

Table of Rides

NEW SOUTH WALES	DURATION	DISTANCE	DIFFICULTY
SYDNEY SURVEY	2½–4¼ HOURS	41.7KM	EASY–MODERATE
GOLD & WINE COUNTRY CIRCUIT	4 DAYS	299.5KM	MODERATE–DEMANDING
BATHURST TO THE BLUEYS	2 DAYS	147.3KM	DEMANDING
MURRAY RIVER TO ALPINE WAY	3 DAYS	256.9KM	DEMANDING
COFFS & DORRIGO CIRCUIT	2 DAYS	143.3KM	MODERATE–DEMANDING
THUNDERBOLTS WAY	3 DAYS	210KM	MODERATE–DEMANDING
CANBERRA EXPLORER	2–3½ HOURS	36.2KM	EASY–MODERATE
VICTORIA	DURATION	DISTANCE	DIFFICULTY
CENTRAL GOLD & SPA COUNTRY	5 DAYS	304.3KM	EASY–MODERATE
THE GRAMPIANS	3 DAYS	209.6KM	EASY–MODERATE
THE GREAT OCEAN ROAD	5 DAYS	281.5KM	MODERATE
RICHES OF THE NORTHEAST	3 DAYS	205.7KM	MODERATE
ACROSS THE HIGH COUNTRY	3 DAYS	240.4KM	MODERATE–DEMANDING
TASMANIA	DURATION	DISTANCE	DIFFICULTY
TASSIE'S EAST COAST	7 DAYS	499.7KM	MODERATE–DEMANDING
COCKLE CREEK	3 DAYS	216.1KM	MODERATE
ACROSS THE CENTRAL PLATEAU	5 DAYS	286.3KM	MODERATE
TASSIE'S WEST COAST	10 DAYS	661KM	DEMANDING
SOUTH AUSTRALIA	DURATION	DISTANCE	DIFFICULTY
FLEURIEU PENINSULA	5 DAYS	289KM	MODERATE
WINES & CLIMBS	6 DAYS	296.9KM	MODERATE–DEMANDING
WESTERN AUSTRALIA	DURATION	DISTANCE	DIFFICULTY
ROTTNEST ISLAND	1½–3 HOURS	289KM	EASY
SOUTHWEST FORESTS & SEAS	9 DAYS	614.1KM	MODERATE
QUEENSLAND	DURATION	DISTANCE	DIFFICULTY
BORDER LOOP	5 DAYS	325.3KM	DEMANDING
MT NEBO & BRISBANE FOREST PARK	3–5 HOURS	50.1KM	MODERATE–DEMANDING
MT MEE	4–7½ HOURS	74.8KM	MODERATE–DEMANDING
SUNSHINE COAST & HINTERLAND	4 DAYS	184.3KM	MODERATE
MT STUART & ALLIGATOR CREEK	2 DAYS	62.2KM	EASY
MAGNETIC ISLAND	1¼–2¼ HOURS	22KM	EASY–MODERATE
THE DAINTREE & CAPE TRIBULATION	3 DAYS	173.3KM	MODERATE
ATHERTON TABLELAND	5 DAYS	242.3KM	MODERATE

SUMMARY	PAGE
An orientation tour to/near most of Sydney's highlights: its harbour, beaches, hills and buildings	51
Australia's oldest goldfields and some of its newest wineries amid characteristic Australian countryside	57
From the depths of the Jenolan Caves to the top of the Blue Mountains' signature sandstone escarpment	63
Long lengths of remote river valley and a big climb to Alpine Way heights	69
Rainforest and waterfalls around the World Heritage Dorrigo National Park	75
Wide grazing lands atop the New England plateau and an undulating run through gloriously green hinterland	79
A pleasant traffic-free bikepath on a lakeside tour of the national capital's attractions	85
SUMMARY	PAGE
Quaint townships, Victorian architecture, rolling countryside, all tinged with reminders of the gold-rush days	109
Stunning views, spectacular waterfalls, rock formations, Aboriginal rock art and, in spring, a magnificent wildflower display	116
Charming coastal scenery, including cliffs, lighthouses, villages, beaches and limestone stacks	122
Gourmet food, wineries, historic gold towns and inspiring high-peak sightings from Victoria's premier bikepath	129
The Great Alpine Road's lush green valleys, high mountains and vista-rich coasts	136
SUMMARY	PAGE
A popular ride along the state's granite-strewn east coast	165
One of Tassie's rare gentle rides, cruising through the state's fruit bowl to the southernmost road-end in the country	177
A journey to Tasmania's lake-studded heart and up through the escarpments of the Great Western Tier	183
The coast most cyclists miss and the theatrics that keep them away: dramatic mountains and equally dramatic weather	193
SUMMARY	PAGE
Waves, wine and whales on this circuit through one of South Australia's holiday playgrounds	229
Australia's most famous wine-producing region and one of the country's finest long-distance mountain biking trails	241
SUMMARY	PAGE
Traffic-free, beach-rimmed riding around the state's most famous and most cycle-friendly island	263
One of Australia's mightiest forests, sections of castaway coast and the wine capital of the west	266
SUMMARY	PAGE
A Border Ranges crossing, looping between the glam Gold Coast and the hippie haven of the northern New South Wales hinterland	291
A climb out of the suburbs into the thick forested hills behind the state's capital	299
An energetic ride to a hilltop village with Glass House Mountains views	301
The Glass House Mountains' ancient volcanic plugs, the artsy Blackall Range and Queensland's most stylish seaside town	304
An introduction to cycle camping in Townsville's flat surrounds, with an optional tough climb	311
Wildlife, beaches, water sports, great eating and scenic riding on an island perfect for cycling	314
From Cairns, capital of the Far North, to the amazing Wet Tropics World Heritage region	317
A spin through cool climes, waterfalls, crater lakes, rainforest giants and historic towns	322

The Authors



ANDREW BAIN

Growing up in Adelaide, Andrew used to cycle up and down the cul-de-sac on which he lived pretending to ride around Australia. As an adult, he did it. This 20,000km journey became the book *Headwinds*. Soon, with a nagging guilt that he missed a bit, he returned to the road, riding from Cairns to the tip of Cape York in 2007. Now based in Hobart, he writes about adventure activities for a number of newspapers and magazines and is the author of Lonely Planet's *A Year of Adventures* and lead author of its *Walking in Australia* guidebook. His retirement plans don't involve a campervan, but instead a wish to cycle around Australia once more.

MY FAVOURITE RIDE

Few places in Australia can be easily cycled around in their entirety, which makes the land under Down Under – Tasmania – my choice as the country's best bike destination. The east coast of Tasmania (p165) is all about beaches that are perfect in every way (except water temperature) and, just a couple of hundred kilometres away, on the west coast (p193), you can be immersed in dense bushland and Australia's shapeliest mountains. Just as tangled, beautiful and hilly, the New South Wales Coffs & Dorrigo Circuit (p75) is my pick of the mainland rides, with its route buried deep in rainforest as you grind up the range and freewheel back to the coast.



ETHAN GELBER

An unapologetically native New Yorker, Ethan followed his heart to Australia in the year 2000, having been beguiled by a young Sydneysider's 'strine'. After almost 15 years on the road, much of this spent writing about thousands of kilometres logged on bike, he was happy to have heaved anchor for a spell. A short spell. The road is still home, the bike is still his steed and he still bends words on the matter. Now he just does it with beloved company that includes a young son. At present, his base of operations is Sydney.

MY FAVOURITE RIDE

On two wheels, I've never been particularly fast over mountains, but I love the natural, physical and mental spaces they create for me. My primordial needs are met by a buoying calm, boon on both a long uphill push in defiance of gravity and then the gleeful surrender to its downhill drive. The Across the High Country (p136) and Murray River to Alpine Way (p69) rides were my ideal retreats.

