

Epic Goldie Hinterland 3 day Cycling retreat

Riding 240km combined with just over 5,000m in climbing... all with great scenery, great food & great stories



Epic Goldie Hinterland Thursday welcome night

Our base camp is the beautiful and action packed Thunderbird Park

<https://www.thunderbirdpark.com/>

Join us for welcome Pizzas and load up the carbs for 3 days of great riding
ahead



Epic Goldie Hinterland day 1- Friday

Thunderbird Park -Beechmont loop

70km 1,680m

[http://www.strava.com/
routes/2764761366490724486](http://www.strava.com/routes/2764761366490724486)



Epic Goldie Hinterland day 1 – ride

We start by warming up the legs with a rainforest ascent up the hill to Eagle Heights and a quick hit of caffeine. Then we descend Tamborine Oxenford Road- track through some valleys before turning up towards Beechmont. After the Beechmont climb (around 45km) we stop for brunch while enjoying some spectacular views over Numinbah Valley towards Mt Warning. We then traverse across the Beechmont plateau before descending to Canungra.



Epic Goldie Hinterland day 1—ride (ext)

For those who want a further challenge you can ride from Beechmont up to Binna Burra. This is an extra 20km with another 673m climbing and is an out and back ride extension to the loop.

<http://www.strava.com/routes/2784220718439380808>



Epic Goldie Hinterland day 1- Friday post ride

As we all know it's important to keep hydrated so this afternoon we visit Witches Falls <https://witchesfalls.com.au/> to see how they make their award winning wines and enjoy some time at the cellar door tasting and perhaps purchasing so we can keep our fluids up over the next few days.

Tonight compare war stories from the day over a premium share plate dinner back in the luxury of Thunderbird Park



Epic Goldie Hinterland day 2- Saturday

Thunderbird Park to O'Reillys (return)

91km -1,752m

<http://www.strava.com/routes/2764763050382728486>



Epic Goldie Hinterland day 2-ride

Today we start with the climb to Eagle Heights again where you can try and beat yesterdays time then we decent down to Canungra to grab a quick coffee - before heading off through paddocks and over cattle gates leading onto switchbacks where the eucalyptus forests transform to rain-forests as we ascend to O'Reillys.

After around 60km we reach our turnaround point with a coffee and maybe some brunch at O'Reilly's . Then a short decent to Kamarun Lookout to enjoy stunning views before the fun filled long and winding decent back to Canungra



EpicGoldie Hinterland day 2-ride(ext)

For those looking for more today you can grab a Coke and some energy at Canungra before the challenging climb back up to Mt Tamborine via goat track. This is another 16km with a steep 323m of climbing.

<http://www.strava.com/routes/2784224096114127428>



Epic Goldie Hinterland day 2-post ride

After the climb up to Tamborine we stop at <http://fortitudebrewing.com.au/the-brewery/>

for lunch and to taste their award winning beers.

Then enjoy the decent back to Thunderbird park and depending on your energy levels rest up for the afternoon or try out some of the many adventure activities available: https://www.thunderbirdpark.com/tours_and_packages

Tonight share war stories from the day (who rode up the Goat track and who took the sag wagon?) plus compare KOM's and QOM's all over a sumptuous 3 course meal in our own private dining room at Thunderbird Park



Epic Goldie Hinterland day 3-Sunday

Best of All lookout

77km – 1,982m

<http://www.strava.com/routes/2764766212974341970>



Epic Goldie Hinterland day 3-ride

We've saved the best till last. Today we check out after breakfast and drive over to start our ride at the picturesque Hinz Dam.

After a optional morning coffee we're on the bikes to track about 15km over to start the Springbrook climb. We then ascend past the traditional Springbrook finish and onto Best of All Lookout (arriving after just over 40km of total riding). Put some walking shoes in the support vehicle so you can take the 600m return path to the Lookout and enjoy the stunning views over the Lamington caldera including Bryon Bay and Mt Warning.



Epic Goldie Hinterland day 3-ride

Every breathtaking view means a fun decent and as they say “it’s all downhill from here” - well maybe not all but mostly all the way back to Hinze Dam for Beers and Burgers to celebrate the end of 3 days great riding.

After lunch at the Dam it’s time for sad farewells until we do it all over again sometime soon (hopefully).



Epic Goldie Hinterland 3 day tour

Package includes: accommodation <https://www.cedarcreeklodges.com.au/hillside-lodges.html>

all breakfasts + dinners. Guided ride with vehicle support and all ride nutrition provided.

Not included: Coffees and snacks at stops, lunches and all alcohol (including at Thunderbird Park)

So really all you have to do is turn up and ride!!



Epic Goldie Hinterland 3 day tour

For up coming tour dates and package costs please contact:

Murray Jones 0401 718 391

murray@panachecycling.com.au

www.panachecycling.com.au

