



McLaren Vale Meander by Bike

Monday 22nd September to Thursday 25th September 2025

- Come join us for four days of springtime cycling in the picturesque wine-growing region of McLaren Vale and surrounds, staying at the McLaren Vale Lakeside Caravan Park which is situated in a beautiful bush setting (see accommodation options below,) or
- if you happen to live south of the city, it's not far down the freeway - come down on any day you like.

McLaren Vale Lakeside Caravan Park:

48 Field Street, McLaren Vale

Tel: 8323 9255

<https://mclarenvaleaccommodationpark.com/>

Accommodation options (currently plenty of availability)

- Two-bedroom cabins
- Studio cabins
- Nature-View bush cottages - ideal for group-sharing (1, 2 and 3-bedroom options)
- Powered and Unpowered tent sites under the trees
- Ensuite powered campsites

Useful link to caravan park map: <https://mclarenvaleaccommodationpark.com/maps/>

Rides program

Each day, we'll meet in the McLaren Vale Lakeside Caravan Park car-park close to the boom gates. (-35.2149725, 138.5488609)

Arrival Day One - Monday 22 September 2025

Meet at 3pm for 3.15pm start

A short 25km 'post check-in' afternoon ride - 306m - 100% paved

Link to this ride: <https://ridewithgps.com/routes/51032005>

Optional evening BBQ get-together (see park map link)

Day Two - Tuesday 23 September 2025

Meet at 9am for 9.30am start

A 45km loop ride out to the Mount Compass region with refreshment stop at Harvest the Fleurieu and back via Willunga - 643m - 69% paved, 31% unpaved

Link to this ride: <https://ridewithgps.com/routes/51259830>

Day Three - Wednesday 24 September 2025

Meet at 9am for 9.30am start

A 45.6km loop ride out towards Port Willunga with extensive coastline views and back via some wetlands - refreshment stops at Star of Greece Cafe and Willunga - 345m - 94% paved, 6% unpaved

Link to this ride: <https://ridewithgps.com/routes/52573675>

Tonight, an optional group restaurant dinner in town at Carmel's Cafe Bar and Grill, 250 Main Road, McLaren Vale. Link to menu: <https://carmelsbarandgrill.com.au/menu>

Time: 6pm

Just let Ros know if you're likely to come along (0448 741 556)

Day Four - Thursday 25 September 2025

Meet at 9am for 9.30am start

A 50km scenic loop ride out to Prospect Hill with coffee-stop at McLaren Flat General Store and lunch at Prospect Hill - 633m - 46% paved, 54% unpaved

Link to this ride: <https://ridewithgps.com/routes/51032355>

Useful notes:

- The cycling terrain will be a mix of paved and unpaved surfaces - therefore, **suit gravel bikes and e-bikes**
- Expect a few hills, and some downhill thrills!
- A large shopping centre (Coles, Foodland, Liquorland, BWS and a bakery) is close to the caravan park and the Shiraz Trail, at 130 Main Road, McLaren Vale
- Neutral Spares **Bicycle Workshop** is also in close proximity at 119 Main Road, McLaren Vale

Don't forget to bring:

- Usual cycling gear but bring warm clothing and wet-weather items just in case (hoping we get good weather)
- Your own snacks and lunch items for ride days
- BBQ item and drinks for optional Arrival Day One Monday evening
- Helmet, cycling gloves, water bottle
- Mobile, phone charger-cord, power-bank

I will be camping in the unpowered campsite area, campsite no. 13

Hope to see you there!

Enquiries: Contact Rosalind Miles on 0448 741 556 or email rosalind97miles@gmail.com