



PRESS RELEASE



EXPLORING NEW ZEALAND ON TWO WHEELS

Tourism New Zealand's Cycle Trail Guide



For further information and images please contact Paul Charles / Sarah Rigler / Frankie Matthews / Debra Fisher at Perowne Charles Communications

+44 (0) 20 7792 8884
newzealand@verypcc.com

Whether you're a mountain bike maniac or prefer light cycling mixed with food and wine, New Zealand offers a growing network of cycle trails meaning riders of all ages and abilities can get in on the action.

Leading the way are the 23 Great Rides making up the New Zealand Cycle Trail, a diverse series of cycleways in remarkable places. Many follow old railway lines and pathways forged by pioneers and Maori settlers, some in the remote wilderness. With handy bike hire, shuttles and ample hospitality, New Zealand's cycle trails are an unbeatable way to explore the country.

From wine tasting along the New Zealand Wine Trail to conquering Alps 2 Ocean, New Zealand's longest continuous cycle trail, or pedaling through country towns, coastal roads and changing scenes, Tourism New Zealand offers a guide to the best cycle trails for all types of cyclists.

BEST FOR LOVERS OF LEISURE

HAURAKI RAIL TRAIL

Close to Auckland and The Coromandel, the Hauraki Rail Trail follows old railway lines through the Hauraki Plains and a forested gorge. Laden with history, it is one of the most popular and satisfying cycle trails in the North Island. Starting at the old gold-mining town of Thames, it cuts a leisurely path to the small rural towns of Paeroa and Te Aroha. As well as panoramic views of the forested Kaimai ranges, there's a generous sprinkling of quirky sights including a cheese factory and a super-sized L&P soft drink statue. The trail's highlight is Karangahake Gorge, a

See more at
our newsstand

rocky ravine concealing derelict gold mining sites and spooky tunnels. The gorge makes a fantastic half or full-day return ride, setting off from Waikino Station where there's bike hire and a cafe. www.haurakirailtrail.co.nz

HAWKE'S BAY TRAILS

Following smooth, cross-country paths and quiet back roads, the Hawke's Bay Trails network is a memorable way to reach the region's renowned wineries, enjoying breathtaking coastal and rural views along the way. Themed trails include the Landscapes Ride that takes in relaxed seaside settlements, dramatic views of Cape Kidnappers and the bucolic Tukituki Valley. The Wineries Ride wends between the vineyards around Hastings and Flaxmere with ample opportunity for tastings. While art deco Napier can be explored on the Water Ride that also showcases coastal, wetland and riverside scenery. There are endless day-trip options, including a picturesque riverside loop from Napier out to the Puketapu pub and the coastal ride from the East Clive Wetlands to the wineries around Te Awanga. www.hawkesbaynz.com

OTAGO CENTRAL RAIL TRAIL

New Zealand's original Great Ride, the Otago Central Rail Trail presents a grand tour of Central Otago, famed for its alluring blend of big-sky scenery, fascinating history, charming accommodation and delicious food and wine. Tracing the route of the old railway between Clyde and Middelmarsh, the trail gently meanders through ever-changing scenes featuring barren mountains, flinty river gorges and golden high-country. Special sights include viaducts, eerie tunnels, abandoned gold diggings and art deco buildings in quaint, country towns. Otago's on-trail hospitality is legendary, while well-oiled support crews make logistics a breeze. Often ridden in full, the trail can also be easily split into shorter rides, such as the popular Auripo to Omakau section that ushers cyclists through the schist-lined Poolburn Gorge with an optional side trip to historic Ophir. www.otagocentralrailtrail.co.nz

BEST FOR CRUISING ALONG THE COAST

GREAT LAKE TRAIL

Skirting the shores of New Zealand's largest lake, close to downtown Taupo, this trail boasts a bedazzling mix of lush wetlands, waterfalls, beaches, plus panoramic views of Tongariro National Park's triple volcanoes. Most of the trail is smooth and cruisy, but some grunty hill climbs make it intermediate grade. The whole ride can be spread over two days, or broken into shorter sections of various lengths and difficulty. A deservedly popular option is the W2K Track, starting at Kinloch and climbing around a bushy headland between Whangamata and Whakaipo Bays with the option of tagging on the Headland Loop. www.greatlaketrail.com

ALPS 2 OCEAN CYCLE TRAIL

New Zealand's highest mountain – Aoraki, Mt Cook – is just one of many stunning sights on this unforgettable journey from the Southern Alps to the historic port town of Oamaru on the Pacific coast. Amidst the grandeur of braided rivers, cyclists can expect to glide past glacier-carved valleys, turquoise lakes, tussock-covered highlands and rural plains. Off-the-bike activities include wine tasting, penguin spotting, glider flights and soaking in alfresco hot tubs. One of the longest Great Rides, the 'A2O' can be completed in four to six days by intermediate cyclists. It can also readily be broken up into a multitude of options such as a day trip from Lake Tekapo to Twizel taking in surreal blue lakes and epic Mackenzie Country panoramas.

www.alps2ocean.com

BEST FOR THE HARD CORE MOUNTAIN BIKERS

MOUNTAINS TO SEA, RUAPEHU

Mt Ruapehu, the North Island's tallest mountain, in the heart of the volcanic plateau, signals the start of this gnarly adventure through Tongariro and Whanganui national parks all the way to the Tasman Sea. It's a journey rich in natural and cultural heritage. Each leg is distinct and quite remarkable, but combined, they create an unforgettable epic ride. Ohakune's Mountain and Old Coach Roads are day options for intermediate riders. Toughies should hone in on Fisher's Track, a legendary downhill, or the Mangapurua, a serious mission through New Zealand's wilds. www.mountaintosea.co.nz

THE OLD GHOST ROAD, WEST COAST

For the ultimate backcountry mountain bike ride, look no further than the Old Ghost Road on the South Island's wild West Coast. Officially opened in December 2015, the Old Ghost Road Trail is New Zealand's longest single-track, which resurrects an old gold miners' route near the ghost town of Lyell. With expertly built track and comfortable sleeping huts, in an environment dominated by ancient rainforest, rocky mountaintops and a rugged river gorge, this really is the cutting edge of cross-country riding. The full trail is remote and challenging and takes at least two days. www.oldghostroad.org.nz

BEST FOR FOODIES AND WINE LOVERS

TASMAN'S GREAT TASTE TRAIL

Dishing up sparkling seas, pretty countryside, galleries and delicious local produce, this trail network is a perfect mix of a scenic tour and a bit of foodie indulgence. Various sections link the region's visitor hubs of Nelson, Richmond, Motueka and Kaiteriteri. Mapua is a great starting point, a picturesque little settlement at the mouth of Waimea Estuary. This region is best known for its aromatic smoked seafood, an essential stop for

food lovers. Why not wash it down with a cheeky cider at the Golden Bear Brewery? From Mapua, the cycle trail leads via Tasman and Harley Rd to Motueka, home to award-winning wineries for a chance to try the best Chardonnay around.

www.heartofbiking.org.nz

CLASSIC NEW ZEALAND WINE TRAIL

You know a country is serious about its wine when it has a cycle route dedicated to all things grape. Cycle Turismo offers a Classic New Zealand Wine Trail 11-day cycling tour including meals (think three-course lunches and dinners with wine); winery and wine museum tour; inter-island ferry ticket; all cycling clothing, road bike, cycle gear and snacks and use of a support vehicle and luxury boutique accommodation including stays on vineyards including Craggy Range Retreats and Black Barn Retreats. Travelling through iconic coastal, countryside, mountain and fiord land landscapes, the ride includes visits to both well-known vineyards, such as Brancott Estate, and boutique hidden gems. www.cycleturismo.com

FOR MORE INFORMATION VISIT:

www.newzealand.com