



140km Rainforest Circuit

(including optional 35km Cape Otway and Otway Fly side trips).

This premier ride is quite honestly one of the most scenic road ride loops in the country with million dollar views up and down the coast, superb stretches through the lush Otway rainforest, spectacular lookouts inland and seaward, picturesque café stop offs in quaint villages, a number of optional stop off points to break up the ride and takes place along quiet roads in the wilderness.

The ride consists of a 105km loop plus optional 7km out-and-back to the Otway Fly Treetop Walk and 28km out-and-back to the Cape Otway Lighthouse (free entry to both included as part of your entry fee).

So if you are not up to the full 140km loop you can cut it short and just ride 105km and miss out the lighthouse

The ride goes past the following tourist features and optional stop off locations:

- The world renowned Otway Fly tree top walk – riders get FREE ENTRY and we'll provide bike security while you're inside.
- The Cape Otway Lighthouse with its spectacular cliff top views and historic surrounds – riders get FREE ENTRY to the lighthouse grounds. There will be a range of food providers, stalls and coffee carts here for you to top up on
- Drink stations at scenic points such as at the spectacular coastal lookout at Castle Cove
- Self guided tour along the short rainforest walk at Maits Rest
- Coffee at any of the café's at the Otway Fly, in Beech Forest, Lavers Hill, Glenaire or at the Cape Otway Lighthouse itself.

The ride includes some challenging hills that we encourage you to train up for, but also rewards riders with some thrilling descents and fast sections.

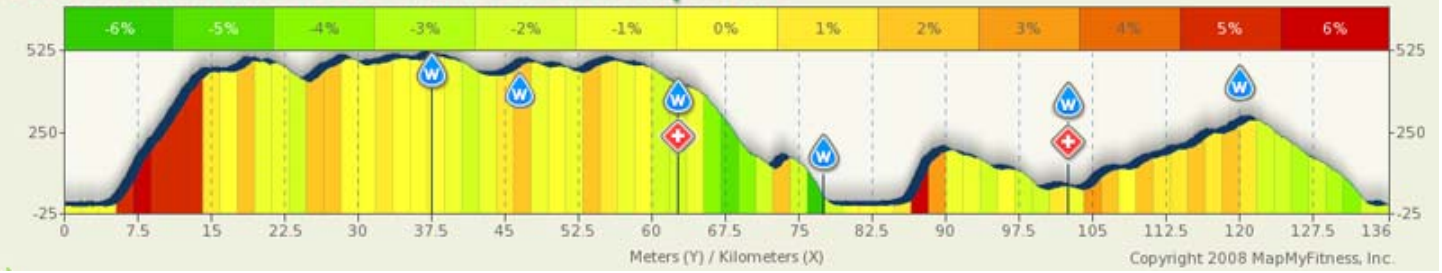
Follow the link below to go to an interactive map of the 140km Rainforest Circuit:

<http://www.mapmyride.com/ride/australia/apollo-bay/765125474104651941>

Ride stats:

Official Distance:	136.5km (according to Google Earth)
Consisting:	105km loop plus 31.5km of optional extras
Ascent / Descent:	1354m (for the full 136.5km)
Official Water Points:	6

Raceworx Rainforest Circuit elevation profile



140km Cyclecover Circuit course map

