



LA GRANDE GITA  
ADELAIDE ITALIAN FESTIVAL'S GATHERING OF BIKES

## The inaugural *Adelaide Italian Festival* ride

Bicycle SA is excited to partner with the [Adelaide Italian Festival](#) to bring you a fabulous new ride experience this coming Sunday 7 November in the Barossa Valley.

**Here's a quick update and a few reminders to help you prepare for the ride.**

Firstly, remember that this is not a race but a fantastic opportunity to enjoy a fun, leisurely pedal around the scenic backroads and trails of the Barossa Valley countryside.

Whilst there's no need to rush, you should plan your ride so you can not only take your time to savour the experience but also arrive back at the finish in time to sit back and enjoy a cool beer, delicious wine or perhaps even a sumptuous lunch at Harvest Kitchen.

And of course, we look forward to seeing many of you in your "classic" cycling kit of yesteryear, celebrating the fashion and style of times gone by. There will be prizes for the coolest looking rides and outfits.

### **La Grande Gita Goodie Bag**

The first 100 riders who registered for the event will receive a complimentary "goodie bag" of Italian food treats including San Remo food products (inc. recipe book), a discount voucher for Calabria Family wine, Strega Torroncini sweets, an Adelaide Italian Festival Program booklet and AIF Hand Sanitiser. These will be made available at the finish of your ride.

### **FREE Wine Tasting**

For those who would like to sample some of the fabulous Italian heritage wines available in the Barossa Valley, complimentary wine tasting will be available at the finish at Calabria Family Wines and also en-route at Scalzi Estate / God's Hill Wines in Lyndoch and Lou Miranda Wines in Rowland Flat.

For those participating in the 25km Piccolo ride, Cirillo Estate Wines, just outside of Nuriootpa, will also have free wine tasting available.

### **Weather**

Whilst it has been warming up a bit this week, the current forecast for the Barossa Valley indicates a mild day with a top temp of 22 degrees and a possible shower very early in the morning. With a 9am start we'll keep the fingers crossed that any rain will have cleared and we'll have pleasant conditions for pedalling. Please dress accordingly for adequate shower / and sun protection. Sunscreen available at the start.

### **Still Time To Register**

Got some mates, colleagues or family who haven't signed up yet?? Please encourage them to get their registration in ASAP. It helps with our planning to get everyone registered sooner rather than later. They can register online up until 5pm on Friday 5 November. Hardcopy registrations will be accepted at the start on the day of the ride, however a \$20 late fee will apply.

### **Ride Information**

Make sure you familiarise yourself with all details about the event. You can view all details about the event on the [website](#) including the important [Participant Information](#) and [FAQs](#).

### **Rider Number and Jersey collection**

All riders will receive their Rider ID number when they check-in at the start. You can collect a copy of the Route Map and Route Notes with emergency contact numbers at the same time.

You can also collect your La Grande Gita ride jersey (if pre-purchased) at the same time.

### **Venue**

#### **Start / Finish Venue:**

Calabria Family Wines / Harvest Kitchen – 284 Magnolia Rd, Vine Vale SA 5352.

Distance from Adelaide CBD: 80km

**Travel time:** Approx. 1hr via South Road Superway, Northern Expressway and Tanunda [Click here](#) for directions.

**Car Parking:** [Located on Magnolia Rd](#), 300m from Calabria Wines entrance

Make sure you allow plenty of time to arrive and check-in before the start.

### **Registration and check-in**

#### **Grande 60km and Mezzo 44km ride**

Registration opens 8am – you must be registered by 8.45am

Rider briefing 8.45am

Start time 9.00am

#### **Piccolo 25km ride**

Registration opens 9.15am – you must be registered by 9.45am

Rider briefing 9.45am

Start time 10.00am

\*\* Registrations (issuing of Rider ID) may take between 5 and 10 minutes, so allow plenty of time

- There are toilets located inside the main cellar door / restaurant building
- Car Parking: there is limited available at the venue and this will be reserved for Cellar Door and Harvest Kitchen patrons.  
Car Parking for La Grande Gita participants is located just down the road from the entry on Magnolia Rd. [Click Here](#) for details. Please follow the signage and directions of traffic marshals
- Coffee will be available for sale at the start

### **COVID-19**

Due to the ongoing coronavirus (COVID-19) pandemic, La Grande Gita will be taking measures to protect all participants and the general public. It is vital all instructions are followed.

- Please do not attend the event if you have any symptoms of cold or flu.
- Observe social distancing by keeping 1.5 metres distance from others.
- Wash hands or use sanitiser provided before entering and exiting any of the premises along the route.
- Maintain appropriate personal hygiene practices (especially covering coughs and sneezes)
- Please carry a face mask with you at all times in case you are required to wear one at any of the refreshment or winery stops.

### **Route map and notes**

The Route Map and Route Notes are now available for download from [our website](#). You'll also find links where you can download the route to a GPS device.

The Route notes also contain information on which roads are Sealed or Gravel.

Printed copies of the maps and route notes will be available when you check-in at the Start. Please make sure you take one with you as the emergency and route support contact numbers are listed on these.

### Refreshments

Water will be available at check-in and en-route and for those who can't go without a morning espresso hit, Barossa Bean Bar will be onsite serving coffee & cappuccinos before the ride and after the ride - bring your credit card or some loose change if you want to purchase a coffee.

**Please remember that Lunch is NOT included at this event** however you can treat yourself to a delicious meal at the acclaimed Harvest Kitchen restaurant. Bookings are essential and limited spaces available for lunch so book early...! (08) 7523 3950

Water, juice, bananas and muesli bars will be available at the refreshment stations. Feel free to bring along your own stash of personal snacks to keep you fuelled along the way. Take extra water with you – at least 2 x 600ml water bottles or a hydration pack. It's a good idea to drink a bottle of water to ensure that you're fully hydrated before you start.

### Mechanical support

Don't forget to make sure your bike is in top condition for riding and have it serviced before the ride. Also remember to pack a spare tube, pump and a puncture repair kit including tyre levers and multi-tool. Our usual posse of volunteer support crew will be on hand to assist with breakdowns/mechanical issues throughout the day as well.

### Thanks to our La Grande Gita event partners and sponsors



# HARVEST KITCHEN



# *Cirillo*

We look forward to seeing you in the Barossa Valley on Sunday.

The Event Team  
[Bicycle SA](#)