



DATE: 4/2/2026

## Welcome to Your Escapegoat Self-Guided Ride

Thanks for booking one of Escapegoat Adventures' self-guided e-bike experiences. This guide is designed to help you get the most out of your ride — from finding us easily, to choosing the route that best suits your time, fitness, and sense of adventure. All routes have been carefully designed, tested, and refined by our local guides to showcase the best riding in and around Belair National Park and the Adelaide Hills.

You'll be riding a mix of quiet country roads, forest tracks, and flowing trails, with optional winery stops on selected routes. Routes are chosen to work well on e-bikes, with achievable climbs, realistic distances, and plenty of scenic highlights along the way.

Whether you're after a short warm-up loop, a relaxed winery ride, or a full day adventure through the hills, there's an option here to suit. If you're unsure which route to choose, just ask — we're always happy to help you pick the best ride for the day's conditions and your group.

## Getting to Escapegoat Goat Shed

All self-guided rides start from the **Escapegoat Goat Shed**, located in **Belair National Park**, right next to the Belair National Park Holiday Park.

### **Correct address for navigation:**

#### **[Escapegoat Goat Shed – Bike Hire & Café](#)**

📍 101 Upper Sturt Road, **Belair**

⚠️ *Do not navigate to "Upper Sturt" without Belair — this will send you to the wrong place.*

If using Google Maps, search for "**Escapegoat Goat Shed Bike Hire & Café**", or click the link below

📄 [Click this link to open the Goat Shed location directly in Google Maps.](#)

### **🚗 By Car**

If driving from the city, the easiest approach is via **Old Belair Road**, following signs to **Belair National Park HOLIDAY PARK** (just past the main entrance).

We're approximately **20 minutes from Adelaide CBD**.

Parking is available near the Goat Shed.

### **🚗 By Uber or Taxi (Recommended)**

For many guests, **Uber is the quickest and easiest option**.

- Approximate travel time: **20 minutes from the city**
- Typical cost: **\$25–\$30**
- Drop-off point: **Escapegoat Goat Shed – Bike Hire & Café**

This is often simpler than public transport, particularly if you're short on time or travelling as a group.

Escapegoat Adventures Pty. Ltd , 35A Penno Parade North, Belair, SA 5052

[www.escapegoat.com.au](http://www.escapegoat.com.au) email: [info@escapegoat.com.au](mailto:info@escapegoat.com.au)

Mobile: 0422 916289 ABN 94 965 171 311

### **🚂 By Train (Best Public Transport Option)**

Catch the **Belair / Blackwood line** from **Adelaide Railway Station (North Terrace)** and get off at **Belair Station** (final stop, approximately **35 minutes**).

From Belair Station:

- Approx. **1.5 km walk (10 minutes)**
- Walk **through Belair National Park**, following paths parallel to Upper Sturt Road

This is a pleasant walk, but allow extra time if you're on a schedule.

While Google Maps may suggest bus routes, **buses are not a good option** for getting to the Goat Shed. They often involve multiple connections, longer travel times, and can still leave you a long walk at the end. If using public transport, **the train from Adelaide Railway Station is strongly recommended.**

### **🚗 Transfers**

If you'd prefer not to organise transport yourself, **transfers may be available by arrangement.**

Please let us know in advance if you'd like to discuss:

- City pick-up
- Hotel transfers
- Group transport options

Availability varies depending on other bookings etc, so advance notice is essential.





## **Navigation Guide**

Your ride is provided on a **dedicated Wahoo GPS unit**, preloaded and ready to go. Simply follow the map and enjoy the ride — no phone reception required. The Wahoo is your **primary navigation device**. A phone map is recommended only as a backup and overview.

### **Using the Wahoo GPS**

1. Turn the unit on using the side button
2. Your selected route will already be loaded
3. Press **Start Ride**
4. Follow the route line and turn prompts

That's it — no menus or setup needed.

### **Helpful Tips**

- The arrow shows your position and direction. Follow the black chevrons
- If you stop, the map still shows where you are.
- If you go off-route, just head back to the line — the unit will guide you again, and won't recalculate.
- You can zoom in and out using the buttons on the right side.
- Trails in the park often cross close together, so follow the map rather than guessing.
- If it all get too hard, you can reload a route OR choose for the GPS to plan a route back to the start, use the left side button to go back to the menu.

### **Phone Map Backup (Recommended)**

We recommend opening the **Strava route link** on your phone before you leave.

This gives you:

- A zoomed-out overview of the ride
- Your exact location on the route if unsure
- Peace of mind at intersections

**You do NOT need** a Strava account, the app, or a paid subscription. You can simply view the route in the app or browser.

### **Using Your Own Device**

We can provide **GPX files** for Garmin watches and any other GPS that will accept a GPX file. Just contact us beforehand. Please note the supplied Wahoo unit remains the primary navigation device for the tour.

### **Reception & Batteries**

- Mobile signal can be limited in parts of the hills
- The Wahoo works offline and will last the entire ride
- The e-bike battery is sufficient for all routes when ridden normally

## Ride Descriptions

### Ride Difficulty Guide

● **Easy**

Relaxed riding on wide tracks or quiet roads. Suitable for most riders.

● **Moderate**

Longer distance or narrower trails. Some climbing and bike control required.

● **Challenging**

Steeper terrain, sustained climbing, or technical trails. Active riders recommended.

● **Advanced Adventure**

Remote, long, or demanding rides. Confidence and fitness required.

### Choose Your Ride

What sounds fun today?	Time	Effort	Pick this
Short relaxed ride in the park	1-2 hrs	● Easy	Belair Explorer
Explore more of the park	2-3 hrs	●●	Belair Epic
Ride to a winery (short day)	Half day	●	Deviation Short
Ride to a winery (longer ride)	Half day	●	Deviation Long
Classic Adelaide Hills experience	Full day	●	Tapanappa Classic
Two wineries adventure	Full day	●	Full Monty
Proper mountain bike trails	Half day	●	Craigburn Trails
Downhill style trail riding	Half day	●●	Mitcham Trails
Big adventure ride	Full day	●●	Sturt Gorge / Big Hills

### Choosing the Right Ride

Shorter rides are not "worse" – they are simply more relaxed.

If you want:

- Scenic cruising → choose Park rides
- Food & wine → choose Winery rides
- Real mountain biking → choose Trail rides
- A big challenge → choose Adventure rides

When unsure, choose the easier option – you'll enjoy it more.

## **Warm-Up & National Park Rides**

Shorter rides staying within Belair National Park. Good if you want scenery without committing to a winery day.

### ● **Ride 1: Birdie Loop**

🕒 **Ride time:** 15–20 min

📏 **Distance:** 2.7 km

↘ **Difficulty:** Easy

🏞️ **Terrain:** 🌲 Fire track · 🌿 Easy singletrack

🍷 **Winery stop:** None

#### **Overview**

A short loop starting right from the Goat Shed — ideal for warming up, checking bike setup, and getting comfortable with the navigation. Finishes with a fun, flowing downhill section.

#### **Good to know**

Perfect as a test loop before heading out on a longer ride.

### ● **Ride 2: Belair Explorer**

🕒 **Ride time:** 1.5–2 hrs

📏 **Distance:** 17 km 360m climb

↘ **Difficulty:** Easy → Moderate

🏞️ **Terrain:** 🌲 Fire track · 🌿 Easy singletrack · 🛣️ Quiet sealed road

🍷 **Winery stop:** None

#### **Overview**

A classic ride through Belair National Park, taking in the lakes, Lodge Track, and a steady climb to the top of the park (much more enjoyable on an e-bike). Finish with the easy scenic rolling descent down Queen Jubilee Drive and back into the old golf Course.

#### **Highlights**

- Native wildlife
- Forest riding

### ● **Ride 3: Belair Intermediate Epic!**

🕒 **Ride time:** 2–3 hrs

📏 **Distance:** 27 km 600m climbing

↘ **Difficulty:** Easy → Moderate

🏞️ **Terrain:** 🌲 Fire track · 🌿 Easy singletrack · 🛣️ Quiet sealed road

🍷 **Winery stop:** None

#### **Overview**

A longer variation of the Belair Explorer, still all within Belair National Park. Most corners of the park covered, with a few big hills, but no technical trail sections. Takes in the lakes and most corners of the park.

#### **Highlights**

- Native wildlife- keep an eye out for koalas, Kangas, and Emus.
- Forest riding

## **Winery Rides**

Relaxed countryside riding to a nearby Adelaide Hills winery.

🍷 Winery Visits **Winery tastings and lunch are included only when the Winery Tour option has been booked.** Guests are always welcome to visit wineries independently and pay directly on the day.

### ● **Ride 4: Deviation Road Winery Loop (Short)**

🕒 **Ride time:** 2–2.5 hrs

🕒 **Total time (with winery):** 3.5–4 hrs

🛤️ **Distance:** 25 km 660m climb

↘️ **Difficulty:** Easy

🏠 **Terrain:** 🌲 Fire track · 🏠 Quiet country roads

🍷 **Winery stop:** Deviation Road Winery

#### **Overview**

The easiest and most direct winery ride. A relaxed route using park tracks, dirt roads, and quiet sealed roads to reach Deviation Road Winery. One short steeper dirt section on return

#### **Best for**

First-time winery riders or anyone wanting a shorter, relaxed day.

### ● **Ride 5: Deviation Road Winery Loop (Long)**

🕒 **Ride time:** 2.5–3 hrs

🕒 **Total time (with winery):** 4–5 hrs

🛤️ **Distance:** 30 km 740m climb

↘️ **Difficulty:** Easy to Moderate

🏠 **Terrain:** 🌲 Fire track · 🏠 Quiet country roads

🍷 **Winery stop:** Deviation Road Winery

#### **Overview**

A longer version of Ride 4, with extra trails in Belair National Park to warm up before heading out to the winery. Same relaxed winery finish, with more time in the forest beforehand.

### ● **Ride 6: Deviation Road and Between the Vines Winery double loop**

🕒 **Ride time:** 2.5–3.5 hrs

🕒 **Total time (with wineries):** 5-6 hrs

🛤️ **Distance:** 30 km 800m climb

↘️ **Difficulty:** Easy

🏠 **Terrain:** 🌲 Fire track · 🏠 Quiet country roads

🍷 **Winery stop:** Deviation Road Winery and Between the Vines (**Open Fri/Sat/Sun/Mon**)

#### **Overview**

A longer version of Ride 2, with an extra loop in the Hills after Deviation Road to Between the Vines winery. Tastings are only included at 1 winery, see how you go!

### ● Ride 7: Tapanappa Classic (Mt Lofty & Piccadilly)

🕒 **Ride time:** 3–4 hrs

🕒 **Total time (with winery):** 4.5–6 hrs

🛤️ **Distance:** 37km 925m climb

↘️ **Difficulty:** Moderate

🏞️ **Terrain:** 🌲 Fire track • 🌿 Easy–intermediate singletrack • 🏞️ Scenic roads

🍷 **Winery stop:** Tapanappa Winery

#### Overview

A signature Adelaide Hills ride. Cruise up through Belair and Crafers, enjoy flowing singletrack in Cleland Conservation Park, then climb to the summit of Mt Lofty. Descend into Piccadilly Valley for a well-earned stop at Tapanappa Winery, then ride back through Stirling and the Upper Sturt Valley.

**Best for** Riders wanting variety, scenery, and a longer day in the hills.

### ● Ride 8: The Full Monty Winery Adventure

🕒 **Ride time:** 4.5–5 hrs

🕒 **Total time (with wineries):** 7–8 hrs

🛤️ **Distance:** 44km 1180m climbing

↘️ **Difficulty:** Moderate-Challenging

🏞️ **Terrain:** 🌲 Fire track • 🌿 Singletrack • 🏞️ Country roads

🍷 **Winery stops:** Tapanappa Winery + optional Deviation Road Winery

#### Overview

The ultimate self-guided winery ride. Start with Mt Lofty and Tapanappa, continue through Stirling and a network of parks, then drop down to Deviation Road Winery before returning via Upper Sturt and Belair.

#### Pro tip

Most riders are very happy after Tapanappa — Deviation Road is optional for a reason 😊

## SINGLETRACK & ADVENTURE RIDES

These rides leave the smoother fire roads and explore more natural trails and varied terrain.

They suit riders comfortable controlling a bike on dirt and uneven surfaces. More technical skills required for the more challenging trails — but expect narrower trails, corners, and more “real riding”.

💡 *If you're unsure, ask us — we're very good at matching the right ride to the right rider.*

### ● Ride 9- Craighburn Farm singletrack

🕒 **Ride:** 2–3 hrs • 🛤️ ~28 km 500m climb

↘️ **Difficulty:** Challenging

🌲 Fire track • 🌿 singletrack • 🏞️ Short road links

🍷 **Winery:** No

#### Overview

Head over the Craighburn Farm in Sturt Gorge Rec Park, to explore our closest trail park. A short road ride will drop you into the back of Craighburn on some of our favourite singletrack. Once you get into Craighburn proper, feel free to do extra loops of the trails, and head back along Coromandel Valley when you are done.

#### Best for

Riders who love singletrack and what a fun half-day trail ride.

### ● Ride 10- Mitcham downhills- Shepherds Hill, Lynton, and Andos

🕒 Ride: 3-4 hrs •

🔪 ~29 km 950m climb

⚡ **Difficulty:** Challenging

🌲 Fire track • 🌿 downhill singletrack • 🚧 Short road links

🍷 Winery: No

#### Overview

A quick 6km spin to Shepherds Hill Rec Park, to ride the 3 DH trails there. Then climb up Saddle hill to drop into Lynton and ride most of the intermediate DH trails in Mitcham. Final climb back into Belair.

#### Best for

Riders who love singletrack and what a challenging mix without doing an epic. Look out for the kids using the train for shuttles!

### ● Ride 11- Belair to Cleland and Mt Lofty

🕒 Ride: 5-6 hrs •

🔪 52 km 1500m climb

⚡ **Difficulty:** moderate- Challenging

🌲 Fire track • 🌿 singletrack • 🚧 Short road links

🍷 Winery: No

#### Overview

A gradual climb through Belair NP up towards Cleland Conservation Park. Some excellent shared use trails and single track, long downhills and some tough little climbs, plus beautiful views. Be careful not to miss a few of the singletrack turns!

#### Best for

Riders who love singletrack and what a longer climbing-focused ride through multiple parks

### ● Ride 12- Full Sturt Gorge loop via coromandel Valley

🕒 Ride: 4hrs+ • 🔪 ~40 km 800m climb

⚡ **Difficulty:** Challenging- Advanced

🌲 Fire track • 🌿 singletrack • 🚧 Short road links

🍷 Winery: No

#### Overview

A warm-up spin along Coromandel Valley gets you to Horner's Corner bridge, and the start of a very techy trail along the Sturt river. Don't worry, it does get easier, some riders may choose to walk short sections. The second half of the loop becomes much more fun flowy single track, with amazing views, and some big climbs. The final section drops you into Craighburn farm- feel free to explore more, making sure you have a little bit of battery and energy to get you the 6km back to Belair!

#### Best for

Competent riders wanting a challenging ride. You need to be self sufficient and be prepared for an EPIC!