



AUSTRALIAN  
CYCLING ACADEMY  
USC SUNSHINE COAST

# The Curated Plate

- CULINARY FESTIVAL -  
SUNSHINE COAST, QUEENSLAND



## FOOD, WINE & WHEELS

DESTINATION SERIES - SUNSHINE COAST

8 - 11 AUGUST 2019

# TRIP DETAILS:

**Dates:** 8 - 11 August 2019

**Duration:** 4 days, 3 nights

**Distance:** 150km

**Grading:** Easy - Moderate

**Price:** \$2500pp Twinshare

**Airport:** Sunshine Coast

**MAKE YOUR BOOKING BY:  
8 JULY 2019**

**BOOK NOW**



# ABOUT THE TRIP

## THE CURATED PLATE

The Curated Plate is a new four-day food festival in the picturesque surrounds of a region famed for its vibrant produce, the Sunshine Coast. Be part of the Curated Plate and immerse yourself in the flavours foraged from organic and sustainable practices and enjoy once-in-a-lifetime dining experiences.



## VISIT SPICERS CLOVELLY ESTATE

The highlight of this active culinary experience will be an exclusive matching 5 course lunch all prepared by Spicers Clovelly's Chef Chris Hagan at The Long Apron, a celebrated restaurant that has proudly won two Chefs Hats.



## MEET CHEF CHRIS HAGAN

You will enjoy a crafted menu featuring a selection of the region's greatest fresh produce, seafood and delicacies paired with local coffees, brewed beverages and fine wines.



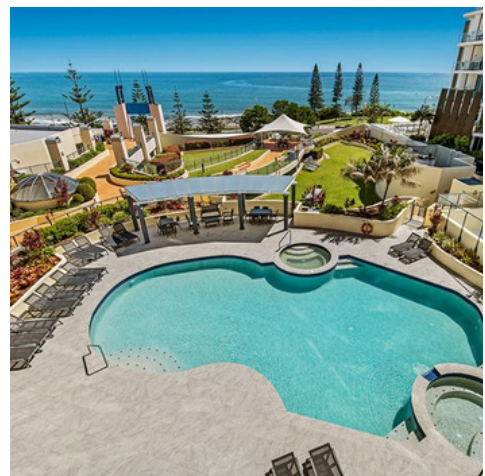


# WHAT'S INCLUDED?

## THE CYCLING, THE FUN & THE FOOD

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- 3 nights accommodation at The Mantra Mooloolaba
- 3 guided cycling tours exploring the Sunshine Coast, hinterland & villages
- Exclusive 5 course lunch at The Long Apron, Spicers Clovelly Estate
- Transfers back to accommodation after each culinary experience
- Nutritious breakfast each morning
- Welcome dinner on first night
- Support vehicle following each ride
- Airport pickup and drop-off from Sunshine Coast Airport
- A comprehensive trip itinerary with details of our daily options & tourist information
- Complimentary bike hire: Trek Domane SL5 Disc
- Complimentary route navigation with preloaded Wahoo Elemnt GPS computers
- ACA 'Welcome Pack'
- Optional single occupancy





# WHO IS THIS TRIP FOR?

## THE FOODIE & THE CYCLING FORAGER

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Travellers seeking a health and wellness focussed trip are invited to join us on this 4 day cycling experience. Combine your passion for cycling with great dining experiences at the 2019 Curated Plate Culinary Festival. This bespoke itinerary is exclusively designed for only 10 people who appreciate the finest rewards for effort, attention to detail and prowess. Your weekend will include cycling the majestic Sunshine Coast and hinterland, under the guidance and supervision of our professional Australian Cycling Academy (ACA) team. After an active day of cycling, you'll be rewarded with all the comforts of beachfront accommodation at the 4 star Mantra Mooloolaba.

## A BIT ABOUT THE RIDING

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The 3 guided cycling tours included in this trip are designed to suit the rider who, whilst enjoying the 'challenge & reward' element of cycling, is happy to slow down, look around & enjoy the amazing & varied routes of this beautiful region. We'll take you through subtropical rainforests, along stunning coastlines & to quaint hinterland villages. Each ride will be led by our professional cycling tour guides & supported by our team car, which will be carrying spare clothes & repair equipment. Rides will be up to 3 hours, with shorter ride lengths available depending on how you are feeling each day.

# OVERVIEW OF THE TRIP

## ON THE BIKE AND BY THE BEACH

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**Day 1** - Arrive on the Sunshine Coast. Board your airport transfer to our 4 star accommodation, where our tour staff will welcome you & get your bike setup. Get to know your fellow travellers & tour guides during a special welcome dinner tonight.

**Day 2** - The highlight of your tour begins with a scenic ride into the Sunshine Coast hinterland, finishing at Spicers Clovelly Estate for an exclusive long lunch experience overlooking the beautiful gardens at The Long Apron restaurant.

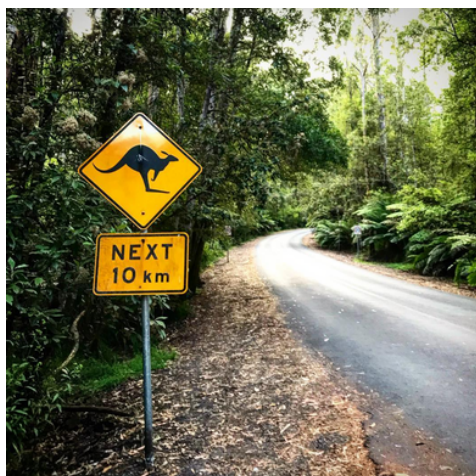
**Day 3** - Today ride to the heart of the Curated Plate. Sample creations from the many producers & pop-up restaurants, & experience cooking demonstrations & live music. Explore Mooloolaba's 'Sunshine Strip' at your leisure tonight.

**Day 4** - Time for one final ride along the coast to Noosa for a coffee on Hastings St. Enjoy your last day on the Sunshine Coast before an afternoon departure.

**Got any questions?**

**Contact us on +61 422 768 617.**





# DAY 1

## THE ACA WELCOMES YOU

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Welcome to the Sunshine Coast. This afternoon you will be met at Sunshine Coast Airport & transferred to the Mantra Mooloolaba Beach, your accommodation for the next 3 nights. Here your tour staff will 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, cap & 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.

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# DAY 2

## SPICERS CLOVELLY ESTATE

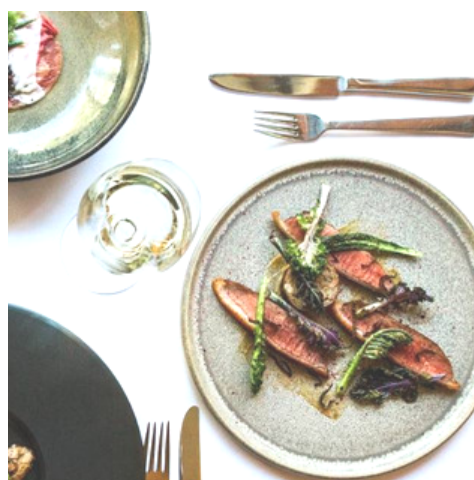
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We begin this morning with a ride out into the majestic Sunshine Coast hinterland. You'll earn your appetite as we roll along the varied routes between quaint hinterland villages. Explore some of the finer examples of what makes the area one of Australia's top cycling regions.

This is a unique day of mixing idyllic scenery with gourmet delights from local producers.

Feast on a specially prepared meal just for us by artisanal master Chef Chris Hagan. We will gather in the luxurious comfort at the alfresco library deck of Spicers Clovelly Estate, surrounded by the tranquil, lush green gardens overlooking the historic estate. Share stories of your day over delicious dishes and drinks, with a fun group of like-minded travellers.

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## DAY 3

### THE CURATED PLATE

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Following a nutritious breakfast, we'll roll out for another scenic ride through sub-tropical rainforest, stunning coastal stretches & quaint hinterland villages.



Enjoy an authentic morning of riding in the Sunshine Coast, including a mid-ride coffee stop at one of our local favourites. No doubt you'll have worked up a healthy appetite so you'll really enjoy The Curated Plate's wonderful selection of pop-up restaurants, cooking demonstrations and other culinary experiences on offer.

Tonight, you're free to explore the renowned 'Sunshine Strip' on the Mooloolaba beachfront for dinner, only a moment's walk from your accommodation.



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# DAY 4

## COASTAL COFFEE RIDE

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To finish this fun, active escape on the Sunshine Coast we'll enjoy one last ride this morning along the coast to Noosa.

Finishing on Hastings St, here we'll enjoy a coffee by the beach & there will also be time for you to peruse the many well known shops that line this famous tourist spot.

Choose from a transfer home or ride back along the coast again. Arriving back at Mooloolaba, enjoy your last day on the beautiful Sunshine Coast before we begin preparations for your departure this afternoon.

It's always sad to say good-bye, but we look forward to welcoming you on another trip again soon.

**Supported by:**

***lifecycles***  
T R A V E L







# READY TO RIDE?

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

**Phone:** +61 422 768 617

**Email:** [bookings@lifecyclestravel.com](mailto:bookings@lifecyclestravel.com)

**BOOK NOW**

**BOOK YOUR SPOT BEFORE:  
8 JULY 2019**