

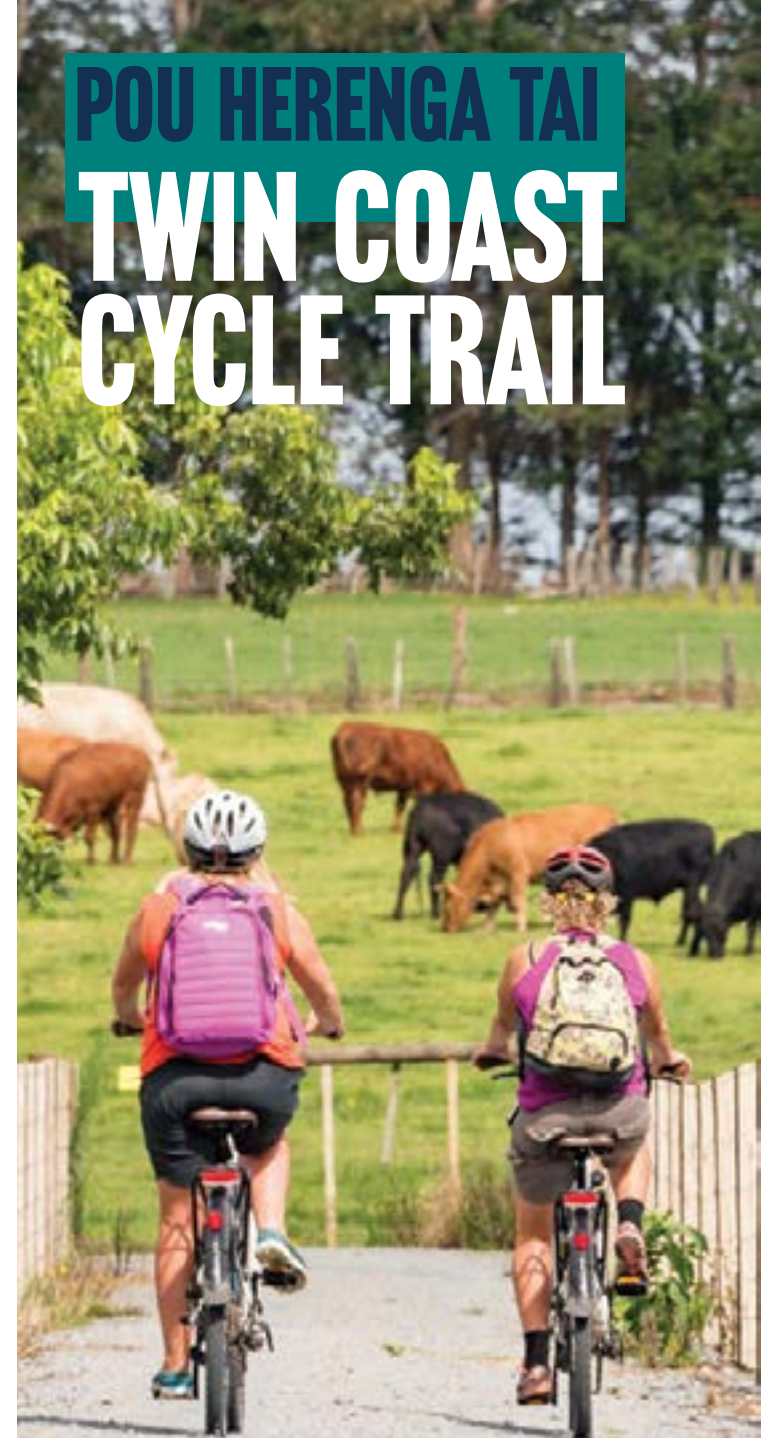
GRADIENT



LEGEND

- Main Access Points
- Cycle Trail
- Road Trail
- Train
- Cycle Transport
- Vehicle Ferries
- Petrol
- Toilets
- Eateries
- Parking
- Isite Centre

POU HERENGA TAI TWIN COAST CYCLE TRAIL



POU HERENGA TAI - TWIN COAST CYCLE TRAIL

Northland's only great ride stretches 87km from Ōpua on the east coast, across the heartland to Hōreke on the west coast.

The trail tells the story of an emerging nation, capturing the history and heritage of Māori and European activity and settlements. Enjoy Te Tai Tokerau Northland, untouched rural landscapes, and picture-perfect coastlines. The trail can be ridden from coast to coast in either direction, or you can start in the middle in Kaikohe and ride the trail on a downward slope toward each coast.

Allow plenty of time for stops, exploring and to read the storyboards along the way which bring life to the history and stories of local people. There are sheltered areas and seating, as well as bio-loos spotted along the trail. Local operators offer guided tours, with tailored itineraries including bike hire, guides, shuttle pick-ups, accommodation and food. The trail is open year round thanks to its compacted shale surface and is open during daylight hours only.

EXPERIENCE THE TRAIL YOUR WAY

There are lots of ways to enjoy Pou Herenga Tai - Twin Coast Cycle Trail! Here are a few suggestions:

- 1 **Coastal Cruiser:** Spend a day riding to either the east coast or west coast section of the trail starting in Kawakawa, Kaikohe or Ōkaihau.
- 2 **Trail Blazer:** Enjoy two full days of riding! Begin your journey in Kaikohe and ride east toward Ōpua on day one. Ride Kaikohe to Hōreke on day two.
- 3 **Explorer:** Ride a section at a time on four separate day trips. This allows plenty of time to explore all the trail has to offer.
- 4 **Sampler:** Choose a bite-sized ride with a trail highlight you can manage in a couple of hours.
- 5 **Walk it:** The cycle trail is not just for cyclists, it's also a lovely scenic walk. Dogs on leads are permitted on parts of the trail, see our website for details.

SHORT RIDE OPTIONS

- 2.8km **Ōpua to Whangae Tunnel**
- 3.2km **Kawakawa to Taumārere Station**
- 4km **Kawakawa to Moerewa**
- 14km **Kawakawa to Truss bridges**
- 10km **Kaikohe to Lake Ōmāpere**
- 3km **Ōkaihau to Macadamia Farm**
- 5km **Ōkaihau to Snow's Farm**



HŌREKE

← ŌKAIHAU TO HŌREKE • Grade 2 & 3 • 28km • 2-3 hours

- Enjoy the Utkura Valley as you head down the trail via a series of exciting switchbacks.
- Snow's Farm picnic spot beside the Utkura River is a must stop along the trail.
- Over 1km of boardwalk through the Mangrove Estuary to Hokianga Harbour.
- Explore the important heritage site - Māngungu Mission House where the third (and largest) signing of Te Tiriti o Waitangi happened.

KAIKOHE

KAIKOHE TO ŌKAIHAU • Grade 1 & 2 • 14km • 1-2 hours

- Kaikohe is home to our Cycle Information Hub located at Pioneer Village.
- The trail follows a disused railway corridor including an 80m long curved tunnel built in 1915.
- Enjoy views of Northland's largest lake, Lake Ōmāpere. A culturally significant site for Māori.
- Stop at Ōkaihau for fantastic eateries and boutique shops.

KAIKOHE TO KAWAKAWA • Grade 1-2 • 34km • 3-4 hours

- Cycle through the Ngapipito Valley, to arrive at the historic wooden twin truss bridges at Tūhipa.
- The trail takes you through smaller settlements, such as Otira where locals have created a fun cycle stop.
- Cycle the 1km long causeway over paddocks, wetlands and waterways before arriving at Kawakawa.
- Stop in Kawakawa and grab a bite to eat, snap shot at the picture frame in the Hundertwasser centre.

ŌPUA

→ KAWAKAWA TO ŌPUA • Grade 1 • 11km • 1-2 hours

- There are two options for this section:
- 1) **Via Taumārere & Whangae Tunnel / Grade 1 & 2 • 11km • 1 hour**
 - You **must** take the train ride to get from Taumārere to Whangae Tunnel when cycling to Ōpua. The train does not operate every day so be sure to check the Bay of Islands Vintage Railway timetable and book before departure.
 - 2) **Via Whangae & Oromahoe Roads / Grade 3 • 17.2km • 1.5 hours**
 - An alternative route on quiet country roads suitable for experienced gravel riders with a reasonable fitness level.