

A scenic photograph of four cyclists riding on a paved road that curves along a coastal cliff. The cyclists are wearing various colored jerseys (blue, green, pink, and white) and helmets. In the background, there is a white building with a red roof and a white fence. The sky is blue with some clouds.

# *lifecycles*

T R A V E L

X

Australia/NZ  
**Cyclist**

## **BYRON BAY WINTER WARMER**

**22-25 AUGUST 2019**

### **WINTER WARMTH**

Don't hang it up,  
spend 4 days riding  
this winter without  
gloves and jackets.

### **ROAD CYCLING**

Our tour guides will be  
with you every stroke of  
the pedal & you'll have  
the strava files to match.

### **COAST TO HINTERLAND**

Ride along scenic  
coastal roads & then up  
into the meandering  
hinterland.





## Trip Details:

**Dates:** 22 - 25 August 2019

**Duration:** 4 days / 3 nights

**Distance:** 150 - 230km

**Grading:** Easy - Moderate

**Airport:** Ballina Byron Gateway Airport

## Price:

\$1500pp (twin share),

\$300 single supplement

\$1200pp (no accommodation)

## What's Included?

- **3 nights accommodation** | Byron town, Massinger Street
- **Breakfast** each day | Top Shop Byron Bay
- **3 restaurant lunches** exploring the best of the Byron coast
- **3 carefully constructed guided cycling tours**
- Complimentary **bike rental**: Trek Domane SL 5 Disc, Emonda SL 6 Disc, Checkpoint SL 6
- Complimentary **route navigation** with pre-loaded **Wahoo Elemnt computers**
- **Expert staff, mobile workshop & spares kit**
- **All transfers & luggage transport**
- **Welcome pack** including **Lifecycles Travel jersey**, drink bottles & other goodies
- **Support vehicle** following every ride
- **Optional Tours** | whale-watching tour, SUP lesson or kayak tour
- Things to see | Waterfalls, **hinterland cafes** & roadside farm stalls
- Optional **single occupancy**

**BOOK NOW**

## Who is this trip for?

What does your ideal winter cycling weekend look like? If it's: riding without gloves and jackets, navigating quiet country roads through quaint hinterland villages, enjoying a delicious variety of cuisines, and finishing each ride with a swim in the warm beaches of the Northern Rivers; then our Byron Bay Winter Warmer may just be the trip for you.

Following our #MyBigRideByron feature in February, we've invited the team at Cyclist Magazine back this August 22 - 25 for another taste of riding at Australia's most eastern cape, and we want you to come along for the ride. Together we've created an exclusive 4 day, 3 night itinerary to share with you the best rides, restaurants and relaxing experiences of Byron Bay.

This trip is perfect for perfect for travellers who want to visit Byron and enjoy a relaxed, social and active escape.



LIFECYCLES TRAVEL X CYCLIST

RIDE BYRON BAY LIKE A LOCAL





# HINTERLANDING



## Get the feeling from 'hinterlanding'

The term we coined to describe riding in the lumpy sub-tropical rainforest that is our backyard, 'hinterlanding' is all about rickety bridge crossings, winding through thick jungle canopies and navigating the rural country roads first developed during Byron's cedar logging era. Forget about your average speed, you'll be too busy looking for wildlife, waterfalls and overhanging wisterias.

Your 3 rides will begin in Byron and take you along the stunning coastline and meandering backroads roads of the Northern Rivers. Though each ride will be completely unique, they will all include a mid-ride coffee break at a secluded hinterland cafe (yes, you will get to taste the Muffins at Doma!!!) as well as finish with a group lunch at one of the region's most celebrated culinary destinations, such as Shelter Lennox Head and Beach Byron Bay.

Rides will be up to 4 hours in length each day, with shorter options available depending on how you're feeling. Your group will include at least 1 ride leader and a photographer. There will be a strict no-drop policy for the group as well as a support vehicle following each ride.





# BYRON BAY



## Do Byron Bay, but better

In the afternoons, kick back and get your dose of the Byron vibe. There are endless outdoor attractions for you to enjoy, and we are more than happy to help arrange any whale-watching, surf lessons, stand-up paddle boarding or kayaking activities that you would like to try in your free time. Consider us your personal Byron Bay concierge.

The Pass and Watego's beach are a mere stroll for an afternoon dip in the bay, and while you're out why not enjoy a sunset walk up to the famous Cape Byron Lighthouse. We want to give you the opportunity to get out and explore for yourself, so some dinners on this trip are not included.

Discover Byron & have the ride of your life.





## ITINERARY

### DAY BY DAY



## Day by day

**Day 1** - Arrive in beautiful Byron Bay, take a walk along the beach & get to know your fellow travellers & tour guides over a sunset drink at the Beach Hotel followed by dinner at Balcony Bar.

**Day 2** - Explore the subtropical Byron hinterland on our ride, then dine at beachfront hatted restaurant 'Shelter' & take the opportunity for an afternoon of whale-watching.

**Day 3** - Ride through classic Northern Rivers villages Federal, Mullumbimby & Brunswick Heads. Spend the afternoon at the beach & the evening experiencing a bit of Byron culture.

**Day 4** - Spin the legs out for a final ride around historic Newrybar before a light lunch & transfer to the airport this afternoon.

**"Byron Bay is undoubtedly one of the east coast's most sought after holiday destinations but as Cyclist Australia/NZ magazine discovered, the surrounding hinterland is very much a cycling haven."**



## ITINERARY

### DAY 1



Welcome to Byron. You will be met at Gold Coast or Ballina Airport & transferred to your chic Byron Bay guesthouse 'Hampton Cottage' on Massinger Street.

Having settled in, unpacked, & had the opportunity to meet and mingle with the other cyclists, your tour guides will get you set up on your Trek bike for the weekend. There will also be a complimentary Lifecycles Travel jersey, drink bottles & a few other goodies waiting in your room.



This afternoon, take a stroll along the beach or even a dip in the ocean before welcome drinks at the Beach Hotel & dinner on the verandah at Balcony Bar.

**"Explore hidden gems of rolling hills, steep pinches, and enough gravel to satisfy an adventurer's thirst."**





## ITINERARY

### DAY 2



In the morning, like every morning while on tour, you'll start with an inclusive breakfast at Top Shop which is a favourite cafe amongst the locals. It's also only a stone's throw away from the beach house.

We'll then clip in for a scenic loop of the Byron hinterland, taking us along meandering quiet hinterland roads through a sub-tropical rainforest setting.

After a few gentle climbs & countless panoramic photo opportunities, we'll jump on the coast bike path to Lennox Head, where a waterfront 'hatted' lunch at Shelter is waiting for us.



This afternoon, join a whale-watching boat charter or head back to Byron for a relaxing afternoon on the Northern Rivers. You are free to explore the abundance of dining options in Byron town tonight for dinner.

**"In stark contrast to rides back home in Sydney, here the proper riding begins from the moment we clip in."**





## ITINERARY

### DAY 3



Following breakfast, we'll explore on our ride some of the Northern Rivers classic villages, including Federal, Mullumbimby & then finishing in Brunswick Heads.

Coffee lovers will not be disappointed today, but may be struggling to stay under their daily 'brew limit'. Having worked up a healthy appetite, we'll enjoy lunch overlooking the river at arguably Australia's best pub, the Brunswick Heads Hotel, before an afternoon on the water...

Choose from a kayak tour or stand up paddle-board lesson on the Brunswick River. Afterwards we'll take a convenient transfer back to Byron, grab a towel & cruise down to the beach for a swim in the bay.

If you haven't yet been done 'Bay Lane', just back from the beach, it's well worth a visit when choosing dinner options tonight.

**"The views from the top are worth a brief drink stop"**



## ITINERARY

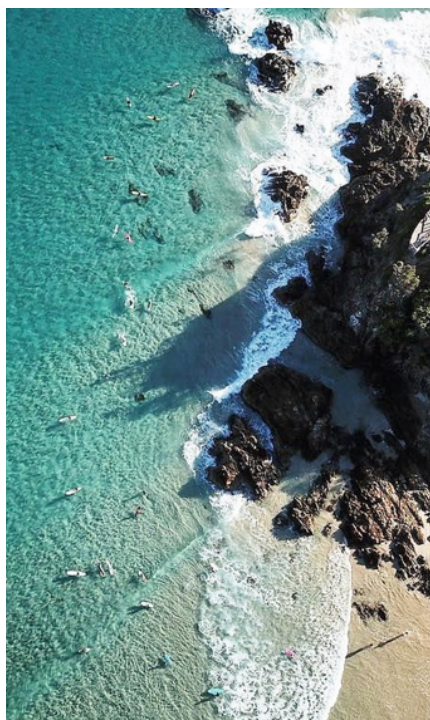
### DAY 4



This morning, we'll spin the legs out for a final ride around the historic village of Newrybar.

Alternatively, leave the bike and enjoy a walk up to the Cape Byron Lighthouse & Australia's most easterly point.

Having showered & packed up, we'll regroup for a light lunch on the dunes at Beach Byron Bay before beginning preparations for your afternoon airport transfer.



It's sad to say goodbye, but we look forward to riding with you again soon.

**"The early Cape Byron Lighthouse roll – it wouldn't be a trip to Byron if our ride didn't visit here at some point."**





# HAMPTON COTTAGE

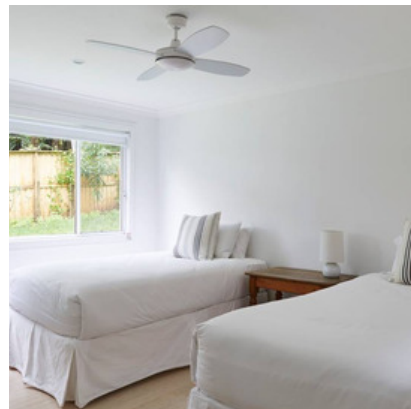
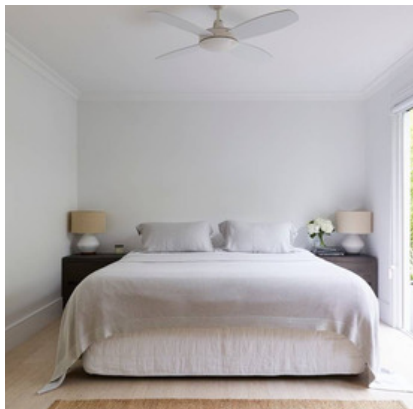


## Where You'll Stay

As part of this weekend package, you will enjoy 3 nights accommodation at our Byron Beach House, a beautiful property situated in a prime location, just a short stroll to the beach and a 10-minute walk into the heart of town where you will find eclectic shops, bars and entertaining street life.

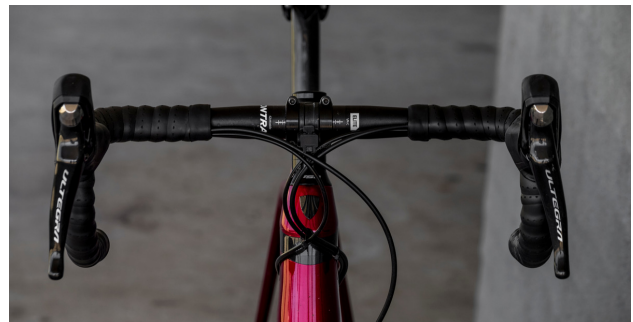
The beach house is light, bright and airy and boasts 5 large bedrooms and 3 bathrooms. Each room can be setup as a king bed or twin singles.

Alternatively, you can also choose to arrange our own accommodation for this trip. Please see Trip Details or contact us for information on price options.





COMPLIMENTARY  
BIKE HIRE



## All about the bikes

### Trek Checkpoint SL6 - Our pick for this trip

The Trek Checkpoint SL 6 is a **carbon gravel bike** without limits. It's designed to take you places you'd never reach on a standard road bike—like the mud-caked finish line of the world's greatest gravel races. A **lightweight OCLV Carbon frame** with gravel-smoothing IsoSpeed, a full **Shimano Ultegra** drivetrain, and extra mounts for gear and accessories make Checkpoint SL 6 a true gravel powerhouse and the best choice for serious all-road adventurers.

### Trek Domane SL5 Disc

Domane SL 5 Disc is all about smooth riding, **speed and versatility**. It's great for riders who want to make the jump to carbon. Specs include **disc brakes**, a performance drivetrain and **Front and Rear IsoSpeed**. This is road bike hire at it's best, you won't be disappointed with this model.

### Trek Emonda SL6 Disc

The Émonda SL 6 Disc has all the advantages of an **ultralight carbon road bike**, with the added benefit of **hydraulic disc brakes** for all-weather stopping power. A full **Shimano Ultegra** drivetrain and front and rear thru axles make it a great choice for fast roadies who want the extra confidence of brakes that perform in any conditions.



**BOOK NOW**