



Ngā Haerenga  
GREAT  
**RIDES**  
OF NEW ZEALAND



*Image: Clutha Gold Trail (Credit: Tourism Central Otago)*

**Trade Directory 2023/24**

[www.nzcycletrail.com/trade](http://www.nzcycletrail.com/trade)

# Contents.

What are the Great Rides?	3
Great Rides Finder	4
Great Ride Facts	5
Frequently asked questions – and answers	6
Making it safe, easy and fun	7
How we can help	7
Great Rides Map	8
Great Ride trail grades	9
National Partners	10
<b>North Island Great Rides</b>	<b>11</b>
Pou Herenga Tai – Twin Coast Cycle Trail	12
Hauraki Rail Trail	14
Waikato River Trails	16
Motu Trails	18
Te Ara Ahi Cycle Trail	20
The Timber Trail	22
Great Lake Trail	24
Mountains to Sea	26
Hawke’s Bay Trails	28
Remutaka Cycle Trail	30
<b>South Island Great Rides</b>	<b>32</b>
Tasman’s Great Taste Trail	33
Queen Charlotte Track	35
Coppermine Trail	38
The Old Ghost Road	40
St James Trail	42
West Coast Wilderness Trail	43
Alps 2 Ocean Cycle Trail	45
Lake Dunstan Trail	47
Otago Central Rail Trail	50
Roxburgh Gorge Trail	53
Clutha Gold Trail	55
The Queenstown Trail	57
Around the Mountains	59



Image: Timber Trail (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
<b>Pou Herenga Tai/Twin Coast Cycle Trail</b>		✓	✓	
<b>Hauraki Rail Trail</b>	✓	✓	✓	
<b>Waikato River Trails</b>	✓		✓	✓
<b>Motu Trails</b>		✓	✓	✓
<b>Hawke's Bay Trails</b>		✓	✓	
<b>Whakarewarewa Forest Loop</b>			✓	✓
<b>Great Lake Trails</b>	✓		✓	✓
<b>The Timber Trail</b>		✓		✓
<b>Mountains to Sea Ngā Ara Tūhonu</b>	✓	✓	✓	✓
<b>Remutaka Cycle Trail</b>	✓	✓	✓	
<b>Queen Charlotte Track</b>	✓	✓		✓
<b>Coppermine Trail</b>		✓		✓
<b>Tasman's Great Taste Trail</b>	✓	✓	✓	
<b>The Old Ghost Road</b>	✓	✓		✓
<b>West Coast Wilderness Trail</b>		✓		
<b>St James Cycle Trail</b>		✓		✓
<b>Alps 2 Ocean Cycle Trail</b>	✓	✓	✓	
<b>Lake Dunstan Trail</b>			✓	
<b>Otago Central Rail Trail</b>	✓		✓	
<b>Roxburgh Gorge Trail</b>			✓	
<b>Clutha Gold Trail</b>	✓		✓	
<b>Queenstown Trail</b>			✓	
<b>Around the Mountains</b>	✓		✓	

# 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](http://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](http://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](mailto: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](http://nzcycletrail.com) for information on trail grades, riding safely, what to pack and more.





# 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.



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**

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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**

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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**

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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**

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# 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

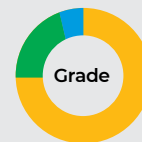
The trail can be ridden on a hybrid bike, although a mountain bike will ensure maximum comfort and safety. E-bikes are also permitted.

## 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://nzcycletrail.com)

🌐 [twincoastcycletail.kiwi.nz](https://twincoastcycletail.kiwi.nz)

📄 Download trail map

# Companies offering cycle tours and transport.

## Northland Experiences Cycle Tours & Top Trail Bike Hire and Shuttle Tours

Northland's sub-tropical climate, fresh air and scenery provide the ultimate high for cyclists and walkers, all year round. Enjoy our fully supported, all-inclusive, five-night e-bike tours, or hire a bike and use our shuttles to get around this Great Ride.

### Itinerary options:

- Full day
- 5 days

### Products offered:

Self guided. All inclusive 5 day tours bike hire, shuttles, accommodation, meals and luggage transfers.

### Client types

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

**Website:** [northlandexperiences.co.nz](http://northlandexperiences.co.nz) **Email:** [hello@northlandexperiences.co.nz](mailto:hello@northlandexperiences.co.nz)



# Hauraki Rail Trail.



Image: Te Aroha to Matamata – Section E (Riverside Adventures)

This wonderfully laidback trail traces the Shorebird Coast and follows old railway lines between the historic townships of Kaiaua, 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 Movie Set

## 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 to create lifelong memories packed with fun, great sights and attractions everyone will love.
- Lovers of nature and wildlife

## Type of bike

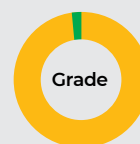
Friendly rail trail terrain makes this suitable for everything from children's bikes and uprights, to touring bikes and mountain bikes. E-bikes are also permitted.

## 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  
📍 160 km

## Getting there

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



🌐 Visit [nzcycletrail.com](http://nzcycletrail.com)

🌐 [haurakirailtrail.co.nz](http://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:** [riversideadventures.co.nz](http://riversideadventures.co.nz) **Email:** [memorie@riversideadventures.co.nz](mailto:memorie@riversideadventures.co.nz)

## Valley Tours & Transfers and Hauraki Bike Hire

We offer a range of options for the traveller wanting to explore our spectacular area. Whether it is cycling the Hauraki Rail Trail, exploring the rivers and valleys on foot, or being driven to places of interest we are here to make your chosen activity one to remember. We offer all-inclusive biking packages, biking tours tailored to suit your timeframes and budget or if it is just a day ride we have a range of bikes for hire to suit individual needs.

### Itinerary options:

- 1 to 4 day tours including bike hire, shuttles and accommodation
- Midweek luxury tours

### Products offered:

- Bike hire for full and multi days
- Bike shuttles
- Multi day tours including accommodation and shuttles

### Client types

- Groups of all ages
- Couples
- Families

**Website:** [valleyourstransfers.co.nz](http://valleyourstransfers.co.nz) **Email:** [valleytourstransfers@gmail.com](mailto:valleytourstransfers@gmail.com)



Image: Hauraki Rail Trail (Credit Hauraki Rail Trail)



Image: Hauraki Rail Trail (credit Hauraki Rail Trail)

# Waikato River Trails.



Image: Waikato River Trails (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
- Pōhāturoa 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](http://nzcycletrail.com)

 [twincostcycletail.kiwi.nz](http://twincostcycletail.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:** [riversideadventures.co.nz](http://riversideadventures.co.nz) **Email:** [memorie@riversideadventures.co.nz](mailto: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 Slon)

# 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.

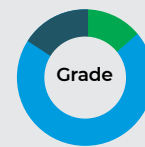
E-bikes are also permitted, although particular caution is advised for e-biking along the Pākihi: the bike's weight may be an issue if you need to lift or carry your bike.

## 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](http://nzcycletrail.com)

[motutrails.co.nz](http://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:** [cyclegisborne.com](http://cyclegisborne.com) **Email:** [info@cyclegisborne.com](mailto: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

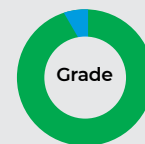
A mountain or e-mountain bike is best suited to this trail. Bikes are readily available to hire at the Waipa car park, Te Pūtake o Tawa, or in downtown Rotorua.

## 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

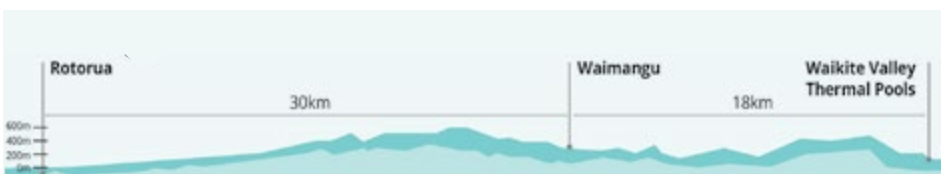
Whakarewarewa Forest is great for all-seasons cycling and walking thanks to free-draining volcanic terrain and a forest canopy that provides shelter from both hot summer sun and cold winter winds.



🕒 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, bike skills coaching, exclusive transfers or bike/e-bike hire

### Client types

We can host riders through more than 200kms of purpose-built tracks tailored to all skill and age levels.

**Website:** [mtbrotorua.co.nz](http://mtbrotorua.co.nz) **Email:** [ride@mtbrotorua.co.nz](mailto:ride@mtbrotorua.co.nz) for bike hire  
[shuttles@mtbrotorua.co.nz](mailto:shuttles@mtbrotorua.co.nz) for transport  
[info@mdanz.com](mailto:info@mdanz.com) for tours and skills coaching



Image: Whakarewarewa Forest Loop (credit Graeme Murray)

# The Timber Trail.

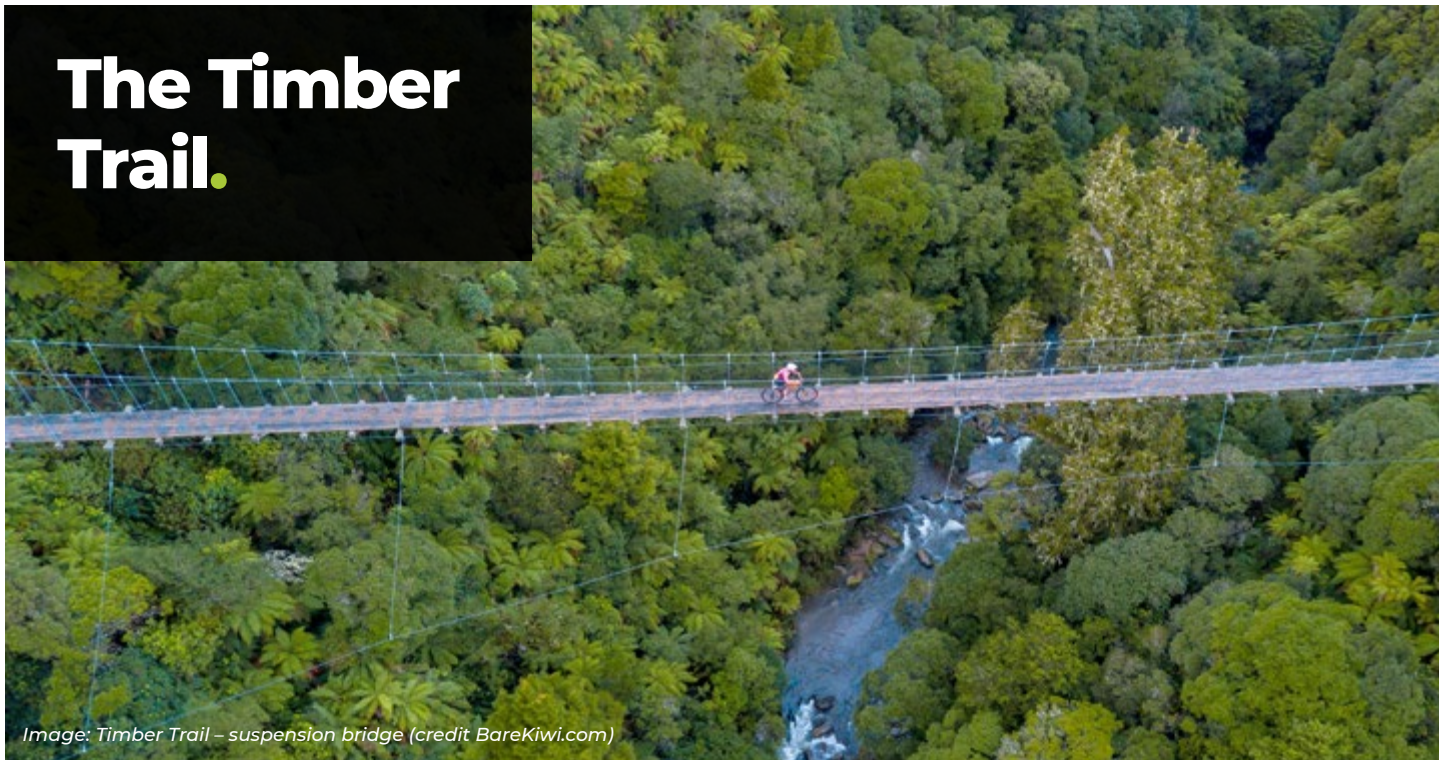


Image: Timber Trail – suspension bridge (credit BareKiwi.com)

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

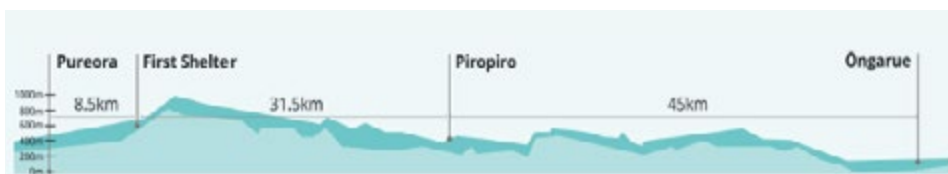
-  3 hrs 15 mins from Auckland
-  1 hr from Taupo
-  50mins from National Park



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

 [www.timbertrail.co.nz](http://www.timbertrail.co.nz)

 Download trail map



# Companies offering cycle tours and transport.

## Timber Trail Lodge

In the middle of the Pureora Forest, half way along the Timber Trail, is the Timber Trail Lodge which is an off-grid, 20 room, purpose build lodge – the perfect place to kick back and relax with friends after a day's riding

### Itinerary options:

The lodge has 1 and 2 night packages suitable for riders completing the 2 day ride. A popular 1 day option is to complete the southern section of the trail with the Southern Explorer package.

### Products offered:

We offer luxury lodge accommodation and hospitality with comfortable rooms, wholesome meals, bar, and bike charging facilities. Our shuttle service provides transport options for any riders including luggage and bike logistics. We have a fleet of high quality bikes and e-bikes. At the lodge we have meeting room facilities suitable for group retreats.

### Client types

- Individuals, couples, and groups.
- Families with active children.
- Corporate and interest groups.
- Riders of moderate fitness and some mountain biking experience.

**Website:** [timbertrailodge.co.nz](http://timbertrailodge.co.nz) **Email:** [stay@timbertrailodge.co.nz](mailto:stay@timbertrailodge.co.nz)

## Epic Cycle Adventures

**Website:** [thetimbertrail.nz](http://thetimbertrail.nz) **Email:** [paul@epiccycleadventures.com](mailto:paul@epiccycleadventures.com)



Image: Timber Trail (credit StudioZag.com)



Image: Timber Trail (credit StudioZag.com)

# 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

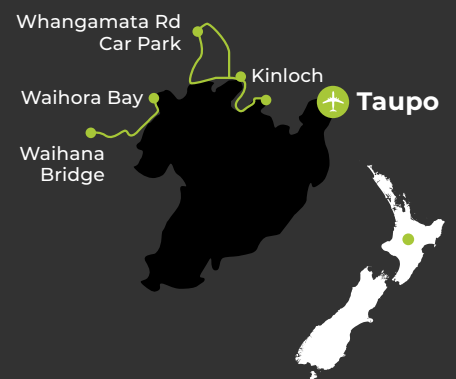
All-year round. The lake’s surroundings and nearby mountains are subject to a wide variety and often quickly changing weather conditions, so be sure to check the forecast in advance and pack clothing for all possibilities.



1 - 3 days  
 88 km

## Getting there

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



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

[lovetapu.com](http://lovetapu.com)

Download trail map





# Companies offering cycle tours and transport.

## Adventure Shuttles

Website: [adventureshuttles.co.nz](http://adventureshuttles.co.nz) Email: [info@adventureshuttles.co.nz](mailto:info@adventureshuttles.co.nz)



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



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



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



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

# 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.

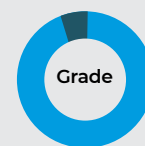
## Fitness & skills

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.

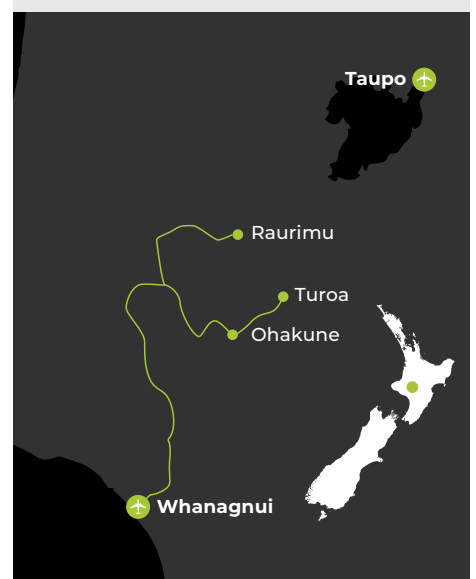
The weather is particularly changeable, it is vital to check track conditions before setting off, and carry appropriate clothing for all eventualities. Riders should also consider carrying a personal locator beacon (PLB), available to hire from some local operators and i-SITES.



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](http://nzcycletrail.com)

[mountainstosea.nz](http://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:** [bridgetonowhere.co.nz](http://bridgetonowhere.co.nz) **Email:** [info@bridgetonowhere.co.nz](mailto:info@bridgetonowhere.co.nz)



# 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

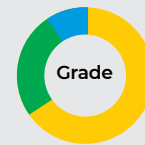
from children's bikes and uprights, to tourers, mountain bikes and e-bikes. Trikes, tandems and wheelchairs are also suitable for many sections, especially the 20km waterfront stretch from Bay View to Waitangi Regional Park. E-bikes are also permitted.

## 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

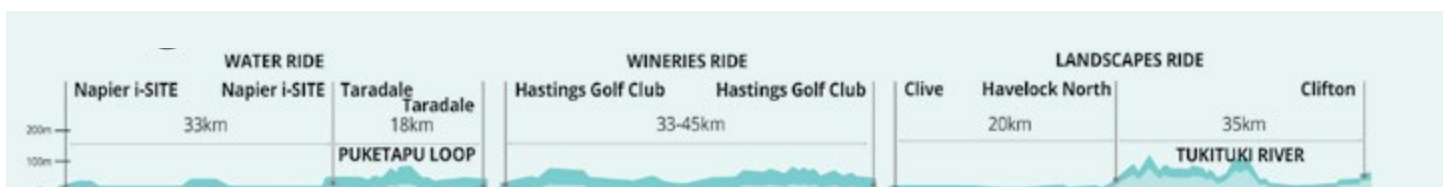
- 1 hr from Auckland & Wellington
- 2 hrs from Taupo
- 5 mins from Napier & Hastings



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

[hbtrails.nz](http://hbtrails.nz)

Download trail map



# Companies offering cycle tours and transport.

## 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:** [takarotrails.co.nz](http://takarotrails.co.nz) **Email:** [info@takarotrails.co.nz](mailto:info@takarotrails.co.nz)

## Napier City Bike Hire

**Website:** [bikehirenapier.co.nz](http://bikehirenapier.co.nz) **Email:** [ride@bikehirenapier.co.nz](mailto:ride@bikehirenapier.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, a short out and back section connecting to the quirky town of Featherston before traveling along Wairarapa farmland and skirting around the rugged coast back towards the capital. Multiple access points and a variety of terrain means there's something for everyone.

## Trail Highlights

- Historic 'Incline' railway bridges & tunnels
- Wairarapa's world-class wineries
- Leisurely Hutt River Trail
- Remote, wild coastline
- 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.

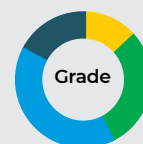
## Fitness & skills

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  
 125 km

## Getting there

- 20 mins from Wellington
- 25 mins from Martinborough



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

[wellingtonregionaltrails.com](http://wellingtonregionaltrails.com)

Download trail map

# Companies offering cycle tours and transport.

## Cycle Remutaka by Wildfinder

Website: [remutakacycletrail.co.nz](http://remutakacycletrail.co.nz) Email: [remutaka@wildfinder.co.nz](mailto:remutaka@wildfinder.co.nz)

## Green Jersey Explorer Tours

Website: [greenjersey.co.nz](http://greenjersey.co.nz) Email: [tours@greenjersey.co.nz](mailto: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.

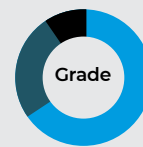
## Fitness & skills

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

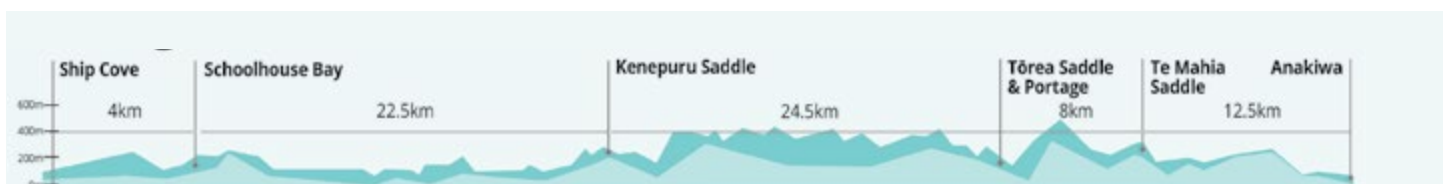
- 🚗 5 hrs from Christchurch
- 🚗 1 hr from Picton
- 🚗 3 hrs from Wellington



🌐 Visit [nzcycletrail.com](http://nzcycletrail.com)

🌐 [qctrack.co.nz](http://qctrack.co.nz)

⬇️ Download trail map



## Companies offering cycle tours and transport.

### Beachcomber Cruises

Proudly family owned and operated since 2006, we offer schedule and private water transport options to the Queen Charlotte Track for 1 day or multi day trips. Contact us for more details about your QCT experience.

#### 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:** [beachcombercruises.co.nz](http://beachcombercruises.co.nz) **Email:** [office@mailboat.co.nz](mailto:office@mailboat.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:** [wildernessguidesnz.com](http://wildernessguidesnz.com) **Email:** [info@wildernessguidesnz.com](mailto:info@wildernessguidesnz.com)

### Cougar Line

**Website:** [cougarline.co.nz](http://cougarline.co.nz) **Email:** [res@marlboroughtourcompany.co.nz](mailto:res@marlboroughtourcompany.co.nz)

# Tasman's Great Taste Trail.



Image: Oliver Weber. (credit www.nelsontasman.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

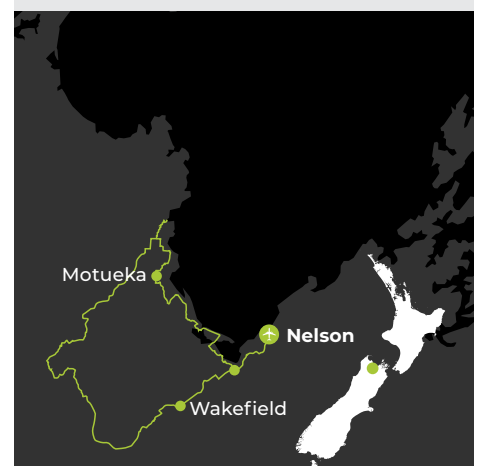
The Nelson–Tasman region is blessed with balmy summers and bright, mild winters, making for great riding at any time of year.



🕒 1 - 4 days  
📍 200 km

## Getting there

- ✈️ 45 mins from Wellington & Christchurch
- 🚗 2 hrs from Picton
- 🚲 5 mins from Nelson & Motueka



🌐 Visit [nzcycletrail.com](http://nzcycletrail.com)

🌐 Visit [heartofbiking.org.nz](http://heartofbiking.org.nz)

⬇️ Download trail map

# Companies offering cycle tours and transport.

## Cycle Journeys

Cycle Journeys is your local New Zealand cycling tour specialist living by the mantra we know: we care. They personalise your adventure on four of New Zealand's most exciting cycling trails.

The team is here for you, so you can create great memories without the worries. They craft your package, set you up with quality gear and bikes, move your bags to your next destination and connect you with the locals on the trail. Their first class service and outstanding knowledge reflects in the Qualmark Gold and TripAdvisor Excellence status.

### Itinerary options:

- Half day and full day rides
- Multi-day and multi-trail itineraries

### Products offered:

- Self-guided day and multi-day rides
- Bike hire incl. eBikes and full-suspension eBikes
- Shuttle service

### Client types

- Singles, couples, families and friends
- Large groups incl. corporate and schools groups
- 45+ age demographic

**Website:** [cyclejourneys.co.nz](http://cyclejourneys.co.nz) **Email:** [greattaste@cyclejourneys.co.nz](mailto:greattaste@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:** [kiwijourneys.co.nz](http://kiwijourneys.co.nz) **Email:** [info@kiwijourneys.co.nz](mailto: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](http://nelsoncyclehire.co.nz) **Email:** [info@nelsoncyclehire.co.nz](mailto: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:** [gentlecycling.co.nz](http://gentlecycling.co.nz) **Email:** [info@gentlecycling.co.nz](mailto:info@gentlecycling.co.nz)

## Wheelie Fantastic Cycle Tours

As a truly authentic and boutique company ( offering trade products since 2011), we offer a range of premium day and multi-day tours. We help our guests find the hidden gems and meet locals. After many years of refining and tuning our selection of trade tours, we are confident we offer unique and memorable experiences that your clients will enjoy. We believe we work in partnership with you and when you entrust your clients with us, you know that everything is taken care of. We are here to offer exceptional and reliable services from your first inquiry to when the guests finish their tour.

### Itinerary options:

- Day tours using the trail and local area.
- Multi-day bespoke tours on the Great Taste Trail
- Guided and Self-guided
- All tours are private

### Products offered:

- Most day tours are trade only. A trade e-brochure is available.
- Suitable for various levels of fitness

### Client types

- Couples
- Small groups
- VIPs

**Website:** [wheeliefantastic.co.nz](http://wheeliefantastic.co.nz) **Email:** [info@wheeliefantastic.co.nz](mailto:info@wheeliefantastic.co.nz)



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

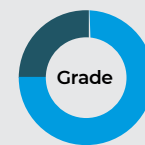
and carry a tool kit, too. E-bikes are permitted on the trail although consideration should be given to sufficient battery charge, and the skills and strength to manoeuvre these heavier bikes over obstacles and across narrow bridges.

## 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)

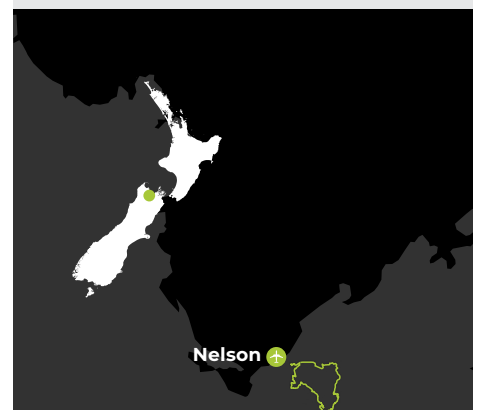
📍 43 km

## Getting there

✈️ 45 mins from Wellington & Christchurch

🚗 2 hrs from Picton

🚲 15 mins from Nelson



🌐 Visit [nzcycletrail.com](http://nzcycletrail.com)

🌐 Visit [heartofbiking.org.nz](http://heartofbiking.org.nz)

⬇️ Download trail map

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- 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:** [kiwijourneys.co.nz](http://kiwijourneys.co.nz) **Email:** [info@kiwijourneys.co.nz](mailto:info@kiwijourneys.co.nz)

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- Guided and Self-guided
- All tours are private

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- Suitable for various levels of fitness

### Client types

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- Small groups
- VIPs

**Website:** [wheeliefantastic.co.nz](http://wheeliefantastic.co.nz) **Email:** [info@wheeliefantastic.co.nz](mailto:info@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.

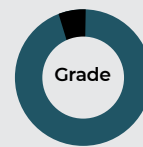
Pedal-assist e-mountain bikes are permitted on The Old Ghost Road however trail length and elevation gain are greater than most pedal-assist e-MTB battery capacities and there are no charging facilities along the trail. Carrying/lifting and/or pushing e-MTBs may be required in places.

## 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](https://nzcycletrail.com)

🌐 [oldghostroad.org.nz](https://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:** [adventuresouth.co.nz](http://adventuresouth.co.nz) **Email:** [info@adventuresouth.co.nz](mailto:info@adventuresouth.co.nz)



# St James Trail.



Image: Maling Pass 1308m wide shot (credit Bevan Triebels)

Centred on the vast Clarence and Waiiau valleys, the whopping 78,000-hectare St James Station was one of New Zealand's largest high country farms, dating back to 1862.

Testament to the farm's former glories, well-preserved buildings and fences add a human element to landscapes of overwhelming natural grandeur. Vast valleys flanked by rugged mountain ranges usher riders through golden meadows and sweet beech forest, over crystal clear rivers, into hidden lakes, and past a series of rustic huts offering shelter from the elements.

## Trail Highlights

- Jaw-dropping mountain vistas
- Pastoral high-country history
- Rustic backcountry huts
- Golden alpine grasslands
- Mirror-like Lake Guyon

## 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

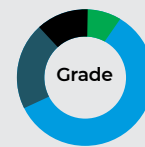
A high-quality, ship-shape mountain bike is essential, and riders should ideally have basic mechanical skills and carry a tool kit, too.

## Fitness & skills

The trail is best suited to fit, experienced mountain bikers, the most eager of whom can complete the trail in one long (6–9 hour) day. A two-day trip is possible, stopping overnight in campsites or one of three huts.

## Weather & riding season

November to April is the most popular season, when days are longer. Riders should also carry appropriate clothing for all eventualities, including wet-weather gear, no matter what time of year.



1-2 days  
 60 km

## Getting there

- 2 hrs from Christchurch
- 15 mins from Hanmer Springs



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

[doc.govt.nz](https://www.doc.govt.nz)

Download trail map

# 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

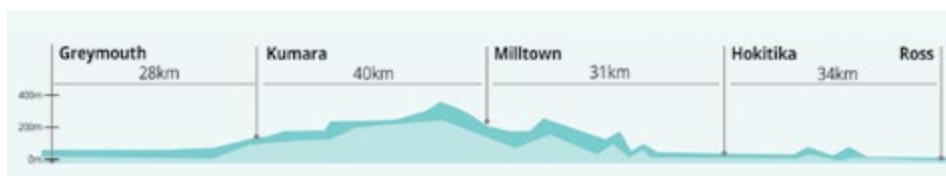
Although the West Coast has a reputation for rain, it enjoys a mild climate with plenty of sunshine. Crisp, crystal-clear air makes autumn and winter a fine time to ride. Regardless of the season, riders should always check the forecast. Be sure, also, to ask the locals about current track conditions 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](http://nzcycletrail.com)

[westcoastwildernesstrail.co.nz](http://westcoastwildernesstrail.co.nz)

Download trail map

# Companies offering cycle tours and transport.

## Adventure South NZ

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### 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:** [adventuresouth.co.nz](http://adventuresouth.co.nz) **Email:** [info@adventuresouth.co.nz](mailto:info@adventuresouth.co.nz)

## Cycle Journeys

From self-guided day and multi-day rides, shuttle service, bike hire, luggage transfer, accommodation or simply connecting you to the local community, Cycle Journeys is your local cycling tour specialist personalising your adventure on the West Coast Wilderness Trail. Aside from creating epic cycling itineraries, the team also does a tonne of good. Their 'Leave Better' programmes gives back to their trails, so the trails can give back to you.

### Itinerary options:

- Half day and full day rides
- Multi-day and multi-trail itineraries

### Products offered:

- Self-guided day and multi-day rides
- Bike hire incl. eBikes and full-suspension eBikes
- Shuttle service

### Client types

- Singles, couples, families and friends
- Large groups incl. corporate and schools groups
- 45+ age demographic

**Website:** [cyclejourneys.co.nz](http://cyclejourneys.co.nz) **Email:** [westcoast@cyclejourneys.co.nz](mailto:westcoast@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:** [kiwijourneys.co.nz](http://kiwijourneys.co.nz) **Email:** [info@kiwijourneys.co.nz](mailto: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:** [wildernesstrailshuttle.co.nz](http://wildernesstrailshuttle.co.nz) **Email:** [info@wildernesstrailshuttles.co.nz](mailto: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

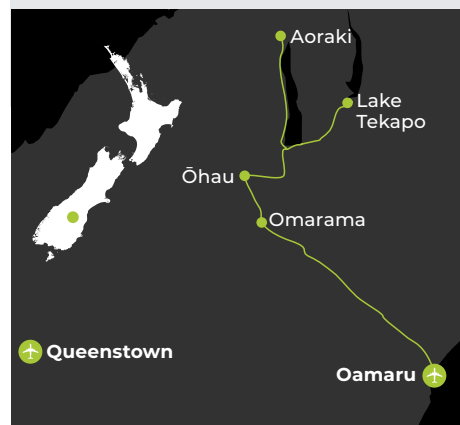
The weather in these parts is highly changeable, particularly around the Southern Alps and high country. In summer, a lack of shade makes a helmet visor and sunscreen essential. In winter, snow makes the scenery even more magical but may make some of the trail impassable.



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](http://visitnzcycletrail.com)

[alps2ocean.com](http://alps2ocean.com)

[Download trail map](#)



# Companies offering cycle tours and transport.

## Adventure South NZ

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### 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:** [adventuresouth.co.nz](http://adventuresouth.co.nz) **Email:** [info@adventuresouth.co.nz](mailto: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:** [bikeitnow.co.nz](http://bikeitnow.co.nz) **Email:** [info@bikeitnow.co.nz](mailto:info@bikeitnow.co.nz)

## Cycle Journeys

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### Itinerary options:

- Half day and full day rides
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### Products offered:

- Self-guided day and multi-day rides
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- Shuttle service

### Client types

- Singles, couples, families and friends
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# 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

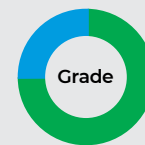
companies. E-bikers should ensure that batteries have sufficient capacity and charge for the day's riding.

## 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](http://nzcycletrail.com)

[centralotagonz.com](http://centralotagonz.com)

Download trail map



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### 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:** [bikeitnow.co.nz](http://bikeitnow.co.nz) **Email:** [info@bikeitnow.co.nz](mailto:info@bikeitnow.co.nz)

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### Itinerary options:

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

### Products offered:

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

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**Company offerings continue next page**



## Queenstown Bike Hire

We've been getting people onto the trails since 1985, so we know that a great ride starts with a great bike! Our range of Specialized Mountain Bikes and eBikes means we can make sure you have the right bike for the trails and the right bike for you.

### Itinerary options:

Full day tours riding the Lake Dunstan Trail, with door-to-door shuttle pick up from Queenstown. Make it a multi-day tour by adding the popular Roxburgh Gorge and Clutha Gold Trails, with 3 - 5 day options including bike hire, shuttles and accommodation

### Products offered:

- Bike Hire
- Bike Shuttles with door to door service
- Full-day and Multi-day Bike Tours including accommodation.
- Optional upgrades include boutique accommodation, eBikes and Comfort Bikes.

### Client types

- Groups
- Couples
- Families
- Suitable for most ages from 7 to 80+

**Website:** [queenstownbikehire.co.nz](http://queenstownbikehire.co.nz) **Email:** [info@qbikehire.co.nz](mailto:info@qbikehire.co.nz)

## Big Sky Bike Adventures

**Website:** [bigskyadventures.co.nz](http://bigskyadventures.co.nz) **Email:** [info@bigskyadventures.co.nz](mailto:info@bigskyadventures.co.nz)

## Luxury Rail Trail Tours

**Website:** [www.luxuryrailtrailtours.co.nz](http://www.luxuryrailtrailtours.co.nz) **Email:** [enquiries@luxuryrailtrailtours.co.nz](mailto:enquiries@luxuryrailtrailtours.co.nz)

## Off The Rails 2012 Ltd

**Website:** [www.offtherails.co.nz](http://www.offtherails.co.nz) **Email:** [info@offtherails.co.nz](mailto:info@offtherails.co.nz)

## Shebikeshebikes

**Website:** [shebikeshebikes.co.nz](http://shebikeshebikes.co.nz) **Email:** [bookings@shebikeshebikes.co.nz](mailto:bookings@shebikeshebikes.co.nz)

## Wanaka Bike Tours

**Website:** [wanakabiketours.co.nz](http://wanakabiketours.co.nz) **Email:** [info@wanakabiketours.co.nz](mailto: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://nzcycletrail.com)

🌐 [otagocentrailtrail.co.nz](http://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:** [adventuresouth.co.nz](http://adventuresouth.co.nz) **Email:** [info@adventuresouth.co.nz](mailto: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:** [bikeitnow.co.nz](http://bikeitnow.co.nz) **Email:** [info@bikeitnow.co.nz](mailto:info@bikeitnow.co.nz)

## Kiwi Journeys

Kiwi Journeys are your trusted cycle tour operator specialising in self-guided and supported tours all around New Zealand's South Island. We offer everything, from bike hire, transport and accommodation to personal advice and insider tips.

### 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:** [kiwijourneys.co.nz](http://kiwijourneys.co.nz) **Email:** [info@kiwijourneys.co.nz](mailto:info@kiwijourneys.co.nz)

**Company offerings continue next page**

## Big Sky Bike Adventures

Website: [bigskyadventures.co.nz](http://bigskyadventures.co.nz) Email: [info@bigskyadventures.co.nz](mailto:info@bigskyadventures.co.nz)

## Luxury Rail Trail Tours

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## Off The Rails 2012 Ltd

Website: [www.offtherails.co.nz](http://www.offtherails.co.nz) Email: [info@offtherails.co.nz](mailto:info@offtherails.co.nz)

## Shebikeshebikes

Website: [shebikeshebikes.co.nz](http://shebikeshebikes.co.nz) Email: [bookings@shebikeshebikes.co.nz](mailto: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

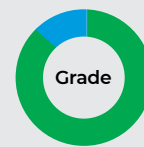
A mountain bike is recommended. E-bikes are also permitted and available through most bike-hire companies.

## 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

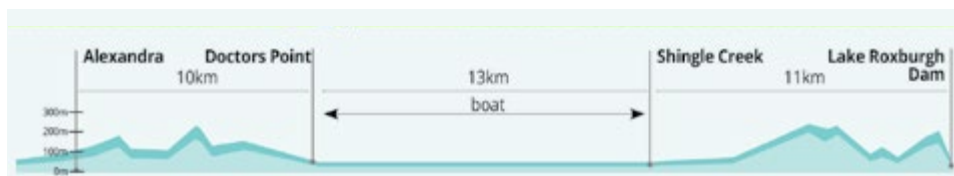
- 🚗 1 hr from Queenstown
- 🚗 2 hrs 30 Mins from Dunedin
- 🚲 5 Mins from Alexandra



🌐 Visit [nzcycletrail.com](http://nzcycletrail.com)

🌐 [cluthagold.co.nz](http://cluthagold.co.nz)

📄 Download trail map



# Companies offering cycle tours and transport.

## Bike It Now!

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### 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:** [bikeitnow.co.nz](http://bikeitnow.co.nz) **Email:** [info@bikeitnow.co.nz](mailto:info@bikeitnow.co.nz)

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### 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:** [kiwijourneys.co.nz](http://kiwijourneys.co.nz) **Email:** [info@kiwijourneys.co.nz](mailto:info@kiwijourneys.co.nz)

## Shebikeshebikes

**Website:** [shebikeshebikes.co.nz](http://shebikeshebikes.co.nz) **Email:** [bookings@shebikeshebikes.co.nz](mailto: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 bennettandlater.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.

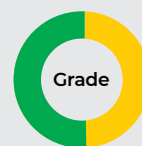
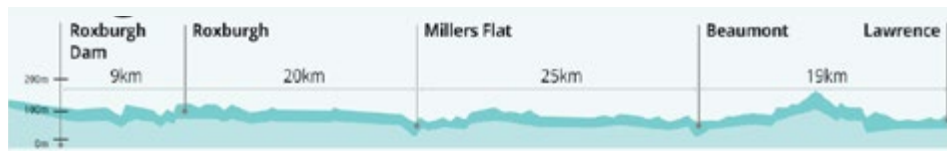
## Fitness & skills

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](http://nzcycletrail.com)

[cluthagold.co.nz](http://cluthagold.co.nz)

Download trail map

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### Client types

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- 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

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## Shebikeshebikes

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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

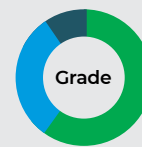
The beauty of the Queenstown Trails is that riders of most ages and abilities will find a trail to enjoy. The terrain is wide and smooth, and mostly graded 2-3 (easy to intermediate) with some slightly harder riding around Jack's Point.

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](http://nzcycletrail.com)

[queenstowntrail.co.nz](http://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:** [aroundthebasin.co.nz](http://aroundthebasin.co.nz) **Email:** [bookings@aroundthebasin.co.nz](mailto:bookings@aroundthebasin.co.nz)

## Queenstown Bike Hire

Established in 1985, we've been getting people onto the trails since before Fergburger was a thing. We know the Queenstown Trails like the back of our hands, and we know great rides start with great bikes! Our range of Specialized Mountain Bikes and eBikes means we can make sure you have the right bike for the trails and the right bike for you.

### Itinerary options:

Full day and multi-day options, riding the different sections of the Queenstown Trail, including the popular Gibbston River Wineries trail. We can also take you further afield to the Lake Dunstan, Roxburgh Gorge and Clutha Gold Trails.

### Products offered:

- Bike Hire
- Bike Shuttles with door to door service
- Bike Tours including accommodation.
- Optional upgrades include boutique accommodation, eBikes and Comfort Bikes.

### Client types

- Groups
- Couples
- Families
- Suitable for most ages from 7 to 80+

**Website:** [queenstownbikehire.co.nz](http://queenstownbikehire.co.nz) **Email:** [info@qbikehire.co.nz](mailto:info@qbikehire.co.nz)

## Better By Bike

**Website:** [betterbybike.co.nz](http://betterbybike.co.nz) **Email:** [sales@betterbybike.co.nz](mailto: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

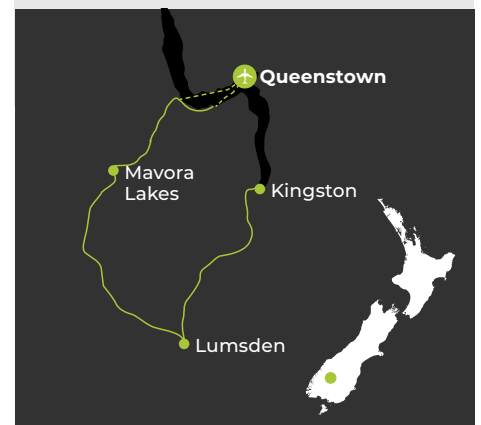
It is possible to ride the trail all year round but the most popular time is from October to May. It can get very hot in summer, making a helmet visor and sunscreen essential. And while snows may make some sections impassable, the trail offers up some spectacular winter riding complete with beautifully 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](http://visitnzcycletrail.com)

[aroundthemountains.co.nz](http://aroundthemountains.co.nz)

[Download trail map](#)



# Companies offering cycle tours and transport.

## Around the Basin

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### 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:** [aroundthebasin.co.nz](http://aroundthebasin.co.nz) **Email:** [bookings@aroundthebasin.co.nz](mailto:bookings@aroundthebasin.co.nz)

## Around the Mountains Cycle Tours

We've been getting people onto the trails since 2014. From the excitement of Queenstown to the majestic mountains and picturesque farmland of Southland, we know the Around The Mountains Cycle Trail like no one else.

### Itinerary options:

3 - 5 day tours with Bike hire, shuttles, accommodation and bag transfers, with the option to add a day on the Lake2Lake Trail in Fiordland. All tours include pick up from your Queenstown accommodation and a trip across Lake Wakatipu on the historic TSS Earnslaw steamship.

### Products offered:

Bike Hire, Bike Shuttles and Bike Tours including accommodation. Optional upgrades include boutique accommodation, eBikes and Comfort Bikes.

### Client types

- Groups
- Couples
- Families
- Suitable for most ages from 7 to 80+

**Website:** [aroundthemountaincycling.nz](http://aroundthemountaincycling.nz) **Email:** [info@atmtrail.co.nz](mailto:info@atmtrail.co.nz)

## Air Milford

**Website:** [airmilford.co.nz](http://airmilford.co.nz) **Email:** [info@airmilford.co.nz](mailto:info@airmilford.co.nz)



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



Image: Around the Mountains (credit Destination Queenstown)