

Sydney Spoke Invitational Tour 2008 - Stages

Saturday 17th Stage 1 - Arrival

Arriving in Adelaide you leave the week behind switching from work-mode to play-mode. You are met at the Adelaide International Airport for a transfer to your accommodation in Henley, our base for the length of the Sydney Spokes Invitational Tour. You will have time to unpack, relax, get your bike together and orientate yourself before your Tour Welcome Dinner tonight.

Sunday 18th Stage 2 - 60kms

Sunday morning starts with a gathering at one of the many local cafes. From here we head out on a ride through the suburbs up to Port Adelaide. This stage is a flat one and takes in a beautiful stretch along Adelaide's seaside, through the Port area before heading back to our base in Henley. The headwind which often accompanies the start of this stage on the way out should now provide a welcome tailwind back to base where we choose yet another café for lunch (is there a trend starting here?). There's then plenty of time to head back to your room to freshen up and explore the relaxing Adelaide city.

Monday 19th Stage 3 – 60kms

Hills, here we come!

A hearty breakfast is suggested as we're off to climb Norton Summit Road to Mount Lofty. You will experience a truly magnificent view across Adelaide to the ocean and beyond from up here. We can stop for lunch at Mount Lofty or head back down into Adelaide city and the well travelled Rundle Street for a choice of great cafes (there's that theme again....). Afterwards, wander around Rundle Mall where you'll find a plethora of shops to feed any purchasing rush you may feel, or head back to refresh yourself before spending the rest of the day indulging in the local fair.

Tuesday 20th Stage 4 – wine tour

Today we head out for a full day tour of the Barossa Wine Valley region. Leaving at 9:30am we travel towards Gawler and a selection of wineries to stock up as you see. Included in today's tour is lunch at one of the destination wineries. We return to Henley at approximately 5pm.

Those cyclists keen to take on a fast-paced ride with the locals on their regular ride can join them at 6pm for quick bunch-ride along the beach to Port Adelaide and back.

Wednesday 21st Stage 5 - 60 kms

Today's stage is another coastal ride similar to stage 2 in the length and profile of the course. This time we head to Glenelg Beach and continue south towards Port Noralunga and our turnaround point of Lonsdale Road. On the way back our lunch stop can be any number of cafes along the trendy strip in Glenelg, or we can continue to Adelaide city for any number of the options there.

Thursday 22nd Stage 6 – 70kms

The first part of today's ride takes us through the Adelaide suburbs before reaching the hills area and Montacute Road. Riding along the valley will take us up and over the hills to Lobethal where we stop for lunch and a rest before heading back the way we came. Those looking for some speed will enjoy the return journey!

Friday 23rd Stage 7 – 50/80kms

It's back into the hills today as we head south to climb Kalyra Road, along Fourth Road and then return via Brownhill Creek Road or continue on towards the disused Princess Highway down to Adelaide city. Both options will have their own challenges and both will provide some spectacular riding and views.

Saturday 24th Stage 8 - 60kms

This is the last day of climbing as we take in a locally renowned route into the hills along Black Hill Road to Corkscrew Road and returning along Gorge Road to North Adelaide. You might think this a challenge (and it is), but you will be strong from your riding completed through the week.

Tonight is our final night of the Sydney Spokes Adelaide Spring Break Tour 2008 and to celebrate we will enjoy each others company at our farewell dinner to mark a terrific time had on and off the bike. Relive those moments riding (or not) that has made this trip so memorable and begin planning your next great cycling adventure.

Sunday 25th Stage 9 Departure

All great things must come to an end and today is no exception. Enjoy an early morning ride to Glenelg before a hearty breakfast in preparation for your return to Sydney. Make sure your bike is packed and everything in order for your flight back to life as you once knew it.