

McLaren Vale and the Adelaide Hills walking tour

McLaren Vale is one of Australia's most celebrated wine producing areas, undulating hills nestled between the ocean and the Mt Lofty Range, a short drive south of Adelaide. It boasts famous wineries and excellent restaurants. We taste our way through the region, walking a variety of beautiful trails between towns, along coastal clifftops and through forest. The tour finishes on Mt Lofty, the highest point in the Adelaide Hills, staying in the marvellous Mt Lofty House.

This 7-day walking tour showcases the best of the region including: six nights' accommodation in 4-star hotels (the first night in the fashionable East end of Adelaide, then four nights in the heart of vineyards on the edge of McLaren Vale town and finally the last night in an historic hotel on Mt Lofty in the Adelaide Hills); five guided walks; and vineyard visits with tastings. It includes three exceptional degustation meals at three of the State's finest restaurants.

Discount of 5% for private groups of 10 or more people. Choose the date of your choice subject to availability.

The accommodation:

The first night of the tour is in a fashionable, 4-star boutique hotel in the popular East End of Adelaide. We then spend four nights in spa rooms in a lovely 4-star hotel on the edge of McLaren Vale town, which has a pool, winery and fine dining restaurant on site. Our final night is in the luxurious hotel on Mt Lofty House in the Adelaide Hills, which has a 3-chef hat fine restaurant dining.

The food:

A hearty breakfast is included daily. Lunch and dinner are also provided each day. This includes three degustation meals at three of South Australia's finest restaurants: a classic Italian meal in one of Adelaide's most-awarded restaurants; a seasonal degustation lunch in the heart of McLaren Vale's best vineyards; and, to finish, an evening at Mt Lofty's three-hatted restaurant. Wine is included with the meals.

The walks:

You will enjoy variety of walks in the Morialta, Onkaparinga Gorge and Mt Lofty National Parks passing waterfalls, gorges and forests. We also include a walk through the vineyards of McLaren Vale and a spectacular hike along the southern coast of the Fleurieu Peninsula. The walks follow well-marked trails and there are no sustained climbs. They are from 8 to 13 kilometres, please refer to the itinerary for details. You will be accompanied by two guides on each of these walks.

McLaren Vale and the Adelaide Hills itinerary:

Day 1:

Welcome to Adelaide! You will be collected from the airport and transfer you to your hotel located in the East End of Adelaide next door to the Central Markets from where you can explore the South Australian Art Gallery, Museum, the Botanic Gardens and Rundle Mall. Dinner tonight is at Adelaide's most-awarded Italian restaurants.

Day 2:

Today we leave Adelaide, heading south to McLaren Vale. On the way, we stop for a beautiful, winding walk through the Morialta Conservation Park. **10 km, 3.5 hrs.** We will enjoy a light lunch along the walk. After a refreshing drink at an historic pub, we drive through the Adelaide Hills to our accommodation in a vineyard on the edge of McLaren Vale, where we'll have the opportunity to sample their wines before dinner at a gastropub in town.

Day 3:

This morning we drive to nearby Onkaparinga Gorge National Park for a short walk through native bushland with views into the Gorge. **8 kms, 2 hrs** After freshening up back at our base, we drive to D'Arenburg winery, where we'll have a tasting in the famous Cube and then enjoy a delicious degustation lunch at their celebrated restaurant. Back at the base, the evening is free.

Day 4:

Today we start early to drive further south through the Fleurieu Peninsula to the southern ocean. Here we'll pick up a section of the Heysen Trail, following the winding path along the cliff tops with spectacular views across the Southern Ocean. **13 kms, 4 hrs** We'll have a light lunch along the way. Dinner tonight is a short drive away at an award winning Portuguese restaurant with views over the sea.

Day 5:

Today we stay close to home. We will have a later start, giving you time to poke around the shops and cafes of McLaren Vale town. We then follow a section of the Shiraz trail through vineyards to the prettiest town in the region, where we'll enjoy a wine-tasting with a small, family-run producer before having a light lunch. **9 kms, 2.5 hrs** After freshening up at our base, we'll drive to one of McLaren Vale's historic vineyards for a guided tour and a wine tasting. Dinner tonight will be at our hotel's own restaurant.

Day 6:

Time to say goodbye to McLaren Vale this morning as we make our way to the Adelaide Hills for your final night and staying at an historic 4-star hotel. On the way, we'll stop to make an unhurried walk up Mt Lofty, following a trail less-well travelled to the top of this iconic mountain, rewarded with spectacular views. We'll have a light lunch at the lookout. **11 kms, 4 hrs** As a grande finale, we'll enjoy a 4-course degustation dinner at the hotel's 3-hatted restaurant.

Day 7:

After breakfast, around 09.00, there will be a transfer back to Adelaide via the airport.