

THE GREAT TASTE CYCLE TRAIL & ABEL TASMAN NATIONAL PARK

5-day / 4-night easy – moderate GUIDED inn-to-inn cycling from & back to Nelson **E-BIKE TOUR**



The Great Taste Trail Coastal Route starts in Nelson and ends at Kaiteriteri, gateway to Abel Tasman National Park and this tour samples both. This region is renowned for stunning coastal scenery, rural landscapes, artistic communities and some of the many great tastes New Zealand has to offer. Cycling through regional townships, past sparkling coastlines, rivers and hill valleys, orchards, vineyards, breweries and cafes, along the signposted paved and gravel trail. Indulge in the incredible diversity as you sample along the trail that is well serviced with excellent cafes, award winning wineries and craft breweries. Seifried Estates and McCashins Brewery are not to be missed. Enjoy local wine, seasonal fruit and berries, fresh seafood and cheeses on the ride.

Take one day off your bike and cruise into the Abel Tasman National Park with a Day Pass, a picnic lunch and time to cruise, relax on a golden beach, walk and swim in the park. By pre-arrangement you could add sea kayaking (at extra cost). There are so many ways to enjoy a day in the park and this tour offers a unique opportunity to do so.

Each morning your experienced cycle guide will provide a briefing on the day ahead. You are then free to ride at your own pace and meet the group at day's end. Your guide and support vehicle will be in the area during the day, should you need assistance.

Departs: 15th, 30th November, 2021; 13th, 23rd January, 9th, 20th, 28th February, 15th March, 2022

Cost from: \$2705 per person twin share. Single room supplement \$590 per person

Includes: 4-nights comfortable lodge or eco-resort accommodation; 4 breakfasts, 4 platter-style or picnic lunches, 2 dinners & cycling snacks; cycling guide; multi-gear E-bike with pannier, helmet and charger; Abel Tasman National Park Open Day Pass, morning briefings, detailed maps and trip notes, support vehicle on cycling days and all transfers ex Nelson Airport or Nelson City

Not included: Meals, drinks and services or transfers not mentioned, travel to/from Nelson, personal expenses.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Fitness: Easy to moderate tour suitable for reasonably fit people who cycle regularly. The trail is off-road, apart from some short sections on quiet country roads with some road crossings. Approximately 70% of this route is flat with 2 short hill sections, a 1.4km tunnel and a 3.5km section on the “*Easy Rider*” trail in the Kaiteriteri Mountain Bike Park which has a smooth surface, some steep drop-offs, blind corners and switchback corners.

Suggested itinerary:

Day 1 Nelson – Brightwater – Wakefield – Spooners Tunnel - Tapawera

Cycling @ 53km

Transfer from the airport or Nelson hotel to the cycling base for a briefing and bike fitting. The ride today is through the wine country on the alluvial Waimea Plains. We pass through historic Brightwater and Wakefield, through a pretty rural landscape dotted with oak trees and old farm buildings. Cycle through Spooners Tunnel, a disused rail tunnel 1.4 km long, avoiding any steep climbs and into the Motueka River Valley, home to extensive hop gardens. The accommodation tonight is at a lodge in a rural setting, with dinner and breakfast included.

Day 2 Tapawera – Kaiteriteri

Cycling @ 58km

Tapawera village is the first stop today, before the gentle ride with wide views across hop gardens to the mountains in the Kahurangi National Park. The Motueka river is world-renown for trout fishing and its picturesque valley is home to alternative life-stylers and communities. As the valley narrows, cycle past river swimming spots, fruit stalls and historic tobacco kilns. The trail meets the coast at Riwaka, a village with great cafes and another craft brewery. The ride to Kaiteriteri has views of the golden sand that characterises the Abel Tasman National Park. The last section is through the Kaiteriteri Mountain Bike Park and the trail is narrower but not technical, with no rocky sections. Relax on the golden sands of Kaiteriteri Beach and enjoy a 2-night stay at an Eco Resort in a forest setting above the beach. Dinner not included on either night, but is available in the acclaimed on site vegetarian restaurant.

Day 3 Abel Tasman National Park Day Trip

Cruise into the Abel Tasman National Park from Kaiteriteri beachfront at 9.20am. The cruise offers great views and access to beaches of golden sand ideal for swimming. A picnic lunch is provided. Take a walk along the Coastal Track or sea kayak if pre-arranged, before the return boat cruise to Kaiteriteri arriving back at 4.15pm.

Day 4 Kaiteriteri – Motueka - Mapua

Cycling @ 43km

Today's ride starts by retracing the route from Kaiteriteri to Riwaka, before continuing to Motueka, ride along the waterfront through an older, quiet part of town where house gardens merge with the beachfront. There are two hill sections on the route including a slow climb up to a ridge with panoramic views over the Abel Tasman and Tasman Bay. The landscapes from the mountains to the sea are spectacular and during harvest, there is lots of activity in the orchards of apples, pears, nashi, grapes, citrus and cherries. Cyclists can visit three breweries and great cafes along the trail to Mapua. The old wharf is a popular destination with casual fine dining venues, a brewery, smoked fish stores, galleries and boutique stores. Stay at an elegant lodge located in hills near Mapua and your guide will be your host for dinner on the wharf.

Day 5 Mapua – Stoke, then return to Nelson

Cycling @ 22km

The Mapua Ferry transfers cyclists across the channel from the wharf to Rabbit Island this morning. From here it is an easy, flat ride, weaving across the plains. Coastal views today range from the long swimming beach at Rabbit Island, to reedy estuaries and boardwalks. Enjoy a celebratory drink, before a 2pm bike drop off at Stoke then a transfer to Nelson where the tour ends.

Contact Outdoor Travel for more details and reservations:

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