



The Great Ocean Road Cycle

Trip notes

The Great Ocean Road is world-renowned for its dramatic seascapes and beautiful bushland with cascading waterfalls, rainforest walks and ancient fern gullies on one side and on the sea side magnificent surf beaches, high cliffs and incredible rugged coastal scenery and landscapes. This indulgent cycle tour caters for the moderate to advanced cyclist with optional cycling distances scheduled to cater for each level of experience. This allows more time for sight seeing and enjoying the attractions of the Great Ocean Road for those that wish to immerse themselves in the region.

We hope that you enjoy exploring the world as much as we do. Step into a land of exquisite beauty and unspoilt terrain. We take you on a journey through a world marked by natural wonders and timeless grace.

Introduction

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Itinerary

Day 1: Arrive in Melbourne and travel to Port Fairy

Meet by 11am today and travel by private van transfer to Port Fairy. Melbourne hotel pick ups between 9.00am and 10.00am; airport pick ups at 10.30am-11.00am. Travel via Colac and the A1 highway to Warrnambool, we'll stop for a quick lunch along the road, before arriving at your evening's accommodation in Port Fairy. Have a chance to get your bike out this evening and go for a ride around the area. Stretch your legs with a walk around Griffith Island.

Included: van transfer from Melbourne

Accommodation: Port Fairy

Meals included: n/a

Dinner: own expense

Cycling distance – optional

Day 2: Port Fairy to Port Campbell

Continue the journey along the Great Ocean Road from Port Fairy to Port Campbell. Today we will experience the beautiful and rugged coastline formed 10-20 million years ago and weathered by the force of the Southern Ocean into amazing shapes and landmarks. Known as the "shipwreck coast" we'll stop at Bay of Islands Coastal Park and Bay of Martyrs, finishing the day in the small tourist town of Port Campbell.

Accommodation: Port Campbell

Meals included: Breakfast, lunch & snacks

Dinner: Own expense

Cycling distance: Intermediate cyclists 68km (Port Fairy to Nirranda South); advanced cyclists 95km (Port Fairy to Port Campbell);

Day 3: Port Campbell to Apollo Bay

We cycle to Cape Otway National Park and tour the historic lighthouse, visit the incredible weather carved structures of the Twelve Apostles, rising from the sea and formed over thousands of years. We visit Loch Ard Gorge, sight of Victoria's most tragic shipwreck over 120 years ago, where 52 people died as the Loch Ard ran into the cliffs along the coastline.

Accommodation: Apollo Bay

Meals included: Breakfast, lunch & snacks

Dinner: Own expense

Cycling distance: intermediate cyclists 63km (Port Campbell to Glenaire); advanced cyclists 97km (Port Campbell to Apollo Bay)

Day 4: Apollo Bay to Torquay

Today's ride is yet another filled with stunning views and long sandy beaches. Cycle all the way to Torquay if you like; passing through several of Victoria's most popular tourist towns, Lorne and Anglesea, a particularly significant town on the Great Ocean Road as it marks the first spot south-west of the road's official start at Torquay where it meets the coast.

Accommodation: Torquay

Meals included: Breakfast, lunch & snacks

Dinner: Own expense

Cycling distance: Intermediate – 73km (Apollo Bay to Anglesea); advanced cyclists – 91km (Apollo Bay to Torquay)

Day 5: (Thursday) Queenscliff to Melbourne

Start the day with a ferry trip across Port Phillip Bay with your bike to Sorrento. Follow the coastline from Sorrento to St Kilda along famous Beach Road known for its "Hell Ride" to St Kilda in Melbourne named because on weekends there are so many cyclists on it.

Included: ferry to Sorrento;

Accommodation: Melbourne

Meals included: Breakfast, lunch & snacks

Dinner: farewell dinner in Melbourne tonight

Cycling distance: Intermediate – 50km (Sorrento to Mornington); advanced cyclists – 110km (Sorrento to St Kilda)

Day 6: (Friday) Finish tour

Today is departure day and we are able to provide airport drop offs until 12pm.

If you're not leaving early you may choose to take an early morning ride with some locals, or enjoy some retail therapy in the shops of Melbourne.

Congratulations to all!

Please note that elements of your trip may differ from the above itinerary either to better suit the needs of the group, or due to circumstances beyond our control such as the weather or road works.

Further Details:

Group size: minimum number of people required to run this trip is 6. Max number is 16.

Guides and support: We will have 1 driving guide to follow and support the group with lunch and spares.

Meals: breakfasts will be held either in the hotel restaurant or we will visit a local café for a fully cooked and nourishing meal.

For lunch, the group will stop for a break either as a picnic where we provide a variety of items each day such as filled rolls, wraps, salads, fruit, hot soups and drinks, and sweet items or on a couple of days we will stop at a café for lunch instead. Water refills and some snacks such as bananas, muesli bars and sweets will be available from the support van throughout the day. There is a farewell dinner included on day 5 for the group to get together which will be held at a local restaurant. These will include all food but not drinks.

All other dinners at your own expense, and we have found over the years that people enjoy the freedom to do their own thing or alternatively go out for a meal as a group to a local restaurant we can recommend. If you have special dietary requirements, you will need to ensure you advise us in advance.

Fitness requirements: These trips are designed to be both challenging and achievable. To cater for different levels of fitness, each day there will be longer and shorter cycling options catering to the different requirements of each group.

The idea behind the different groups is so that everyone can feel comfortable riding as fast or as slow as they like - the pace you ride at is completely up to you.

Moderate tour groups are more likely to ride at a slower pace with more and/or longer rest breaks. The group may also spread along the road due to different fitness levels, but all finishing safely at the next town or pick up location at whatever time feels right for each person. There is no racing involved, and no obligation to undertake any of the cycling sections if you don't want to.

Tour includes:

- Queenscliff to Sorrento ferry
- 5 nights accommodation in 3½ - 4 star accommodation along the Great Ocean Road
- Breakfasts (5), lunches (4) and dinners (1) as per itinerary
- Driving guide
- Airport pick up on arrival day from the airport or your accommodation in Melbourne.
- Airport drop off on day 6 until 12pm or transfer to your next accommodation place.

Tour Excludes:

- International and domestic flights & airport taxes
- Airport transfers outside the days/times specified above
- Travel Insurance
- Bike and associated equipment
- Meals that are not specified in the itinerary
- Drinks (except daily drinking water), phone calls & other incidentals
- Personal expenses (including any specific medical related requirements)

All prices on our website are in Australian dollars and valid until 30 June 2010.

Important Notes

1. Please note that this is Victoria which is famous for its ever changing and unpredictable weather conditions ('four seasons in one day'). Please ensure you are prepared with the right clothing. Warm jacket, thermals, woollen hat is advisable year round. A hat and sunscreen is essential from October to April due to high UV radiation.
2. In extreme heat conditions we will shorten the cycle.
3. Please notify us in advance of any special meal requirements.
4. There is limited space available in the vehicle for luggage storage so please only bring essential items on the trip. See our suggested list of 'What to Take' below.

Health

All RAW travellers need to be in good physical health in order to participate fully in the group travel experience. If, in the opinion of our group leader, any traveller is unable to complete the itinerary without undue risk to themselves and/or the rest of the group, RAW reserves the right to exclude them from all or part of a trip without refund. We therefore ask that you read the itinerary in these trip notes thoroughly and then realistically self-assess your physical ability to complete the trip as described. Please consult with your doctor if you have any doubts.

Our leaders are first aid qualified and will be carrying a first aid kit. Please ensure that you bring a good hat and high factor sun screen, insect repellent.

Emergency Contact

In the case of a genuine crisis or emergency, RAW Challenges Melbourne Office can be reached on Tel: +61 3 9597 0798. Outside of office hours please call 0410 290 544

Your fellow cyclists

As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of travelling in a group. We ask you to be understanding of the various needs and preferences of your group. We will have regular stops to regroup with photo opportunities (which are around every corner!). In this way we can cater for a variety of cycling speeds.

Group Leader

All RAW Challenge events are accompanied by one of our group leaders. Your group leader is also your driver, taking you from the start to finish in a minibus. The aim of the group leader is to take the hassle out of your travels and to help you have the best time possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the areas visited on the trip, including historical, environmental, cultural and social aspects.

What to Take

Generally speaking, you should pack as lightly as possible. Your luggage will remain at the campsite while we are out walking. You will also need to bring a day pack to carry, camera, waterproof, warm top, personal snacks, sunscreen etc.

Checklist

Personal Items

- High factor sunscreen
- Mosquito repellent
- Sunglasses
- Toiletries
- Watch or alarm clock
- Ear plugs (in case room mate snores!)
- Plastic bags for wet or dirty clothing
- Wet wipes or antiseptic hand gel

Clothing

- 3 T-shirts / long sleeved T-shirt
- Pair of comfy shoes (to relax in)
- Cycling shoes
- 2 pairs of padded cycling shorts
- 1 pair trousers
- Wind proof cycle top
- Light sweater/ fleece
- Light weight waterproof
- Towel and swim wear
- Sun hat

- Clothes to relax in
- 2 water bottles

Please be prepared for cold, windy & possibly wet conditions whilst on the cycle as you never know with Victoria weather especially in the Otways.

Cycling Equipment

- Cycling helmet
- 2 water bottles
- Handlebar bag or small day pack
- Cycling gloves

Other suggestions:

- Your own SPD pedals
- Mini bicycle pump, puncture repair kit
- Camera
- Adapter for recharging digital camera/ mobile phone
- Reading material
- Penknife
- Torch / head torch
- Favourite snacks for energy boost e.g. 'Power Bars', dried fruit or nuts, snakes, bananas

Safety

Dehydration is the biggest risk when undertaking a physical activity. It is so important to be aware of your fluid intake and to constantly drink water throughout the day (even when you do not feel thirsty).

Responsible Travel

We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimise the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

We would also love to receive any photos after the event as we are starting to build up a traveller's album for each of our destinations on our website. We need resolution of around 1MB.

Please could you send a CD to: RAW Challenges Photo album, 2/24 Bay Road, Sandringham, VIC 3191.

If you have any suggestions to add more information to our trip dossier that you think other walkers would find useful please email: adventure@rawtravel.com. And of course email us if you have any questions leading up to the event. HAVE AN AMAZING ADVENTURE!

The information in these trip notes has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and RAW Travel.