

Trade Directory 2025/26

www.nzcycletrail.com/trade

Contents.

what are the Great Rides?	3
Great Rides sample itineraries	4
Great Rides fact sheet	6
Frequently asked questions – and answers	7
Making it safe, easy and fun	8
How we can help	Ç
Great Rides map	10
Great Ride trail grades	1
National partners	12
North Island Great Rides	13
Pou Herenga Tai – Twin Coast Cycle Trail	14
Hauraki Rail Trail	16
Waikato River Trails	19
Motu Trails	2
Whakarewarewa Forest Loop Trail	23
The Timber Trail	25
Great Lake Trail	28
Mountains to Sea – Ngā Ara Tūhono	30
Hawke's Bay Trails	32
Remutaka Cycle Trail	34
South Island Great Rides	36
Queen Charlotte Track	37
Tasman's Great Taste Trail	39
Coppermine Trail	42
The Old Ghost Road	44
St James Trail	46
West Coast Wilderness Trail	47
Alps 2 Ocean Cycle Trail	50
Lake Dunstan Trail	52
Otago Central Rail Trail	55
Roxburgh Gorge Trail	57
Clutha Gold Trail	59
The Queenstown Trail	6
Around the Mountains Cycle Trail	63



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 ride, 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 10 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 Ridessample itineraries.

We have created a selection of sample itineraries to help trade understand how they might be able to include a Great Ride(s) into a client's New Zealand holiday. All Great Rides offer day ride options for time-limited travellers, or people can choose to ride for more than one day.

Before building your New Zealand itinerary, it is useful to ask clients a few questions to help match them with their perfect Great Ride. Visit page 6 for all the information.

Each Great Ride is connected to cycle operators who can provide full or partial support (in this directory).

North Island

Sample itinerary one Great Ride Grade 1-2 (easiest – easy riding) Fly into Auckland

- Travel north to Pou Herenga Tai Twin Coast Great Ride (ride a section, or 1-2 days)
- Travel south to Hauraki Rail Trail Great Ride (ride a section, or 1-2 days).

Sample itinerary two Great Ride Grade 2-3 (easy – intermediate riding) Fly into Auckland

- Travel south to Rotorua and ride Whakarewarewa Forest Loop Great Ride (day ride)
- Travel south to Taupō, ride Great Lake Trails Great Ride *ride a section or multiple days

Optional Great Ride nearby

Timber Trail Great Ride (nearest town Taumarunui)
 *ride one day or two days

Optional add-ons: There are five other Great Rides easily accessible from Auckland

- · Waikato River Trails Great Ride (ex Hamilton)
- · Motu Trails Great Ride (ex Gisborne)

Travel by train with Great Journeys from Auckland to Hamilton or Taumarunui.



North Island to South Island

Sample itinerary three

Great Ride Grade (1-3, easiest, easy & intermediate)

The Classic NZ Wine Trail (Hawke's Bay, Martinborough/Wellington, Marlborough)

- Start in Napier with Hawke's Bay Trails Great Ride (ride a day or multiple days)
- Travel south to ride Remutaka Cycle Trail Great Ride (base yourself in Martinborough or Wellington). Day ride
- Travel on the Interislander ferry, from Wellington to Picton
- From Picton, ride Queen Charlotte Track Great Ride (ride a day or multiple days)

Optional ad-ons:

- From Picton travel by road to Nelson and ride a section(s) of the Tasman's Great Taste Trail Great Ride
- From Picton travel by train on the Coastal Pacific to Christchurch with Great Journeys.

Looking for a more challenging Great Ride (Grades 3 to 5, intermediate to expert)?

Start with:

- · Coppermine Trail Great Ride (day ride) (ex Nelson)
- Old Ghost Road Great Ride (2 -4 days) (ex Westport or Nelson)



South Island

Sample itinerary four

Great Ride Grade (2-3, easy & intermediate)

From Christchurch travel by train to Greymouth on the Tranz Alpine with Great Journeys. Otherwise, travel by car (four hours)

Ride West Coast Wilderness Trail Great Ride (ride a section or the whole ride, 4-5 days).

Sample Itinerary five Great Ride Grade (2-3, easy & intermediate)

The Alps 2 Ocean Cycle Trail Great Ride starts in Mt Cook and finishes in Oamaru. Easily accessible from Tekapo and Twizel. Ride a section or up to seven days (multi-day).

Sample itinerary six Great Ride Grade (2-3, easy & intermediate)

Ride Lake Dunstan Trail Great Ride (day ride)
Ride Roxburgh Trail Great Ride (day ride)

Optional add-on: Clutha Gold Trail Great Ride (ride a section or the whole journey in 3 days)

All rides are accessible by road from Queenstown (45mins-1.5hr drive) or Alexandra (5-30min) and Dunedin (2-2.5hr drive).

Sample itinerary seven Great Ride Grade (1, easiest)

Ride Otago Central Rail Trail Great Ride (ride a section or it's a multi-day on its own)

Just one hour's drive from Queenstown or two hours from Dunedin

Optional add-ons: Queenstown Trail Great Ride, Around the Mountains Cycle Trail Great Ride

Sample itinerary eight Great Ride Grade (2-3, easy & intermediate)

Ride from Queenstown via Frankton along the new Queenstown Trails section, crossing the Old Lower Shotover Bridge, Kimiākau bridge, and Shotover Gorge to Hugo tunnel and Arthurs Point. Continue to Arrowtown via Wharehuanui Trail.

From Queenstown ride part of the *Queenstown Trail* or take the TSS Earnslaw cruise to the start of the *Around the Mountains Cycle Trail Great Ride*. Alternatively, drive 1 hour to Te Anau to begin the ride (3–5 days or just a section).









The Great Rides' path to success

Strategic focus

Size of the cycle tourism market:



1.8 million



6.9 million



29million

(West Coast, East Coast, Vancouver)

CURRENT RETURN ON INVESTMENT

\$**]** billion

annually of visitor expenditure into regional NZ.

INTERNATIONAL INVESTMENT

\$8 million

annually from the international visitor levy.

ROI GOAL OVER NEXT 10 YEARS

\$2 billion

annually into regional NZ.

INVESTMENT NEEDED

\$160 million

over the next 10 years.

Impact of the Great Rides

ECONOMICS



795 official cycle trail partners

\$900 average spending per person **1,600**businesses service the Great Rides

NATURAL CAPITAL

Most appreciated feature by trail users:

Natural environment | **51**%

Culture & heritage | **29**%



128 km waterways fenced by trail managers



24,870native trees/bush planted by trail managers in 2021

SOCIAL CAPITAL

*008

volunteers across the network \$500,000+ total value of volunteer contribution Great Rides are key local assets

HEALTH



of trail users say

their mental health has improved



47%

of trail users say their fitness has improved

TOURISM

NZCT's role: responsible for driving the desire to choose a cycling holiday and provide leadership to the sector on cycle market insights

50% of users visited regions because of its Great Ride

+3.6 million visitor nights

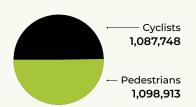
Leader

in regenerative

tourism in NZ

Trail usage

2,186,662 total trips for the year ending June 2021



USER NUMBERS

2.19 million trips per annum (all users)

* I million visitors to the regions

18%
Internationals



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 has 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 11). 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 knobbly tyres and front suspension. For intermediate rides and above, a full-suspension mountain bike will be safer and more comfortable. [Specific bike recommendations can be found in the Need to Know section of each trail description at www.nzcycletrail.com.]

TOP TIP

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

Are you interested in e-biking?

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

- The length and remoteness of some sections of some trails mean it is essential that e-bike riders are familiar with how to manage their battery power and to finish the distance if there's a technical hitch
- On some more technical trails, riders may need to lift or carry their bike over obstacles so some personal strength is required
- Tour companies are experts in e-bike hire, helping you choose the right bike for you and the trail, providing riding tips, and details on recharging points.

What time of year do you want to travel?

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

What sort of accommodation do you prefer?

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

TOP TIP

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

Are you interested in local food & drink?

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

TOP TIP

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

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

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

Many trails run through or close by towns and settlements with a wide range of services, so you are never 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-andtested, 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 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 Trail's 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.

Great Rides trade tools & resources

We have created a dedicated section on our website for travel trade to download trade specific information. Visit www.nzcycletrail.com/trade. Image & video library, powerpoint presentation, an e-version of our Great Rides Trade Directory & more.

Looking to ride a Great Ride?

A new trade & media famil programme, called Explore Our Great Rides has been developed to make it even easier for trade & media to plan a famil to New Zealand, exploring some of the 23 Great Rides of New Zealand. Visit https://www.nzcycletrail.com/about/explore-ourgreat-rides

Making it safe, fun and accessible. Accessible & inclusive riding.

We have an adaptive riding hub on the Ngā Haerenga New Zealand Cycle Trails website. Many of our 23 Great Rides are accessible, or mostly accessible, for adaptive riders, and others are working to enhance accessibility. We worked with adaptive riders to collate helpful information in one place and will continue to add to it.

Check it out here, and please share it with any adaptive riders that you know: https://www.nzcycletrail.com/adaptive-riding/

Maps

The Great Rides network map can be downloaded here
A zoomable version of the rides can be viewed here

More practical information

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

Contact us

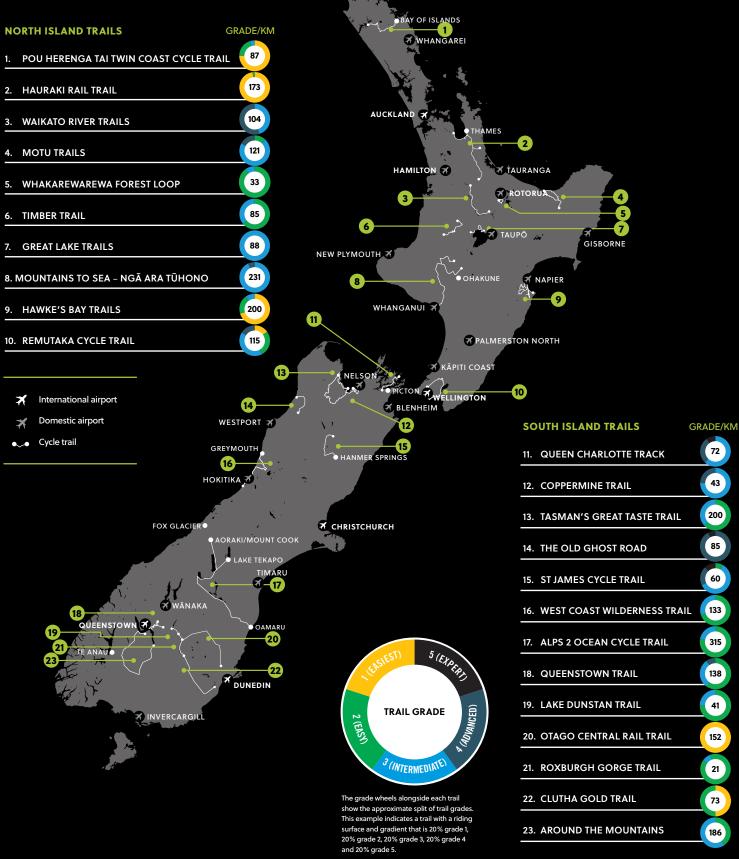
Feel free to contact us for more information at angela@nzcycletrail.com



NGĀ HAERENGA NEW ZEALAND CYCLE TRAILS

23 GREAT RIDES





Plan your Great Ride at www.nzcycletrail.com

Great Ride trail grades.

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

Grade 1 (Easiest)





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

Grade 2 (Easy)





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

A multi-geared bike with medium to wide knobbly 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)





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



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



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

fergus@holidayparks.co.nz www.holidayparks.co.nz



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

Derek.Batchelor-Cook@kiwirail.co.nz www.interislander.co.nz

North Island Great Rides.





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

Must-see regional highlights

- Waitangi Treaty Grounds, Russell and the Bay of Islands, Kerikeri,
- Hundertwasser

Popular itinerary options

Half day - Top Trail offers a 14km (1 to 2 hour ride) Trail & Tunnel Taster from Kaikohe to Ōkaihau where there's a cool café to replenish before being shuttled back to Kaikohe

Full day - For the regular rider there's a full day 42km ride from Kaikohe to Mānganunu Mission House on the Hokianga Harbour. This ride offers great views of forest and farmland, lakes and harbour

Multi-day

- A 2 day itinerary departing Kaikohe on both days riding east on day one and west on day two being shuttled back to Kaikohe at the end of each dav
- Northland Experiences offer a 5 day /5 night e-bike all-inclusive tour called Cook to Kupe cycling Coast to Coast on the Twin Coast Cycle Trail and beyond. A great mix of cycling, walking and experiences with a driver guide

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 گو 87 km

Getting there

4 hours from Auckland

🚘 45 mins from Whangārei

15 mins from Paihia



twincoastcycletrail.kiwi.nz

14 14

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. We showcase the best of the North – we traverse the Pou Herenga Tai – Twin Coast Cycle Trail, and explore further visiting small towns with quirky art galleries, kauri forests, taking ferry and boat rides, visiting NZ's iconic attractions, along with wonderful sights and experiences that only the locals know about! 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:

- · 1,2 and 3 day self guided
- · Bike hire and shuttles only
- 5 day, 5 night fully supported tours

Products offered:

Self guided 1, 2 and 3 day options. All inclusive 5 day fully supported tours, bike hire, shuttles, accommodation, meals and luggage transfers

Client types

- Families
- · Retired couples and groups
- E-bikers
- Professional woman/mens weekend escapes
- · 45+ group easy riders on e-bikes

Website: northlandexperiences.co.nz Email: hello@northlandexperiences.co.nz











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

Must-see regional highlights

- The Pūkorokoro–Miranda Shorebird Centre highlights the area's precious birdlife including the incredible Godwits
- Matamata the home of Hobbiton Movie Set

Popular itinerary options

Half day - There's an easy cycling adventure from Thames to the renowned Matatoki Cheese Barn for a coffee/tea or delicious lunch

Full day

 Paeroa to Waihi is the most popular section of the Rail trail through the dramatic Karangahake Gorge

From Paeroa it's an easy journey south to the township of Te Aroha, a quaint rural town that's home to a Mineral Pool & Spa

Multi-day

- Many of the fantastic operators along our Trail offer multi day options, from standard packages to bespoke, ensuring an epic experience. Many offer accommodation and meal packages too.
- Shuttles and transfer services, including support vehicles for group rides, make transferring luggage and vehicles easy as you travel through country towns exploring all the highlights of the Hauraki Rail Trail.

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.



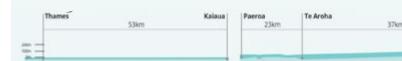
Getting there

🗪 1 hr 30mins from Auckland

10 mins from Waihi

5 mins from Thames





haurakirailtrail.co.nz

Biking Hiking Shuttles

A small family business providing bike hire and shuttle service to help you plan and enjoy the different sections of the Hauraki Rail Trail without you having to retrace your steps. Secure parking available.

Itinerary options:

- Half day
- Full day
- · 2-6 days / mult-iday

Products offered:

- · Bike hire (standard & e-bike)
- · Shuttle & transfer services
- · Self guided or guided
- · Accommodation bookings

Client types

- · Families, couples or solo riders
- · Groups of all ages

Website: bikinghikingshuttles.co.nz Email: bikinghikingshuttles@gmail.com

Hauraki Bike Hire with Valley Tours & Transfers

Brought to you buy one great team, Hauraki Bike Hire with Valley Tours and Transfers offers a premium service for Bike Hire, Support and Transport from our convenient Paeroa location right beside the Trail.

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: haurakibikehire.co.nz Email: haurakibikehire@gmail.com

Hauraki Bike Hire with Valley Tours & Transfers

Brought to you buy one great team, Hauraki Bike Hire with Valley Tours and Transfers offers a premium service for Bike Hire, Support and Transport from our convenient Paeroa location right beside the Trail.

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: haurakibikehire.co.nz Email: haurakibikehire@gmail.com

Shorebird Cycles

Offering everything from a simple half day discovery hire, to an all-inclusive multi-day hire, with shuttle and luggage services, whether it's for business or leisure. Also services Hunua Heartland Riders.

Itinerary options:

- · Half day
- Full day
- · 2-6 days / mult-iday

Products offered:

- · Bike hire (standard & e-bike)
- · Shuttle & transfer services
- · Self guided or guided

Client types

- · Families, couples or solo riders
- · Groups of all ages

Website: shorebirdcycles.com Email: info@shorebirdcycles.com

Waihi Bicycle Hire

Everything you need to discover Waihi and experience the Hauraki Rail Trail. Hire bikes, leisurely cruise around the Martha Gold Mine Pit Rim Trail or ride from Waihi to the spectacular Karangahake Gorge and beyond.

Itinerary options:

- · Half day
- Full day
- · 2-6 days / mult-iday

Products offered:

- · Bike hire (standard & e-bike)
- · Shuttle & transfer services
- Self guided or guided

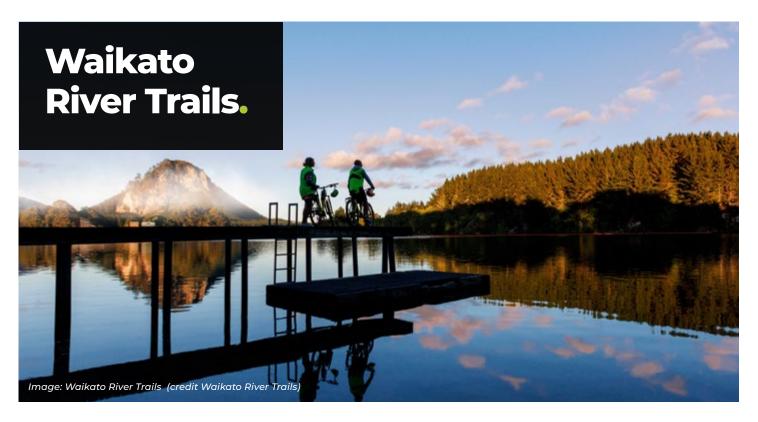
Client types

- · Families, couples or solo riders
- · Groups of all ages

Website: waihibicyclehire.co.nz Email: info@golddiscoverycentre.co.nz







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

Trail highlights

- · Hydro dams & power stations
- Arapuni Suspension Bridge 152m long and over 50m high
- Serene riverside reserves with picnic spots & camping
- Native plant restoration & flourishing birdlife
- · Pōhaturoa Rock (520m)
- Riverside villages with welcoming cafes

Must-see regional highlights

- Waitomo Caves
- · Sanctuary Mountain Maungatautari

Popular itinerary options

Half day - Enjoy a guided bike tour along the beautiful Karāpiro section of the Waikato River Trails (3 hours)

Full day - The Whakamaru Trail along the water's edge of Lake Atiamuri offers 360° panoramic views of the glass-like lake

Multi-day

- Riverside Adventures offer a selfguided cycle tour for 2 days on the Waikato River Trail
- Cycle along the picturesque Waikato River on a 4-day self-guided package
 - 2 days on the Waikato River Trail and 2 days on Te Awa River Ride.
- Adventure South offers a 5 day fully supported & guided trip riding Rotorua's Whakarewarewa Forest Loop, some of the Waikato River Trails

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 where extra care is needed. Best suited to reasonably fit cyclists.

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 4 104 km

Getting there

2 hrs 30 mins from Auckland

1 hr 45 mins from Hamilton

50 mins from Taupo



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 Email: memorie@riversideadventures.co.nz











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

Must-see regional highlights

- · Whakatane and Ōhope Beach
- The drive around East Cape on State Highway 35

Popular itinerary options

Half day - The Dunes Trail offers a 20km easy return ride from Ōpōtiki along the spectacular coastline.

Full day - A big day out on a 65km gravel road ride is available by shuttling from Ōpōtiki up to Motu, or most commonly, the hill above Motu then riding back down(mostly) to Ōpōtiki

Multi-day - There's a three-day grade 3 escape combining nature, food, and wine starting at Motu village and

travelling over 120 km of quiet rural roads towards Tairāwhiti Gisborne. The tour takes you via Motu Falls, Matawai, Rere Rockslide and Falls, Eastwoodhill Arboretum, and some of Tairāwhiti Gisborne's finest wineries

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. Pākihi riders especially need good skills and should be well prepared.

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. A personal locator beacon (PLB) is strongly advised, inexpensive to hire from Ōpōtiki and Gisborne i-SITEs.



(i) 1-3 days (i) 121 km

Getting there

1 hr to Gisborne from Auckland

2 hrs from Gisborne

5 mins from Ōpōtiki





Cycle Gisborne

Cycle Gisborne offers guided and freedom tours around the Gisborne/Tāirawhiti 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/men's weekend escapes

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











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, ferns & native trees
- Vast views over Rotorua's volcanic lakeland
- Te Pūtake o Tawa hub with its coffee, food & Māori artworks
- Geothermal wonders including wafting steam & bubbling mud

Must-see regional highlights

- Te Pā Tū, an unforgettable journey through Māori history, culture and
- Te Puia, home to the New Zealand Māori Arts and Crafts Institute

Popular itinerary options

Half day - MDA Experiences offer a tour to introduce you (and your group) to the world renowned Whakarewarewa Forest Mountain Bike Park

Full day - The 33km Whakarewarewa Forest Loop is a great 3 to 5 hour ride allowing time for a relaxing dip in nearby hot pools before heading into Rotorua for a craft beer and meal

Multi-day

- With more than 200kms of purpose built tracks in the Whakarewarewa Forest there's a great opportunity to learn then practice new mountain biking skills
- Adventure South offers a 5 day tour of some of the best off-road riding across the Central North Island on a guided trip riding Rotorua's Whakarewarewa Forest Loop

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 allseasons 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.



Getting there

3 hrs from Auckland

№ 2 mins from Rotorua



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 purposebuilt tracks tailored to all skill and age levels.

Website: mtbrotorua.co.nz Email: ride@mtbrotorua.co.nz for bike hire
shuttles@mtbrotorua.co.nz for transport
info@mdanz.com for tours and skills coaching





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 84 km 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
- Mt Pureora's mysterious Cloud Forest and lookouts
- The world's only bikeable railway
- On-track accommodation from camping to a luxury lodge
- Delightful birdlife including the kākā, tūī and North Island robin

Must-see regional highlights

- UNESCO World Heritage-listed Tongariro National Park's volcanic wonderland
- The Forgotten World Highway and Forgotten World Adventures

Popular itinerary options

Full day - Timber Trail Lodge and Transport offer one and two-night packages combining everything you need

Multi-day

- Epic Cycle Adventures offer a two-day package including accommodation in a unique 36 bed glamping site
- Adventure South offers a 5 day tour of some of the best off-road riding across the Central North Island on a fully supported & guided trip riding the iconic Timber Trail

Fitness & skills

The Timber Trail is a mix of well-graded wide single track and gravel road with long suspension bridges. There are some solid climbs, and the trail may be muddy in wet weather, making the whole ride best suited to reasonably fit, experienced cyclists.

Weather & riding season

The Timber Trail passes through a subalpine 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.





Getting there

3 hrs 15 mins from Auckland

角 1 hr from Taupo

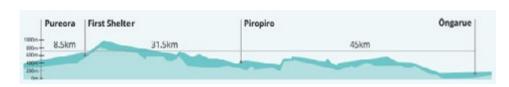
50mins from Waimarino (National Park)





₩ Visit nzcycletrail.com

www.timbertrail.nz



Timber Trail Lodge & Transport

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: timbertraillodge.co.nz Email: stay@timbertraillodge.co.nz

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 Email: info@adventuresouth.co.nz



Epic Cycle Adventures

Epic Cycle Adventures offers shuttles, bike hire and accommodation in a unique 36 bed glamping site set in stunning native bush halfway along the trail.

Itinerary options:

- 2 day/1 night packages staying at Camp Epic in luxury tents.
- 1 day rides- full Trail for the fitter riders, Southern Trail for the casual rider or people with limited time

Products offered:

- · Shuttles
- · Bike hire- including e-bikes
- Accommodation packages-Glamping.

Client types

- Casual cyclists from 8-80 years old (we have had older and younger)
- Corporate/work groups- great team-building
- Families- the kids love toasting marshmallows in the fire-pit
- School groups- popular with outdoor ed groups

Website: https://www.thetimbertrail.nz Email: paul@epiccycleadventures.com

Four B

We specialise in making the logistics simple, whether you're a solo rider or part of a large group, customers can choose from our well-curated packages. Or if you're looking for a bespoke or guided hike or bike experience, we're here to tailor the adventure for you.

Itinerary options:

· Two day tours

Products offered:

- · Fully guided two day tours
- We can create a multi-day itinerary including the Timber Trail and other Central North Island Great Rides
- Hike and bike options including the Tongariro Alpine Crossing

Client types

 Couples, small and large groups including corporate groups

Website: www.fourb.nz Email: info@fourb.nz





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

Must-see regional highlights

- Experience Taupō's energy by soaking in it's warm healing geothermal waters
- Huka Falls: New Zealand's most visited natural attraction

Popular itinerary options

Half day - There's a half day guided taster on the Great Lake Trail combining a 20km ride with stunning lake views

Full day - There are options for a self guided day ride on the trail through to the ultimate guided e-bike package that combines riding the trail with a boat transfer and sightseeing

Multi-day - Adventure South offers a 5 day tour of some of the best off-road riding across the Central North Island on a fully supported & guided trip riding Rotorua's Whakarewarewa Forest Loop, some sections of the Waikato River Trail and the Great Lake Trails and finishing with the iconic Timber Trail

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.



Getting there

3 hrs 30 mins from Auckland

20 mins from Taupo





Four B

We specialise in making the logistics simple, whether you're a solo rider or part of a large group, customers can choose from our well-curated packages. Or if you're looking for a bespoke or guided hike or bike experience, we're here to tailor the adventure for you. As your Great Lake Trail experts, we ensure every detail is taken care of, so you can focus on enjoying the ride!

Itinerary options:

- · Half day
- · Full day
- · Two day

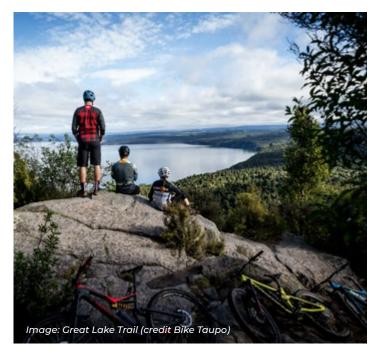
Products offered:

- · Self guided rides
- Fully guided bespoke tours
- We can create a multi-day itinerary including the Great Lake Trail and other Central North Island Great Rides
- Hike and bike options including the Tongariro Alpine Crossing

Client types

Couples, small and large groups including corporate groups (up to 50)

Website: www.fourb.nz Email: info@fourb.nz







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 and the abandoned Bridge to Nowhere to Whanganui, UNESCO City of Design, and the majesty of snowcapped Mt Ruapehu, volcanic landscapes, and the deep forest wonders of Tongariro and Whanganui National Parks, as it traverses the Whanganui Awa, a river recognised as a living entity with legal personhood. Ngā Ara Tūhono means "connected pathways"

Trail highlights

- Snow-capped volcanic giants and ancient landscapes in Tongariro's UNESCO Dual World Heritage Park
- Whanganui Awa a lifeline of connection, winding through deep forests and remote valleys
- Māori stories and colonial history woven into every turn
- Epic viaducts, bush tramways, and railway relics
- Whanganui UNESCO City of Design, where creativity and culture thrive

Popular itinerary options

- Stay and play in Ohakune, discovering the Ohakune Old Coach Road, Te Ara Mangawhero, the Ohakune Mountain Road
- Bridge to Nowhere in a Day a full-day journey through the remote valleys of Mangapurua, finishing with an unforgettable jet boat ride on the Whanganui River
- Ride one of New Zealand's best road rides – the Whanganui

- River Road, finishing at the tempestuous Tasman Sea
- A relaxed city ride through creativity and history in Whanganui, New Zealand's only UNESCO City of Design

Fitness & skills

Connected pathways range from easy to intermediate grades, with options to combine sections based on fitness and skill level. The full journey requires good preparation, fitness, and technical skills. E-bikes are suitable on all sections.

Weather & riding season

The trail covers a variety of climates, open year-round except for Mangapurua, which closes in winter. Conditions can change quickly in alpine zones – check with operators or visit the trail status page for up-to-date information. Always carry appropriate clothing for all weather conditions and consider hiring a personal locator beacon (PLB) locally.



⅓ - 6 days⅙ 344 km

Getting there

Whanganui: 45-minute flight from Auckland

Ohakune & Waimarino:
Accessible via the Northern
Explorer Train

№ 5 mins from Ohakune



mountainstosea.nz



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 Email: info@adventuresouth.co.nz











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 cellardoor restaurants
- Cafes, pubs, breweries, ice cream shops & more
- · Riverside picnics & swimming

Must-see regional highlights

- Hawke's Bay is a Great Wine Capital of the World so there are many stunning cellar door experiences available
- · Cape Kidnappers gannet colony

Popular itinerary options

Half day - There are 2-4 hour self guided winery rides available for groups or coastal rides enjoying the scenery from the easy graded trail

Full day - There are day rides available – often combining riding with wine, food, beer and even gin. There's also a "sip, cycle and soak" day tour that combines the Ocean Spa

Multi-day

- Tākaro Trails offer a 2 day Baycation that combines scenic coastal riding with local wineries and shuttles to suit
- Popular 4 day tours provide even more wonderful experiences of Hawke's Bay staying overnight in the stylish villages of Havelock North and Ahurir

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, water and sunscreen are essential in the summer months!



1 - 4 days

Getting there

\chi 1 hr from Auckland & Wellington

2 hrs from Taupo

5 mins from Napier & Hastings





Tākaro Trails Cycle Tours

With over 200kms of leisurely, off-road trail, cycling is the best way to enjoy beautiful Hawke's Bay. Award winning Tākaro Trails has been making cycling easy for visitors with a range of tours covering the whole trail network. They offer self-guided, single and multi-day cycle tours, with top-quality pathway bikes and e-bikes, plus full back-up support.

Itinerary options:

- · Half day
- Full day
- · 2-5 days/multi-day

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 Email: info@takarotrails.co.nz

Napier City Bike Hire & Tours

We offer anything from a lazy hour cruise on the waterfront to multi day tours discovering all Hawke's Bays treasures. Winery day tours, E-bikes & regular, kids bikes & accessories, shuttles and more, all with a expert and friendly customer service.

Itinerary options:

- · Half day
- · Full day
- · 2-4 days / multi-day

Products offered:

- · Self-guided winery day tours
- · Bike hire (E-bikes, standard)
- Shuttles, deliveries & transfer services
- · Private guided tours
- · Supported multiday tours

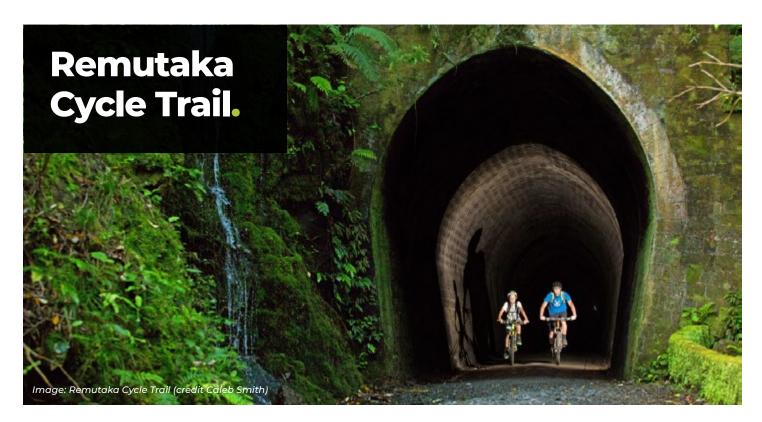
Client types

- · Families, couples or solo riders of all ages
- · E-bikers
- Corporate groups
- Social groups

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







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
- Leisurely Hutt River Trail
- Remote, wild coastline
- Native forest, wetland & rural landscapes
- Capital city attractions

Must-see regional highlights

- Wellington's cultural heritage including art galleries and museums including Te Papa
- Wairarapa's world-class wineries

Popular itinerary options

Half day - Short rides are possible on the easy graded Hutt River Trail

Full day - Wildfinder offer a Source to Sea eBike Ride that follows the Hutt River downhill from its source at Kaitoke to its end at Seaview

Multi-day

Green Jersey offer a 3-day Remutaka Explorer tour based in the South Wairarapa

Wildfinder offer a 4-day Remutaka Cycle Trail ride combining Martinborough and Cape Palliser

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 کو 125 km

Getting there

20 mins from Wellington

25 mins from Martinborough



₩ Visit nzcycletrail.com

wellingtonregionaltrails.com

Wildfinder

Your Remutaka Cycle Trail professionals, and complete solution for everything related to the trail. eBike hire, mountain bike hire, day trips, multi day tours, shuttles and more.

Our all-inclusive supported cycle day trips are the best way to see the Remutaka Cycle Trail if you're on a limited timeframe. We package everything up for you so all you have to do is get to Wellington and be ready to ride! We'll supply your clients with either mountain bikes or e-Bikes, all the bike packing accessories they need, maps, lights and of course a delicious lunch and snacks to get them through their day of adventure.

Itinerary options:

- Full day 5 to 6 hours
- · 2-3 day tours
- · 4-6 day tours

Products offered:

- Self-guided one-day and multi-day tours
- · Bike hire, including e-bikes
- Shuttles

Client types

- Singles, couples, and friends groups
- · Families
- Active retirees
- · Large groups and schools

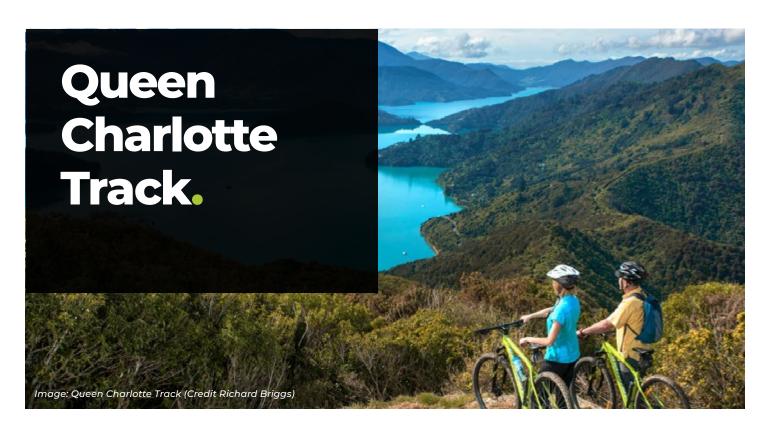
Website: www.remutakacycletrail.co.nz Email: info@wildfinder.co.nz





South Island Great Rides.





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

Must-see regional highlights

- Marlborough's iconic wineries
- Omaka Aviation Heritage Centre

Popular itinerary options

Full day (Intermediate and advanced riding)

- Boating to Torea Saddle then riding to Punga Cove is a great way to see the best ridgeline views o the Queen Charlotte Track
- Another popular section of the trail is from Torea Saddle to Anakiwa -20km of grade 3 mountain biking

Multi-day

- Wilderness Guides offer a 2-day mountain biking package on popular sections of the track able to be biked year round with an overnight at Portage Bay
- They also offer a 3-day hiking, biking and kayak

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 ر کې 73.5 km

Getting there

5 hrs from Christchurch

1 hr from Picton

3 hrs from Wellington



qctrack.co.nz

Ship Cove	Schoolhouse Bay	Kenepuru Saddle	Törea Saddle & Portage	Te Mahia Anakiwa Saddle
4km	22.5km	24.5km	8km	12.5km

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 Email: info@wildernessguidesnz.com



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 Kaiteriteri
- Fruit stalls, fish & chips, ice cream
- Pretty vineyards & wine tasting
- Artist studios
- Native & migratory seabirds
- Mapua's riverside village precinct
- Spooners railway tunnel
- Craft beer 'the home of hops'

Must-see regional highlights

- Sea kayaking or hiking in the Abel Tasman National Park
- Golden Bay incl Wharariki Beach

Popular itinerary options

Half day - A family fun ride is made easy by hiring a bike from Gentle Cycling Co at Tahunanui Beach or riding the Nelson Railway Reserve and Coastal Loop with Nelson Cycle Hire

Full day - Given Nelson Tasman is New Zealand's "home of hops" most cycle tour companies offer craft beer tours combining bike hire with the convenience of a shuttle back to your accommodation. Many tours combine a winery visit

Multi-day

- Cycle Journeys, The Gentle Cycle Company, Kiwi Journeys and Nelson Cycle Hire offer 4 and 5 day tours that encompass the whole 200km loop
- It is also possible to combine riding the coastal section of the Great Taste Trail with sea kayaking or hiking in the Abel Tasman

Fitness & skills

Riders of most ages and abilities can enjoy Tasman's 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 کو 200 km

Getting there

45 mins from Wellington & Christchurch

2 hrs from Picton

5 mins from Nelson & Motueka



Visit heartofbiking.org.nz

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. e-bikes and fullsuspension e-bikes
- · Shuttle service

Client types

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

Website: cyclejourneys.co.nz Email: greattaste@cyclejourneys.co.nz

Gentle Cycling Company Ltd

Established in 2009, the Gentle Cycling Company offers day tours, fine taste tours, bike hire and self-guided multi-day trips on Tasman's Great Taste Trail and day rides in the Tuscany of New Zealand, the Moutere. Our cycle tours, with a personal touch, ensure clients can relax and enjoy their ride. Our new Fine Taste Tours combine a scenic section of trail with the food, wine and beer produced in our sunny region along with the stories of some of the talented makers and creators.

Itinerary options:

- Fine Taste day tours
- Single day beer, wine and scenic tours
- Multi-day tours
- · Bike hire full and half day

Products offered:

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

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 Email: info@gentlecycling.co.nz

Nelson Cycle Hire & Tours

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

Itinerary options:

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

Products offered:

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

Client types

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

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

Kiwi Journeys

Kiwi Journeys is your trusted partner for unforgettable cycling adventures across New Zealand's South Island. With over a decade of experience, we specialise in seamless journeys through three stunning regions—Nelson, the West Coast, and Central Otago—along six iconic Great Rides of New Zealand trails. We make every cycling adventure effortless, memorable, and extraordinary.

In the Tasman/Nelson region, our dedicated local team ensures a seamless journey on Tasman's Great Taste Trail, offering one-day tours and multi-day immersive cycling adventures that showcase the best of the region, including off-trail experiences. As a Qualmark Gold-endorsed operator, we offer premium bikes, including e-bikes, expert local knowledge, and reliable support at every stage of your client's journey.

Itinerary options:

- · Half day
- Full day
- Multi-day and multi-trail itineraries

Products offered:

- Self-guided one-day and multiday tours
- Tailored itineraries showcasing the best of the region
- Premium bike hire, including e-bikes and full-suspension e-bikes and family-friendly bike equipment
- Seamless support and service: shuttle service, luggage transfers, and ontrail support
- · Private small group tours

Client types

- · Singles, couples, and friends
- Active retirees
- Families
- · Large groups and schools

Website: kiwijourneys.co.nz Email: nelson@kiwijourneys.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 Tasman's 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 Email: info@wheeliefantastic.co.nz



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

Must-see regional highlights

- Sea kayaking in the Abel Tasman National Park
- Mountain biking the 400km of single track in and around Nelson

Popular itinerary options

Half day - For the fit rider the Coppermine Trail is a half day ride. Or for those wanting to get a little more elevation, The Gentle Cycle Company offers a heli-biking half day tour

Full day

 Gravity Nelson has launched a new guided tour combining easy downhill riding from Third House

- to Nelson with a 4WD ride uphill and special access to the Brook Waimarama Sanctuary
- They also offer a guided day tour of the Coppermine Trail

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.



Getting there

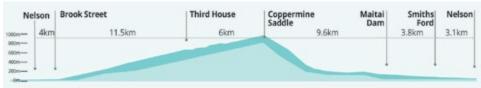
45 mins from Wellington & Christchurch

2 hrs from Picton

№ 15 mins from Nelson



Visit heartofbiking.org.nz



Kiwi Journeys

Kiwi Journeys is your trusted partner for unforgettable cycling adventures across New Zealand's South Island. With over a decade of experience, we specialise in seamless journeys through three stunning regions—Nelson, the West Coast, and Central Otago—along six iconic Great Rides of New Zealand trails. We make every cycling adventure effortless, memorable, and extraordinary.

In the Tasman/Nelson region, our dedicated local team ensures a seamless journey on Tasman's Great Taste Trail, offering one-day tours and multi-day immersive cycling adventures that showcase the best of the region, including off-trail experiences. As a Qualmark Gold-endorsed operator, we offer premium bikes, including e-bikes, expert local knowledge, and reliable support at every stage of your client's journey.

Itinerary options:

- · Half day
- · Full day
- Multi-day and multi-trail itineraries

Products offered:

- Self-guided one-day and multiday tours
- Tailored itineraries showcasing the best of the region
- Premium bike hire, including e-bikes and full-suspension e-bikes and family-friendly bike equipment
- Seamless support and service: shuttle service, luggage transfers, and ontrail support
- · Private small group tours

Client types

- · Singles, couples, and friends
- · Active retirees
- · Families
- · Large groups and schools

Website: kiwijourneys.co.nz Email: nelson@kiwijourneys.co.nz







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

Must-see regional highlights

- The spectacular coastal road to Punakaiki
- · The Ōpārara Arches near Karamea

Popular itinerary options Full day

- Day rides are possible from the Lyell Car Park to Lyell Saddle (34km) or the Northern Trailhead to Specimen Point Hut (34km)
- Helicopters Nelson offer a heli-bike tour from the Ghost Lake Hut to Lyell returning the Nelson

Multi-day

- Private hut accommodation is available by booking direct with the Old Ghost Road and the Gentle Cycling Co now offer a new package of the whole trail
- Adventure South offer a 5 day guided mountain bike tour of the Old Ghost Road and other interesting warm up rides along the way

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



5 hrs 30 mins from Christchurch

45 mins from Westport



oldghostroad.org.nz

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 Email: info@adventuresouth.co.nz











Centred on the vast Clarence and Waiau 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

Must-see regional highlights

- Hanmer Springs alpine village its amazing hot pools
- Waipara Valley and other North Canterbury wineries

Popular itinerary options

Half day - The Homestead Run Loop on the St James is a great gravel ride of 15km on old farm tracks and the Old Top House Road.

Full day - The 60km St James Trail can be ridden by fit riders in one day (once the McArthur bridge has been replaced) Multi-day - Staying a night at Scotty's Hut makes it possible to ride the trail over two days with mountain bike hire plus transfers available from Hanmer Springs

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 wetweather gear, no matter what time of vear.



🔘 1 -2 days کو 60 km

Getting there

2 hrs from Christchurch

15 mins from Hanmer Springs



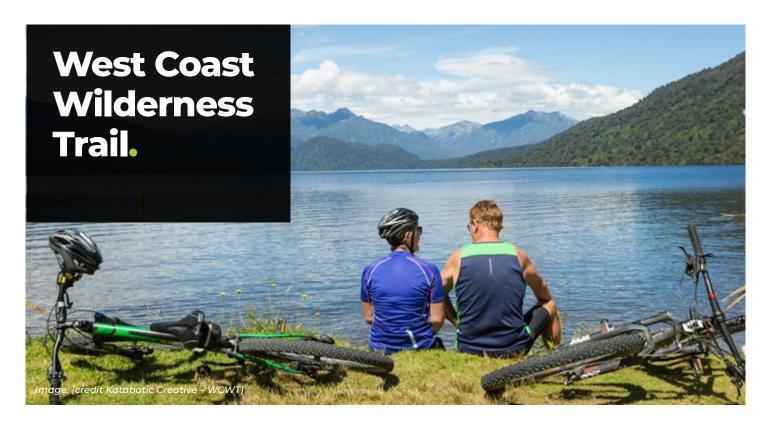


Visit nzcycletrail.com



doc.govt.nz





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 and fungi
- Pristine lakes & rivers
- Pioneer stories of gold mining, timber-milling & more
- Impressive Kaniere Water Race and Mahinapua Creek Scenic Reserve

Must-see regional highlights

- Pounamu Pathway Mawhera Hub
- Shantytown Heritage Park and Museum
- West Coast Treetops Walk and Tower Zipline

Popular itinerary options

Half and Full day - Local operators Cycle Journeys and Kiwi Journeys offer a range of half and full day rides between 15km and 53km with other area attractions included

A popular 2-hour ride is offered from Hokitika to the Treetops Walkway

Multi-day

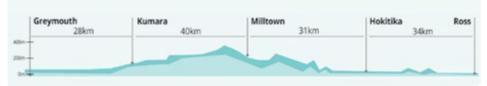
- It's best to allow 4-5 days to enjoy the West Coast Wilderness Trail, and the attractions along the journey, although shorter itinerary options are also available
- Several companies offer itineraries departing Christchurch

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 check the current track conditions on the website or FB page as floods and washouts can occur.





4 - 5 days کو 133 km

Getting there

🖨 4 hrs from Christchurch



5 hours from Christchurch on The TranzAlpine (train)

5 mins from Greymouth

№ 5 mins from Hokitika

Greymouth Hokitika Ross Christchurch

Wisit nzcycletrail.com

mestcoastwildernesstrail.co.nz

Adventure South NZ

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

Itinerary options:

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

Products offered:

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

Client types

- Active retirees
- · Private groups
- · Friends and families
- Charities, corporate or school groups

Website: adventuresouth.co.nz Email: 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. e-bikes and fullsuspension e-bikes
- · Shuttle service

Client types

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

Website: cyclejourneys.co.nz Email: westcoast@cyclejourneys.co.nz

Kiwi Journeys

Kiwi Journeys is your trusted partner for unforgettable cycling adventures across New Zealand's South Island. With over a decade of experience, we specialise in seamless journeys through three stunning regions—Nelson, the West Coast, and Central Otago—along six iconic NZ Great Ride Trails. We make every cycling adventure effortless, memorable, and extraordinary.

On the West Coast, our dedicated local team ensures a seamless journey on the West Coast Wilderness Trail, offering one-day tours to multiday immersive cycling adventures. As a Qualmark Gold-endorsed operator, we offer premium bikes, including e-bikes, expert local knowledge, and reliable support at every stage of your client's journey.

Itinerary options:

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

Products offered:

- Self-guided one-day and multi-day tours
- Tailored itineraries showcasing the best of the region
- Premium bike hire, including e-bikes and full-suspension e-bikes and family-friendly bike equipment
- Seamless support and service: shuttle service, luggage transfers, and ontrail support
- Private small group tours

Client types

- · Singles, couples, and friends
- · Active retirees
- Families
- · Large groups and schools

Website: kiwijourneys.co.nz Email: westcoast@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 Email: info@wildernesstrailshuttles.co.nz



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

Must-see regional highlights

- · The Dark Sky Project at Lake Tekapo
- · Oamaru's historic harbour precinct
- · Oamaru Blue Penguin Colony

Popular itinerary options

Half day - Cycle Journeys offer at 2-3 hour ride from Lake Pukaki to Twizel (24km)

Full day

- Longer day rides are also provided by Cycle Journeys departing Twizel
- Day rides are also available from Oamaru to Enfield and back (for coffee / lunch)

Multi-day

- Adventure South offer 6 and 7-day itineraries including a winter riding itinerary
- Cycle Journeys offer a variety of tours starting from 5 days through to an 8-to 9-day tour allowing greater exploration of the trail and its towns

Fitness & skills

The Alps 2 Ocean Cycle 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





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 Email: info@adventuresouth.co.nz

Cycle Journeys

Cycle Journeys is your local tour specialist personlising your adventure on the Alps 2 Ocean. Their worry-free service includes bike hire, shuttle service, luggage transfer and accommodation booking. Aside from creating epic cycling itineraries, they also do a tonne of good. Their 'Leave Better' programme 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. e-bikes and fullsuspension e-bikes
- · Shuttle service

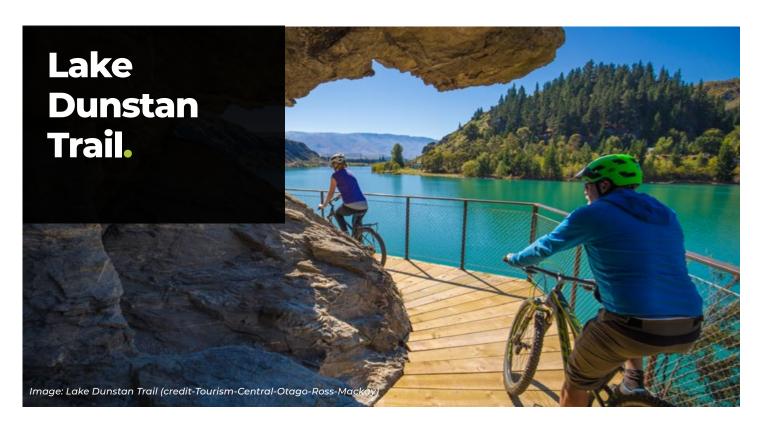
Client types

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

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







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

Must-see regional highlights

- · Pinot noir and vineyard meals
- Highlands Motorsport Park

Popular itinerary options

Half day - A wineries ride from Cromwell to Bannockburn is offered by Kiwi Journeys (35km return)

Full day - All cycle tour companies offer a one day ride from 42km to 55km and include shuttles to return you to your departure point. Many companies offer a day tour ex Queenstown

Multi-day

 Most cycle tour companies offer 2-to 5-day tours that include one day on the Lake Dunstan Trail combined

- with the Roxburgh Gorge and Clutha Gold Trails.
- Bike it Now and Kiwi Journeys offer
 6-to 11-day packages

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 a mix of grade 2 (easy) with some long, challenging climbs and tricky bits that push it to grade 3 (intermediate). It is suited to riders of average fitness and cycling expereince.

Weather & riding season

Central Otago is a fantastic year-round cycling destination, However, the climate is extreme, with hot dry summers and cold crisp 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.



Getting there

45 mins from Queenstown

45 THIRIS HOTTI Queenstown

🗬 2 hrs 15 mins from Dunedin





entralotagonz.com

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 Email: info@adventuresouth.co.nz

Bike It Now!

We are the "complete" cycle business with cycle tours, cycle hire, two cycle shops with full workshops and cycle retail. We are based in Clyde and on the Lake Dunstan Trail 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 half 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 Email: info@bikeitnow.co.nz





Kiwi Journeys

Kiwi Journeys is your trusted partner for unforgettable cycling adventures across New Zealand's South Island. With over a decade of experience, we specialise in seamless journeys through three stunning regions—Nelson, the West Coast, and Central Otago—along six iconic Great Rides of New Zealand trails. We make every cycling adventure effortless, memorable, and extraordinary.

Our dedicated local team in the Central Otago region ensures a seamless journey on the Lake Dunstan Trail. We offer one-day tours and multi-day immersive cycling adventures that connect the best trails in the region, showcasing its stunning landscapes and off-trail experiences. As a Qualmark Gold-endorsed operator, we offer premium bikes, including e-bikes, expert local knowledge, and reliable support at every stage of your client's journey.

Itinerary options:

- · Half day
- · Full day
- Multi-day and multi-trail itineraries

Products offered:

- Self-guided one-day and multi-day tours
- Tailored itineraries showcasing the best of the region
- Premium bike hire, including e-bikes and full-suspension e-bikes and family-friendly bike equipment
- Seamless support and service: shuttle service, luggage transfers, and ontrail support
- · Private small group tours

Client types

- · Singles, couples, and friends
- · Active retirees
- Families
- · Large groups and schools

Website: kiwijourneys.co.nz Email: centralotago@kiwijourneys.co.nz



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

- 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

Must-see regional highlights

- Clyde's historic town centre
- Central Otago wineries and craft breweries

Popular itinerary options

Half day - There's a 24km return ride along the Alexandra Millennium (River) Track from Clyde following the Clutha-Mata-au River. The return ride is on the Otago Central Rail Trail

Full day - A popular one-day ride includes the section from Auripo to Chatto Creek including the Poolburn Gorge

Multi-day

There many 3 to 5-day self-guided itineraries on the Otago Central Rail

- Trail. Bike it Now! and Kiwi Journeys also offer a boutique / luxury itineraries as well as multi trail rides over 10+ days
- Adventure South offer a classic 5-day itinerary as well as a South Island Triple Trails package

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 - although winter is freezing and many businesses close.

Summer temperatures of 25 to 35 degrees (Celsius), make wearing a hat and sunscreen essential. The weather is generally favourable in autumn, and in



(iii) 1 - 5 days ر 152 km

Getting there

🗬 1 hr from Queenstown

2 hrs from Dunedin

あ 2 mins from Alexandra





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 Email: info@adventuresouth.co.nz

Bike It Now!

We are the "complete" cycle business with cycle tours, cycle hire, two cycle shops with full workshops and cycle retail. We are based in Clyde and on the Otago Central Rail Trail 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 half 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 Email: info@bikeitnow.co.nz

Kiwi Journeys

Kiwi Journeys is your trusted partner for unforgettable cycling adventures across New Zealand's South Island. With over a decade of experience, we specialise in seamless journeys through three stunning regions—Nelson, the West Coast, and Central Otago—along six iconic Great Rides of New Zealand trails. We make every cycling adventure effortless, memorable, and extraordinary.

In the Central Otago region, our dedicated local team ensures a seamless journey on the Otago Central Rail Trail, offering one-day tours and multi-day immersive cycling adventures that showcase the best of the region, including off-trail experiences. As a Qualmark Gold-endorsed operator, we offer premium bikes, including e-bikes, expert local knowledge, and reliable support at every stage of your client's journey.

Itinerary options:

- · Half day
- Full day
- Multi-day and multi-trail itineraries

Products offered:

- Self-guided one-day and multi-day tours
- Tailored itineraries showcasing the best of the region
- Premium bike hire, including e-bikes and full-suspension e-bikes and family-friendly bike equipment
- Seamless support and service: shuttle service, luggage transfers, and ontrail support
- · Private small group tours

Client types

- · Singles, couples, and friends
- · Active retirees
- Families
- · Large groups and schools

Website: kiwijourneys.co.nz Email: centralotago@kiwijourneys.co.nz



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

Must-see regional highlights

- Alexandra cafes famous for cheese
- Gold mining heritage
- Roxburgh orchards

Popular itinerary options

Half day - Ride out and back from Alexandra to Doctors Point

Full day - There's a great one-day ride from Alexandra to Roxburgh township along the Clutha-Mata au River which includes a unique jet boat experience highlighting the gold mining heritage and a shuttle back to Alexandra

Multi-day

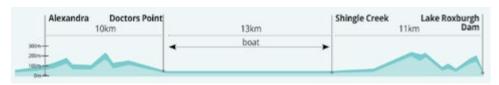
- · Combining the Roxburgh Gorge Trail with the Clutha Gold Trail over 3 to 6 days is available from many cycle tour companies
- The Roxburgh Gorge Trail combined with the Clutha Gold Trail and the Lake Dunstan Trail will create 5 to 6 days of riding

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.





🔘 1 day ر 20 21 km

Getting there

角 1 hr from Queenstown

2 hrs 30 Mins from Dunedin

る 5 Mins from Alexandra



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 Roxburgh Gorge Trail 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 half 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 Email: info@bikeitnow.co.nz

Kiwi Journeys

Kiwi Journeys is your trusted partner for unforgettable cycling adventures across New Zealand's South Island. With over a decade of experience, we specialise in seamless journeys through three stunning regions—Nelson, the West Coast, and Central Otago—along six iconic Great Rides of New Zealand trails. We make every cycling adventure effortless, memorable, and extraordinary.

Our dedicated local team in the Central Otago region ensures a seamless journey on the Roxburgh Gorge Trail. We offer one-day tours and multi-day immersive cycling adventures that connect the best trails in the region, showcasing its stunning landscapes and off-trail experiences. As a Qualmark Gold-endorsed operator, we offer premium bikes, including e-bikes, expert local knowledge, and reliable support at every stage of your client's journey.

Itinerary options:

- · Half day
- Full day
- Multi-day and multi-trail itineraries

Products offered:

- Self-guided one-day and multi-day tours
- Tailored itineraries showcasing the best of the region
- Premium bike hire, including e-bikes and full-suspension e-bikes and family-friendly bike equipment
- Seamless support and service: shuttle service, luggage transfers, and ontrail support
- · Private small group tours

Client types

- · Singles, couples, and friends
- · Active retirees
- · Families
- · Large groups and schools

Website: kiwijourneys.co.nz Email: centralotago@kiwijourneys.co.nz



Winding along the Clutha Mata-au River between Roxburgh and Waihola, 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

Must-see regional highlights

- The historic town of Lawrence
- · Dunedin's famous heritage buildings
- · Otago Peninsula

Popular itinerary options

Half day - The new 17km section between Milton and Waihola includes some lakefront riding

Multi-day

 Combining the Roxburgh Gorge Trail with the Clutha Gold Trail over 3 to 6 days is available from many cycle tour companies. The extension of the Clutha Gold Trail to Waihola means riders can finish the trail near Dunedin

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 cold crisp winters.



2 days 135 km

Getting there

角 1 hr 45 mins from Queenstown

2 hrs from Dunedin

30 Mins from Alexandra







⊕ cluthagold.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 Clutha Gold Trail we operate fully supported private tours and large international group excursions.

Itinerary options:

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

Products offered:

We offer bike hire for half 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 Email: info@bikeitnow.co.nz

Kiwi Journeys

Kiwi Journeys is your trusted partner for unforgettable cycling adventures across New Zealand's South Island. With over a decade of experience, we specialise in seamless journeys through three stunning regions—Nelson, the West Coast, and Central Otago—along six iconic NZ Great Ride Trails. We make every cycling adventure effortless, memorable, and extraordinary.

We offer one-day tours and multi-day immersive cycling adventures that connect the best trails in the region, showcasing its stunning landscapes and off-trail experiences. As a Qualmark Gold-endorsed operator, we offer premium bikes, including e-bikes, expert local knowledge, and reliable support at every stage of your client's journey.

Itinerary options:

- · Half day
- Full day
- Multi-day and multi-trail itineraries

Products offered:

- Self-guided one-day and multi-day tours
- Tailored itineraries showcasing the best of the region
- Premium bike hire, including e-bikes and full-suspension e-bikes and family-friendly bike equipment
- Seamless support and service: shuttle service, luggage transfers, and ontrail support
- · Private small group tours

Client types

- · Singles, couples, and friends
- · Active retirees
- Families
- · Large groups and schools

Website: kiwijourneys.co.nz Email: centralotago@kiwijourneys.co.nz



Surrounded by sheer mountain ranges, this trail threads through the Whakatipu 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
- · Cafes, pubs & boutique shopping
- Family fun from sweet shops to spotting farm animals

Must-see regional highlights

- Queenstown's restaurants, wineries and craft breweries
- · Bungy jumping & jet boating

Popular itinerary options

Half day - Companies like Around the Basin offer bike hire from 2 hours enabling easy exploration from Queenstown or Arrowtown

Full day

 A popular day ride starts in Arrowtown (or Queenstown via shuttle) and heads down river to the Gibbston Valley where riders can enjoy winery visits and a leisurely lunch Queenstown Bike Hire shuttle riders to Arrowtown for a leisurely ride back to Queenstown

Multi-day - Around the Basin offer a 3 day Ultimate Ride on the Queenstown Trail

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 Whakatipu Basin, so any ride from Queenstown will involve at least some climbing.

Weather & riding season

The Queenstown Trail 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

Getting there

№ 5 mins from Queenstown

ॐ 5 mins from Arrowtown





queenstowntrail.co.nz

Queenstown 13km	Old Lower Shotover Bridge 12.5km	Arrowtown 13.5km	Kawarau Bridge 15.5km	Old Lower Queenstown Shotover Bridge 15.5km	Kawarau Bridge Gibbsto 6.5km

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 Email: bookings@aroundthebasin.co.nz

Kinross Winery

Kinross offers the perfect rest stop on the Queenstown Trail! Providing guests with award winning wine experiences, refreshing seasonal bites, and a chance to stay overnight in boutique vineyard cottages amongst the vines.

Itinerary options:

· Multi-night stays available

Products offered:

- Lunch: sharing plates, platters, pizzas and set menus
- Takeaway dinner: Pizza and light bites
- Wine tasting experiences
- Vineyard cottages including hot tub booking

Client types

- · Groups of easy riders on e-bikes
- · Couples and double couples
- · Family groups
- Social (celebrations) & work/ conference groups
- Active relaxers on holiday 16-85 years
- · Foodies and wine lovers

Website: Kinross.nz Email: info@kinross.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 Trail 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 Trail, Roxburgh Gorge Trail and Clutha Gold Trail.

Products offered:

- · Bike hire
- Bike shuttles with door to door service
- · Bike tours including accommodation.
- Optional upgrades include boutique accommodation, e-bikes and comfort bikes.

Client types

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

Website: queenstownbikehire.co.nz Email: info@qbikehire.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 Mayora Lakes
- Von Valley's golden tussock and remote wilderness atmosphere

Must-see regional highlights

Southlands rural hospitality. Be sure to try a cheese roll

Popular itinerary options

There are day rides, however these are self-sufficient, and not supported by any operators

- Athol to Kingston
- Centre Hill Shelter to Mossburn
- Lumsden Five Rivers (return)
- Kingston Garston (return)

Multi-day

Adventure South offer a 5 day tour including doubtful sound overnight

- cruise, and the Lake2Lake Trail
- Around the Mountains Cycle Tours offer 3 to 5 day itineraries. The 4 to 5 day tours include the Lake2lake trail near Te Anau

Fitness & skills

The Around the Mountains Cycle Trail is primarily graded 2-3 easy-intermediate, much of the trail follows custom-made cycle paths with gentle gradients. However, there are sections on public roads where riders should be prepared to encounter traffic. Please stay on the left.

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 کو 186 km

Getting there

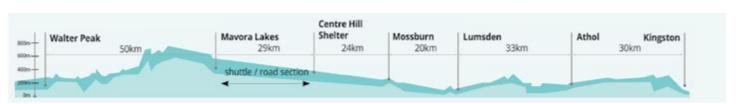
45 mins from Queenstown

📤 1 hrs from Te Anau

1 hr 30 mins from Wanaka



aroundthemountains.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, e-bikes and comfort bikes.

Client types

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

Website: aroundthemountainscycling.nz Email: info@atmtrail.co.nz



