



Yarra Valley cycling & wine tour

Enjoy a delightful day out exploring the best of the Yarra Valley by bike, from cool temperate forests to cool climate wines this is a wine tour with a difference. Combine exercise with indulgence as you bike through the heart of the Yarra valley and sample it's finest wines and produce from boutique wineries, and cheeses from an award winning Dairy.

You'll enjoy a delightful morning's cycle through rural back roads and the Warburton - Lilydale rail trail, free from road traffic but surrounded by exceptional scenery as you pedal through the heart of the Yarra Valley. Spring, Summer and Autumn all offer their own beauty with ever changing colours of foliage and rolling countryside. You won't want to stop riding but once the cycling is over we enjoy a relaxed lunch at a boutique winery in a lovely setting that will soon whet your palate for the afternoon's indulgences. We visit three boutique wineries plus a stop at the Yarra Valley Dairy for a taste of it's delicious cheeses. Well... you have earned it after all and you'll appreciate the tastings even more after your morning exercise.

Itinerary

8am - Our day begins with a pick up from central Melbourne and then we head eastwards taking the freeway to get quickly out of the city and our first stop in the Dandenong ranges overlooking the Yarra valley.

Approx 9:30 am - We stop for morning tea at a spectacular look out over the Yarra Valley and you have the opportunity to get changed into your riding clothes here. our Guide will also conduct a safety briefing and inform you about the ride ahead. we transfer down from the Dandenongs and then begin cycling on backlanes through the rolling countryside of the Yarra valley for a further 5km, surrounded by delightful views of farmland, vineyards and distant mountains.

Approx 10:30 am It's onwards to the town of Seville - starting with another nice downhill . After crossing the Warburton highway we join the Lilydale to Warburton rail trail through some of the best scenery and cycling in Victoria. The rail trail is as it's name suggests an old railway line which has been turned into a cycling trail through the Yarra valley. You will love the cycling through here which is easy and very rewarding with idyllic rural scenery framed by the mountains of Warburton. After an easy 12km to Launching place on the rail trail we join the van again and put our bikes away, as it's time to indulge in lunch followed by some serious wine tasting!

NOTE: Our support vehicle will follow your group and if you wish to stop cycling you can simply hop onboard at any time. We can provide jackets for cold and wet conditions but in the unlikely event of very bad weather that is not suitable for cycling your leader may substitute the ride with a trip on the famous Puffing Billy steam train ride through the hills instead and an additional winery visit . On bad weather days the picnic lunch will be substituted with lunch at a winery such as Rochford or Domaine Chandon.

Approx 12:00 Lunch - we will enjoy a gourmet picnic lunch and the views over the nearby Warburton ranges. After enjoying a

gourmet lunch you have the option of joining a tour around Domaine Chandon, the home of Champagne in Australia. Learn all about the winemaking process in an entertaining and informative way and get insights into a world-class winery at work as you see winemaking in progress, visit the barrel cellar and the riddling hall.

2pm onwards - Yarra Valley Wine & Cheese tasting

The Yarra valley is internationally recognized as a leading cool climate wine region and also the home to some very fine produce to complement its wines. Our next stop is a nice boutique vineyard and cellar door at Coombe Farm, which was once home to the famous Dame Nellie Melba before we break from winetasting with a delicious cheese tasting session at the Yarra Valley Dairy. Finally we visit another small rustic cellar door at Yering Farm to finish off a magical day. We then return back to Melbourne aiming to be back in the city for 5:30- 6:00pm.

Please note that the itinerary may be altered on the day to suit local conditions, extreme weather or the ability of the group if the leader sees fit to do so in the interests of timing or safety of the group. Also the Wineries visited may vary from those stated here depending on opening hours and seasonal closures.

Meal Inclusions

Morning tea at a superb viewpoint overlooking the Yarra valley, followed by a gourmet picnic lunch. Refreshments are also provided while you are cycling. Wine and Cheese tastings are of course a highlight of the day and we stop at four boutique Wineries in total where you will be able to taste at least 20 different wines during the day and also gourmet cheeses at the Yarra Valley dairy.

Other inclusions

Small exclusive group, 10 people maximum
Quality Wine & cheese tastings at boutique wineries
Morning tea
Delicious picnic lunch of exquisite local produce
Domaine Chandon tour (optional)
Knowledgeable and experienced guide
Well maintained & comfortable bikes
Helmets & safety briefing
Complimentary Coffee, Tea & snacks
Comfortable Support vehicle with bike trailer
Maps of the route & Yarra valley

Joining point & how to get there:

We pick people up from Melbourne at 8am at the Arts centre on St. Kilda road or outside her Majesty's Theatre at 219 Exhibition Street at 8:10am and drop back into Central Melbourne at the same stops at the end of the day.

Group Size

Minimum 5 people needed to operate this trip and a maximum of 10.

Physical rating

This is an introductory level cycle trip suitable for anyone of reasonable fitness and confidence riding a bike. The route has a long downhill section to start with followed by a backroad which winds up and down before dropping to the Yarra Valley. The section on the Warburton - Lilydale Rail trail is flat and easy riding for the most part. You should be prepared for some short

uphill sections on the section to Seville though - our support vehicle will be following if you decide that you don't want to ride this section.

Recommended list of what to bring

Personal Items

- High factor sunscreen
- Sunglasses
- Camera

Clothing

- A long sleeved T-shirt for sun protection
- Fairly rigid soled shoes / trainers
- Cycling shorts or regular shorts / short skirt (preferably without seams which may cause chafing)
- Light weight jacket or fleece top (waterproof is preferable)

Whilst we hope to enjoy good weather please be prepared for possible wet or cool weather as it's important that you have adequate clothing to cope with changing conditions.

Keeping In Touch - communication while on the ride

Mobile reception is generally good in this area. Your leader will give his mobile number to all members of the group for communication while on the ride.

Your Leader

All RAW trips are accompanied by one of our experienced group leaders who are trained in first aid and knowledgeable about the activity undertaken and area you are visiting. Your group leader is also your driver of the support vehicle to and from Melbourne. The aim of the group leader is to direct you through the trip safely 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 at the Wineries. They have a broad general knowledge of the areas and wineries we visit and they will be able to inform you on the areas we pass through.

Emergency Contact

In the case of a genuine crisis or emergency, please call the RAW Office. Tel: +61 3 9787 4366. Outside of office hours please call 0413 703 632

Safety

1. Cycling Helmet

You will be asked to wear a cycling helmet at all times when you are riding.

2. Weather conditions:

At the time of year when we are going riding conditions are generally good with temperatures in the 20's most days. Rain is not out of the question though so please prepare with a light jacket while riding. Should the weather conditions be too unsuitable for cycling, either too wet or too hot, then we will substitute the morning bike ride with a train ride on the Puffing Billy steam train from Belgrave to Lakeside through the Dandenongs. The rest of the day in the Yarra valley will go ahead as planned but we will include extra stops at wineries and places of interest.

3. Drinking water

You will need to carry at least 1 bottle of water with you. We will be able to refill your bottles at regular rest stops when we meet up with our support vehicle. 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).

4. Dietary requirements

Please notify us in advance of any special meal requirements.

5. Support vehicle

We will have a support vehicle trailing the group that will carry your bags and refreshments for the group. In the event that anyone is too tired or unable to ride they will be able to put their bike and body onboard!

7. Wine tasting

Please note that we have designed this trip so that the wine tasting can take place after your cycling has finished. Your bikes will be placed on a trailer after your ride and then we proceed by vehicle to the various cellar doors so that you can drink with peace of mind. We do not encourage people to drink whilst riding a bike and will not be held responsible for any accidents that occur as a result of ignoring this advice.

Please also note that your group leader has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns.

A thorough cycling safety briefing will be given prior to setting off about the bikes.

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 trip 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.

Please let us know of any medical conditions on the registration form and if you are currently taking prescription medicine as it is important that our leader is aware of your circumstances. 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.

There are no specific health requirements for entry into Australia. However, you should consult your doctor or travel clinic for up-to-date information and prescriptions for vaccinations. As some vaccinations require a course over weeks or months, contact your doctor as early as possible prior to departure. Generally, six to eight weeks' notice is adequate.

Given the physical activity involved with this trip we ask that you drink adequate amounts of water during the day, which is provided freely by us. Please scroll down to the Special Safety Notes below for information on dehydration.

If you are 65 years or older a completed participation form is required.

Dehydration

Dehydration is the biggest risk when undertaking a physical activity such as cycling in warm climates. It is important to be aware of your fluid intake and to constantly drink water throughout the day (even when you do not feel thirsty) particularly as we are drinking alcohol in the afternoon.

Symptoms of mild dehydration may include:

- flushed face ~
- extreme thirst, more than normal or unable to drink
- dry, warm skin
- cannot pass urine or reduced amounts, dark, yellow
- dizziness made worse when you are standing - weakness - cramping in the arms and legs
- sleepy or irritable
- headaches
- dry mouth, dry tongue; with thick saliva

The simplest way of monitoring your fluid intake is by checking the colour of your urine. If it is clear or slightly yellow you are well hydrated but once it is dark yellow you are in the danger zone and need to increase your fluid intake immediately.

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., especially with indigenous culture and interactions.

Please see our website for our Responsible travel policy and actions:

<http://rawtravel.com/resptravel/responsibletravel.pdf>

A Couple of Rules

Illegal drugs will not be tolerated on our trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. RAW's philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make our destinations such special places. Our group leader has the right to expel any member of the group if drugs are found in their possession.

RAW Newsletter

We have a free email newsletter full of traveller's stories and experiences as well as news on new trips that we are running. Please send us an extract from your travel journal at the end of the trip.

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 your trip.

We hope you will love the Yarra Valley cycle & wine tour as much as we do and we look forward to you joining us on other RAW experiences.

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.