

ABEL TASMAN NATIONAL PARK & THE GREAT TASTE CYCLE TRAIL
 5-day / 4-night easy – moderate self-guided inn-to-inn cycling tour from Nelson back to Nelson.



Departs: Nelson daily from 1st September 2018 to 30th April 2019

Cost: **NZ\$1360** per person twin share. Single room supplement NZ\$495 per person

E Bike hire: Supplement of NZ\$50 per day

Includes: Self-contained accommodation in B&B's (2 nights) and a coastal Eco Resort (2 nights) with 4 breakfasts and 1 dinner, multi-geared comfort bike with pannier, helmet, water bottle. Pre-departure briefing, waterproof maps and trip notes, luggage transfers (maximum 15kg bag per person), emergency support and all transfers ex Nelson Airport or Nelson City PLUS an Abel Tasman National Park day trip ex Kaiteriteri.

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

Fitness: Easy to moderate cycling suitable for anyone who is reasonably fit and used to cycling. The trail is off-road, apart from some short sections on very quiet country roads with some road crossings. Approximately 80% of this route is flat with 2 short hill sections 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.

The Great Taste Trail Coastal Route starts in Nelson city and ends at Kaiteriteri, gateway to the Abel Tasman National Park, a region renowned for stunning coastal scenery and rural landscapes, artistic communities, orchards, vineyards and breweries. The trail is signposted with a tarmac and gravel surface. It is well-serviced with excellent cafes, including a past winner of *NZ Café of the Year*. Another café in the grounds of the oldest alternative community in NZ and Nelson's creative lifestyle legacy imparts a special character to this region. Wineries and Craft Breweries on the trail such as the award-winning Seifried Estates and McCashins Brewery are not to be missed. You can expect to enjoy seasonal fruit and berries, local seafood and cheeses on the ride.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1 Nelson – Brightwater – Wakefield

Cycling distance @ 22km

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. The accommodation tonight is at a B&B in a beautiful rural setting. Dinner and breakfast at the B&B are included.

Day 2 Wakefield – Brightwater – Mapua

Cycling distance @ 38km

An easy day of cycling on flat plains with time to visit wineries or a brewery for lunch. The route follows the coastal estuary with prolific birdlife and a popular swimming beach before boarding the 10-minute Mapua Ferry. Mapua Wharf, once busy with boats transporting apples, now offers cafes, galleries, a wine bar and brewery to explore. Accommodation is at a B&B in Mapua with access to dinner venues on the wharf. Breakfast is included.

Day 3 Mapua – Tasman – Motueka – Kaiteriteri

Cycling distance @ 43.5km

There are two hill sections on the route today and the cafes are a highlight. After the first memorable café in the village of Tasman, the route takes a slow climb up to a ridge with spectacular views to the Abel Tasman, to the mountains and the sea. The landscapes here are scenic and during harvest, there is lots of activity in the apple orchards. Back on flat terrain the trail continues into Motueka. Following the estuary and passing through a sandspit reserve, the trail then continues to Riwaka. This village has great cafes and another craft brewery.

The final ride is from Riwaka to Kaiteriteri. Passing through a kiwifruit orchard, you soon have 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. Accommodation in Kaiteriteri is a self-contained unit in an Eco Resort with restaurant, pool, sauna and spa facilities. Rooms have balconies with views over the beach. Breakfasts are included and dinner is available in the acclaimed on site vegetarian restaurant.

Day 4 Rest day – a day to relax or explore

Free time to relax at the resort or golden sands of Kaiteriteri Beach which is just 5 minutes away by bike. A track provides access to smaller beaches which are beautiful for swimming, and there is also a well-developed network of mountain bike trails adjacent to the resort. For those looking for a more active day, cycling back on the trail to Motueka would allow time to explore this old-style country town. The small museum here has a small permanent display based on the local hop and apple industries and the main street is bustling in the summer.

Day 5 Abel Tasman National Park.

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 before meeting the boat for the return to Kaiteriteri and coach transfer to Nelson by 6pm.

Outdoor Travel offers guided walking or cycling experiences in New Zealand including **Milford Sound Track**, **Routeburn Walk**, **Grand Traverse**, **Hollyford Track**, **Akaroa Walk** and **Queen Charlotte Walk** and rides in the Queenstown, Marlborough region and the Otago Rail Trail. We offer cycling in Europe including France, Italy, Spain, Scotland, Croatia, Greece, Austria or Germany and pilgrimage trails on the **Camino de Santiago**.

Contact Outdoor Travel for more details and reservations:

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