



Outdoorsy Types Walk and Cycle Tours – Trip Notes 4 days/3 nights

Itinerary overview

The east coast of Tasmania is an untapped wonderland waiting for you to pop by; it's peaceful, it's home to a string of stunning pristine white beaches and very appealing blue bays, and it's the sunniest place in Tasmania.

Meet in Hobart and head north starting your activities with a bike ride from St Mary's to the coast. Take a dip then lunch on the beach followed by a ride into **St Helens**. Indulge in a thought-provoking walk down the **Bay of Fires** beach and visit **Binalong Bay**.

The following day cycle south down the distractingly scenic coastline enroute to **Bicheno**, then spend the afternoon at the most visited spot on the east coast, On day three, cycle along the **Freycinet Peninsula** and enjoy a picnic lunch whilst you marvel at **Wineglass Bay**. Return to Hobart for your final tour night. Finish the trip in Hobart, with a day spent on the spectacular **Mt Wellington Descent** and a gentle **sea kayak** tour around the Hobart waterfront. Then you'll have some free time to explore **Hobart** at leisure.



Daily Itinerary

Day 1: Depart Hobart this morning at 8.00am with a pick up from your hotel/hostel and head north for Campbell Town. Get the bikes out at St Mary's and ride the pass down to sea level and stop for lunch at Scamander by the ocean. Transfer north of St Helens to the southern end of the Bay of Fires conservation area and spend the afternoon relaxing with a beach walk and games. Head back into St Helens for the evening via the township of Binalong Bay.

Overnight: St Helens (lunch)

Day 2: Today the intention is to make it to Bicheno by lunchtime. You can either ride the whole way (around 75km riding distance), or take a lift in the van part way to Falmouth for a shorter version around 40km riding distance). Meet for lunch in the fishing and surfing town of Bicheno. Enjoy a leisurely afternoon at the Douglas Apsley National Park, read a book beside the waterhole, and perhaps take a dip. Optional wildlife park visit this afternoon to meet the Tasmanian Devils (own expense).

Optional Bicheno Penguin tour this afternoon after dark (own expense).

Overnight: Bicheno (breakfast/lunch)

Day 3: Cycle from Bicheno, or slightly closer with a van transfer and regroup in Coles Bay. Join the group for a walk over to Freycinet National Park and marvel at the superb beach at Wineglass Bay. Enjoy a picnic lunch on the beach and return to Bicheno that evening.

Overnight: Hobart (breakfast/lunch)

Day 4: Finish the tour with a great day to experience the city of Hobart from summit to sea. Meet your guide at your hostel/hostel at 9.30am and take the popular and exhilarating Mt Wellington Descent bike ride from the summit of Mt Wellington all the way back to sea level. You'll then enjoy a gentle sea kayak around the Hobart waterfront to see the city from a different perspective. There'll be plenty of time to take in the sights of the city at your own pace today too, with some free time this afternoon in Hobart. (*lunch*)

QUICK FACTS

- Tour code:** CBP4N
- Starts:** Hobart at 8.00am
- Finishes:** Hobart at 5.30pm
- Departures:** Every Sunday from September to June. This tour also departs on Saturdays in a different order from above.

FURTHER DETAILS

- Price includes:** 3 nights' accommodation; meals as indicated; bicycle and helmet; hotel/hostel pick-up and drop off; National Parks Pass; support van and guide.
- Not included:** airfares to Tasmania, dinners and breakfast on day 4.
- Pick-ups:** From all Hobart CBD hotels and hostels or from the Tasmanian Travel and Information Centre in Hobart.
- Pick-up time:** From 8.00am from Hobart CBD hotels and hostels.
- Luggage:** You are allowed to bring one suitcase or rucksack to the maximum weight of 20kg, and one day bag. (No sleeping bag required)
- Meals:** We can cater for most dietary requirements, please advise your needs at the time of booking. If there are certain foods you require, please feel free to bring them with you.
- What to bring:** Personal items, warm jacket, rain jacket, comfortable walking shoes and a change of shoes for evenings, money for dinners and souvenir purchases, camera, personal toiletry items and a sense of fun and adventure!
- Reconfirmation:** Within 48 hours of departure, we would appreciate it if you would contact us to reconfirm your tour details and pick up location, especially if this has changed since your original booking.
- Contact us:** From within Australia call: 1800 064 726, international callers telephone: +61 3 6228 4255. Or email info@islandcycletours.com