

#### About Australian Cycling Holidays

Australian Cycling Holidays provides self-guided, multi-day cycling tours to individuals, families and groups. Based on the South Coast of NSW, they combine a love of cycling with in-depth local knowledge to provide a selection of stunning tours that showcase the region's scenery and attractions.

#### Coastal Escape Cycle Tour

This is a 6-day, 5-night cycle tour exploring the beautiful NSW coast south of Sydney, from the Royal National Park to the crystal clear waters of Jervis Bay. The route travels through coastal towns, forests and farmlands, alongside rivers and includes an eco-adventure boat trip around the beautiful Jervis Bay, with the option of whale-watching in season. **Distance: 240kms**

#### Tour Inclusions

- 5 days cycling, plus 1 rest day or coastal walk day.
- 5 nights' accommodation and breakfast.
- Hire of bicycles, helmets, front panniers and cycling equipment, or bring your own.
- Maps and ride notes, detailing route and attractions.
- Water bottle, snack and emergency rain poncho.
- Luggage transfer.
- Ferry transfer to Huskisson.
- Dolphin Wild eco-adventure cruise around Jervis bay.
- Roadside assistance.
- Welcome drink on your first night.

#### Tour Highlights

- Watch out for dolphins, turtles and sometimes even whales from your eco-adventure cruise.
  - Follow the Illawarra coastal cycle path past beautiful beaches, lagoons and wetlands.
  - Visit the Nan Tien Temple and gardens, the largest Buddhist temple in the Southern Hemisphere.
  - Discover Kiama's dramatic headland, blowhole, lighthouse and museum.
  - Walk the magnificent coastal track from Kiama to Gerringong.
  - Swim in one of the many beautiful beaches in the area, or take a quiet dip in one of the iconic rock-pools.
  - Relax on the stunning white sand beaches in Jervis Bay
  - Stop in at a café in Berry, or visit a local winery.
- Meals (except breakfast), incidentals, admission to attractions, museums and guided tours are at own expense.



#### What to bring

- Wear shorts, t-shirt and covered shoes for cycling and walking.
- Sunscreen, sun-glasses and wet-weather gear.
- Jumper for winter; swimmers for warmer months.
- Clothes and accessories for 6 days. Luggage is limited to 1 bag per person, maximum 20kg.

#### Location

- Start: 9 am, **Waterfall Station** on the outskirts of Sydney.
  - 0.75 hours by car, 1 hour by train from Sydney.
- Finish: 4pm, **Berry Hotel**, Berry, on the 6<sup>th</sup> day.
  - Train takes 2.5 hours to return to Waterfall Stn.
  - Train fares are at own expense. Fares currently less than \$10 per adult; on Sundays, all fares are \$2.50.

#### Prices (includes GST)

- \$1,520 per person based on twin share.
- Single Person Supplement \$384.
- Prices valid until 31/3/2013

#### Bookings Essential

- Tours start daily except Sundays. Tours are not available from 20<sup>th</sup> December through till 26<sup>th</sup> January.
- Bookings must be made at least 24 hours in advance.
- Participants' heights and ages (if under 18) required.

