



Ngā Haerenga
GREAT
RIDES
OF NEW ZEALAND



Image: Alps-2-Ocean (Credit: Rebecca Ryan)

Trade Directory 2022/23

www.nzcycletrail.com/trade

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Image: Timber Trail - forest hero shot (credit StudioZag.com)

What are the Great Rides?

Known collectively as Ngā Haerenga, New Zealand's 23 Great Rides offer an incredibly diverse range of cycling experiences from leisurely sightseeing day rides to adventurous, multi-day trips.

Ranging from one day to an eight-day epic, the Great Rides are spread throughout Aotearoa New Zealand – from the far north to the deep south.

Created especially for cyclists and walkers, they are mostly off-road, often close to towns, and packed with world-famous scenery, rich culture and heritage, outstanding wine and food, must-see attractions and hidden gems. They're also an opportunity to enjoy memorable off-trail activities such as hiking, wildlife encounters, scenic flights, hot pools, dining and wine tours.

The Great Rides cater to cyclists of almost all abilities and interests – from budget travellers wishing to see regional sights under their own steam, to luxury-end clients looking for easy riding in style.

Now more than ten years old, the Great Rides network is supported by a fantastic range of services – from bike hire and shuttles, cafes and accommodation, to freedom and fully guided tour operators running trips on single or several trails.

Ngā Haerenga means 'the journeys' in te reo Māori/Māori language

Great Rides Finder.

Use this simple table to help match Great Rides with your clients' tastes and itineraries. All Great Rides offer day ride options for time-limited travellers or people wanting to add a ride into their New Zealand holiday. Cycle trail grading (1 to 5, easiest to expert), distance and duration information are given for each Great Ride in the trails section at the end of this document.

WHY RIDE?	GRAND LANDSCAPES	RELAX & INDULGE	FAMILY FRIENDLY
	SPECTACULAR SCENERY ICONIC NATURAL LANDMARKS	FOOD, WINE HOT POOLS SHOPPING	EASY RIDING OFF-THE-BIKE ATTRACTIONS WELL SERVICED
Pou Herenga Tai/Twin Coast Cycle Trail		✓	✓
Hauraki Rail Trail		✓	✓
Waikato River Trails			✓
Motu Trails	✓		✓
Hawke's Bay Trails	✓	✓	✓
Whakarewarewa Forest Loop	✓	✓	
Great Lake Trails	✓	✓	
The Timber Trail	✓		
Mountains to Sea Ngā Ara Tūhono	✓		
Remutaka Cycle Trail		✓	
Queen Charlotte Track	✓	✓	
Coppermine Trail	✓	✓	
Tasman's Great Taste Trail	✓	✓	✓
The Old Ghost Road	✓		
West Coast Wilderness Trail	✓	✓	✓
St James Cycle Trail	✓	✓	
Alps 2 Ocean Cycle Trail	✓	✓	
Lake Dunstan Trail	✓	✓	
Otago Central Rail Trail	✓		✓
Roxburgh Gorge Trail	✓	✓	
Clutha Gold Trail		✓	✓
Queenstown Trail	✓		✓
Around the Mountains	✓		

Great Ride Facts.

- 23 Great Rides
- Almost 3000km of trail
- Most are point-to-point journeys, some are loops
- mostly easy to intermediate with some more advanced
- A range of rides, from a couple of hours to eight days
- Various terrain – from smooth cycle trail to more rugged, technical singletrack
- Take in must-see sights, epic scenery & cultural attractions
- Great food, wine & accommodation along the way
- Opportunities to add in hiking, kayaking and much more
- Well supported with bike hire, supported & fully guided tour services

Official Partner businesses listed in this directory offer a wide range of travel-trade ready experiences – **at 15% commission or more.**

Please support these partner businesses and contact them directly for more information and/or bookings.

	MULTI-DAY JOURNEYS	NATURE & WILDLIFE	CULTURE & HERITAGE	MOUNTAIN BIKING
	3+ DAYS ACTIVE HOLIDAYS EPIC JOURNEYS	COAST, COUNTRYSIDE, FOREST NATIVE SPECIES – UP CLOSE	HISTORIC SITES MUSEUMS & GALLERIES MĀORI WORLD	SINGLETRACK FUN & FLOW INTERMEDIATE & ABOVE
Pou Herenga Tai/Twin Coast Cycle Trail		✓	✓	
Hauraki Rail Trail	✓	✓	✓	
Waikato River Trails	✓		✓	✓
Motu Trails		✓	✓	✓
Hawke's Bay Trails		✓	✓	
Whakarewarewa Forest Loop			✓	✓
Great Lake Trails	✓		✓	✓
The Timber Trail		✓		✓
Mountains to Sea Ngā Ara Tūhonu	✓	✓	✓	✓
Remutaka Cycle Trail	✓	✓	✓	
Queen Charlotte Track	✓	✓		✓
Coppermine Trail		✓		✓
Tasman's Great Taste Trail	✓	✓	✓	
The Old Ghost Road	✓	✓		✓
West Coast Wilderness Trail		✓		
St James Cycle Trail		✓		✓
Alps 2 Ocean Cycle Trail	✓	✓	✓	
Lake Dunstan Trail			✓	
Otago Central Rail Trail	✓		✓	
Roxburgh Gorge Trail			✓	
Clutha Gold Trail	✓		✓	
Queenstown Trail			✓	
Around the Mountains	✓		✓	

FAQs.

These questions will help match your client to their perfect Great Rides.

What sort of ride experience are you looking for?

- Is there a New Zealand destination or region you really want to see?
- How long do you want to ride for?
- Do you want biking to be at the centre of your holiday, or would you just like to add a day ride here or there?
- Are you looking for easy and fun, serious adventure, or something in between?
- Do you want to stay overnight along the trail? Or would you prefer to base yourself in one place and do day rides from there?

Most Great Rides are multi-day but can easily be split into shorter rides of various lengths and levels of difficulty, so there is an enjoyable ride for almost every age, ability, interest and itinerary.

It's possible to do several Great Rides, or sections of trail, in one holiday – especially as a series of day rides offer spectacular sightseeing tours in popular locations, with bike hire and tour operators offering a range of fantastic packages with easy logistics.

E-bikes have revolutionised cycle tourism, making the Great Rides more accessible to more people.

What's your fitness level and riding ability?

Ngā Haerenga Great Rides of New Zealand have cycle trails to suit everyone. They range from flat, smooth pathways suitable for beginners or rusty riders, to hilly, rough terrain best suited to experienced mountain bikers.

All Great Rides (and sections of trail) are graded according to New Zealand's official system (see page X). The majority are Grade 1–2 (easiest–easy) to Grade 3 (intermediate), with some Grade 4 (advanced), and a few small sections of Grade 5 (expert).

What's your fitness like? When did you last ride a bike?

Easy trails can be ridden on an upright hybrid bike with knobby tyres and front suspension. For intermediate rides and above, a full-suspension mountain bike will be safer and more comfortable. [Specific bike recommendations can be found in the Need to Know section of each trail description at www.nzcycletrail.com.]

TOP TIP Bike hire and cycle tour companies will provide the right bike for the terrain, helmet (compulsory in New Zealand), spare tubes and other necessary gear.

Are you interested in e-biking?

E-bikes are welcome on all Great Rides, with specific details provided on each trail page on nzcycletrail.com. A few provisos, though:

- the length and remoteness of some sections of some

trails mean it is essential that e-bike riders are familiar with how to manage their battery power and to finish the distance if there's a technical hitch

- on some more technical trails, riders may need to lift or carry their bike over obstacles so some personal strength is required
- tour companies are experts in e-bike hire, helping you choose the right bike for you and the trail, providing riding tips, and details on recharging points

What time of year do you want to travel?

Any time is a good time to ride the Great Rides, with many trails boasting enjoyable riding conditions all year round. Spring and autumn are appealing alternative to summer due to cooler temperatures, vibrant seasonal colours and fewer people on popular rides. Winter can also prove an excellent time to ride, especially on trails within view of snowy mountain ranges.

What sort of accommodation do you prefer?

The opportunity to stay on or near the trails is a major highlight of many Great Rides. The options range greatly – from hotels, B&Bs and motels, to holiday parks, nature campsites and mountain huts. The fact that the trails travel through remote country means that there's also some seriously atmospheric lodge accommodation, often in spectacular locations.

TOP TIP Some towns on popular Great Rides get busy in summer and autumn so you may wish to check availability well in advance and possibly recommend your clients plan their ride for Spring (September to November).

Are you interested in local food & drink?

Calling into cafes, restaurants and pubs is another highlight of many trails, presenting the opportunity to sample local wine and food, and linger in beautiful gardens and other alfresco settings. Popular wine regions are also well served with Great Rides. Other trails venture into remote places where there's no food or drink whatsoever, so a packed lunch and snacks are the order of the day. The individual trail descriptions tell you what to expect.

TOP TIP Combining cycling (on an easy trail) with activities along the way e.g. winery visits or cafe stops is a great way to balance the amount of riding, particularly for families or groups where there's a variety of fitness levels.

How important is it for you to be near visitor services and facilities?

- What sort of ride support do you need?
- Do you need supporting transport?
- Do you have any mechanical skills? Can you fix a puncture?

Many trails run through or close by towns and settlements with a wide range of services, so you need never be far from the services and facilities you need. Out on the trail, toilets, shelters and facilities are provided in logical, helpful locations.

Are you interested in a bike tour?

The 23 Great Rides are very well served by tried-and-tested, local and national tour companies specialising in small-group tours – either ‘supported’ (with luggage transfers and a shuttle on hand), or fully guided by fun, knowledgeable guides. Packages can include all meals, accommodation and luggage transfers, as well as off-the-

bike activities such as hiking, kayaking and wine tasting. They also cater brilliantly to mixed-ability groups, with less able riders available to travel in the supporting shuttle bus. [You can view all official partners in the online directory.]

TOP TIP ‘Supported’ tours are popular and provide more assurance for clients than hiring bikes and attempting to navigate the trail independently. Packages usually include accommodation, daily luggage transfers, at least some meals – and plenty of insights and insider knowledge so riders can get the most out of their holiday.

Making it safe, easy and fun.

Ensure your client is able to ride a bike before attempting a Great Ride – even an easy one. Most are on off-road gravel tracks and trails, with some short road sections. The trails can be more slippery than asphalt roads or concrete trails so clients should know how to stop without skidding or losing balance/control.

Help your client choose the right ride for their ability by checking the trail’s grading (level of difficulty) and distance. If in doubt, steer clients towards Grades 1–2, which are easiest to easy.

If possible, **build some flexibility into client itineraries** to allow for bad weather or other hiccups. Local cycle tour operators are experts in altering riding itineraries for the best possible riding conditions.

Great Rides are well signposted, but maps are available to help visitors identify interesting landmarks and keep track of ride timing for shuttle pick-ups and pit-stops.

A Great Rides App is also available, produced by an experienced cartographer and cycle trail rider, and New Zealand Cycle Trails’ national partner.

Great Rides are easy to find, being clearly signposted off nearby highways with car parking available at the trailheads and other popular access points. Towns near the trails have bike hire depots and shuttle services staffed by local experts who can help you make the most of your adventure.

Wearing helmets, is compulsory in New Zealand.

Appropriate clothing and other gear varies greatly according to the ride’s length, grade and remoteness, although New Zealand’s maritime climate means you should be prepared for bad weather. Local bike hire shops and tour operators can provide advice for specific adventures, but clients can also read our What to pack list.

How we can help.

The Ngā Haerenga New Zealand Cycle Trails website has a wealth of information, including detailed descriptions for each ride, inspiring blog content and fantastic photos. Almost all Great Rides have their own official website.

Contact us

Feel free to contact us for more information at angela@nzcycletrail.com

Images & video

<https://visuals.newzealand.com/>

Maps

The Great Rides network map can be downloaded [here](#). A zoomable version of the rides can be viewed [here](#).

More practical information

Check out the Need to Know section on nzcycletrail.com for information on trail grades, riding safely, what to pack and more.

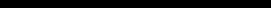
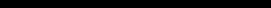
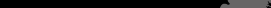
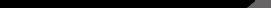
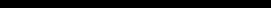
23 GREAT RIDES



NORTH ISLAND TRAILS

	GRADE/KM
1. POU HERENGA TAI TWIN COAST CYCLE TRAIL	87
2. HAURAKI RAIL TRAIL	173
3. WAIKATO RIVER TRAILS	104
4. MOTU TRAILS	121
5. WHAKAREWAREWA FOREST LOOP	33
6. TIMBER TRAIL	85
7. GREAT LAKE TRAILS	88
8. MOUNTAINS TO SEA NGĀ ARA TŪHONO	231
9. HAWKE'S BAY TRAILS	200
10. REMUTAKA CYCLE TRAIL	115

- International airport
- Domestic airport
- Cycle trail



SOUTH ISLAND TRAILS

	GRADE/KM
11. QUEEN CHARLOTTE TRACK	72
12. COPPERMINE TRAIL	43
13. TASMAN'S GREAT TASTE TRAIL	200
14. THE OLD GHOST ROAD	85
15. ST JAMES CYCLE TRAIL	60
16. WEST COAST WILDERNESS TRAIL	133
17. ALPS 2 OCEAN CYCLE TRAIL	315
18. QUEENSTOWN TRAIL	138
19. LAKE DUNSTAN TRAIL	41
20. OTAGO CENTRAL RAIL TRAIL	152
21. ROXBURGH GORGE TRAIL	21
22. CLUTHA GOLD TRAIL	73
23. AROUND THE MOUNTAINS	186



The grade wheels alongside each trail show the approximate split of trail grades. This example indicates a trail with a riding surface and gradient that is 20% grade 1, 20% grade 2, 20% grade 3, 20% grade 4 and 20% grade 5.

Plan your Great Ride at www.nzcycletrail.com

Great Ride trail grades.

All sections of Ngā Haerenga Great Rides of New Zealand are graded from easiest (Grade 1) to expert (Grade 5), using a system commonly used across all New Zealand's bike trails.

Grade 1 (Easiest)



Suitable for all riders. Mostly off-road trails wide enough for side by-side riding, with some gentle climbs. Most bikes are suitable, including E-bikes, touring bikes, hybrid bikes and children's bikes.

Grade 2 (Easy)



Suitable for most riders. Mostly off-road trails wide enough for riding two abreast, some sections may require riding single file. Surfaces are generally smooth, with some gentle hills.

A multi-gear bike with medium to wide knobby tyres is recommended.

Grade 3 (Intermediate)



Suitable for reasonably fit and capable riders. Most of the trail is single file, and/or the surface is rough, with hills. Some sections may be on-road with open road traffic.

A mountain bike is recommended for off-road sections. E-MTBs, with sufficient battery capacity, are suitable provided riders can complete the trail in the event of a battery/power failure.

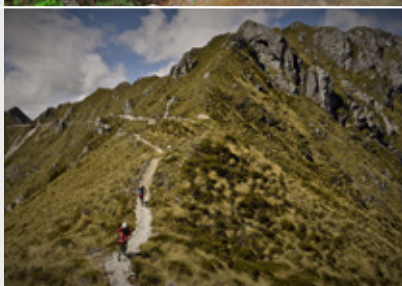
Grade 4 (Advanced)



Suitable for fit, experienced cyclists with good off-road and/or on-road skills, a high level of fitness and over 12 years of age; children should be accompanied by an adult.

A quality, well-maintained mountain bike is recommended for off-road trails. E-bikes are not permitted on grade 4 off-road trails, therefore the responsibility for e-bike use remains with the individual.

Grade 5 (Expert)



Suitable for fit, experienced cyclists with excellent off-road skills and a high level of fitness. Not suitable for children.

Off-road trails are likely to be challenging with long, steep climbs, precipitous descents and dangerous drop-offs as well as rocks, roots, ruts and potentially hazardous river crossings.

National Partners.

A special thanks to our National Partners for their ongoing support of the 23 Great Rides that comprise the New Zealand Cycle Trails.



Tourism is a cornerstone service of the AA, as it is a vital sector to the growth and appeal of this unique country. For almost a century the AA has played a role in promoting access to domestic tourism.

tourism.sales@aa.co.nz

<https://www.aa.co.nz/travel/>



Great Journeys New Zealand offer three iconic, fabulously scenic train trips – the Coastal Pacific, Northern Explorer, TranzAlpine – relax and discover the beauty of Aoteroa New Zealand by train.

Louisa.Turner@greatjourneysnz.com

www.greatjourneysnewzealand.com



This free mobile app is designed for New Zealand's Great Rides. Working offline it offers GPS tracking, over 1,500 pages of maps, photos and trail section descriptions.

maps@mapworks.nz

<https://www.greatridesapp.com>



Enjoy New Zealand's best cycling destinations with Heritage Hotels, with fabulous properties on the doorstep of the Great Rides.

res@heritagehotels.co.nz

www.heritagehotels.co.nz



Holiday parks offer a wide range of accommodation including motel style units, cabins and in some cases backpacker style accommodation. This in addition to traditional camp sites which are great for campervans and tents.

fergus@holidayparks.co.nz

www.holidayparks.co.nz



If you're planning to enjoy Great Rides in both islands, come onboard and enjoy more of New Zealand's beautiful scenery on the stunning three-hour, 92-kilometre journey between Wellington and Picton.

Derek.Batchelor-Cook@kiwirail.co.nz

www.interislander.co.nz

North Island Great Rides.



Image: Mountains to Sea – Ohakune Old Coach Road family (credit Plateau Productions)

Pou Herenga Tai – Twin Coast Cycle Trail.

Image: Ruth Lawton Photography.

A scenically spectacular cross-country journey from the Bay of Islands to Hokianga Harbour, Pou Herenga Tai Twin Coast Cycle Trail serves up an irresistible mix of relaxing, year-round riding with some seriously significant heritage sites and stories.

Trail Highlights

- New Zealand's only coast-to-coast cycle trail
- rich Māori & European settler colonial history – stories, places, people
- Bay of Islands' seaside holiday vibe
- pretty, peaceful Hokianga Harbour
- close to Waitangi Treaty Grounds, Russell, Kerikeri & more

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Holidaymakers looking to relax and indulge
- Explorers looking for grand landscapes

- Families and friends looking for a bonding, fun holiday
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife
- Mountain bikers who enjoy flowing singletrack

Type of bike

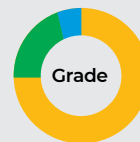
The trail can be ridden on a hybrid bike, although a mountain bike will ensure maximum comfort and safety. E-bikes are also permitted.

Fitness & skills

Wide, smooth cycle paths (Graded 1-2; easiest to easy) for most of the way, with a few short road sections. It's particularly well suited to younger, older, and less experienced riders.

Weather & riding season

All-year round



🕒 1 - 2 days
📍 87 km

Getting there

- 🚗 4 hours from Auckland
- 🚗 45 mins from Whangarei
- 🚗 15 mins from Paihia



🌐 Visit [nzcycletrail.com](https://www.nzcycletrail.com)

🌐 [twincoastcycletrail.kiwi.nz](https://www.twincoastcycletrail.kiwi.nz)

📄 Download trail map

Companies offering cycle tours and transport.

Mullarkey Bike & Shuttle

Based at Opuia marina – the trail's Bay of Islands' start-point – we can transport you, bikes and luggage, to or from any accessible point on the trail.

Itinerary options:

- 2-3 hours
- Full day
- 2 -3 days

Products offered:

- Self-guided
- Luggage transfers

Client types

- Families
- Retired couples
- 45+ easy riders on e-bikes

Website: mullarkeybikeandshuttle.co.nz **Email:** admin@mullarkeybikeandshuttle.co.nz



Hauraki Rail Trail.



Image: Hauraki Rail Trail – Sect E - Cherry Blossoms (credit Hauraki Rail Trail)

This wonderfully laidback trail traces the Shorebird Coast and follows old railway lines between the historic gold towns of Thames, Paeroa, Te Aroha, Waihi and Matamata. It's a flat, easy ride offering contrasting experiences from notable birdlife, to intriguing gold mining relics.

Trail Highlights

- Karangahake Gorge's gold mining relics and short walks
- bird spotting on the Shorebird Coast
- pretty rural scenery on the Hauraki Plains
- vintage train rides between Waikino & Waihi
- hot pools at Miranda and Te Aroha
- Matamata – the home of Hobbiton

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on e-bikes
- Holidaymakers looking to relax and indulge
- Families and friends looking for a bonding, fun holiday
- Lovers of nature and wildlife

Type of bike

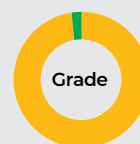
Friendly rail trail terrain makes this suitable for everything from children's bikes and uprights, to touring bikes and mountain bikes. E-bikes are also permitted.

Fitness & skills

The Hauraki Rail Trail is suitable for riders of all ages and abilities, being wide, flat and smooth for most of the way. Riders should take extra care on short road sections, road crossings, and at cattle grids.

Weather & riding season

All-year round



🕒 1 - 5 days
📍 173 km

Getting there

- 🚗 1 hr 30mins from Auckland
- 🚗 10 mins from Waihi
- 🚗 5 mins from Thames



🌐 Visit nzcycletrail.com

🌐 haurakirailtrail.co.nz

📄 Download trail map

Companies offering cycle tours and transport.

Riverside Adventures

Join us on an awesome adventure taking on one of New Zealand's iconic cycle trails! Come and see what the Waikato region has to offer, from the Firth of Thames to historic mining towns and lush farmland.

Itinerary options:

- Half day
- Full day
- 2-6 days / multiday

Products offered:

Self guided. Inclusive of bike hire, shuttles, accommodation, luggage transfers and some meals.

Client types

- Families
- 45+ groups of easy riders on e-bikes
- advanced mountain biking groups
- retired couples etc

Website: www.riversideadventures.co.nz **Email:** www.riversideadventures.co.nz

Waihi Gold Discovery Centre

The Centre is the hub for all things gold in the Waihi area, and is home to the Waihi Gold Experience and Waihi Gold Mine Tours. Uncover and discover the area's fascinating golden journey that now spans three centuries.

Itinerary options:

- One hour WaihiGold Experience
- Half day tours
- Full day tours

Products offered:

- Waihi Gold Experience (allow one hour)
- Waihi Gold Story Tour (allow 2 hours 45 minutes)
- Waihi Gold Mine Tours (allow 1 hours 45 minutes)
- Day tour of historic gold trails
- Bike Hire

Client types

- All ages
- Groups

Website: www.golddiscoverycentre.co.nz **Email:** info@golddiscoverycentre.co.nz



Image: Hauraki Rail Trail (Credit Hauraki Rail Trail).



Image: Hauraki Rail Trail (credit Hauraki Rail Trail).

Waikato River Trails.



Image: Waikato River Trails – Arapuni Suspension Bridge (credit Waikato River Trails)

This Great Ride through the North Island’s rural heartland follows a stretch of the mighty Waikato River as it flows through striking hydro dams, and pools into tranquil lakes. Memorable sights include volcanic outcrops and a gorge, hydropower stations and dams, suspension bridges, and riverside villages with welcoming cafes.

Trail Highlights

- hydro dams & power stations
- Arapuni Suspension Bridge – 152m long and over 50m high
- serene riverside reserves with picnic spots & camping
- native plant restoration & flourishing birdlife
- Pōhaturoa Rock (520m)
- riverside villages with welcoming cafes

Who’s riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Holidaymakers looking to relax and indulge
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife
- Mountain bikers who enjoy flowing singletrack

Type of bike

A mountain bike is recommended, however, on some of the flatter, less technical sections such as the new Arapuni on-road section, hybrid bikes are also acceptable. E-bikes are also permitted.



Fitness & skills

The Waikato River Trails sections range from intermediate to advanced. While most it is wide and smooth custom-built track, there are some steep sections with tight corners and big drop-offs, as well as on-road sections (especially on the Arapuni and Waipapa sections) where extra care is needed. Best suited to reasonably fit cyclists with some off-road experience.




Weather & riding season

The region’s temperate climate makes this an all-season trail, although parts of it can get muddy in winter (June–August).



 1 - 4 days
 104 km

Getting there

-  2 hrs 30 mins from Auckland
-  1 hr 45 mins from Hamilton
-  50 mins from Taupo



 Visit nzcycletrail.com

 twincoastcycletail.kiwi.nz

 Download trail map

Companies offering cycle tours and transport.

Riverside Adventures

Lake District Adventures offer mountain bike, kayak and SUP hire, along with kayak glow worm tours and guided mountain bike tours. We also provide regular shuttle services along the Waikato River Trail and to other trails in surrounding areas.

Itinerary options:

- Half day
- Full day
- 2-6 days / multiday

Products offered:

Self guided. Inclusive of bike hire, shuttles, accommodation, luggage transfers and some meals.

Client types

- Families
- 45+ groups of easy riders on e-bikes
- advanced mountain biking groups
- retired couples etc

Website: www.riversideadventures.co.nz **Email:** memorie@riversideadventures.co.nz



Image: Waikato River Trails (Credit Dave Mitchell).



Image: Waikato River Trails (Credit Waikato River Trails).



Image: Waikato River Trails (credit Waikato River Trails).



Image: Waikato River Trails (Credit Barthélémy Sion).

Motu Trails.



Image: Motu Trails – Dunes Trail - (credit Neil Robert Hutton Photography)

Made up of three wildly different rides, the Motu Trails have something for everyone – from easy rides along the stunning Pacific coast near Ōpōtiki on the Dunes Trail to the Motu Road (gravel) and classic singletrack following a historic byway through bushy backcountry on the Pākihi Track.

Trail Highlights

- ocean, forest & mountain panoramas
- challenging backcountry singletrack
- fascinating Māori & early settler history
- fun, family riding the Dunes Trail
- authentic heartland hospitality

Who's riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife
- Mountain bikers who enjoy flowing singletrack

Type of bike

While the Dunes Trail can be ridden on a hybrid or touring bike with knobby tyres, a ship-shape mountain bike is recommended on the rougher and more remote Motu and Pākihi.

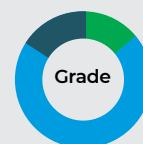
E-bikes are also permitted, although particular caution is advised for e-biking along the Pākihi: the bike's weight may be an issue if you need to lift or carry your bike.

Fitness & skills

Young, old and novice riders will particularly love the gravel surfaced, undulating Dunes Trail, while fitter riders and fans of singletrack will relish the Motu Road and Pākihi. Riders of these singletrack sections should ideally have basic mechanical skills and carry a tool kit.

Weather & riding season

Both the Motu Road and Pākihi Track pass through remote, elevated terrain. Regardless of the season and forecast, riders should always carry warm clothing and wet-weather gear, and consider taking a personal locator beacon (PLB), inexpensive to hire from Ōpōtiki and Gisborne i-SITES.



1 - 3 days
 121 km

Getting there

- 1 hr to Gisborne from Auckland
- 2 hrs from Gisborne
- 5 mins from Ōpōtiki



Visit nzcycletrail.com

motutrails.co.nz

Download trail map



Companies offering cycle tours and transport.

Cycle Gisborne

Cycle Gisborne offers guided and freedom tours around the Gisborne/Tairāwhiti region and beyond, plus bike hire. Tours featuring Rere Falls Trail (2-3 days), Rere to Gisborne via Eastwoodhill Arboretum (1-2 days), and more.

Itinerary options:

- Full day tours
- 3 - 5 day tours
- 7+ day tours

Products offered:

- Mainly Supported and independent with luggage transfers.
- Guided tours are available on some of our trails (excludes DOC trails).
- Bespoke private tours available to long

Client types

- Families
- Retired couples and groups
- e-bikers
- professional woman/mens weekend escapes

Website: www.cyclegisborne.com **Email:** info@cyclegisborne.com



Image: Motu Trails (Credit Mead Norton Photography).



Image: Motu Trails (Credit www.studiozag.com).



Image: Motu Trails (Credit Mead Norton Photography).



Image: Motu Trails (Credit Mandy Hague).

Whakarewarewa Forest Loop.



Image: Whakarewarewa Forest Loop (credit Graeme Murray).

Whakarewarewa Forest Loop – the newest Ngā Haerenga Great Ride of New Zealand – was purpose-built to take in a range of sights and scenery in Rotorua’s Whakarewarewa Forest, also known as the Redwoods. This satisfying, mostly sightseeing tour takes around 2.5 to 5 hours, passing through a variety of forest types with wonderful vistas of Lake Rotorua and Tikitapu.

Trail Highlights

- spectacular Californian Coastal Redwoods, lush ferns & native trees
- vast views over Rotorua’s volcanic lakeland
- Te Pūtake o Tawa hub with its coffee, food & Māori artworks
- easy detour to the Redwoods Visitor Centre’s Treewalk & cafe
- geothermal wonders including wafting steam & bubbling mud
- swimming camping, coffee, ice cream & more at Tikitapu

Who’s riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Holidaymakers looking to relax and indulge
- Families and friends looking for a bonding, fun holiday
- Lovers of nature and wildlife

Type of bike

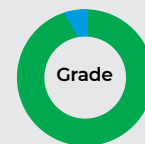
A mountain or e-mountain bike is best suited to this trail. Bikes are readily available to hire at the Waipa car park, Te Pūtake o Tawa, or in downtown Rotorua.

Fitness & skills

This grade 2–3 (easy to intermediate) Great Ride is wide and mostly smooth with a surface of fine gravel and natural volcanic pumice. There are a couple of short climbs particularly on the section from Waipa up to Tūhua overlooking Rotorua.

Weather & riding season

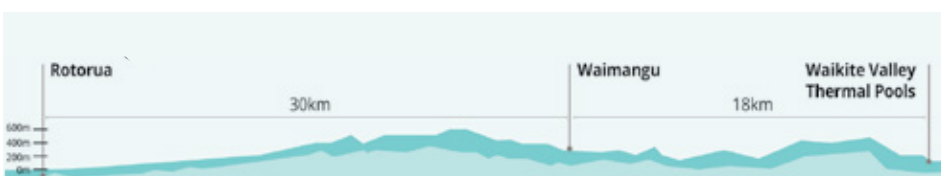
Whakarewarewa Forest is great for all-seasons cycling and walking thanks to free-draining volcanic terrain and a forest canopy that provides shelter from both hot summer sun and cold winter winds.



1 day
 33 km

Getting there

- 3 hrs from Auckland
- 2 mins from Rotorua



Visit [nzcycletrail.com](https://www.nzcycletrail.com)

[rotoruanz.com](https://www.rotoruanz.com)

Download trail map

Companies offering cycle tours and transport.

Mountain Bike Rotorua

The Whakarewarewa Forest and the Whakarewarewa Great Ride provide options for almost any type of riders and we see families, kids, adults, professional riders and retired couples enjoying the many options of the forest and the awesomeness of the Forest Loop Great Ride.

Itinerary options:

Half and Full Day options.

Products offered:

We can offer options for exclusive, fully guided tours, exclusive transfers or bike/e-bike hire.

Client types

We can offer options for exclusive, fully guided tours, exclusive transfers or bike/e-bike hire.

Website: www.mtbrotorua.co.nz **Email:** ride@mtbrotorua.co.nz for bike hire
shuttles@mtbrotorua.co.nz for transport
info@mdanz.com for tours



Image: Whakarewarewa Forest Loop (credit Graeme Murray).

The Timber Trail.



Image: Timber Trail – suspension bridge (credit BareKiwi.com).

Located in the heart of the North Island, Pureora Forest Park is a magical mix of exotic, regenerating and precious virgin forest saved by environmentalists in the 1970s. Once the realm of hardcore trampers and hunters, this deep wilderness can now be explored on an 85-kilometre trail that reveals not only its awe-inspiring beauty but also the story of how this special place has changed over the ages.

Trail Highlights

- huge, ancient trees such as rimu and tōtara
- eight spectacular suspension bridges, three more than 100m long
- Mt Pureora's mysterious Cloud Forest and lookouts
- the world's only bikeable railway spiral
- on-track accommodation from camping to a luxury lodge
- delightful birdlife including the kākā, tūi and North Island robin

Who's riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife
- Mountain bikers who enjoy flowing singletrack

Type of bike

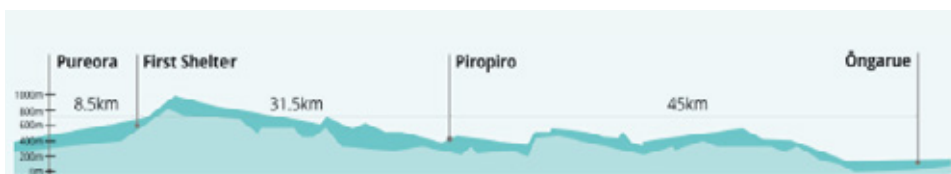
A ship-shape mountain bike is essential. Riders should ideally have basic mechanical skills and carry a tool kit. Officially, e-bikes are not allowed on the Timber Trail.

Fitness & skills

The Timber Trail's predominantly wide and smooth surface classifies much of it as grade 2 (easy). Some decent climbs and trickier sections – some involving gluggy mud – push it to grade 3 (intermediate) and make the whole ride best suited to reasonably fit, experienced cyclists.

Weather & riding season

The Timber Trail passes through a sub-alpine environment with a highpoint of 971m above sea level – it can get surprising cold around Pureora summit. It is vital that visitors check the forecast and track conditions before they set off, and take warm clothing and wet weather gear regardless of the forecast.



2 days
 85 km

Getting there

- 3 hrs 15 mins from Auckland
- 1 hr from Taupo
- 50mins from National Park



Visit nzcycletrail.com

www.timbertrail.co.nz

Download trail map

Companies offering cycle tours and transport.

Timber Trail Lodge

In beautiful Pureora Forest, in a remote location halfway along the Timber Trail, riders discover a lodge offering a warm welcome and comfortable surrounds, great food and the company of other bikers.

Itinerary options:

2 Night package – 2 days riding the Timber Trail, 2 nights at the Timber Trail Lodge.

Products offered:

All inclusive biking packages with accommodation, shuttles, meals and luggage transfers. Bike and ebike hire also available.

Client types

- Couples
- Groups
- Families with active older children
- Riders of moderate fitness and some mountain biking experience including ebikers

Website: www.timbertrailodge.co.nz **Email:** stay@timbertrailodge.co.nz

Epic Cycle Adventures

Epic are Timber Trail experts. Mid-point glamping, shuttles and transfers, bike hire, we have it covered from Ongarue. We ride the trail regularly to ensure riders can soak up the magic of the forest.

Itinerary options:

- 2 day ride with 1 night accommodation
- 1 day ride with accommodation the night before
- 1 day ride, no accommodation

Products offered:

Supported tours (shuttles, accommodation, luggage transfers and bike hire including ebikes).

Client types

- Families
- Corporate groups
- Cycling clubs
- Age ranges from 8 to 80+
- Couples and big groups

Website: www.thetimbertrail.nz **Email:** paul@epiccycleadventures.com



Image: Timber Trail (credit StudioZag.com).



Image: Timber Trail (credit StudioZag).jpg

Great Lake Trail.

Image: Great Lake Trails – W2K section (credit Cam Mackenzie Photography)

This trail threads around the edge of Lake Taupō – New Zealand’s largest lake – the massive crater formed through one of the biggest volcanic eruptions in history. This intermediate, all-seasons trail features lush forest and wetlands, waterfalls, beaches, a volcanic gorge and ever-changing views from elevated lookouts.

Trail Highlights

- spectacular gorges, ravines & waterfalls
- epic views of Lake Taupō & the volcanoes of Tongariro National Park
- flowing singletrack on free-draining, all-seasons terrain
- beautiful, tranquil bays with swimming & picnic spots
- native forest, wetlands & rock gardens
- Kinloch’s cafes & waterfront park

Who’s riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Explorers looking for grand landscapes
- Adventurous riders who love multi-day journeys
- Mountain bikers who enjoy flowing singletrack

Type of bike

A ship-shape mountain bike is recommended. E-bikes are also welcomed, and available through most bike-hire companies. E-bikers should ensure that batteries have sufficient capacity and charge for the day’s riding.



Fitness & skills

Overall, the Great Lake Trails are smooth, free-draining and flowing, but moderate hill climbs, high cliffs, loose rocks and mud in some places make it most suitable for people with some mountain biking experience.



Weather & riding season

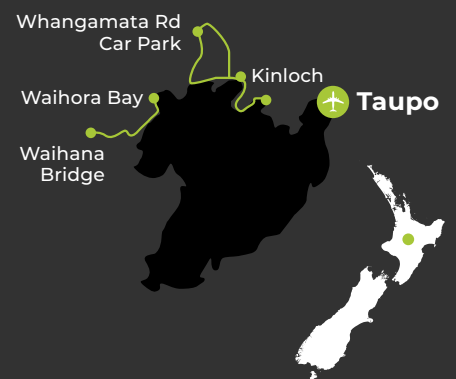
All-year round. The lake’s surroundings and nearby mountains are subject to a wide variety and often quickly changing weather conditions, so be sure to check the forecast in advance and pack clothing for all possibilities.



 1 - 3 days
 88 km

Getting there

-  3 hrs 30 mins from Auckland
-  20 mins from Taupo



 Visit nzcycletrail.com

 lovetaupo.com

 Download trail map



Companies offering cycle tours and transport.

Adventure Shuttles

We provide transport and hire bikes to enable adventurous people to get out there and have fun. Operated by locals who just love sharing their knowledge, we pride ourselves on being small, niche and responsive.

Itinerary options:

- Half day
- Full day
- Multi-day supported trips
- Packages inclusive of accommodation

Products offered:

- Half day to multi-day support
- Private charters and tours
- Bike hire
- Shuttles
- Guiding on Great Lake Trail

Client types

- Couples
- Small family and friend groups up to 8 pax
- Small group specialists
- All skill levels catered for from beginners to advanced

Website: www.adventureshuttles.co.nz **Email:** info@adventureshuttles.co.nz



Mountains to Sea Ngā Ara Tūhono.



Image: Mountains to Sea – Whanganui River Road elevated view (Plateau Productions)

Rich in natural and cultural heritage, the Mountains to Sea Ngā Ara Tūhono takes in a staggering array of scenery and sights – from historic railway viaducts, the abandoned Bridge to Nowhere, and old-town architecture of arty Whanganui city, to the volcanic and deep forest wonders of Tongariro and Whanganui National Parks.

Trail Highlights

- UNESCO World Heritage-listed Tongariro National Park's volcanic wonderland
- Whanganui National Park's wild river, deep forest & remote valleys
- rich Māori & Pākehā heritage
- viaducts & other curious relics along Ohakune's Old Coach Road
- the iconic Bridge to Nowhere
- thrilling Whanganui River jet boat ride

Who's riding this trail?

- Fit, experienced riders looking for a personal challenge
- Explorers looking for grand landscapes
- Adventurous riders who love multi-day journeys
- Mountain bikers who enjoy flowing singletrack

Type of bike

A well-maintained mountain bike is essential for the Ohakune Old Coach Road, Mangapurua, Kaiwhakauka and Fishers Track. E-mountain bikes are also permitted but care needs to

be taken to ensure there is sufficient battery charge or range to complete remote sections.

Fitness & skills

The Mountains to Sea Cycle Trail is primarily grade 3 (intermediate), with the challenging Kaiwhakauka rated as grade 4 (advanced). Those attempting the full trail should be fit and experienced off-road cyclists. There are also a number of tricky bluffs to navigate on the Mangapurua Track where riders need to take extra care.

Weather & riding season

With the exception of the Mangapurua (which is closed over winter), the Mountains to Sea is open to riders all year round. Some tracks can get very challenging after rain.

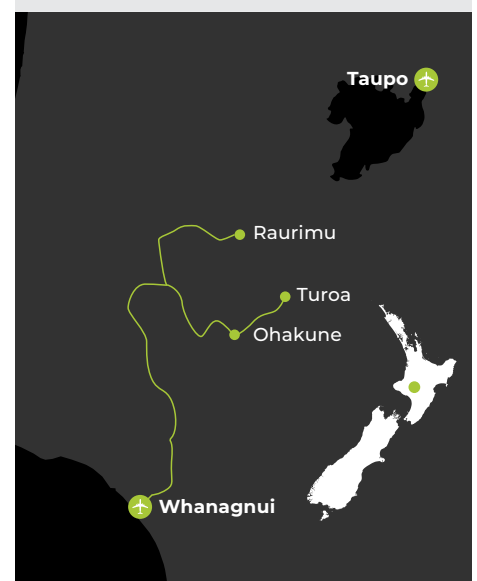
The weather is particularly changeable, it is vital to check track conditions before setting off, and carry appropriate clothing for all eventualities. Riders should also consider carrying a personal locator beacon (PLB), available to hire from some local operators and i-SITES.



🕒 1-6 days
📍 231 km

Getting there

- ✈️ 45 mins to Taupo from Auckland
- 🚗 1 hr 45 mins from Taupo
- 🚲 5 mins from Ohakune



🌐 Visit nzcycletrail.com

🌐 mountainstosea.nz

📄 Download trail map

Companies offering cycle tours and transport.

Bridge to Nowhere Lodge and Tours

'If there is one mountain bike trip you should do, this is the North Island's best!' (Jonathan Kennett). Come and see why with Bridge to Nowhere Tours – offering unforgettable one- and two-day cycle packages including all your transport and accommodation.

Itinerary options:

- Day or over night trips.
- Full day riding experience including shuttles and jetboat transfer.
- Multi day packages in conjunction with Mountain Bike Station.

Products offered:

Accommodation up the river at Bridge to Nowhere Lodge, luggage transfer, shuttles bus. Jet boat transfers optional canoeing. No guided trips.

Client types

We work with everyone who is capable of riding the track. Families children usually 12 and over. Retired riders, e bikes riders, groups of 40+.

Website: www.bridgetonowhere.co.nz **Email:** info@bridgetonowhere.co.nz



Image: Mountains to Sea (credit Plateau Productions).jpg



Image: Mountains to Sea (Credit Martyn Davies).



Image: Mountains to Sea (credit bennettandslater.co.nz).



Image: Mountains to Sea (Credit - Plateau Productions).

Hawke's Bay Trails.



Image: The Big Easy (credit Hawke's Bay Trails)

Following dedicated cycle paths and the occasional country road, this delightful trail network traces the coast and ventures inland through idyllic rural and riverside scenery. With mostly flat terrain, fantastic attractions, great food and gorgeous weather, Hawke's Bay is brilliant for biking at any time of year.

These trails are the perfect way to explore the region's world-class wineries, art deco architecture, art galleries and ice cream!

Trail Highlights

- beautiful coastal & country scenery
- art deco architecture
- winery tastings & dining at cellar-door restaurants
- Cape Kidnappers gannet colony and bird-filled wetlands
- cafes, pubs, breweries, ice cream shops & more
- riverside picnics & swimming

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Holidaymakers looking to relax and indulge
- Families and friends looking for a bonding, fun holiday
- Lovers of nature and wildlife

Type of bike

The friendly terrain of these trails makes them suitable for everything

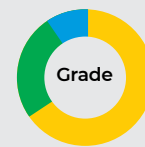
from children's bikes and uprights, to tourers, mountain bikes and e-bikes. Trikes, tandems and wheelchairs are also suitable for many sections, especially the 20km waterfront stretch from Bay View to Waitangi Regional Park. E-bikes are also permitted.

Fitness & skills

Primarily graded 1-2, the Hawke's Bay Trails are mostly easy, being wide and flat on a lime-sand surface. They're great for families and novice riders but are also fun for experienced cyclists. The only serious hills are in the Tukituki River valley on the Landscapes Ride.

Weather & riding season

All-year round. Riders should, however, always check the forecast and pack clothing appropriate for the conditions. A hat and sunscreen are essential in the summer months!



🕒 1 - 4 days
📍 200 km

Getting there

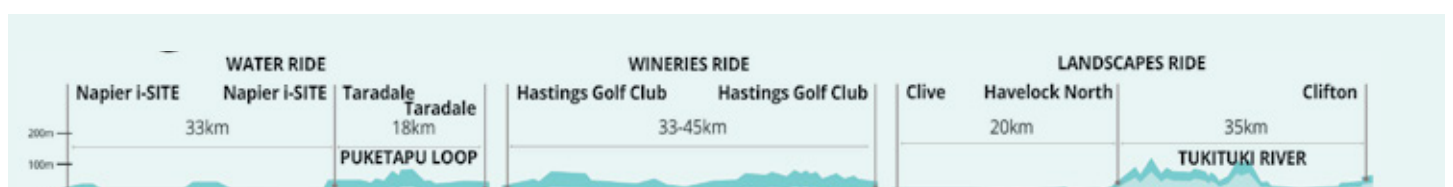
- ✈️ 1 hr from Auckland & Wellington
- 🚗 2 hrs from Taupo
- 🚲 5 mins from Napier & Hastings



🌐 Visit nzcycletrail.com

🌐 hbtrails.nz

⬇️ Download trail map



Companies offering cycle tours and transport.

Napier City Bike Hire

We offer anything from a lazy hour cruise on the waterfront to multi day tours discovering all Hawke's Bays treasures. Bikes, ebikes, kids bikes & accessories, winery pick-ups and more, all with a friendly customer service.

Itinerary options:

- Half day (especially cruise ship customers)
- Full day
- Multiday - 2-3 days

Products offered:

- Self-guided tours
- Private tours
- Supported multi day tours

Client types

- Families
- Active people of all ages - couples and group of friends
- Professional groups

Website: www.bikehirenapier.co.nz **Email:** ride@bikehirenapier.co.nz

Tākaro Trails Cycle Tours

With over 200kms of leisurely, off-road trail, cycling is the best way to enjoy beautiful Hawke's Bay. For ten years Tākaro Trails has been making cycling easy for visitors with a range of tours covering the whole trail network.

Itinerary options:

- Half day
- Full day
- 2-5 days / multiday

Products offered:

- Fully-guided fixed departure tours and private tours
- Supported self-guided multiday tours (with luggage transfers)
- Self-guided wine tours
- Bike hire

Client types

- 45+ groups of easy riders on e-bikes
- Semi-retired/professional couples and double couples 55+
- Family groups
- Social (celebrations) & work/conference groups
- Active relaxers on holiday 16-85 years

Website: www.takarotrails.co.nz **Email:** info@takarotrails.co.nz



Image: Hawke's Bay Trails (credit Takaro Trails).



Image: Hawke's Bay Trails (credit Hawke's Bay Trails).

Remutaka Cycle Trail.



Image: Remutaka Cycle Trail (credit Caleb Smith).

Starting on the edge of Wellington Harbour, this diverse trail winds up the leafy Hutt Valley before climbing gently over the forested Remutaka Ranges and skirting around the rugged coast back towards the capital.

Multiple access points and a variety of terrain means there's something for everyone – from short-and-sweet outings, to a more challenging multi-day ride.

Trail Highlights

- historic 'Incline' railway bridges & tunnels
- Wairarapa's world-class wineries
- leisurely Hutt River Trail
- remote, wild coastline with fascinating geological landforms
- native forest, wetland & rural landscapes
- capital city attractions

Who's riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife
- Mountain bikers who enjoy flowing singletrack

Type of bike

A hybrid or touring bike will suffice on the Hutt River, a ship-shape mountain bike is required for the

Wairarapa side of the trail and the ride around the coast. E-bikes are also permitted.

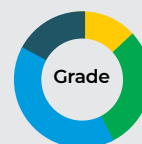
Fitness & skills

This is a trail with mixed terrain. The Hutt Valley Trail and Remutaka Rail Trail as far as the summit is largely easy (grade 2) riding along wide, smooth sealed or gravel pathways. From the Remutaka summit, the trail is faster and more gravelly (grade 3) through to Cross Creek.

The 'wild coast' section is rated intermediate/advanced (grade 3–4), and should only be attempted by fit, experienced cyclists.

Weather & riding season

An enjoyable year-round experience in good weather. However, the wind can be pretty cold and ferocious. Riders should check the forecast and track conditions before setting off and take warm clothing and wet-weather gear regardless of the forecast.



2 - 3 days
 115 km

Getting there

- 20 mins from Wellington
- 25 mins from Martinborough



Visit nzcycletrail.com

wellingtonregionaltrails.com

Download trail map



Companies offering cycle tours and transport.

Cycle Remutaka by Wildfinder

The only Remutaka Cycle Trail tour company based in Wellington, we specialise in tailored trips on this varied and beautiful trail. Our local experts will help your clients the most out of their adventure – whatever their ability and itinerary.

Itinerary options:

- 1 Day
- 2 Days 1 night
- 3 Days, 2 nights

Products offered:

- from fully supported day rides to multi-day cycle tour packages
- Let us take care of accommodation, trail drop-offs, pick-ups and bag transfers

Client types

- families
- 45+ groups of easy riders on e-bikes
- retired couples etc

Website: www.remutakacycletrail.co.nz **Email:** remutaka@wildfinder.co.nz

Green Jersey Explorer Tours

Explore the Remutaka Cycle Trail with Green Jersey. Our professional, experienced team can help you with everything from easy day rides to multi-day tours, with e-bike upgrades available.

Itinerary options:

- 1 Day tour
- 2 Days
- 3 Days, 2 nights

Products offered:

Choose to explore the trail in a day, or spread your tour over a week! Our bespoke Remutaka cycle tour options offer something for everyone.

Client types

- Families
- 45+ groups of easy riders on e-bikes
- retired couples etc

Website: www.greenjersey.co.nz **Email:** tours@greenjersey.co.nz



Image: Remutaka Incline (credit bennettandslater.co.nz)



Image: Remutaka Cycle Trail (credit Caleb Smith)

South Island Great Rides.



Image: Alps 2 Ocean (Credit Rachel Gillespie)

Queen Charlotte Track.



Image: Queen Charlotte Track (Credit Richard Briggs)

Incredibly beautiful and rich in human history, the Marlborough Sounds is a magical place of deep blue bays, beaches, forest and view-filled ridgelines. There's so much more to this journey than just biking or hiking, with swimming, kayaking and wildlife cruises just some of the memorable activities in the mix. Excellent transport and a variety of tour options means there's an adventure for almost everyone.

Trail Highlights

- magnificent Marlborough Sounds views
- overnight stays in memorable locations
- swimming, sunshine, relaxation
- waterside resorts & dining
- wildlife tours – birds, dolphins & more
- Māori & European history

Who's riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Families and friends looking for a bonding, fun holiday
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife

Type of bike

A ship-shape mountain bike is essential; independent riders

should also possess tools and basic mechanical skills.

E-bikes are allowed on all sections of the trail. However, riders should note that it's very difficult to ride or push e-bikes up some steep sections of trail.

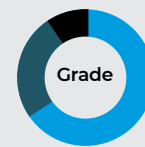
Fitness & skills

The Queen Charlotte Track is best suited to reasonably fit, experienced mountain bikers, with much of it grade 3 (intermediate) and some technical sections bumping it up to grade 4 (advanced).

Weather & riding season

All-year round. Riders should, however, always check the forecast and pack clothing appropriate for the conditions.

Note that anyone riding between Camp Bay and Anakiwa needs to buy a QCTLC Track Pass, the proceeds of which go towards maintaining and improving the trail.



2 - 3 days
 73.5 km

Getting there

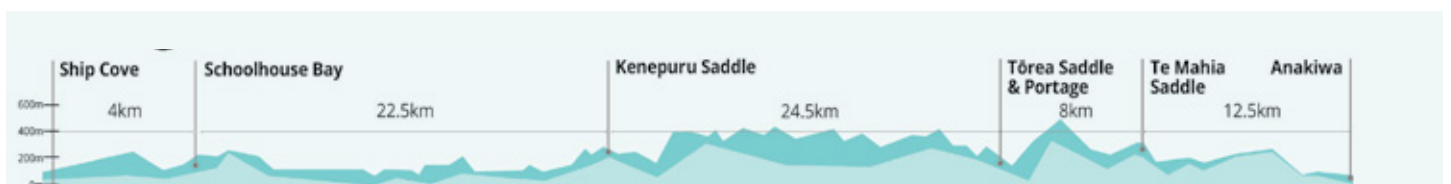
- 5 hrs from Christchurch
- 1 hr from Picton
- 3 hrs from Wellington



Visit nzcycletrail.com

qctrack.co.nz

Download trail map



Companies offering cycle tours and transport.

Beachcomber Cruises

We are based in the wonderful Queen Charlotte Sound and offer a variety of options for cycling the Queen Charlotte Track. The track can be cycled in one day or multi-day trips. We also offer a luggage transfers.

Itinerary options:

- Single day
- Multi day (2-3 days)

Products offered:

Supported but self-guided transport. (We provide return water transport to the track, luggage transfers).

Client types

- Families, recommended MTB Experience
- Couples
- Advanced riders

Website: www.beachcombercruises.co.nz **Email:** office@mailboat.co.nz

marketing@beachcombercruises.co.nz

Cougar Line

Award-winning with over 25 years' experience assisting with Queen Charlotte Track plans. Our Round Trip Track Pass offers boat travel to/from anywhere on the track with a jetty and includes luggage transfers free-of-charge each day to accommodation. Group enquiries welcome.

Itinerary options:

- Half-day
- Full day
- 2 – 3 days /multiday

Products offered:

- Water transport
- Accommodation on track
- Fully-guided by 3rd party
- Supported (luggage transfers)
- Self-guided or private tours
- Full track, exit or skip sections

Client types

- Families
- Easy riders on e-bikes
- Advanced mountain biking
- Retired couples/singles

Website: www.cougarline.co.nz **Email:** res@marlboroughtourcompany.co.nz

Wilderness Guides Marlborough Sounds

Wilderness Guides is the largest provider of mountain bike tours and independent hire for the Queen Charlotte Track. From our Picton base, we can handle all your arrangements – including bike hire, accommodation, luggage transfers and water transport.

Itinerary options:

- 1 day mountain bike trip
- 2 – 3 day mountain bike trips
- 3 day hike, bike, kayak combo

Products offered:

Choose from our basic bike hire, or our popular adventure tour packages including accommodation, packed lunches and water taxi transfers.

Client types

- Families and groups
- intermediate to advanced riders
- Less experienced riders can also enjoy certain sections of the trail

Website: www.wildernessguidesnz.com **Email:** info@wildernessguidesnz.com

Tasman's Great Taste Trail.



Image: Oliver Weber, credit www.nelontasman.nz

Forming a big loop around the Nelson–Tasman region, the trail can be enjoyed in full over several days or dipped into on short hops and day rides.

Its mix of rural, urban, coastal and riverside scenery is a fabulous feast for the eyes. Natural beauty, however, is only part of the appeal, with this trail serving up a tantalising array of tasty attractions – from art galleries and boutique shopping, to fruit stalls, cafes, craft beer pubs and winery restaurants.

Trail Highlights

- beaches including glittering Kaiteriteri
- fruit stalls, fish & chips, pie shops, ice cream
- pretty vineyards & wine tasting
- artist studios – glass-blowing, ceramics, painters & more
- native & migratory seabirds
- Mapua's riverside village precinct
- Spooners railway tunnel
- vibrant Nelson city and Motueka – gateway to the Abel Tasman
- craft beer – 'the home of hops'

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Holidaymakers looking to relax and indulge
- Families and friends looking for a bonding, fun holiday

Type of bike

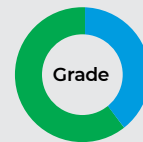
A hybrid or gravel bike is suitable unless you plan tackling the Kaiteriteri MTB park with gusto. E-bikes are also permitted and available through most bike-hire companies.

Fitness & skills

Riders of most ages and abilities can enjoy the Great Taste Trail. Graded 1–2, it is mostly smooth and flat with a few hilly sections requiring a bit more effort. The terrain is predominantly gravel or sealed cycleway, or country lanes and roads with little traffic. There are some busy intersections across roads.

Weather & riding season

The Nelson–Tasman region is blessed with balmy summers and bright, mild winters, making for great riding at any time of year.



🕒 1 - 4 days

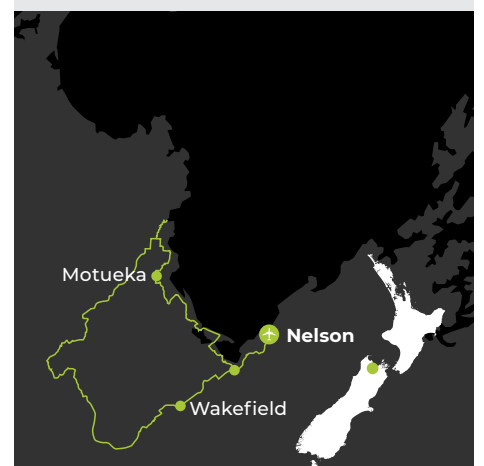
📍 200 km

Getting there

✈️ 45 mins from Wellington & Christchurch

🚗 2 hrs from Picton

🚲 5 mins from Nelson & Motueka



🌐 Visit nzcycletrail.com

🌐 Visit heartofbiking.org.nz

⬇️ Download trail map

Companies offering cycle tours and transport.

Cycle Journeys

Come and explore the new trail with our support and friendly advice. From bike hire to daily luggage transfers, Shuttles to accommodation bookings, we can do everything to provide clients an unforgettable self guided cycling experience.

Itinerary options:

- Self guided
- One day & half day rides

Products offered:

- Able to fit into itineraries with shuttle support available
- 5 depots across 3 trails, significant bike numbers & infrastructure support
- Chch based reservations and admin team

Client types

- 45+ age demographic in its many forms.
- Singles
- Biking groups
- Tour groups

Website: cyclejourneys.co.nz **Email:** a2o@cyclejourneys.co.nz

Kiwi Journeys

Located in sunny Nelson, locally owned Kiwi Journeys specialise in self-guided and fully supported cycle tours servicing Tasman's Great Taste Trail and the West Coast Wilderness Trail, providing the highest quality equipment, service and experience.

Itinerary options:

- half day
- full day
- 2-5 days / multiday

Products offered:

- fully-guided
- supported (e.g. luggage transfers)
- self-guided or private tours

Client types

- All demographics including families
- Any groups wanting single or Multi-Day itineraries
- Retired couples etc

Website: www.kiwijourneys.co.nz **Email:** info@kiwijourneys.co.nz

Nelson Cycle Hire & Tours

At Nelson Cycle Hire we're passionate about cycling and enjoying our wonderful region packed with spectacular scenery and fantastic tastes. We love to share these whether your clients are hiring a bike for a day or want us to design a multi-day tour customised to suit.

Itinerary options:

Our tours range from full day to multiday tours of 2-3 day duration

Products offered:

We offer guided and self-guided private tours, with luggage transfers and return transport if required.

Client types

We have comfortable hybrid bikes and ebikes with front suspension, which are great for trail riding for individuals and groups of all ages including families and retired couples.

Website: nelsoncyclehire.co.nz **Email:** info@nelsoncyclehire.co.nz

Company offerings continue next page

The Gentle Cycling Company Ltd

We offer bike hire and self-guided trips on the Coppermine and Tasman's Great Taste Trail. Our attention to detail, developed over ten years of operation, ensures clients can relax and enjoy the ride.

Itinerary options:

- Single and multi-day tours

Products offered:

- Fully supported guided and self-guided tours with add ons to arty and tasty places on the Great Taste Trail

Client types

- Couples and groups aged 40+, mixed fitness levels,
- easy riders cycling on hybrid e-bikes and 24 speed bikes

Website: www.gentlecycling.co.nz **Email:** info@gentlecycling.co.nz

Wheelie Fantastic Cycle Tours

Let Wheelie Fantastic show you Coppermine, the Tasman's Great Taste Trail, and other cycling routes across the Nelson Tasman region. Our local knowledge, expertise and passion ensures an authentic, personal experience tailored to your group.

Itinerary options:

- full day
- 2-6 days / multiday
- over 7 days (multi-activity tours)

Products offered:

- fully-guided
- supported/ self-guided (with detailed route notes & maps, luggage transfers and assistance if needed)
- all tours are private, we do not amalgamate customers into groups

Client types

- Small groups (up to 12 pax) families and couples
- 50+ older active looking for civilised adventures

Website: www.wheeliefantastic.co.nz **Email for trade:** Nicky@wheeliefantastic.co.nz (Tour Director)



Richmond to Brightwater, Credit, Virginia Woolf Photography



Mapua Wharf, Credit, Tasman's Great Taste Trail

Coppermine Trail.



Image: Near Windy Point (credit Virginia Woolf Photography)

This is one of New Zealand's most accessible alpine mountain bike rides, all the more memorable for its relatively easy up, exhilarating down, amazing rocky tops, and meandering river trail. Enjoy panoramas of Tasman Bay and the rocky tops of Coppermine Saddle, the brilliant 10km downhill through rock gardens and bush, and the leisurely pedal back to Nelson via the pretty Maitai Valley.

Trail Highlights

- thrilling 10km downhill singletrack
- the crazy geology of Coppermine Saddle (878m)
- early industrial history along New Zealand's first railway
- Codgers Mountain Bike Park
- gentle climb through pretty forest
- pre-ride cafes & post-ride pubs

Who's riding this trail?

- Fit, experienced riders looking for a personal challenge
- Explorers looking for grand landscapes
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife
- Mountain bikers who enjoy flowing singletrack

Type of bike

A ship-shape mountain bike (preferably full suspension) is essential for the rugged and remote terrain of the Coppermine Trail; riders should ideally have basic mechanical skills

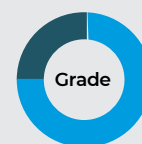
and carry a tool kit, too. E-bikes are permitted on the trail although consideration should be given to sufficient battery charge, and the skills and strength to manoeuvre these heavier bikes over obstacles and across narrow bridges.

Fitness & skills

The ride to the Coppermine Saddle is Grade 3 (intermediate), while the rocky downhill section from to Maitai Dam is grade 4 (advanced) but followed by a relatively easy grade 3 (intermediate) meander back to Nelson. The ride is most suitable for reasonably fit, experienced mountain bikers.

Weather & riding season

This trail passes through an alpine environment where the weather can change quickly. Be sure to check the forecast and carry clothing for every possibility. In summer, a lack of shade around the upper part of the trail makes a helmet visor and sunscreen essential.



1 day (4-6 hours)

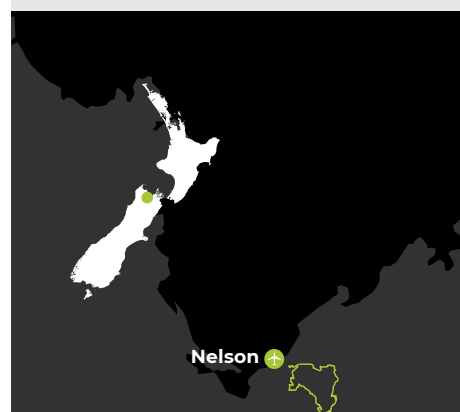
43 km

Getting there

45 mins from Wellington & Christchurch

2 hrs from Picton

15 mins from Nelson



Visit nzcycletrail.com

Visit heartofbiking.org.nz

Download trail map

Companies offering cycle tours and transport.

Kiwi Journeys

Located in sunny Nelson, locally owned Kiwi Journeys specialise in self-guided and fully supported cycle tours, providing the highest quality equipment, service and experience.

Itinerary options:

- Half day
- Full day

Products offered:

- Fully-guided
- Supported (e.g. luggage transfers)
- Self-guided or private tours

Client types

- All demographics including families
- Any groups wanting single or multi-Day itineraries

Website: www.kiwijourneys.co.nz **Email:** info@kiwijourneys.co.nz

Wheelie Fantastic Cycle Tours

Let Wheelie Fantastic show you Coppermine, the Tasman's Great Taste Trail, and other cycling routes across the Nelson Tasman region. Our local knowledge, expertise and passion ensures an authentic, personal experience tailored to your group.

Itinerary options:

- Full day
- 2-6 days / multiday
- Over 7 days (multi-activity tours)

Products offered:

- Fully-guided
- Supported/ self-guided (with detailed route notes and maps, luggage transfers and assistance if needed)
- all tours are private, we do not amalgamate customers into groups

Client types

- Small groups (up to 12 pax) families and couples
- 50+ older active looking for civilised adventures

Website: www.wheeliefantastic.co.nz **Email:** Nicky@wheeliefantastic.co.nz



Image: Coppermine Trail (credit Virginia Woolf Photography).



Image: Coppermine Trail (credit Virginia Woolf Photography).

The Old Ghost Road.



Image: Three cyclists on the tops (copyright Sven Martin)

A legendary feat of trail-building has resurrected an old gold miners' route on the West Coast, passing through a series of remote landscapes bursting with strange and beautiful sights. Admire alpine tarns, tumbling rivers and waterfalls. Take in vast panoramas from rocky tops. And all on predominantly purpose-built track. Staying overnight is a big part of The Old Ghost Road experience with the trail's huts and tent sites set in spectacular locations.

Trail Highlights

- jaw-dropping top-of-the-world views
- native birds & unique plant-life
- awe-inspiring rock forms, rivers and waterfalls
- rusty relics with stories to tell
- varied, exciting singletrack through untouched backcountry

Who's riding this trail?

- Fit, experienced riders looking for a personal challenge
- Explorers looking for grand landscapes
- Adventurous riders who love multi-day journeys
- Mountain bikers who enjoy flowing singletrack

Type of bike

A high-quality, ship-shape mountain bike is absolutely essential, as are tools and good mechanical skills.

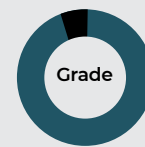
Pedal-assist e-mountain bikes are permitted on The Old Ghost Road however trail length and elevation gain are greater than most pedal-assist e-MTB battery capacities and there are no charging facilities along the trail. Carrying/lifting and/or pushing e-MTBs may be required in places.

Fitness & skills

The Old Ghost Road is a long and challenging grade 4 (advanced) single-track suitable only for fit, experienced riders.

Weather & riding season

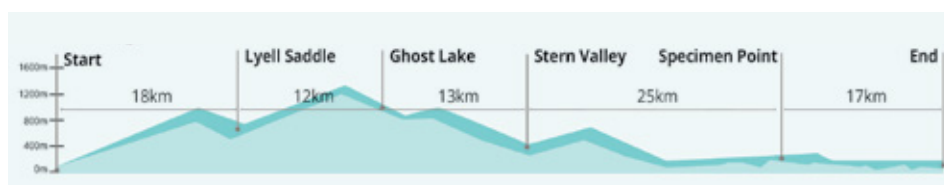
The weather in these parts is changeable, particularly around the high country, which may also be blanketed in snow. It is vital that visitors check the forecast and track conditions before they set off, and take warm clothing and wet weather gear regardless of the forecast.



🕒 2 - 4 days
📍 85 km

Getting there

- ✈️ 40 mins to Westport from Wellington
- 🚗 5 hrs 30 mins from Christchurch
- 🚗 45 mins from Westport



🌐 Visit nzcycletrail.com

🌐 oldghostroad.org.nz

📄 Download trail map

Companies offering cycle tours and transport.

Adventure South NZ

Adventure South NZ are the specialists in guided NZ Cycle Trail holidays. We offer more trails, more departure dates, and the friendliest of guides to ensure that your cycling experience in New Zealand is truly memorable.

Itinerary options:

- 5 days
- 4 to 15 day itineraries across more than a dozen trails

Products offered:

- Fully guided and supported
- Min group size is 4 and maximum is 14.
- Private group departures possible

Client types

- Experienced mountain bikers
- Groups of friends and families

Website: www.adventuresouth.co.nz **Email:** info@adventuresouth.co.nz



Image: Old Ghost Road - HagePhoto.



Image: Old Ghost Road - HagePhoto.



Image: Old Ghost Road (copyright Sven Martin).



Image: Old Ghost Road, Credit - Richard Rossiter.

West Coast Wilderness Trail.



Image: (credit Katabatic Creative – WCWT)

Stretching from Greymouth's historic port to the old gold town of Ross, this easy trail takes riders on a journey through incredible natural landscapes and back in time, with tales of Māori pounamu (greenstone) and the glittering gold rush era.

There's no better way to get up close to the West Coast's lush rainforest, pristine rivers, tranquil lakes and rugged beaches, with the snow-capped peaks of the Southern Alps a truly sublime backdrop.

Trail Highlights

- views of the snow-capped Southern Alps
- rainforest with ancient trees & birdlife
- pristine lakes & rivers
- pioneer stories of gold mining, timber-milling & more
- Mahinapua tramway & boat cruise
- Shantytown heritage museum

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Explorers looking for grand landscapes
- Families and friends looking for a bonding, fun holiday
- Adventurous riders who love multi-day journeys.

Type of bike

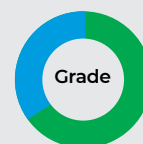
A hybrid bike is sufficient for the terrain. E-bikes are also permitted and available through most bike-hire companies.

Fitness & skills

An easy grade 2 ride, West Coast Wilderness Trail is wide and smooth most of the way and therefore suitable for riders from beginners upwards.

Weather & riding season

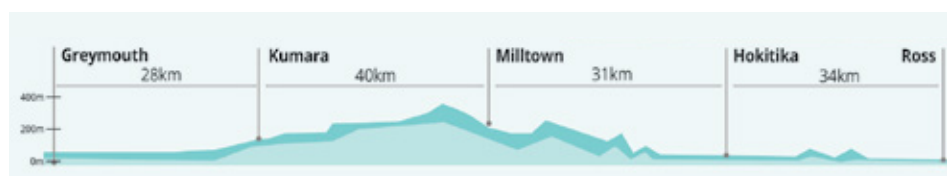
Although the West Coast has a reputation for rain, it enjoys a mild climate with plenty of sunshine. Crisp, crystal-clear air makes autumn and winter a fine time to ride. Regardless of the season, riders should always check the forecast. Be sure, also, to ask the locals about current track conditions as floods and washouts can occur.



4 - 5 days
 133 km

Getting there

- 4 hrs from Christchurch
- 5 mins from Greymouth
- 5 mins from Hokitika



Visit nzcycletrail.com

westcoastwildernesstrail.co.nz

Download trail map

Companies offering cycle tours and transport.

Adventure South NZ

Adventure South NZ are the specialists in guided NZ Cycle Trail holidays. We offer more trails, more departure dates, and the friendliest of guides to ensure that your cycling experience in New Zealand is truly memorable.

Itinerary options:

- 5 days
- 4 to 15 day itineraries across more than a dozen trails

Products offered:

- Fully guided and supported
- Min group size is 4 and maximum is 14.
- Private group departures possible

Client types

- Active retirees
- Private groups
- Friends and families
- Charities, Corporate or School Groups

Website: www.adventuresouth.co.nz **Email:** info@adventuresouth.co.nz

Cycle Journeys

Cycle Journeys is your full service provider for the Alps 2 Ocean and West Coast Wilderness Trails, backed by 25 years of cycle guiding. We provide bike hire, luggage transfers, transport and accommodation bookings. We offer 5 depots across 3 Great Rides so have significant bike numbers and infrastructure support including a Christchurch based reservations team.

Itinerary options:

Multiple offerings that are half day or full day.

Products offered:

- Self guided
- One day – Half day rides
- Able to fit into itineraries with shuttle support available

Client types

- Families
- 45+ age demographic in its many forms.
- Singles – biking groups – tour groups

Website: www.cyclejourneys.co.nz **Email:** a2o@cyclejourneys.co.nz

Kiwi Journeys

Kiwi Journeys specialise in self-guided and fully supported cycle tours servicing Tasman's Great Taste Trail and the West Coast Wilderness Trail, providing the highest quality equipment, service and experience.

Itinerary options:

- Half day
- Full day
- 2-5 days / multiday

Products offered:

- Fully-guided
- Supported (e.g. luggage transfers)
- Self-guided or private tours

Client types

- All demographics including families
- Any groups wanting single or multi-Day itineraries
- Retired couples etc

Website: www.kiwijourneys.co.nz **Email:** info@kiwijourneys.co.nz

Wilderness Trail Shuttles

A professionally run Hokitika based shuttle service that can transport you, your bike or luggage to all points on the trail. We have plenty of local knowledge and are keen to help you with all aspects of your planning.

Itinerary options:

- Half day
- Full day

Products offered:

- Self guided

Client types

- Families
- 45+ groups of easy riders on e-bikes
- Retired couples etc

Website: www.wildernesstrailshuttle.co.nz **Email:** info@wildernesstrailshuttles.co.nz

Alps 2 Ocean Cycle Trail.



Image: Alps 2 Ocean (credit-Rachel-Gillespie).

New Zealand's highest mountain – Aoraki/Mt Cook – is just one unforgettable sight on this epic journey from the Southern Alps to the Pacific Ocean. Braided rivers thread through broad, glacier-carved valleys. Turquoise hydro-lakes nestle into the golden tussock of open high country. Along the way, small towns and settlements provide atmospheric accommodation, friendly pubs and cafes, and easy access to shuttles and other services.

There are plenty of off-the-bike activities, too, including wine tasting, penguin spotting, glider flights, star gazing, and soaking in hot tubs

Trail Highlights

- New Zealand's highest peak, Aoraki/Mt Cook (3754m)
- Mackenzie's turquoise lakes & golden tussock
- intriguing hydro-dams
- limestone wonders including Elephant Rocks
- spectacular night skies

Who's riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Explorers looking for grand landscapes
- Families and friends looking for a bonding, fun holiday
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife

Type of bike

A ship-shape mountain bike is the best option for the remoteness and

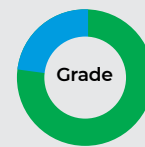
terrain, however, touring and hybrid bikes are also generally suitable. E-bikes are permitted. Riders should ideally have basic mechanical skills and carry a tool kit.

Fitness & skills

The Alps 2 Ocean Trail is graded 2–3 (easy to intermediate). Those attempting the full trail should be reasonably fit and experienced, but there are plenty of shorter ride options for beginners or rusty riders.

Weather & riding season

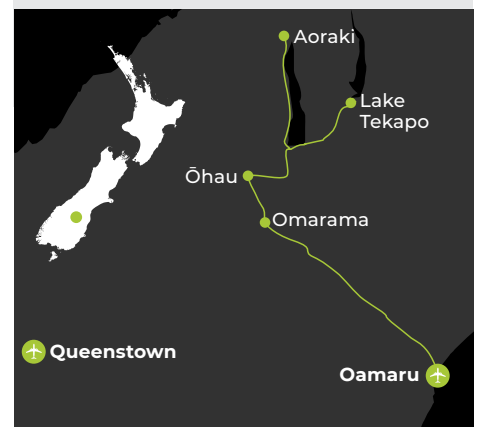
The weather in these parts is highly changeable, particularly around the Southern Alps and high country. In summer, a lack of shade makes a helmet visor and sunscreen essential. In winter, snow makes the scenery even more magical but may make some of the trail impassable.



1 - 7 days
 315 km

Getting there

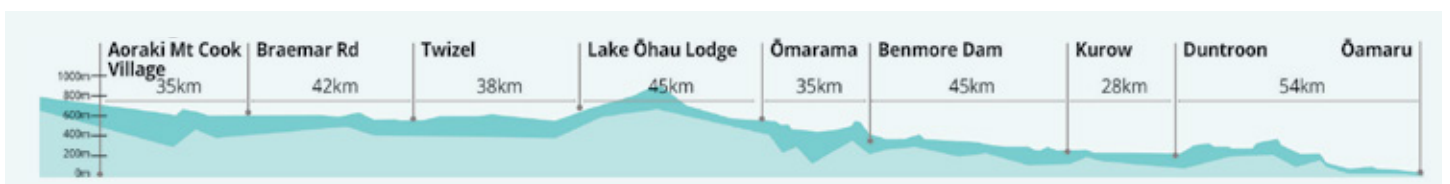
- 3 hrs 30 mins from Queenstown
- 4 hrs from Christchurch
- 5 mins from Tekapo & Twizel



Visit nzcycletrail.com

alps2ocean.com

Download trail map



Companies offering cycle tours and transport.

Adventure South NZ

Adventure South NZ are the specialists in guided NZ Cycle Trail holidays. We offer more trails, more departure dates, and the friendliest of guides to ensure that your cycling experience in New Zealand is truly memorable.

Itinerary options:

- 6 to 7 days
- 4 to 15 day itineraries across more than a dozen trails

Products offered:

- Fully guided and supported
- Min group size is 4 and maximum is 14.
- Private group departures possible

Client types

- Active retirees
- Private groups
- Friends and families
- Charities, Corporate or School Groups

Website: www.adventuresouth.co.nz **Email:** info@adventuresouth.co.nz

Bike It Now!

We are the “complete” cycle business with cycle tours, cycle hire, two cycle shops with full workshops and cycle retail. We are based in Clyde and on the A2O we operate fully supported private tours and large international group excursions.

Itinerary options:

- Half day
- 1 day
- Multi-day and multi-trail itineraries

Products offered:

We offer bike hire for ½ day through to multi day self guided experiences with everything included over a number of trails all linked.

Client types

We are able to cater via the variety of rides we have access to, for ALL range of riders and requests.

Website: www.bikeitnow.co.nz **Email:** info@bikeitnow.co.nz

Cycle Journeys

Cycle Journeys is your full service provider for the Alps 2 Ocean backed by 25 years of cycle guiding. We provide bike hire, luggage transfers, transport and accommodation bookings. We offer 5 depots across 3 Great Rides so have significant bike numbers and infrastructure support including a Christchurch based reservations team.

Itinerary options:

Multiple offerings that are half day or full day.

Products offered:

- Self guided
- One day – Half day rides
- Able to fit into itineraries with shuttle support available

Client types

- Families
- 45+ age demographic in its many forms.
- Singles – biking groups – tour groups

Website: www.cyclejourneys.co.nz **Email:** a2o@cyclejourneys.co.nz

Lake Dunstan Trail.

Image: Lake Dunstan Trail (credit-Tourism-Central-Otago-Ross-Mackay).

Linking the heritage towns of Cromwell and Clyde, this trail offers close survey of landforms shaped not only by nature but also the gold miners and dam-builders who toiled here during the last two centuries. Following in their footsteps, world-class track builders have constructed clip-on boardwalks, an 86m suspension bridge, and impressive rock walls.

Trail Highlights

- Cromwell Gorge's lake & mountain scenery
- fascinating gold mining history
- boardwalk sections around craggy bluffs
- Clyde Dam
- Bannockburn's world-class wineries
- floating cafe and burger bar on the trail

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Explorers looking for grand landscapes
- Families and friends looking for a bonding, fun holiday
- Lovers of nature and wildlife

Type of bike

A mountain bike is recommended. E-bikes are also permitted and available through most bike-hire

companies. E-bikers should ensure that batteries have sufficient capacity and charge for the day's riding.

Fitness & skills

This trail is generally smooth and mostly wide, however, there are some narrow sections with steep drop-offs that require extra care. The trail is mostly grade 2 (easy) with some gentle hill climbs and tricky bits that push it to grade 3 (intermediate). It is suited to riders of average fitness.

Weather & riding season

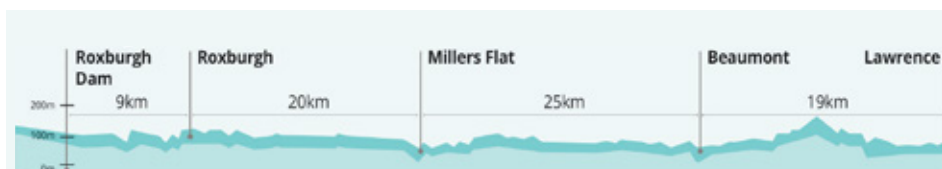
Central Otago is a fantastic year-round cycling destination, However, the climate is extreme, with hot dry summers and freezing winters. In summer, riders should pack a sun hat and sunscreen (as well as plenty of water), but also preferably a lightweight top for fuller sun protection. In winter, multiple layers and gloves are recommended.



5 - 8 hours
 41 km

Getting there

- 45 mins fro Queenstown
- 2 hrs 15 mins from Dunedin



Visit nzcycletrail.com

centralotagonz.com

Download trail map

Companies offering cycle tours and transport.

Adventure South NZ

Adventure South NZ are the specialists in guided NZ Cycle Trail holidays. We offer more trails, more departure dates, and the friendliest of guides to ensure that your cycling experience in New Zealand is truly memorable.

Itinerary options:

- 6 to 7 days
- 4 to 15 day itineraries across more than a dozen trails

Products offered:

- Fully guided and supported
- Min group size is 4 and maximum is 14.
- Private group departures possible

Client types

- Active retirees
- Private groups
- Friends and families
- Charities, Corporate or School Groups

Website: www.adventuresouth.co.nz **Email:** info@adventuresouth.co.nz

Big Sky Bike Adventures

Your Otago Central Rail Trail Adventure starts here! We handle all the details, all you have to do is pedal & enjoy stunning landscapes & big skies of Central Otago. We bring a fresh approach to make your clients' experience memorable.

Itinerary options:

- 1 day
- Multi-day

Products offered:

Supported tours including bike hire, accommodation and bag transport.

Client types

- Families and friends groups
- 45+ groups of easy riders on e-bikes
- Retired couples etc

Website: www.bigskyadventures.co.nz **Email:** info@bigskyadventures.co.nz

Bike It Now!

We are the "complete" cycle business with cycle tours, cycle hire, two cycle shops with full workshops and cycle retail. We are based in Clyde and on the A2O we operate fully supported private tours and large international group excursions.

Itinerary options:

- Half day
- 1 day
- Multi-day and multi-trail itineraries

Products offered:

We offer bike hire for ½ day through to multi day self guided experiences with everything included over a number of trails all linked.

Client types

We are able to cater via the variety of rides we have access to, for ALL range of riders and requests.

Website: www.bikeitnow.co.nz **Email:** info@bikeitnow.co.nz

Company offerings continue next page

Luxury Rail Trail Tours

We focus exclusively on comfort and creating the perfect luxury cycling holiday for small and large groups. Luxury Rail Trail Tours is the leading travel company on the Otago Central Rail Trail, offering a first class experience.

Itinerary options:

- 1-2 day tours
- 4 day luxury tours
- Customised tours

Products offered:

Tours can be amended or custom designed to suit client needs.

Client types

- 45+ groups of easy riders on e-bikes
- Corporate groups
- retired couples etc

Website: www.luxuryrailtrailtours.co.nz **Email:** enquiries@luxuryrailtrailtours.co.nz

Off The Rails 2012 Ltd

Offering fully-supported cycling holidays on the Rail Trail September to May. Tours feature our heritage accommodation, transport and bikes. Enjoy adventure on the Rail Trail and further explore the region with our dedicated and experienced guides.

Itinerary options:

- 1 day
- 3, 4 and 5 day tours
- Customised tours

Products offered:

We offer fully supported tour where guests enjoy driver support.

Client types

families, business groups, groups of friends, families and grey nomads etc.

Website: www.offtherails.co.nz **Email:** info@offtherails.co.nz

Shebikeshebikes

We have bikes and trailers, and free itinerary service for day trips or the full 152km. Our service includes transport, transfers, accommodation, bike hire, bag transport and off trail activities for all budgets.

Itinerary options:

- 1 day
- 2 day
- Multi day

Products offered:

Supported tours including bike hire, accommodation and bag transport.

Client types

- families and friends groups
- 45+ groups of easy riders on e-bikes
- retired couples etc

Website: www.shebikeshebikes.co.nz **Email:** bookings@shebikeshebikes.co.nz

Wanaka Bike Tours

Tailored mountain biking trips through stunningly beautiful landscapes. We offer private tours, can cater for large groups and operate multi-day tours that take in some of the very best trails and scenery our incredible country has to offer.

Itinerary options:

- Rail trail type riders, mainly for beginner to intermediate riders
- Intermediate to advanced riders for heli-biking experiences

Products offered:

- Mainly un-guided
- Heli-biking is guided other
- We can do private tours upon request

Client types

- Families
- 45+ groups of easy riders on e-bikes
- retired couples etc
- Large groups

Website: www.wanakabiketours.co.nz **Email:** info@wanakabiketours.co.nz

Otago Central Rail Trail.



Image: Otago Central Rail Trail – Manuherekia No 1 Bridge (credit James Jubb)

This original Great Ride boasts a truly memorable blend of natural beauty, fascinating history and a series of friendly towns. There's so much to see and do on and near the trail, including spectacular railway bridges and tunnels, abandoned gold diggings, and historic architecture from art deco municipal buildings to rustic farmyards. There's also plenty of opportunity to taste Otago's celebrated local flavours in country cafes, wineries and more.

Trail Highlights

- Central Otago's striking landscapes
- railway stations, tunnels & viaducts of yesteryear
- seasonal colours – from summer gold to winter white
- stargazing into brilliant night skies
- warm & welcoming hospitality
- high-country farming heritage

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Holidaymakers looking to relax and indulge
- Explorers looking for grand landscapes
- Families and friends looking for a bonding, fun holiday

Type of bike

A hybrid or mountain bike is recommended. E-bikes are also permitted and available through most bike-hire companies.

Fitness & skills



This is one of the easiest Great Rides, suitable for riders of all ages and abilities; it's a terrific choice for family groups, and older or rusty riders. It has a smooth, wide surface with some loose gravel in places. There are no especially steep climbs, but some inclines are very long, making a degree of fitness desirable.

Weather & riding season




The trail can be ridden at any time of year, with each season coloured with a striking palette. Summer temperatures can reach 35 degrees (Celsius), making a hat and sunscreen essential along with plenty of water. The weather is generally favourable in Autumn, and in Spring when a warm westerly is common.

Temperatures reach freezing in winter. Note that many trail-related businesses are closed during the low season, mid May to the beginning of September.



 1 - 5 days
 152 km

Getting there

-  1 hr from Queenstown
-  2 hrs from Dunedin
-  2 mins from Alexandra



 [Visit nzcycletrail.com](http://www.visitnzcycletrail.com)

 otagocentrailtrail.co.nz

 [Download trail map](#)



Companies offering cycle tours and transport.

Adventure South NZ

Adventure South NZ are the specialists in guided NZ Cycle Trail holidays. We offer more trails, more departure dates, and the friendliest of guides to ensure that your cycling experience in New Zealand is truly memorable.

Itinerary options:

- 6 to 7 days
- 4 to 15 day itineraries across more than a dozen trails

Products offered:

- Fully guided and supported
- Min group size is 4 and maximum is 14.
- Private group departures possible

Client types

- Active retirees
- Private groups
- Friends and families
- Charities, Corporate or School Groups

Website: www.adventuresouth.co.nz **Email:** info@adventuresouth.co.nz

Big Sky Bike Adventures

Your Otago Central Rail Trail Adventure starts here! We handle all the details, all you have to do is pedal & enjoy stunning landscapes & big skies of Central Otago. We bring a fresh approach to make your clients' experience memorable.

Itinerary options:

- 1 day
- Multi-day

Products offered:

Supported tours including bike hire, accommodation and bag transport.

Client types

- Families and friends groups
- 45+ groups of easy riders on e-bikes
- Retired couples etc

Website: www.bigskyadventures.co.nz **Email:** info@bigskyadventures.co.nz

Bike It Now!

We are the "complete" cycle business with cycle tours, cycle hire, two cycle shops with full workshops and cycle retail. We are based in Clyde and on the A2O we operate fully supported private tours and large international group excursions.

Itinerary options:

- Half day
- 1 day
- Multi-day and multi-trail itineraries

Products offered:

We offer bike hire for ½ day through to multi day self guided experiences with everything included over a number of trails all linked.

Client types

We are able to cater via the variety of rides we have access to, for ALL range of riders and requests.

Website: www.bikeitnow.co.nz **Email:** info@bikeitnow.co.nz

Company offerings continue next page

Luxury Rail Trail Tours

We focus exclusively on comfort and creating the perfect luxury cycling holiday for small and large groups. Luxury Rail Trail Tours is the leading travel company on the Otago Central Rail Trail, offering a first class experience.

Itinerary options:

- 1-2 day tours
- 4 day luxury tours
- Customised tours

Products offered:

Tours can be amended or custom designed to suit client needs.

Client types

- 45+ groups of easy riders on e-bikes
- Corporate groups
- retired couples etc

Website: www.luxuryrailtrailtours.co.nz **Email:** enquiries@luxuryrailtrailtours.co.nz

Off The Rails 2012 Ltd

Offering fully-supported cycling holidays on the Rail Trail September to May. Tours feature our heritage accommodation, transport and bikes. Enjoy adventure on the Rail Trail and further explore the region with our dedicated and experienced guides.

Itinerary options:

- 1 day
- 3, 4 and 5 day tours
- Customised tours

Products offered:

We offer fully supported tour where guests enjoy driver support.

Client types

families, business groups, groups of friends, families and grey nomads etc.

Website: www.offtherails.co.nz **Email:** info@offtherails.co.nz

Shebikeshebikes

We have bikes and trailers, and free itinerary service for day trips or the full 152km. Our service includes transport, transfers, accommodation, bike hire, bag transport and off trail activities for all budgets.

Itinerary options:

- 1 day
- 2 day
- Multi day

Products offered:

Supported tours including bike hire, accommodation and bag transport.

Client types

- families and friends groups
- 45+ groups of easy riders on e-bikes
- retired couples etc

Website: www.shebikeshebikes.co.nz **Email:** bookings@shebikeshebikes.co.nz

Roxburgh Gorge Trail.



Image: Roxburgh Gorge Trail (Tourism Central Otago - Will Nelson)

One of New Zealand's most visually spectacular and intriguing day rides, this trail follows the Clutha Mata-au River past eroded bluffs and old gold workings set amidst graceful willows, native shrubs and fragrant thyme.

Stretching between Alexandra and Lake Roxburgh Hydro Dam, the Roxburgh Gorge Trail offers a striking snapshot of Central Otago's heritage and natural history – in all its captivating forms, shapes and seasonal colours.

Trail Highlights

- rugged bluffs and rock forms
- stone huts & other gold rush relics
- the impressive Roxburgh Dam
- striking seasonal colours
- easy riding with gentle climbs & flowing descents
- jet boat tour through remote reaches

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Explorers looking for grand landscapes
- Families and friends looking for a bonding, fun holiday
- Lovers of nature and wildlife

Type of bike

A mountain bike is recommended. E-bikes are also permitted and available through most bike-hire companies.

Fitness & skills

This trail is smooth and wide, mostly grade 2 (easy) with some gentle hill climbs that push it to grade 3 (intermediate). These should prove no trouble for averagely fit riders and a leisurely push for those who wish to walk. In all, this trail is suitable for riders of most ages and abilities.

Weather & riding season

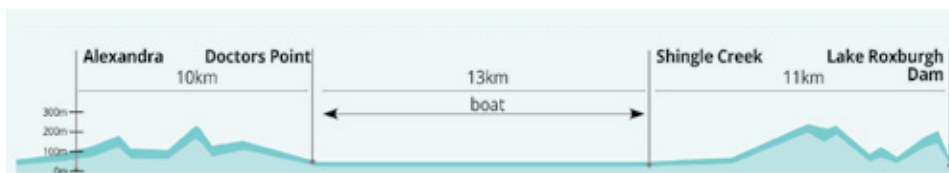
Central Otago is a fantastic year-round cycling destination, with the colour palette changing dramatically through the seasons. The climate is extreme, like that of Continental Europe, with hot dry summers and freezing winters. In summer, riders should pack a sun hat and sunscreen (as well as plenty of water), but also preferably a lightweight top for fuller sun protection on high UV days. In winter, multiple layers and gloves are recommended.



🕒 1 day
📍 21 km

Getting there

- 🚗 1 hr from Queenstown
- 🚗 2 hrs 30 Mins from Dunedin
- 🚲 5 Mins from Alexandra



🌐 Visit nzcycletrail.com

🌐 cluthagold.co.nz

📄 Download trail map

Companies offering cycle tours and transport.

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Products offered:

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Client types

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Itinerary options:

- 1 day
- 2 day
- Multi day

Products offered:

Supported tours including bike hire, accommodation and bag transport.

Client types

- families and friends groups
- 45+ groups of easy riders on e-bikes
- retired couples etc

Website: www.shebikeshebikes.co.nz **Email:** bookings@shebikeshebikes.co.nz



Image: Roxburgh Gorge (credit James Jubb).



Image: Roxburgh Gorge (credit bennettandslater.co.nz).

Clutha Gold Trail.



Image: Clutha Gold Trail – Roxburgh to Millers Flat section (credit bennettandslater.co.nz)

Winding along the Clutha Mata-au River between Roxburgh and Lawrence, this easy trail is the perfect way to immerse yourself in the stunning rural and riverside scenes of Central Otago's Teviot Valley.

Along the way are revealed all sorts of fascinating stories – from the Māori moa hunting period and early gold rushes, the building of railways and hydropower stations, to the pastoral farming and fruit growing that flourishes to this day.

Trail Highlights

- delicious fresh fruit from local orchards
- swimming & picnics at Pinders Pond Reserve
- Horseshoe Bend Bridge & The Lonely Graves
- striking natural landforms from rocky gorges to bald mountain ranges
- glorious seasonal colours

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Holidaymakers looking to relax and indulge
- Explorers looking for grand landscapes
- Families and friends looking for a bonding, fun holiday

Type of bike

A mountain bike is recommended. E-bikes are also permitted and

available through most bike-hire companies.

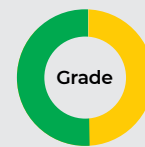
Fitness & skills

This grade 1–2 ride is one of the easiest of New Zealand's Great Rides, with a smooth, wide surface and almost entirely flat gradient. It's particularly well suited to younger, older, and less experienced riders, with the security of small towns never far away.

Weather & riding season

Central Otago is a fantastic year-round cycling destination, with juicy Roxburgh fruit a summer highlight, alongside cute spring lambs, autumnal trees, and winter snow-dust.

The climate, however, is similar to Continental Europe, with hot dry summers and freezing winters. In summer, riders should pack a sun hat and sunscreen, but also preferably a lightweight top for fuller sun protection on high UV days. In winter, multiple layers and gloves are recommended.



2 days
 73 km

Getting there

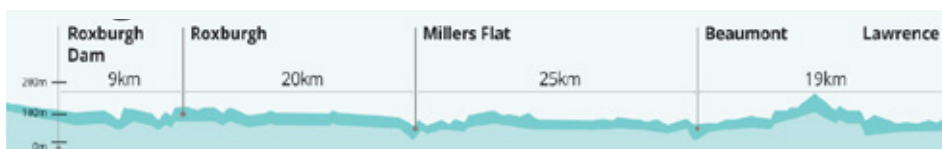
- 1 hr 45 mins from Queenstown
- 2 hrs from Dunedin
- 30 Mins from Alexandra



Visit nzcycletrail.com

cluthagold.co.nz

Download trail map



Companies offering cycle tours and transport.

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- Half day
- 1 day
- Multi-day and multi-trail itineraries

Products offered:

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Client types

We are able to cater via the variety of rides we have access to, for ALL range of riders and requests.

Website: www.bikeitnow.co.nz **Email:** info@bikeitnow.co.nz

Shebikeshebikes

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Itinerary options:

- 1 day
- 2 day
- Multi day

Products offered:

Supported tours including bike hire, accommodation and bag transport.

Client types

- families and friends groups
- 45+ groups of easy riders on e-bikes
- retired couples etc

Website: www.shebikeshebikes.co.nz **Email:** bookings@shebikeshebikes.co.nz



Image: Clutha Gold Trail (credit James-Jubb).



Image: Clutha Gold Trail (credit James-Jubb).

The Queenstown Trail.



Image: Queenstown-Trail-Biking-Gibbston-Wineries-credit-Destination-Queenstown

Surrounded by sheer mountain ranges, this trail threads through the Wakatipu Basin on a mix of lakeside paths, country lanes, quiet roads and cross-country cycleways. It links Queenstown, Arrowtown and the Gibbston Valley.

Discover early settler history in buildings, bridges and gold mining sites. Get an adrenaline buzz with a bungy jump or jet boat trip. And get a taste of Central Otago's famous flavours at countless cafes and cellar door restaurants.

Trail Highlights

- breathtaking mountain views
- lake, river & rural scenery
- wine tasting & cellar door restaurants
- bungy jumping & jet boating
- cafes, pubs & boutique shopping
- family fun – from sweet shops to spotting farm animals

Who's riding this trail?

- From families with young children to older retirees
- Group riders from active adventurers to boomers on ebikes
- Holidaymakers looking to relax and indulge
- Explorers looking for grand landscapes
- Families and friends looking for a bonding, fun holiday

Type of bike

The trails are finished in smooth gravel and well-maintained. For safety and comfort, front or dual-suspension

mountain bikes with rugged tyres are recommended; e-bikes are also permitted.

Fitness & skills

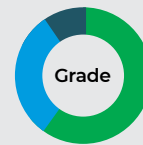
The beauty of the Queenstown Trails is that riders of most ages and abilities will find a trail to enjoy. The terrain is wide and smooth, and mostly graded 2–3 (easy to intermediate) with some slightly harder riding around Jack's Point.

It's worth noting that Queenstown is at the lowest point of the Wakatipu Basin, so any ride from Queenstown will involve at least some climbing.

Weather & riding season

The Queenstown Trails can be ridden at any time of year, each season blessed with a distinct colour palette – golden autumn foliage and snow-white winter peaks being particularly dramatic.

Hot and dry in summer, and icy in winter, this is an extreme mountain environment where conditions can change quickly.



1 - 4 days
 138 km

Getting there

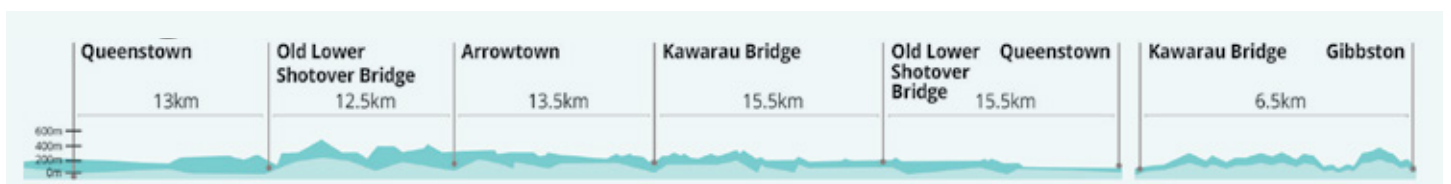
- 5 mins from Queenstown
- 5 mins from Arrowtown



Visit nzcycletrail.com

queenstowntrail.co.nz

Download trail map



Companies offering cycle tours and transport.

Around the Basin

Around The Basin are the most experienced team at getting riders on the Queenstown Trail. We provide quality bike and E-bike hire, winery rides, full or half-day options, and supported or guided tours, all packaged together with a personalised Kiwi-flavour.

Itinerary options:

- Half day
- Full day
- 2-4 days multi day products

Products offered:

- Self Guided
- Supported (with luggage transfers)
- Fully Guided

Client types

- All age groups -
- couples
- families
- groups/celebrations
- leisure bike riders

Website: www.aroundthebasin.co.nz **Email:** bookings@aroundthebasin.co.nz

Better By Bike

Better By Bike offer half and full day bike hire for self-guided rides on the stunning Queenstown trails.

Itinerary options:

Full day, self-guided, fully supported (always available by phone to assist with breakdowns etc.)

Products offered:

- Self-guided tours
- Return shuttle/ accommodation shuttle options

Client types

- Holiday makers of all types
- Family-friendly ages 1 - 99
- Very popular with 40-65 age range
- Bike riding enthusiasts
- Wine trail enthusiasts

Website: www.betterbybike.co.nz **Email:** sales@betterbybike.co.nz



Image: Queenstown Trail (credit-Destination-Queenstown).



Image: Queenstown Trail (credit Destination Queenstown)

Around the Mountains.



Image: Around The Mountains – (copyright bennettandslater.co.nz)

A contender for Aotearoa New Zealand's most gorgeous Great Ride, this long but leisurely trail passes through the Southland's rural heartland and majestic mountain country around Queenstown.

Lake Wakatipu's TSS Earnslaw steamship cruise is a fabulous way to start this journey. From the foot of Walter Peak, the trail briefly traces the lakefront before heading into the wilds of the beautiful Von Valley.

Trail Highlights

- majestic mountain scenery
- the Eyre Mountains – Taka Ra Haka, 'where the sun dances on the mountain tops'
- TSS Earnslaw steamship cruise across Lake Wakatipu
- glacier-carved Mavora Lakes
- Von Valley's golden tussock and remote wilderness atmosphere

Who's riding this trail?

- Group riders from active adventurers to boomers on ebikes
- Fit, experienced riders looking for a personal challenge
- Explorers looking for grand landscapes
- Adventurous riders who love multi-day journeys
- Lovers of nature and wildlife

Type of bike

A ship-shape mountain bike is recommended; e-bikes are also permitted. Due to the remoteness of the Mavora Lakes section, riders should

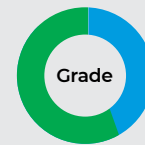
also ideally have decent mechanical skills and carry a spare tube and tools. E-bike riders should also note that the distance of the Mavora Lakes section will likely exceed e-bike battery capacities.

Fitness & skills

The Around the Mountains is primarily graded 1-2 (easiest to easy), with much of the trail following custom-made cycle paths with gentle gradients. The section between Walter Peak Station and Mavora Lakes follows a reasonably smooth, but its remoteness bumps the grade up to Grade 3.

Weather & riding season

It is possible to ride the trail all year round but the most popular time is from October to May. It can get very hot in summer, making a helmet visor and sunscreen essential. And while snows may make some sections impassable, the trail offers up some spectacular winter riding complete with beautifully snow-dusted mountain ranges.



3 - 5 days
 186 km

Getting there

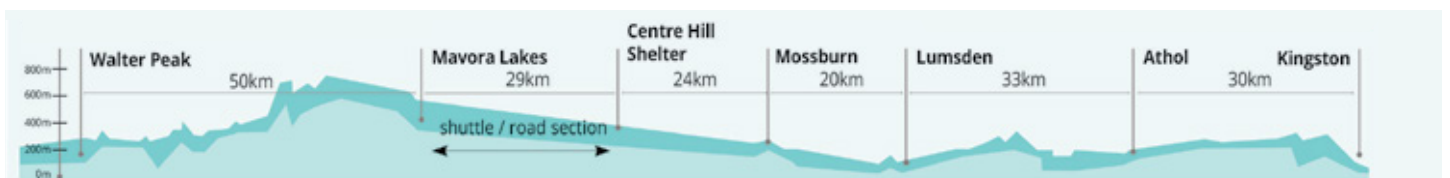
- 45 mins from Queenstown
- 1 hrs from Te Anau
- 1 hr 30 mins from Wanaka



Visit nzcycletrail.com

aroundthemountains.co.nz

Download trail map



Companies offering cycle tours and transport.

Around the Basin

Around The Basin are the most experienced team at getting riders on the Queenstown Trail. We provide quality bike and E-bike hire, winery rides, full or half-day options, and supported or guided tours, all packaged together with a personalised Kiwi-flavour.

Itinerary options:

- Half day
- Full day
- 2-4 days multi day products

Products offered:

- Self Guided
- Supported (with luggage transfers)
- Fully Guided

Client types

- All age groups -
- couples
- families
- groups/celebrations
- leisure bike riders

Website: www.aroundthebasin.co.nz **Email:** bookings@aroundthebasin.co.nz

Air Milford

A unique activity that will help make your experience in Queenstown truly memorable Combine a Queenstown scenic flight, ride the 32km trail from the Von Hill to Walter Peak, enjoy a delicious BBQ dining at the Walter Peak homestead in a stunning lakeside setting and cruise back to Queenstown on board the historic TSS Earnslaw.

Itinerary options:

- Full day

Products offered:

- Fully guided or self guided options
- Private tours available too

Client types

- Families
- 45 +
- Couples
- Retired couples

Website: www.airmilford.co.nz **Email:** info@airmilford.co.nz



Image: Around the mountains (credit Around the Mountains Cycle Trail).



Image: Around the Mountains (credit Destination Queenstown).