

# GREAT OCEAN ROAD LONG WEEKEND 2024



## The GOR Cycle Tour Specialists

AllTrails have been taking cycling groups for multi-day tours along the Great Ocean Road for over 20 years and have become the multi-day tour specialists in the region. Come with us on this four-day, long weekend tour, experiencing every kilometre of the legendary coastal road and also the famous 'Around the Bay' event (included in entry price).

## The tour at a glance

**Dates:** 3-6 Oct 2024

**Distance:** 367 km (or less)

**Bike Type:** Road Bike is best (BYO or hire)

**Surface:** Good sealed bitumen roads

**Difficulty Rating:** 7/10 (a few hills and a few 100km+)

**Food:** Most meals Included, plus on-road snacks

**Duration:** 4 days / 3 nights

**Average Daily:** 92km (82km with shorter options available)

**E-bike?:** Welcome (conditions apply – see FAQs)

**Terrain:** Undulating coastal roads and some hills

**Accommodation:** 3 to 4 star motels and hotels

**Group Size:** Approx 10

**Who is this tour for?** Cyclists looking to tick off a bucket-list cycling challenge with beautiful scenery while immersing themselves in the magic of the Great Ocean Road communities.

## Highlights

- Ride the Great Ocean Road (**full length**)
- An amazing tour packed into just one long weekend
- The famous Shipwreck Coast landmarks
- Cycle past wild ocean surf and through deep thick forest
- Take on the famous Lavers Hill climb (or get a lift!)
- Entry into Around the Bay event included
- Vehicle and guide support
- 'Twelve Apostles' Marine National Park
- London Bridge, Loch Ard Gorge
- White sand beaches and steep limestone cliffs
- Quality accommodation, great meals and snacks
- Ride when you want, use the support vehicle as needed

## Always wanted to ride the full length of the Great Ocean Road?

We will guide you along the internationally renowned Great Ocean Road, winding past the stunning natural attractions such as The Twelve Apostles, Loch Ard Gorge and London Bridge, and around popular beach resort towns that are the home of the surfing revolution like Lorne, Bells Beach and Torquay. The pounding surf against limestone cliffs is the perfect backdrop for some power pedalling, climbing hills and descending through thick forest, mixed with dramatic ocean-side cycling.

The end of the Great Ocean Road is not the end of the fun though – after our last overnight stop at Queenscliff you will take the ferry across the bay to Sorrento to ride the eastern side of Port Phillip Bay to Melbourne. Your home run, as part of the 'Around the Bay' event, will be along the cycling mecca of Beach Road where every weekend thousands of cyclists take to this beautiful stretch of bay side road. Enjoy the views, join and drop off pelotons, stop for one of Melbourne's great coffees and chat with other cyclists – you'll have a great story to tell having ridden all the way from the other end of the Great Ocean Road!

This is cycle touring without the logistical headaches – we organise everything that you will need including accommodation, food, vehicle support, safety briefings, first-aid qualified guides, bike mechanical support, luggage transfer and great camaraderie. Pedal away each morning knowing that your morning tea and lunch stops will be set up for you along the route, your luggage will be taken care of, and you are being looked after by the best in the business. A bucket-list cycling experience, packed into just one long weekend.



## Getting to and from the tour

**Arriving.** Our meeting place is Southern Cross Station, Melbourne early (approx 6:30am) on Thursday morning. If you are staying close to Southern Cross Station you will just need to cross the road with your luggage and bike to meet us at the station (we have some hotel suggestions if you need them). From here we transfer cyclists to Childers Cove to begin cycling.

**Departing.** The ride will finish on Sunday in Albert Park (5km from Melbourne CBD). You will have a 100km ride starting at 9am from Sorrento. It is possible to catch a plane home that evening however we suggest that you do not book anything earlier than 6:00pm just in case you are delayed for any reason during your ride (flat tyres, weather, injury, mechanical problems etc). Staying in Melbourne on Sunday night will give you more leeway if that is possible for you.



# Pricing and payment information

AUD	Book before 3 Aug	Book from 3 Aug
Twin share	\$2550 pp	\$2650 pp
Single room	\$2900	\$3000
Groups of 3 or more: deduct \$50pp from these prices		

### Included.

- All bike-friendly accommodation
- Snacks, water and fruit on the road
- Transfer from Melbourne to Childers Cove
- Support / safety vehicle, maps, gps files and directions
- Bike mechanical assistance
- Most meals (3 breakfast, 4 lunch, 2 dinner)
- Entry into 'Around the Bay' event
- Ferry from Queenscliff to Sorrento
- Daily luggage transfer
- Rider Pack: jersey, bottle, day-bag

### Payment Schedule.

- Deposit upon booking (\$400 pp)
- Progress Payment due 30 days after deposit (40% of package cost less deposit paid)
- Balance due 3 Aug 2024 (60 days before the tour begins)

### Travelling on your own.

We often have cyclists come on our rides who are travelling alone. If so, you may pay the Single Supplement price to have your own room, or you can put your name on our 'Twin Share Request List' and we will pair you with another solo twin share traveller of the same gender in twin share accommodation if we have another similar request. If not, the single supp price will apply which will give you your own room for the entire tour. Contact us anytime to have a chat and check twin share availability – we may already have a match for you.

### Travelling with friends.

\$50 pp discount for groups of 3 or more cyclists.

### Optional Extras.

**Pre tour accommodation.** Coming from overseas, interstate or outside Melbourne? We meet early on the Thursday morning at Southern Cross Station, Melbourne so we suggest arriving on Wednesday. Southern Cross Station is approx 30 minutes from the airport via the Skybus or taxi. We have a couple of good hotel suggestions close to the station for the Wednesday night - just ask us and we will send through the information.

**Post tour accommodation.** You should be in Melbourne on Sunday at the end of the ride by mid-afternoon, so you could book a hotel room that night or fly home sometime after 6:00pm. Southern Cross Station is approx 30 minutes from the airport via the Skybus or taxi. We have some hotel suggestions if required.

**Transfer of hard bike case** from start of ride to finish, \$30 (if space available).

**Transfer of soft foldable bike bag** from start of ride to finish \$9.

*Note: collapsible cardboard bike boxes transferred free of charge*

**A merchandise rider pack** is included in the tour price (cycling jersey, bottle, drawstring bag).



# Itinerary

Daily distances are set out below. Shorter distances and support vehicle also available.

Meals and Accommodation inclusions: Breakfast = B, Lunch = L, Dinner = D, Accommodation = A

Location	Distance	Date	B	L	D	A
Melbourne (transfer to Childers Cove)						
Childers Cove to Port Campbell	40km	Thursday 3 Oct 2024	-	L	D	A
Port Campbell to Apollo Bay	96km	Friday 4 Oct 2024	B	L	-	A
Apollo Bay to Torquay / Queenscliff	92km or 131km	Saturday 5 Oct 2024	B	L	D	A
Queenscliff (ferry to Sorrento) to Melbourne	100km	Sunday 6 Oct 2024	B	L	-	-
<b>Total Distance Cycled</b>	<b>328km (or 367km)</b>		<b>3</b>	<b>4</b>	<b>2</b>	<b>3</b>
<b>Average Daily Distance</b>	<b>82km (or 92km)</b>					

Melbourne (transfer to Childers Cove) cycle to Port Campbell - 40km - Thursday

**Day 1.** We load bikes and luggage into our vehicles and set off from Melbourne to Childers Cove, arriving early afternoon. Before you know it you will be cycling the world-famous Great Ocean Road. The grandeur of the Bay of Islands is stunning with sheer cliffs of limestone and rolling surf that will awaken your senses and fill you with exhilaration as you ride the scenic 40km to Port Campbell in the heart of this shipwreck coast. Tonight we enjoy an evening meal together so that you can get to know the group as you absorb the magnificent sea views and sunset.

Port Campbell to Apollo Bay - 96km - Friday

**Day 2.** Leaving Port Campbell early, you rise above the cliffs to the unforgettable view and golden colours of Loch Ard Gorge and then the legendary Twelve Apostles Marine National Park. This is truly one of the most iconic locations in Australia and we have plenty of time for a photo in front of the famous rocks before you pedal on past Princetown where the road leaves the coast for a while, cutting across the southern tip of Cape Otway. As you leave the ocean you begin climbing through the forest to the renowned Lavers Hill, deep in the Otway Ranges. This hill is a challenge for most riders, and it is your choice to ride it, try it, or hop in the bus. Lunch at the top of Lavers Hill is a good refuelling stop with a few more ups and downs to come after lunch. The roller coaster ride on today's route will allow you magnificent views of the ocean before descending into Apollo Bay – a buzzing hub on the coast known for its great seafood, surrounded by tranquil beaches, rolling green hills and the Great Otway National Park.

Apollo Bay to Queenscliff - 92/131km - Saturday

**Day 3.** This is it! The last stretch of the Great Ocean Road is squeezed between massive vertical cliffs and thunderous waves. An early morning start awakens your senses as the wild seas smash against the rocks below. Today is the longest day on our tour so get into your rhythm and keep pushing as you take it all in; the hang gliders overhead, breathtaking views all around, and koalas making their home in the gum trees around here (sometimes crossing the road for a new tree and a better view). Marvel at the scenery as you wind around the cliff faces, inlets and villages like Lorne, Anglesea, then our lunch-stop Torquay (90km) – the official end of the Great Ocean Road. After lunch you can hop in our support bus and skip the last 40km to Queenscliff, or if you still have the legs, the route takes you through Ocean Grove before passing Point Lonsdale where you can view the dramatic scenery from high points along the ocean foreshore overlooking The Rip. This notorious ship entrance to Port Phillip Bay is where ocean and bay waters collide through a kilometre-wide channel. We finish the day in Queenscliff, a charming and cosy historic seaside village on the Bellarine Peninsula, with its elegant Victorian-era hotels, stately churches and quaint fishermen's cottages situated on the mouth of Port Phillip Bay. Celebrate your journey along the Great Ocean Road at tonight's group dinner, enjoying some laughs and stories before your final day tomorrow.

Queenscliff (ferry to Sorrento) to Melbourne - 100km - Sunday

**Day 4.** Today is the day where our small riding group becomes thousands! Starting with an early morning ferry from Queenscliff to Sorrento, we ride the hugely popular eastern side of Port Phillip Bay on our last 100km push to Melbourne as a part of the world-renowned Around the Bay event (optional). On the final stretch along Beach Road, you will be absorbed into Melbourne's thriving cycling culture as scores of eager riders take part in this truly impressive event, stopping for famous Melbourne coffees, meeting new people and chatting to each other about all things cycling. Take it all in riding on your own or jump on the end of a peloton and hang on. Either way it's a great ride into Melbourne where you will finish at Albert Park Lake right on the F1 Grand Prix race circuit.

**Congratulations – what a ride!**

## What has been said about our previous Great Ocean Road Tours

*Simply awesome! Travelling interstate, you really want to know that everything is planned and the whole set up by AllTrails was seamless. The level of guidance and support for each step, where to meet, when, what to expect, how to prepare was excellent. To the support team along the way, each day is nicely outlined the evening before, the various stops for refuelling, directions and highlighted points of interest are all very clear. Great stopover locations and accommodation, good food and lovely to have the company of a group of riders all there for the same outstanding experience. Highly recommended! **Chris (QLD)***

*Well above and beyond expectations! Alltrails are great hosts and the group of guests were great company. Hotels, stunning sights all very well selected. I hadn't realised we would get so much support and guidance (good briefings, maps and sign posting on the actual route means you barely need to navigate for yourself, and most of the time you're following each other anyway, as we were all of similar fitness and ability)...the help and mechanical support from Doug and the team was priceless...beyond what I could have ever hoped. **Alan (NSW)***

*My sincere thanks for making my first cycling tour with you such a wonderful enjoyable fantastic event, it certainly exceeded my best hopes and has fuelled my appetite for more. Well Done. Best Wishes. **Colin N (VIC)***

*I very much enjoyed the GOR trip. Crew were very friendly, which created great camaraderie amongst the cyclists and they also helped with mechanical issues on the bikes. It was very well organised (accommodation, meals, transporting baggage, etc) and catered for riders of all standards. All I had to really do was enjoy the cycling! **John (NSW)***

*Thanks so much for a wonderful experience. A Personal Best for me – 400km in 4 days! Such magnificent riding. It was a delight to think that all I had to do with my day, was hop on my bike and ride, with complete confidence that the support – both front and rear – was always there. I feel your generosity of time and spirit was much appreciated; and are to be recommended highly. Would love to join you on another ride soon. **Gabby (VIC)***

*My thanks for a fantastic tour. The personalized, professional and 'no fuss' attention to detail approach team made a great trip into a fantastic trip. I'll be back for more next year. Every time I wear [my AllTrails Jersey] someone asks me 'which ride did you do', so it's also a highly recognized jersey. See you on the Road. **Rod (NSW)***

## Frequently asked questions and helpful information

Feel free to contact us at any time if your question is not answered here.

### Travel insurance

You may get sick of us reminding you about travel insurance, but it is important and usually very good value – in particular for Australians travelling domestically. Travel Insurance is different to the insurance you get from being a member of a bicycle organisation. If you are investing in a tour like this, it is worth investing in some peace of mind for your payments.

### Training for AllTrails tours

To keep to the daily scheduled times on a long distance road bike tour you need to be a keen cyclist – not necessarily fast, but consistent. To train for your tour, slowly build up until you can cycle close to the average daily distance of your chosen tour, at the expected speed, for two days straight. This will usually put you in a good position to be ready for your tour. We have a training schedule specific to each ride which we send to you after you place your deposit, however we can send this earlier to help you decide if the tour is right for you – just ask us for a copy and we will get it out to you straight away. For this tour: Average distance 92km/day. Expected average speed 20-25km/hr on flat terrain (more time allowed for sections with hilly terrain).

### Support vehicles / scheduled times

Our support vehicle will pick up weary riders and bikes if they wish, or if they are falling behind the group times. Times will be given on the Day Sheets for morning departure and regrouping stops for morning tea, lunch and water stops. Check the average speed expected for your chosen tour. If cyclists are falling behind the Day Sheet times, for the safety of all cyclists on the ride, they may be asked to board the bus. If conditions allow, we transport cyclists direct to the next meeting point where they can re-join the ride and keep within the times. These times are adhered to for the continuity and safety of the ride, keeping all cyclists, mechanics, and medical help, within easy reach in case of emergency, and to meet our pre-booked times for meals and attractions where applicable. Slower riders are often given the chance to depart early, allowing more time to reach the re-grouping points.

# Frequently asked questions and helpful information cont.

## Airport transport to Southern Cross Station

The Skybus goes from both Melbourne Airports to/from Southern Cross Station. You can take your bike on the Skybus. More info at [skybus.com.au](http://skybus.com.au).

## Bike mechanical assistance

A staff member with good bike mechanical knowledge will be part of our crew and will have a stand pump for different valves. The mechanic will often be able to help you with a safety check, general tips and advice about your bike and its upkeep, as well as fixing mechanical problems. We will have limited parts available for replacement which will be charged at shop prices. Labour is free for the first fifteen minutes, there after costs may be incurred at the mechanic's discretion. Cyclists with rare or different bikes are asked to contact us at AllTrails as parts can often be very difficult to obtain.

## Bike type – which is best

A comfortable road bike or touring bike with a good seat and puncture-resistant road tyres, such as Continental Gatorskins. A hybrid is also possible if you are comfortable riding the daily distances and average speed of the tour, however these bikes can be slower than a road bike. Ask us for the 'Training Tips' document for this ride to get an idea of distances and speeds you need to train for.

## E-bikes

We have special bike racks that can accommodate the unique size and weight of an e-bike, keeping your bike safe when we need to transport it. Our racks (and staff) can carry (lift) bikes weighing up to a maximum 25kg (battery removed). The racks carry the bike in a vertical position with the front wheel nestled in a cradle, meaning that any front wheel/fork accessories such as pack racks, panniers or mudguards must be removed prior to coming on tour.

## Bike Hire

We don't have our own fleet of hire bikes but we work with a couple of local bike shops who have a great range. If you want to hire a bike for one of our tours just let us know on your online booking form and we will get the ball rolling for you. You can also bring your own seat and/or pedals to give you that little bit of 'home comfort'.

## Accommodation on our tours

We always try to obtain great accommodation in the best location for you to rest your weary head (and legs) in each town whether it be a motel, hotel, B&B, resort, cabins or lodge. We aim for 4 star where possible and also take into account the welcoming cycle-friendly and group-friendly nature of accommodations. On occasion we travel through some very small towns where accommodation is extremely limited. If for whatever reason, such as limited options, a room is below normal standard, we strive to improve this with an extra good room the next night or nights following.

## Sharing rooms – how does it work

On the online entry form you can nominate any travelling companions who you would like to share a room with and/or be accommodated close to so that couples or friends can be grouped together. This can be in a double bed or twin beds. If you are travelling alone like many of our riders, a Single Supplement price is available for those who would like their own room for the whole trip. If you wish to share a room as a solo traveller, you can put your name down on a Twin Share Request List and we will try to match you up. If you are a snorer, a very early riser, or have other habits that may affect your fellow roommates, we ask that you book your own room at the Single Supplement price.

## Room types for solo travellers

**TWIN:** If you are coming on your own and have booked in as twin share, this usually means that you will share a room with one other single twin share cyclist or crew member, however in some cases we may have larger rooms (eg. two-bedroom apartment or a B&B) where we may have 3 or more single twin share travellers together.

**SINGLE:** A Single booking usually means your own room with ensuite. On very rare occasions when we travel through small towns or are limited in accommodation options for any reason, Single bookers may share a larger unit/house/lodge with other single travellers of the same gender. You will have your own room but not necessarily your own ensuite.

## Snorers can enjoy their own room

If you are a chronic snorer or have other habits that may affect your fellow roommates, we suggest booking your own room (single supplement cost). This is not just a courtesy to your fellow travelling companions but will also give you the space and privacy you need to enjoy your sleep after a long day on the bike.

# Frequently asked questions and helpful information cont.

## Speak to a past client

We are happy to give you the names and telephone numbers of people who have participated in the ride or a similar ride to the one which you are considering. Where possible we will provide you with the details of someone within your city or state. Another good place to look is our 'Testimonials' page.

## Safety

Safety is often one of the reasons that cyclists come with us on our tours. We have signage on our vehicles to warn motorists of the cycling group and 2-way radio communication to traffic. Our crew are First Aid trained with comprehensive First-Aid Kits, a list of hospitals in the areas that we travel through, and a satellite phone for emergency calls when we are out of cellular range. We have a great safety record, but accidents can happen. Safety discussions are held throughout the tour as part of the daily briefings to point out potential hazards and remind cyclists of their responsibility in keeping safe.

## Meals and food

Always a big part of any cycling holiday. Check tour details for meal inclusions on your ride. Our emphasis is on fresh food and balanced diet with plenty of carbohydrates, proteins, fruit and vegies catering for a cycling holiday. We successfully cater to most dietary requirements, however feel free to contact us with any questions. Most meals are included as part of our tours, however you may be required to purchase some meals.

## Changing or cancelling a tour

Should you wish to change your booking with AllTrails to a different tour, there will be a very reasonable service charge. We try to keep this figure as low as possible to allow flexibility where we can as we want to make sure that you get on the right tour for you. For cancellation and refund policies for your tour click the 'book this tour' button on the relevant tour page of our website. If you need to cancel your tour, a travel insurance policy will cover cancellation fees due to most unforeseen events. This is why we highly recommend that cyclists (including Australians on domestic tours) investigate and purchase travel insurance for all our tours at the time of deposit and ensure that it includes coverage for cancellation fees if for some reason you are not able to travel (see Travel Insurance FAQ).

## Packing tips

Strong, medium sized, bag/case with good handles weighing no more than 15kg. As everyone is living out of their luggage, please limit your outfits. Most people wear less than half of what they bring. If you bring a very heavy bag we may ask you to divide it into 2 lighter bags. For security, write your name clearly on all bags. You may be required to lift or carry your own luggage from time to time, e.g. into accommodation. Information about what to pack is included as part of your Pre-Departure information. Generally, we advise that you pack as light as possible.

## What sorts of people join our tours?

People from all parts of Australia and some overseas guests. Ages generally range from 35-75 with the average cyclist in their 50's or 60's. Adventurous cyclists usually about 40% women & 60% men with a mix of singles, friends and couples.

## Non-riding partners and part-time cyclists

We realise that often our riders want to spend their holidays with loved ones who may not be a keen cyclist as they are - we are happy to accommodate non-riding partners and part-timers who only want to ride part of each day, or only certain days. The entry price will be the same for part-time riders and usually non-riders as well depending on their tour plan.

## Why book with us?

We only run 10-15 tours per year, always adding fresh destinations each year. This makes every tour as special to us as it is to you because we are not operating the same rides repeatedly week-in week-out and we are just as excited to be there as you. On most occasions the owner-operators of the business will be on tour with you and the reassurance that comes with that is one of many great reasons to have confidence in booking your cycling holiday with us.



*We are a proud Australian-owned company, with the privilege of taking cyclists to the small towns and communities all over the country, supporting regional economies and offering cyclists the opportunity to experience the hospitality of Australia outside the big cities. We have earned a top reputation in the cycle tour industry through hard work, dedication and genuine care for every person on every tour. Our longevity in the industry and large community of loyal AllTrails clients who keep coming back year after year are testament to the high standard of tours that we provide. We consider ourselves the best in the business and we always make sure that our tours represent a high-quality product at a fair price.*