



AUSTRALIAN
CYCLING ACADEMY

USC SUNSHINE COAST



AUSTRALIAN CYCLING ACADEMY PRESENTS

VELOTHON LIFESTYLE EXPERIENCE

18 - 21 JULY 2019

TRIP DETAILS:

Dates: 18 - 21 July 2019

Duration: 4 days, 3 nights

Distance: 200-250km

Grading: Easy - moderate

Price: \$1900pp Twinshare

Airport: Sunshine Coast

**MAKE YOUR BOOKING BY:
18 JUNE 2019**

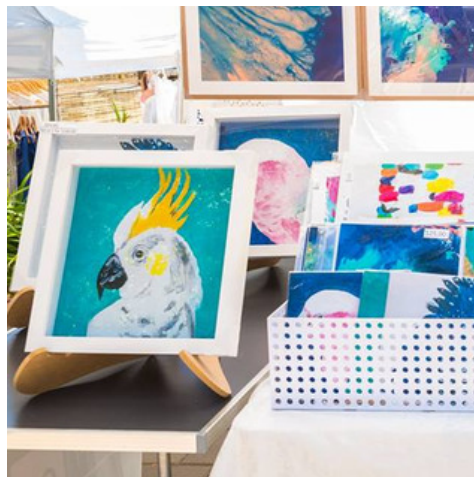
BOOK NOW



WHAT'S INCLUDED?

GET MORE BANG ON YOUR BIKE

- 3 nights **accommodation** at the Novotel Twin Waters Resort
- **Airport transfers** from Sunshine Coast airport (transfer from Brisbane possible- contact us for details)
- Nutritious **breakfast** each morning
- Group **dinners** at local venues each night
- 1 half-day '**Village Ride**', including **lunch** at a hinterland craft brewery
- 1 half-day '**Market Ride**', including a visit to **world-famous artisan markets**
- **Support vehicle** following each ride
- Complimentary **route navigation** with pre-loaded **Wahoo Elemnt computers**
- **Registration for the 1 day Velothon**
- **Tips & strategies** before the Velothon from our ACA coaches
- **ACA 'Welcome Pack'**, including a t-shirt, a hat & other goodies
- **Laundry** cleaned, dried & ready for each day
- **All transfers**, including luggage & bike transport
- Optional 3 day **bike hire***
- Optional **single occupancy***
- * Additional cost



For more information contact us at bookings@lifecycletravel.com.

WHO IS THIS TRIP FOR?

'THE CHALLENGER & REWARDER'



If you're a **recreational cyclist** who likes to get the most out of travelling, come to the beautiful **Sunshine Coast**, ride the **1 Day Velothon Race** & add some fun **cycling experiences** in the lead up to the event.

During this trip, we'll ride smooth tarmac roads around **scenic loops**, showcasing some of the **region's most iconic destinations**. Along the way, you'll be treated to genuine **local experiences**, including the famous artisan **Eumundi Markets** & taste craft beer from the hinterland **Brouhaha Brewery**. After each ride, there will be plenty of time to kick back & soak up the relaxed coastal atmosphere.

Then to finish off your weekend, you'll take part in the Sunshine Coast's premier amateur cycling event, the **1 Day Velothon**, under the guidance & tuition of our **professional ACA team directors & coaches**.

This trip is designed for riders who are seeking a real **challenge and reward experience**. We'll spoil you on the Sunshine Coast! Soak up amazing coastal & hinterland leisure riding. Join our Velothon Lifestyle Tour & experience the best the Sunshine Coast has to offer.

Not sure if this trip is right for you?
Give us a call on +61422768617.

OVERVIEW OF THE TRIP

CHASE THE SUNSHINE COAST

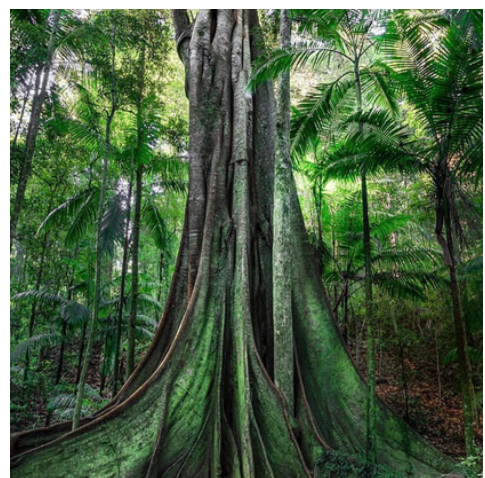
Day 1 - Arrive in the Sunshine Coast. Airport transfers to your 4 star accommodation at **Twin Waters Resort**, where our tour staff will welcome you & get your **bike set up**. Get to know your fellow travellers & tour guides during a special **welcome dinner** tonight.

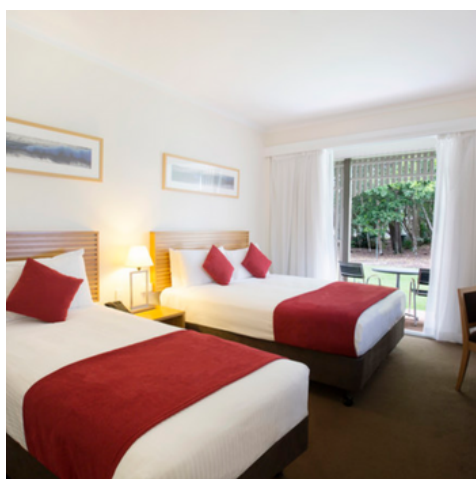
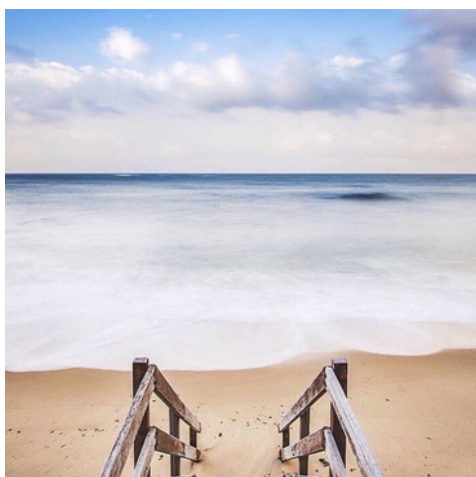
Day 2 - Explore the subtropical hinterland on our '**village ride**' today, finishing with **lunch at a hinterland brewery**. There's plenty of time this afternoon to **switch off and relax** before **dinner** tonight.

Day 3 - Ride to the town of Eumundi on our '**market ride**' this morning for a taste of the **famous artisan treasures**. Return to the hotel to prepare for tomorrow & enjoy a **pre-race group dinner**.

Day 4 - Ride the **Velothon Sunshine Coast** 90km or 150km, finishing with team **celebratory drinks** at the **Velothon Club House**. Lunch & showers followed by afternoon **airport transfers**.

Need help booking flights, contact us on +61422768617.





DAY 1

THE ACA WELCOMES YOU

Welcome to the Sunshine Coast. This afternoon you will be met at **Sunshine Coast Airport** & transferred to the **Novotel Twin Waters Resort**, your accommodation for the next **3 nights**. Here your tour staff will be waiting to help you check-in & get your bike set up for the weekend.

There will also be an **ACA welcome pack** waiting in your room including a t-shirt, drink bottles & other goodies.

Having taken a bit of time to **relax, settle in** & maybe even have a **swim at the beach**, we'll regroup this evening for our trip welcome. We'll introduce our staff & the weekend ahead before a special **welcome group dinner at a local restaurant**.

During your stay the ACA staff as well as our friends at Twin Waters will make your trip as memorable & enjoyable as possible.

DAY 2

POST RIDE BEER & A LAUGH

Following **breakfast at the hotel**, we'll explore some of the best hinterland roads on our '**Village Ride**'. We'll explore **Montville, Kenilworth & Maleny**.

After a few climbs & countless panoramic photo opportunities, we'll pull in & watch the **3-day Velo riders** go past on their way to **Buderim**. Continuing on, we'll finish our ride at **Maleny's Brouhaha Brewery** to sample their seasonal lunch menu sourced from sustainable local producers.

Following a **private transfer to the hotel**, kick back & enjoy your holiday on the Sunshine Coast this afternoon before we regroup with the rest of the team this evening for a **group dinner** & no doubt a few stories from everyone's first day on the bike.

The Village Ride:

STRAVATM



DAY 3

YOU'RE OFF TO EUMUNDI



This morning we roll out on flat roads heading out across the **Maroochy River** before a lumpy but generally straightforward route out to **Eumundi** on our '**Market Ride**'. This charming historic town is situated amongst towering heritage listed fig trees and is home to the world famous **Eumundi Markets**, which we will be visiting today to peruse some of the many tasteful artisan stalls & enjoy some **lunch**.



This afternoon, there will be a transfer back to **Twin Waters** to begin preparations for tomorrow's Velothon. We'll **check over your bike** and ensure it is ready to go before a **pre-race team meeting** where your ACA coaches will provide tips to help with your planning & nutrition during tomorrow's event.



If you've still got questions to ask following the meeting, feel free to pull up a chair with one of our professional staff members during tonight's **pre-race dinner**.

The Market Ride:

STRAVATM

DAY 4

YOUR VELOTHON VICTORY

Race day. An **early start** this morning so grab a coffee, catch the Tour de France highlights and watch the sun rise over the Maroochy River. Get excited for what will be an exhilarating day on the bike.

Ride along the beach from **Mudjimba** to **Noosa** to warm up those legs before launching into the gentle 4km KOM in **Tewantin**. Looping back through **Eumundi** once more, you'll enjoy a scenic hinterland ride back behind **Coolum** as you make your way back to **Maroochydore** & the Velothon finish line at **Cotton Tree Park**.

By now, we'll definitely all have earnt a post-race **drink at the clubhouse** together before returning to the hotel for an **afternoon checkout** & beginning preparations for your **airport transfer**.

The 1 Day Velothon Ride:

STRAVA™





BE PART OF OUR TEAM

If you have any questions about the trip, contact our team at Lifecycles Travel & the Australian Cycling Academy.

Phone: +61422768617

Email: bookings@lifecyclestravel.com

**BOOK YOUR SPOT BEFORE:
18 JUNE 2019**

BOOK NOW