Contact (08) 8168 9999 or office@bikesa.org.au

Option 1: [UPark, 82 Grote St](#) premises above the Adelaide Central Bus Station. **Note: there is a 2.1m vehicle height limit.** This facility is also where the Annual Tour will finish and where your luggage will be available for collection from 11am on Sunday 27 September.

Option 2: [UPark Pirie Flinders](#) premises at 191-207 Pirie St (access via Sudholz Pl) with **a height limit of 2.2m**. Located close to the Annual Tour start at Hindmarsh Square on Saturday 19 September. Both of the above parking facilities are a multi-story park with monitored security. Access is available between 6am and midnight.

Option 3: For those with over-height vehicles, there is also the open air / outdoors [UPark Andrew Street](#) premises, 2 Andrew Street Adelaide, adjacent to the UPark Grote Street premises. There is no height limit at this facility, and it is unfenced and open to public access. Regardless of which facility you park in, you will need to check in at the Bicycle SA office (Friday) or at registration on Saturday morning first to collect your discounted parking ticket and directions to the parking facility.

Option 4: For those who require parking for other oversized vehicles, caravans, camper trailers, etc, we suggest that you contact [Andrews Airport Parking](#), located in Bowden, approx 5km from the centre of Adelaide. Ph: (08) 8340 5200

HOW DO I CHECK IN?

Check-in takes place from 6:45am to 7:40am Sat 19 Sept at Hindmarsh Square in Adelaide CBD. Just show your ID to us for check-in and to receive your Annual Tour info pack and Rider ID. You should **come dressed ready to ride** and be ready to load your luggage directly onto the trucks parked on site.

If you are arriving on Friday, you can check-in at Bike SA's office 270 Angas St Adelaide, between 3pm and 5pm only on that day. If you wish, your bags can be loaded directly onto the luggage truck at this time as well. Pack a small bag for your overnight stay, come dressed in your riding kit the next day and load your bags on to the luggage truck at the start venue.

Once checked-in, all riders will gather in the pre-start marshalling area where coffee will be available before **departing at 8.00am**. We also suggest that you have a substantial breakfast beforehand, so you are properly fueled for the day. You will also find public toilets here.

If you have pre-booked car parking, please allow plenty of time to check-in, drop off your car and return to the pre-start marshalling area.

The important rider briefing takes place at 7:40am before **departing at 8.00am**.

LUGGAGE SPECIFICATIONS AND HANDLING

Your total luggage allowance is 25kg/per person – this includes your tent, sleeping bag/mat etc. This must be packed into 2 bags, each weight no more than 14kg.

Each bag must be no more than 85 litres in volume, or have dimensions of no more than 140cm in total. i.e. L + H + W eg 70cm Long +35cm High +35cm Wide = 140 cm

If any of your bags exceed the 14kg individual bag limit you will be required to unload or redistribute the bag contents. We suggest that you use one bag for your wet tent, etc and the other for your sleeping bag/mat, dry clothes and personal items.

For the health and safety of the luggage volunteers, we will not carry bags that exceed the maximum size and weight as outlined above.

Before loading your luggage bags on Day 1, please ensure they are clearly tagged with airline style waterproof luggage labels containing your full contact details. It is advisable to also attach similar contact details inside your bag just in case the external label comes adrift. To ensure your bag can be easily distinguished, we suggest tying coloured ribbons around the handle.

Our luggage truck volunteers will weigh your bags before loading your bags during the Tour. If your total luggage weight exceeds the 25kg allowance, you will be charged an excess luggage fee of \$25 per kilogram up to a maximum of 28kg (\$75) and you may be required to rebag your luggage. If, after redistribution and paying the excess fee, the total weight is greater than 28kg, you will need to remove items to bring down the total weight to a max of 14kg per bag.

Each morning, before loading your luggage, change into your riding clothes and take out any items that you will need with you out on the road, as once you load your luggage onto the trucks you will not be able to get to it again until the campsite at the end of the day. We strongly urge you to take a set of extra-warm outer clothes (it may be cold and windy) as well as any other items you will need with you on the ride.

OVERNIGHT VENUES

Saturday 19 Sept.

Tanunda

Chateau Tanunda, Basedow Rd
Telephone (08) 8563 3888

Sunday 20 Sept.

Riverton

Riverton Oval and Caravan Park, Oxford Tce
Telephone (08) 8847 2419

Monday 21 & Tuesday 22 Sept.

Clare

Clare Sports Club and Oval, Main North Rd
Telephone (08) 8842 3091

Wednesday 23 & Thursday 24 Sept.

Nuriootpa

Nuriootpa Football Club and Oval

Friday 25 Sept.

Hahndorf

Discovery Parks Hahndorf Resort, 145a Mount Barker Rd
Telephone 1300 763 836

Saturday 26 Sept.

McLaren Vale

McLaren Vale Recreation Park / Oval, Park Drive

WHAT ABOUT THE WEATHER?

The weather in South Australia in late September is usually mainly fine with generally mild conditions during the day however it can still be quite chilly in the evening and early mornings.

We suggest you pack a good warm sleeping bag and appropriate warm clothing both for riding and for the evenings. Don't forget a rain jacket for wet weather protection if needed.

SEPT/OCT	Tanunda (Barossa Valley)	Clare (Clare Valley)	Hahndorf (Adelaide Hills)
Mean daily max	20.8C	21.0C	19.4C
Mean daily min	8.1C	7.2C	7.2C
Mean 9am temp and wind speed	14.8C; 18.6km/h	14.6C; 10.9km/h	14.5C; 12.7km/h
Mean 3pm temp and wind speed	19.3C; 20.6km/h	19.7C; 12.3km/h	17.7C; 12.9km/h
Mean monthly rainfall	40.1mm	57.4mm	67.1mm
Mean number of rainy days / month	9.7	10.5	12.9

DELUXE CAMPING

Deluxe Camping is ideal for those riders who don't want the hassle of putting up and packing down their tent each day. The package includes a roomy 2-person tent - tall enough to stand up in - plus one air mattress per person. Best of all, we put it up and pack it down for you each day, and even inflate your air mattresses. So, all you have to do is roll out your sleeping bag and relax. Everything is taken care of.

The cost includes all of the above and is per tent, so if you are riding alone you can have the tent all to yourself. Couples only pay the single fee for their tents.

Air Mattresses

We provide 6cm self-inflatable air mattresses which have a high-density foam inner core bonded to a hardwearing outer cover. However, if you are one who feels the cold more easily you may want to supplement your sleeping bag with a lightweight thermal liner.

Each day the mat will be placed in your tent with the inflation valve left OPEN. If the weather is warm and the temperature inside the tent gets too high, it can cause the air inside the air mattress to expand and place undue pressure on the mattress seams and bonding. We ask that you leave the valve open during the day and gently twist it closed before you go to bed. In the morning simply open the valve again ready for transport.

Bring a pillow

The air mattresses do not have a pillow attached so you will need to BRING YOUR OWN PILLOW. We suggest using a small lightweight travel pillow that can be easily stuffed in your luggage. Most outdoor shops provide a wide range to choose from. Alternatively, you can bring along a pillow case and stuff your clothing inside to make your own pillow.

Tent Allocation

You will be allocated a specially numbered Deluxe Camping tent on Day 1. This will be your exclusive home for the tour. If you have any problems at all with your tent or air mattress during the ride please don't hesitate to ask one of the volunteer tent team for assistance.

No bikes in or on tents please

Our Deluxe Camping tents are for human occupation only. Bikes are NOT PERMITTED to be stored inside tents. Please also do not lean bikes against the tent or tent / awning poles. The weight of the bikes can seriously damage the tents if they fall over especially if the wind picks up. We advise you to place your bikes upside down next to your tent whilst leaving plenty of room for other campers to walk freely along the line of tents.

Shoes off inside

We also ask that you remove your shoes before entering your tent to help keep the tents clean and prevent any damage to the floors and airbeds – especially from riding shoes.

Laundry / washing lines.

Please DO NOT hang washing lines from your tent as this can place undue stress on the tent structure and may cause damage to the tent, especially if windy. Please make use of a nearby fence or tree instead.

Daily access

Deluxe Camping tents will generally not be available **before 2.00pm each day**. It takes time to pack down and re-erect the tents each day so your patience is appreciated. If you arrive early, take some time to explore the local surroundings whilst your tent is being prepared.

Packing up in the morning

On departure mornings please open the valve on your air mattress and take it to the "mattress truck" BEFORE you go to breakfast.

We also ask that you have the majority of your bags packed before breakfast so that all you have to do is pack your toiletries before taking your bags to the luggage truck. This will assist the tent team in being able to pack up the tents each day in a timely manner and then move on to the next destination to commence setting up tents again ready for your arrival.

SECURITY AND SAFETY ON THE CAMPSITE

Bicycle SA is committed to best practice workplace safety and event management procedures for the comfort and safety of our riders and volunteer personnel. Please help us by following these few simple points:

- **Sign out and in at the luggage truck.** Put a tick against your name when you leave each morning and another tick when you arrive at each new campsite in the afternoon. This is our roll call in case we need to check who is on site and who may still be out on the route or in town.
- **Lock your bike.** Never leave your bike unlocked on the campsite. Many of our sites are unfenced and we depend on riders to be vigilant and help maintain good security for all.
- **Secure your belongings.** Reduce the risk of theft by keeping all your belongings inside your tent.
- **Keep an eye out.** Good campsite security depends on all riders being watchful and observant. Report any unusual incidents to event personnel.
- **No fires are permitted** anywhere on the campsite for safety reasons. Tent material can be highly flammable. This prohibition includes candles, fireworks, sparklers and camp stoves of any type.
- **Smoking is prohibited** in all buildings, vehicles, tents and marquees and around any food service areas.
- **Camp only in the areas indicated.** Check with luggage truck personnel regarding any “no camping” areas, or areas marked with underground irrigation.
- **Please keep out of all work areas** marked by traffic cones or bunting. Experienced personnel undertake all activities in these areas.
- **The campsite is a quiet area between 10.00pm and 6.00am.** Tents have thin walls and we will all be tired at the end of the day so please ensure you are quiet after 10.00pm. If you are returning from town late, please do not talk in the tent area.
- **Alcohol free campsite.** The dining area and bars are the only parts of the campsite where alcohol is permitted.

Campsite evacuation. In the event of an emergency site evacuation, you should leave your tent (and any luggage as well as your bike!) and go immediately to the evacuation assembly point, which is by the logistics truck (the biggest truck on site). The signal for an emergency site evacuation is a continuous car horn sounded for a minimum of one minute and repeated 15 seconds later.

Event volunteer personnel will assist you in the event of an emergency evacuation. Please follow their instructions and do not attempt to return to your tent until you have been advised that it is safe to do so. Emergency procedures have been designed for your safety and the safety of all riders and crew.

GENERAL INFORMATION

The luggage truck can be a quick source of information. It is where you will find campsite details and messages from other riders. More information, such as details about the locale and tourism attractions, can be found inside the big hall or marquee or on the Information Table. Generally lost property will either be at the luggage truck or on the Information Table.

Mobile phone charging, internet access and banking

Mobile phone coverage may be limited in some areas along the route. Coverage is reasonable in most of the towns we are staying in but may be fickle on road especially in between towns. It is a good idea to carry your mobile phone as a precaution and may be handy if you break down or are involved in an accident. A phone recharging area will be available in the clubrooms or marquee at each overnight destination. Please bring your own charging cables and adaptors and label them with your name to avoid someone taking the wrong cable by mistake. As a courtesy to other participants, please ensure you remove your device from the charging area as soon as it is charged as the number of available outlets will be limited.

Internet facilities are also a little harder to come by. Obviously if you have a smart phone or wireless broadband facility you can access whenever you find a network signal. Otherwise, you may be able to access internet terminals and free WIFI at the Visitor Information Centres in Tanunda, Clare, Hahndorf and McLaren Vale.

Emergency 000 App for your phone

We recommend that you download this app to your smartphone, as a permanent safety feature. The app is free and uses GPS functionality to help a Triple Zero caller provide critical location details to mobilise emergency services

<https://emergencyapp.triplezero.gov.au/>

Banks

ATM's are available in all major towns but again may not cope with the demand of 200 people all wanting to withdraw \$100.00 – so make sure you have enough cash to get you through the week.

Toilets & Showers

There are usually plenty of toilets and showers at each campsite and we will also be travelling with a mobile toilet/shower facility. However, you may still have to wait your turn, depending on when you want to perform your ablutions.

Predictably, toilets are busiest in the mornings, while the showers get used most in the mid-afternoon / early evening when riders come in from a day in the saddle. If you plan around these times, you often won't have to queue at all.

Important Note: The hot water supply is often limited in many locations so please keep your showers short so everyone can have a warm shower – 4 minutes is more than adequate.

The number of toilets and showers, and their location, varies during the ride. Local facilities always factor, and sometimes these are augmented by hired portaloos or showers. The campsite map by the luggage truck indicates where these are. So if the local facilities are being used, you might like to check out any hired facilities elsewhere on site. Showers in the mobile facility will close at 9pm each night.

When staying on sports grounds, the showers are almost always football club 'communal' style. One of the changing rooms will be set aside for men and the other for women. Sometimes there are additional, more private club showers on site (e.g. in Clare at the Valleys Lifestyle Centre and oval, where there are more facilities inside the sports centre).

Massage

Hazeline & her team will provide massage services each day during the Annual Tour. There will be a comfortable, quiet place in each campsite, where you can be healed and pampered. Whether you need a quick going over of the leg muscles, or want to indulge in the luxury of a full-body massage, they are happy to assist. You will need to book ahead though, as their diary tends to fill up quickly.

The massage team has a schedule of applicable fees, depending on time booked. Fees are payable directly to them. You can contact Hazeline 0439 331 569 on to make advance bookings and/or payment if you wish.

Annual Tour photographs

It's always great to see photographs from the Annual Tour. Some evenings, where possible, we show riders' photographs on the projector screen. You can help us by providing your edited photographs on a memory stick, but we may be able to show images direct from your digital camera if you have a cable.

Following the event we hope to bring together riders' photos into a compilation of images from the Annual Tour for everyone to enjoy. These will be uploaded to our Flickr webpage for all to see. Details will be available during the ride.

TOURISM

Adelaide

www.southaustralia.com/places-to-go/adelaide

[Adelaide Visitor Guide](#)

Barossa Valley

www.barossa.com

[Barossa Visitor Guide](#)

www.southaustralia.com/destinations/barossa

Riverton

www.clarevalley.com.au/explore/regions-towns/riverton

Clare Valley

www.clarevalley.com.au

[Clare Valley Visitor Guide](#)

<https://southaustralia.com/places-to-go/clare-valley>

Adelaide Hills

www.adelaidehills.org.au

[Adelaide Hills Visitor Guide](#)

<https://southaustralia.com/places-to-go/adelaide-hills>

McLaren Vale

<http://www.mclarenvale.info>

[Fleurieu Peninsula Visitor Guide](#)

<https://fleurieupeninsula.com.au/>

NOTES

Contact Information

Russell Miatke

Event Manager

0427 771 821

Ben Radecki

Event Coordinator

0414 889 498

Amy Giannakis

Volunteer Coordinator

0403 085 816

Bicycle SA office

Open 9am to 5pm 5 days (Mon-Fri)

(08) 8168 9999

Keep trying these numbers until you make contact. Do not rely on messages through a third party. Once contact has been established this representative of Bicycle SA will assume coordination of the incident and all further communication should be directed via them.

First Aid is available from qualified volunteer personnel (identified with 'First Aider' on their ID), but with general non-urgent health issues see Russell or Amy at the campsite. Please ensure you inform us of any pre-existing medical conditions *before* the start of the ANNUAL TOUR.

Emergency contacts. Your mobile phone is the most direct way for family and friends to contact you, provided that there is mobile phone reception along the trail or in town. As most riders do not reach the day's campsite until mid-afternoon, it is best for people to phone you in the late afternoon or early evening.

If you can't be contacted directly, your family or friends should phone either Russell Miatke, Ben Radecki, Amy Giannakis or the Bicycle SA office (numbers as above) and leave a message for you to ring home.

If something happens to you on the ride, we will phone your nominated emergency contact person. Please ensure this information is accurate at the date you depart for the ride.

Campsite evacuation. In the event of an emergency site evacuation, you should leave your tent (and any luggage as well as your bike!) and go immediately to the evacuation assembly point, which is by the logistics truck (the biggest truck on site). The signal for an emergency site evacuation is a continuous car horn sounded for a minimum of one minute and repeated 15 seconds later.

Event volunteer personnel will assist you in the event of an emergency evacuation. Please follow their instructions and do not attempt to return to your tent until you have been advised that it is safe to do so. Emergency procedures have been designed for your safety and the safety of all riders and crew.

For more information go to <http://www.bikesa.org.au/> or email office@bikesa.org.au

Event Crew Information

EVENT MANAGER	Russell	0427 771 821
EVENT COORDINATOR	Ben	0414 889 498
VOLUNTEER COORDINATOR	Amy	0403 085 816 / 0428 354 163
SAG WAGON	Laurie	0438 438 846 / 0417 729 998
SIGNAGE	TBC	
AM REFRESHMENTS	TBC	
LUNCH	TBC	
CATERING SUPPORT	TBC	
BIKE MAINTENANCE	Bill	0466 379 455
MASSAGE	Hazeline,	0439 331 569
RIDE MARSHALS	TBC	
LOGISTICS TRUCK	TBC	
FURNITURE TRUCK	TBC	
LUGGAGE TRUCK	TBC	
DELUXE CAMPING	TBC	
BICYCLE SA OFFICE (5 days Mon - Fri)		(08) 8168 9999
POLICE (non emergency)		131 444
AMBULANCE / POLICE (emergency)		000

FIRST AID, MEDICAL HELP AND EMERGENCIES

In the event of an emergency or incident, please use the following checklist as a guide:

- Ensure your safety first;
- Ensure the safety and welfare of any injured person, any riders, volunteers and / or public;
- Contact appropriate emergency authorities – **dial 000** – stating your name, location, phone number, role and service(s) required;
- Remain at the scene until emergency assistance arrives unless it is safe to do so;
- Provide all possible assistance to emergency services;
- Record all actions and times and details of all involved, including possible witnesses as soon as practical. If possible / necessary, take photographs;
- Contact Bicycle SA personnel as soon as possible