

Day Rider itinerary

One Ride | 28-30 November 2025



Join the ride for the day
and enjoy a day of cycling,
meals and event fun!

Entry fee: \$100

Fundraising goal: \$1,500

Package inclusions

- ✕ Flights
- ✕ Airport transfers
- ✕ Hotel
- ✓ Food & beverage
(Saturday day only)
- ✓ Supported cycle route
- ✓ Event shirt
(& optional jersey)

Register now



Friday 28 November

- Safety Briefing with Bike SA (if local/staying nearby)
- Mind Matters session with Justin Morris (if local/staying nearby)

Saturday 29 November

- Breakfast (pay your own way at Novotel, if you would like)
- 7am – 160km ride starts
- 8am – 80km rides start
- 9am – 35km ride starts
- Full on-course support
- Complimentary post-ride massage
- Poolside lunch & entertainment
- Celebration Dinner (ticketed - must purchase in advance)

Sunday 30 November

- Breakfast (pay your own way Novotel, if you would like)
- Self-drive home