




ALPS 2 OCEAN CYCLE TRAIL®
NEW ZEALAND



MACKENZIE AND WAITAKI DISTRICTS

 Alps2Ocean

 Alps 2 Ocean Cycle Trail

 Alps2OceanCycleTrail

 alps2ocean.com

YOUR ULTIMATE NEW ZEALAND ADVENTURE BEGINS HERE

315km from the Southern Alps to the Pacific Ocean, this is New Zealand, in all its colour and beauty – from our highest mountain, past iconic lakes and rivers, down to the ocean.

Your cycle journey traverses the Aoraki Mackenzie International Dark Sky Reserve and the Waitaki Whitestone aspiring Global Geopark. Two unique and significant features of Te Wai Pounamu (South Island) of New Zealand.

Suitable for anyone with a reasonable fitness and skill level, the 9 section Trail is a combination of easy and intermediate grades, offering a pleasing mix of on and off-road trails which link the Southern Alps to the Pacific Ocean at Oamaru.

Allow 4-7 riding days for the entire ride, or simply try out a day excursion. Whichever option you choose, the Alps 2 Ocean Cycle Trail® is sure to be a memorable experience.

Recommendation:

Additional days for rest and recreation should be considered. For inspiration visit:

www.mackenzienz.com

www.waitakinz.com

www.darkskyreserve.org.nz

www.whitestonegeopark.nz

We hope you enjoy your ultimate sustainable and carbon zero cycling adventure.

SHARE YOUR JOURNEY WITH US ON SOCIAL MEDIA

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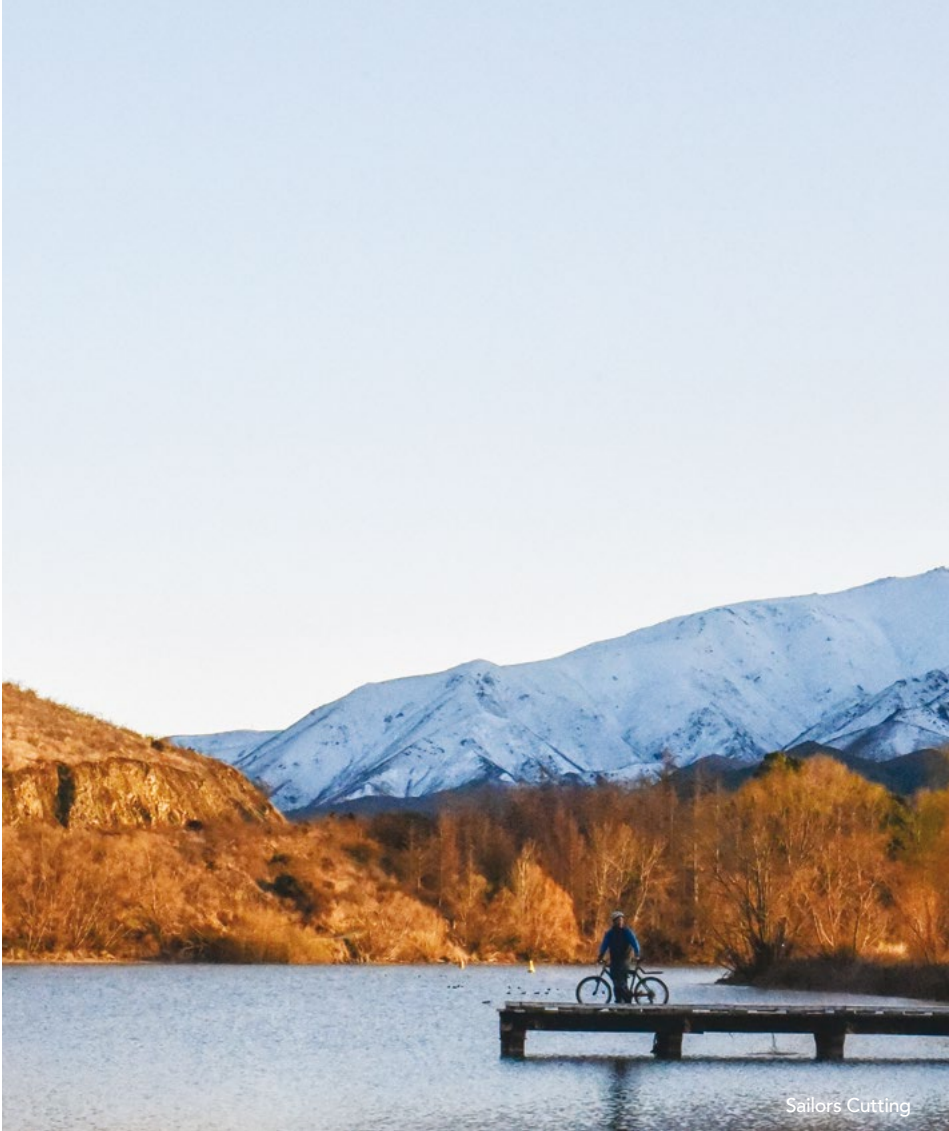
 Alps2OceanCycleTrail  alps2ocean.com



Lake Pukaki
Credit: Camilla Rutherford

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Sailors Cutting



TIAKI PROMISE

New Zealand is precious and everyone who lives and travels here has a responsibility to look after it.

The Tiaki Promise is a commitment to care for New Zealand, for now and for future generations.

By following the Tiaki Promise, you are making a commitment to New Zealand. To act as a guardian, protecting and preserving our home.

While travelling in New Zealand I will:

Care for land, sea and nature, treading lightly and leaving no trace

Travel safely, showing care and consideration for all

Respect culture, travelling with an open heart and mind

SAFETY IN THE OUTDOORS

► BE AWARE OF THE WEATHER

New Zealand's weather can be highly unpredictable. Always check the forecast before you head off and be prepared for weather changes.

► KNOW YOUR LIMITS

Your responsibility is to enjoy and maximise your riding experience, while minimising the risk to yourself and others. Challenge yourself, but ride within your physical limits and ability.

If something goes wrong, mobile phone coverage is non-existent on some parts of the Trail and you could be kilometres from the nearest road. Consider taking a PLB (Personal Locator Beacon). Should an emergency happen, beacon activation will automatically call in an emergency helicopter.

Details of where you can hire a PLB can be found at www.alps2ocean.com/trail-safety

► PLAN YOUR TRIP

Seek local knowledge and plan the route and the amount of time you can reasonably expect it to take.

► TELL SOMEONE

Tell someone your plans and leave a date to raise the alarm if you haven't returned. The New Zealand Cycle Trail recommends that you don't ride alone, especially if you're heading into remote areas.

The website below provides 3 simple options which enable you to tell someone all the details about your ride into the great outdoors. www.adventuresmart.org.nz/outdoors-intentions-form

SAFETY ON THE ROAD/HIGHWAYS

► BE SEEN

Wear high visibility or brightly coloured clothing. Use front and rear lights at night, in low light and in poor visibility such as fog or rain.

► BE PREPARED

Wear an approved helmet and check your bike regularly. Plan your route and carry sufficient water and food, along with basic tools and spares for any repairs.

► BE AWARE

Watch and listen for approaching vehicles, pedestrians, potholes, animals, car doors opening and other potential hazards.

► BE PATIENT

Slow down near parked or lined up vehicles. Pass slowly and only when safe. On narrow winding roads, pull over where practical to allow vehicles to pass.

► BE CONFIDENT

Know how to safely approach railway crossings, roundabouts and intersections etc. Use hand signals to indicate your intentions and a bell to alert other road users to your presence.

► BE SAFE

Ride to the conditions and follow the road rules. Cycle no more than two abreast and ride single file where visibility is an issue or traffic is busy. Keep at least one metre away from parked cars and use cycle lanes.

► BE PREDICTABLE

Make eye contact with other road users. Maintain a straight line, keep to the left and signal your intentions clearly.



Lake Ohau

If you encounter any issues on the Trail or to report any incidents or accidents, please contact info@alps2ocean.com or call 0800 108 081

GENERAL SAFETY ON THE ALPS 2 OCEAN CYCLE TRAIL

► COLD AND WET WEATHER

This Trail starts at the foot of New Zealand's highest mountain and can be exposed to rapidly changing mountain weather. It is essential that cyclists carry wet and cold weather gear with them and check the website and weather before departing each day.

► SEEK ADVICE ALONG THE WAY ABOUT THE TRAIL AND THE WEATHER

The locals know the weather and the Trail and will be happy to provide you with some friendly advice.

Please also refer to:
www.alps2ocean.com/trail-status for specific updates on your next section. While all the Trail can be exposed to cold and wet even in summer, you are more likely to encounter very hot weather where temperatures can get to 35-40 °C, especially in the Mackenzie Basin. Riders are advised

to take at least 2L of water per person in hot weather and ride in cooler parts of day. Wear sunglasses and cover up with sunscreen.

► RIDE SAFELY

Be courteous to others, leave room to pass, stop and walk any section if in doubt, be in the right gear - especially on in e-bikes. The use of clip-in shoes / pedals are not recommended as they have contributed to many accidents.

► EMERGENCY

If your party is carrying a PLB (recommended as phone coverage varies along the Trail) then use it in any physical or medical emergency for evacuation purposes. PLBs are available for hire. Refer to website for hire locations:
www.alps2ocean.com/trail-safety
 Otherwise, you should call 111 and ask for the service you require – Police, Fire or Ambulance.
 All emergency services are funded by the NZ Government.

Trail route and weather conditions are subject to change. Please check the weather and the website www.alps2ocean.com/trail-status before daily departure.

► RIDING ON THE ROAD

Follow the "Safety on the Road" 7-point code at all times: Be Seen, Be Aware, Be Confident, Be Predictable, Be Prepared, Be Patient, Be Safe. (refer to page 7 for more details).

► CROSSING ROADS AND HIGHWAYS

There are several road and highway crossings on this Trail. Take extreme care at all these busy crossings, often with limited visibility. It is best to STOP before riding out on to the road. Guidance should be given to young riders.

► ROADSIDE TRAILS

These have been constructed for your safety. While riding on the road surface can sometimes be easier, it is not recommended as it is not the safest place to ride.

► TRAIL ETIQUETTE

Many parts of the Trail are used by walkers. Keep left where you can and if you approach a walker from behind, let them know you are there before passing them.

► WATER

There is fresh water along the Trail, and you can drink this at your own risk. Generally, water in the New Zealand mountains is safe to drink but water in lowland areas is more likely to need treatment. If in doubt, boil or treat it before drinking.

► WILDFIRE

If you find yourself near a wildfire, then take the shortest Trail route in a downwind direction until you reach a safe spot. The fire authority will evacuate areas threatened by a wildfire, but it is best to self-evacuate in the first instance.

► DOGS

If you are hassled by a dog, stand/ride sideways to the dog and keep him in your peripheral vision instead of facing him and making eye contact. This will signal to the dog that you are not a threat. Don't open your hands and arms up to a bite by extending them. Keep your fingers curled into fists to avoid getting them bitten.

► MAGPIES

During the nesting season (October) these Australian immigrants appear to take a disliking to cyclists. They will appear out of nowhere in a surprise attack usually from a tall tree and dive on your head. If you are attacked, pick up a stick and carry it above your head until out of range.

For specific safety notes for each section, refer to the section pages in this brochure. Further safety information and a report form to record any serious incidents, accidents or near misses, can be found under the Trail Safety tab of the website. www.alps2ocean.com/trail-safety Should you identify any hazards please contact info@alps2ocean.com or call 0800 108 081



Aoraki Mt. Cook National Park
 Credit: Miles Holden

YOUR ADVENTURE BEGINS HERE

SHARE YOUR JOURNEY WITH US ON SOCIAL MEDIA



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Alps2OceanCycleTrail



alps2ocean.com

Aoraki Mt. Cook National Park
Credit: Rob Suisted

AORAKI/MT COOK

LAKE TEKAPO

QUEENSTOWN

OAMARU

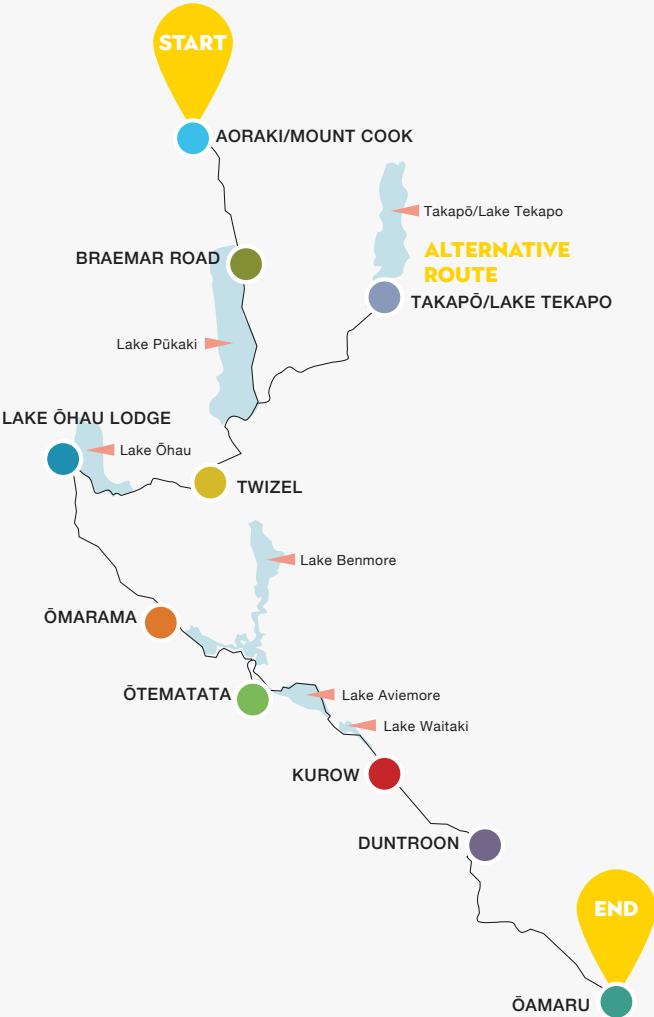
DUNEDIN

AUCKLAND

WELLINGTON

CHRISTCHURCH

TRAIL MAP



A wintry Ohau Canal

TRAIL GRADES

To help with your assessment of different sections of the Alps 2 Ocean Cycle Trail the NZCT definitions are as follows:

GRADE 2 (EASY)

Suitable for most riders including beginners, occasional cyclists and families with limited cycling experience. A multi-gear bike with medium to wide knobby tyres is recommended, such as a comfort bike, touring bike or mountain bike. E-bikes are also suitable as long as they are ridden appropriately and have sufficient battery capacity.

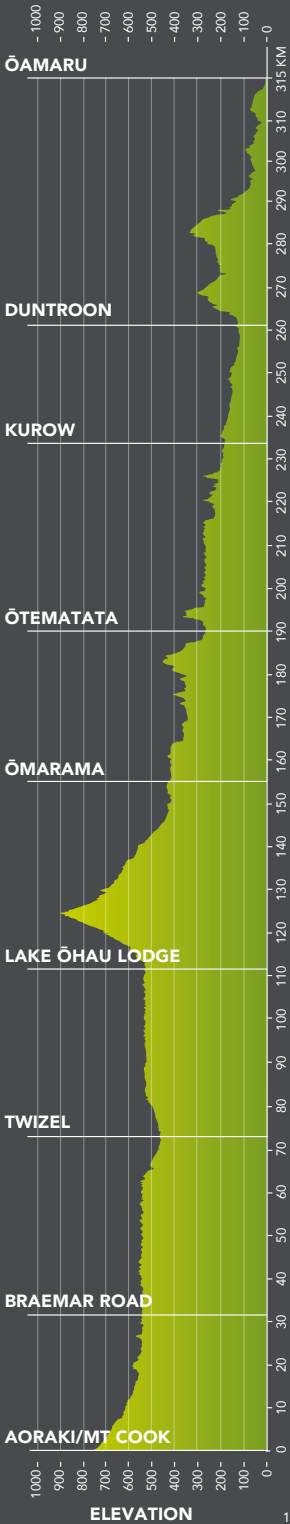
Off-road trails are usually wide and smooth (firm gravel or sealed), with some gentle climbs. These trails are predictable, i.e. have no nasty surprises. On-road sections of Great Rides generally follow quiet roads with little traffic.

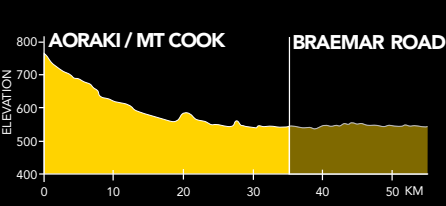
GRADE 3 (INTERMEDIATE)

Suitable for regular experienced cyclists with a good level of fitness and over 12 years old; children should be accompanied by an adult.

Off-road Trails can be narrow and may include hills, steep drop-offs and small river crossings. On-road trails/sections may have moderate traffic levels (up to 1000 vehicles a day), and include hill climbs and gravel sections.

For full grade description please refer to www.alps2ocean.com/trail-map





- KEY:
- Onroad
 - Off-road trail
 - Information Centre
 - Picnic Area
 - Toilets
 - Food
 - Drinking Water
 - Camping Area

The Alps 2 Ocean Cycle Trail starts at the White Horse Hill Campground, which is 2km north of Mt Cook Village. From here, an off-road Trail **8km** takes you to Mt. Cook Airport, where riders will need to make a short helicopter flight across the Tasman River to Rotten Tommy (at your own cost). A helicopter flight across a glacially-fed braided river with New Zealand's highest mountain in view is a must-do. The helicopter can carry up to 6 passengers at a time (depending on weight limits). From Rotten Tommy, it's 8.6km to the Jollie Car Park at the top of Hayman Rd. This track is rough in places and includes several creek crossings. From the car park, it's 16.8km on gravel road to Braemar Rd **33km**. On a clear day, this section of Trail offers great views of Aoraki/Mt Cook, which at 3,754 metres towers above a range of snow capped peaks in the Aoraki/Mt Cook National Park.

- Mt Cook Ski Planes & Helicopters
Mt Cook Airport
+64 21 682 665
- Heliworks
Mt Cook Airport
0800 666 668
- Helicopter Line
Glentanner Park Centre
0800 650 651

ALTERNATIVE ROUTES / STARTING POINTS

- Takapō/Lake Tekapo
Follow the Tekapo Canal Road to Lake Pukaki. (See page 21)
- Tekapo B Power Station
Located near the bottom of Lake Pukaki, close to the start of the off-road section of Trail.
- Jollie Carpark
You can ride up to Rotten Tommy and back.

Fitness	Easy	Traffic	Low
Skill	Medium	Grade	2

- HIGHLIGHTS**
- Aoraki/Mt Cook National Park
 - Aoraki/Mt Cook (New Zealand's highest peak)
 - DOC Visitor Centre - 03 435 1186
 - Walking Tracks:
Hooker Glacier Terminal Lake, Red Tarns, Governor's Bush, Blue Lakes, Mueller Hut
 - Scenic Flights - Glacier Landings
 - Tasman River
 - Lake Pukaki
 - High Country Stations
Aoraki Mackenzie
Dark Sky Reserve - Stargazing

+ SAFETY NOTES

- Tasman River - this is one of New Zealand's largest rivers and under no circumstances should any attempt be made to cross it on foot from either direction.
- SH80 - this highway is very busy, and the Trail has been designed and built to avoid cyclists riding it. Do not ride this highway to the airport or Glentanner. The helicopter service is available from the Mt Cook Airport.
- The Rotten Tommy - Jollie Car Park Trail section is rough in places and includes several creek crossings.

Dismount if you are unsure of your riding ability. These creeks can be flooded during or after heavy rainfall and snowmelt events and may be impassable. Check with the DOC Visitor Centre at Aoraki for current conditions.

Braemar - Mount Cook Station Rd - this gravel road can be corrugated and is often used by logging trucks which make it challenging to ride safely. Please keep left, ride single file and wear high vis clothing.



Mount Cook Ski Planes & Helicopters with 65 years experience flying around Aoraki/Mt Cook and Westland/Tai Poutini National Parks and landing on the iconic Tasman, Fox and Franz Josef Glaciers.

We proudly support the Alps 2 Ocean Cycle Trail® as Trail Sponsors from the start of the Trail at the White Horse Hill Camping Ground (2km north of Mount Cook Village) to the Mount Cook Airport and onwards to Braemar Road.

Let us fly you and your bikes over the Tasman River to continue your epic Alps 2 Ocean bike journey. A fantastic way to see the trail from the sky, the beautiful landscape and Aoraki Mount Cook in the distance.

Enjoy one of our scenic flights before, during or after, that could include a Tasman Glacier landing (NZ's longest Glacier). Our Ultimate Alpine Combo flight is a world exclusive, that flies you in a ski plane and a helicopter to and from the Glacier! Book now for the adventure of a lifetime!

Ph +64 21 682 665
fly@mtcookskiplanes.com
www.mtcookskiplanes.com



VISIT alps2ocean.com

SHARE #Alps2Ocean



Unwind in luxury with spectacular views

Exclusively positioned on the southern shores of Lake Pukaki, Lakestone Lodge faces some of the most spectacular scenery in the country.

The trail goes right past this six bedroom, off-grid eco lodge. Treat yourself to majestic views, exceptional service, delicious food, deep soaking baths and even an onsite massage.

At the end of the day, enjoy a drink under the stars and look back at the trail you have just ridden.

A 4589 Tekapo Twizel Road, Lake Pukaki
P +64 3 971 1871
E stay@lakestone.co.nz
W www.lakestone.co.nz
T Check out our live webcam



The team at Lakeland Explorer offer a range of Alps 2 Ocean Cycle Trail supported packages - from a single day, to a long weekend or a week plus.

We'll customise your holiday itinerary to suit you and your group's needs – ask us about our stargazing experience...

Discover the magic of the Mackenzie and Waitaki Regions.

"Absolutely fantastic bike touring company – 11/10" - Tripadvisor

A Market Place, Twizel 7944
P +64 27 778 8993

E explorer@lakelandmackenzie.co.nz
W lakelandexplorer.co.nz



The Trail continues along Hayman Road, a quiet country road that follows the eastern shore of Lake Pukaki, passing the Tekapo B power station **18km**. Riders will enjoy outstanding vistas across Lake Pukaki towards the Southern Alps. A wide range of native plants grow along the lake edge including kowhai and flax, as well as exotic species such as larch and pines.

The off-road Trail starts at the bottom of Hayman Road **23km** and follows the Lake Pukaki shoreline. With Aoraki/Mt Cook as a backdrop, the Trail passes over the Pukaki dam, taking you to the car park at Lake Pukaki Visitor Centre **31km**. You then cross the highway and follow the Trail across Pukaki Flats – an expansive area of dry grasslands that are characteristic of the Mackenzie landscape. This takes you to the town of Twizel. Take care crossing the State Highway.

The vivid lake colour is due to glacial rock flour suspended in the water.

Fitness	Easy	Traffic	Low
Skill	Easy	Grade	2

HIGHLIGHTS

Lake Pukaki & Mt Cook Views

Waitaki Hydroelectric Power Scheme:

Tekapo B Power Station

Pukaki Dam & Spillway

Links With Te Araroa Trail

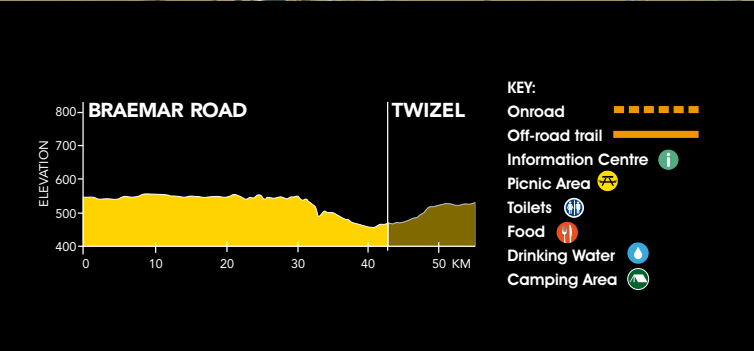
Pukaki Flats

Ruataniwha Conservation Park

Mountain Bike Trails:
Pukaki Kettle Holes, Dusky Trail,
Twizel River Trail, Baikie Hut, Darts
Bush Stream www.doc.govt.nz

Mountains – Southern Alps,
Ben Ohau Range

Mackenzie International
Dark Sky Reserve - Stargazing



SAFETY NOTES

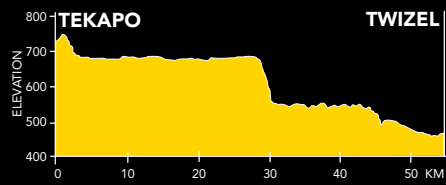
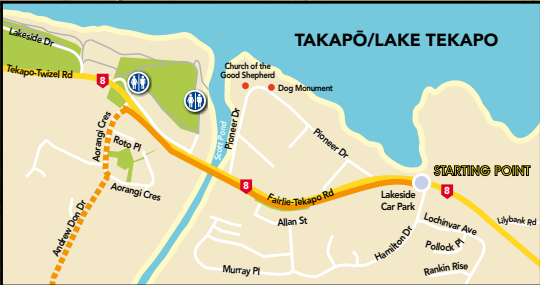
Hayman Road - this gravel road can be corrugated and often used by logging trucks which makes it challenging to ride safely. Please keep left, ride single file and wear high vis clothing.

Wind – the section of Trail around the southern end of Lake Pukaki can be exposed to strong and gusty NW winds.

Take care as there are sections of this Trail close to cliffs and drop offs.

Vehicles - take care and be alert for vehicles crossing the section of Trail around the south end of Lake Pukaki.

Overflow weir – this is signposted 2km from the Pukaki Visitor Centre. Do not stop or camp in between the signs.



- KEY:
- Onroad
 - Off-road trail
 - Information Centre
 - Picnic Area
 - Toilets
 - Food
 - Drinking Water
 - Camping Area

SAFETY NOTES

Trail route and weather conditions subject to change. Please check website before daily departure.

There can sometimes be strong wind gusts along the Tekapo Canal Road. Although vehicle access is restricted along most of the Tekapo Canal Road, there may be service vehicles operating. The road may be closed for operational and public safety purposes. Please check on our website www.alps2ocean.com/trail-status

The Alternative Route begins in the Tekapo township near Hamilton Drive. Follow this track until you reach Aorangi Crescent. Following the red arrows, turn left and continue along Aorangi Crescent until it turns into Andrew Don Drive. Eventually Andrew Don Drive becomes a gravel road. Passing Tekapo A Power Station 3km continue along the Tekapo Canal Road to the gate where vehicles are excluded 9km. Take care crossing SH8 15km then continue on past the salmon farm and toilet 24km, before dropping down to Lake Pukaki 30km. Turn

left onto Hayman Rd and ride to the start of the off-road Trail on your right 35km which follows the Lake Pukaki shoreline. With Aoraki/ Mt Cook as a backdrop, the Trail passes over the Pukaki dam, taking you to the car park at Lake Pukaki Visitor Centre 44km. You then cross the highway and follow the Trail across Pukaki Flats – an expansive area of dry grasslands that are characteristic of the Mackenzie landscape. This takes you to the town of Twizel 54km. Take care crossing the State Highway.



Fitness	Easy	Traffic	Low
Skill	Easy	Grade	2

HIGHLIGHTS

- Takapō / Lake Tekapo
- Lake Tekapo Regional Park
- Lake Tekapo Footbridge
- Church of the Good Shepherd
- Aoraki Mackenzie Dark Sky Reserve - Stargazing
- Mt John Observatory
- Tekapo Canal
- Lake Pukaki & views of Mt Cook



The Mt Cook Alpine Salmon Shop sits on the beautiful southern shoreline of Lake Pukaki, conveniently located beside the Alps 2 Ocean Cycle Trail!

Stop by to enjoy the iconic view, picnic tables, ice-cold drinks and range of salmon products on offer.

Our Freshwater King Salmon has been raised in nearby canals, which the bike trail goes past. The water in these canals flows straight from the Southern Alps above. This glacial, highly oxygenated water and the distinctive touch of the seasons, creates a very special salmon - a must try on on any travel 'to do' list!

Visit our shop for:

- Sashimi, fillets and whole salmon
- Smoked salmon
- World famous views of Lake Pukaki and Mt Cook
- Coffee and refreshments
- Picnic area and restrooms

Lake Pukaki Visitor Centre.
State Highway 8 between Tekapo – Twizel.

Open 7 days.

Ph: +64 3 435 0427

www.alpinesalmon.co.nz

shop@alpinesalmon.co.nz



Lake Ohau Lodge is tucked away on the shores of a pristine mountain lake and only 25kms off the main road between Twizel and Omarama.

A perfect stopover for cyclists along the Alps 2 Ocean Cycle Trail.

- Unique Kiwi lodge
- 4 different accommodation types ranging from basic to luxury
- Dinner, bed and breakfast packages for all
- Packed lunches for houseguests available on request
- Lunch menu on offer between 12-3pm
- Espresso coffee
- Camping & powered sites
- Bar, tennis court, spa pools and more!

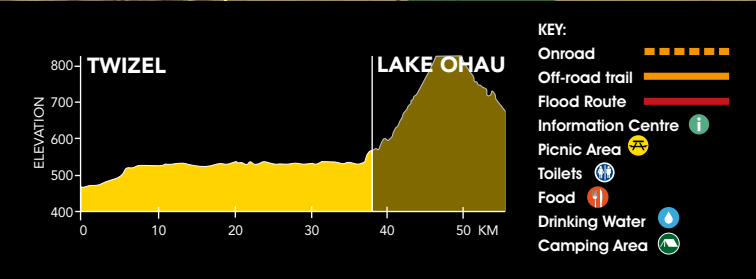
Lake Ohau Road, Lake Ohau

Ph +64 3 438 9885

reservations@ohau.co.nz

www.ohau.co.nz





Maori Pou - Lake Ohau

From the Twizel Market Place, you follow Mackenzie Drive, then Nuns Veil Road which takes you to Glen Lyon Road. Follow this until it crosses the canal bridge just past Loch Cameron **6km**.

After crossing over the canal bridge, turn left and stay on the two lane northern side of the canal road until reaching the edge of Lake Ohau **18km**. From there, an off-road Trail descends down to the lake foreshore, taking you to the Ohau Weir **20km**.

After the weir, the Trail skirts around the lake foreshore where it where it passes the Maori Pou and soon after, meets up with the sealed Lake Ohau Road **29km**. Follow the road for the final 10km to Lake Ohau Lodge (you go past Lake Ohau Village).

Fitness	Easy	Traffic	Low
Skill	Easy	Grade	2

- HIGHLIGHTS**
- Loch Cameron (swimming spot)
 - Pukaki & Ohau Canals
 - Canal Fishing
 - Kaki/Black Stilt Visitor Hide
 - Ben Ohau Range
 - Lake Ohau Foreshore
 - Ohau Weir
 - Maori Swamp
 - Maori Pou

+ SAFETY NOTES

Vehicles - be alert for the possibility of vehicles on the short section of Trail around the southern end of Lake Ohau before the weir.

Ohau Weir – when the weir has water flowing over it, do not attempt to cross. Warnings regarding its status will be posted on the web site and

the CLOSED weir sign on the exit route from Twizel will be activated.

The best alternative if the weir is closed is for you to organise a shuttle from one of the tour operators based in Twizel, to take you to Lake Ohau on the Lake Ohau Road and ride from there. We do not recommend riding the Ohau River

Road as part of it must be ridden on SH8 and the Ohau River Road (15km) is very rough and slow.

Wind – the section of Trail around the southern end of Lake Ohau can be exposed to strong and gusty NW winds. Take care and walk exposed sections if you feel uncomfortable.

Stock may be encountered on this Trail especially sheep. Ride quietly and allow them to leave the Trail when they can.

Parts of this popular section of Trail around the lake are narrow and winding, so please take care and look out for other riders and walkers.



Starting from the Lake Ohau Lodge driveway, the Trail traverses the lower slopes of the Ohau Range, with stunning views back across the basin to the Ben Ohau Range, **6km** of easy cycling will take you to Freehold Creek, 600m above sea level. From here, the track narrows and it's a steady climb to the high point on the trail at 900m **11km**. Please be aware that there are several 'false summits' where the trail appears to reach the high point, but instead keeps winding upwards.

Once at the high point, it is a rolling descent to the historic woolshed at the top of Quailburn Road **19km**. Toilets and parking are available here.

On the way down Quailburn Road you can turn onto Henburn Rd **36km** and take a side trip to see the Clay Cliffs (14km return).

Where Quailburn Road meets the highway, take the off-road trail which leads through the Ahuriri Campsite **42km**. Exit the campsite and cross over the Ahuriri river using the road bridge. A short off-road trail then takes you to Omarama.

Please take Care

The surface is rockier and rougher in places on this Grade 3 section than elsewhere on the Trail.

Dismount if you are uncertain, particularly on descents.

Fitness Intermediate **Traffic** Low
Skill Intermediate **Grade** 3

HIGHLIGHTS

Native Beech Forests

New Zealand Mistletoe

Freehold Creek Track

Quailburn Historic Woolshed

Clay Cliffs (side trip)

Waitaki Whitestone Aspiring Geopark



+ SAFETY NOTES

Due to this section's limited cell coverage and remoteness, please consider taking a PLB with your group.

This section involves a sustained 4km climb. It is recommended that it be undertaken in the cooler part of the day during summer. Carry 2L of water and high energy food.

Stormy wet weather – this is where the Trail reaches its highest point (900m). It can be very exposed to mountain weather. Warm and waterproof clothing is essential. If in doubt seek advice from the Lake Ohau Lodge staff.

A short section of the Trail crosses an avalanche path on the climb to the summit. Minimise your time in this zone in winter.

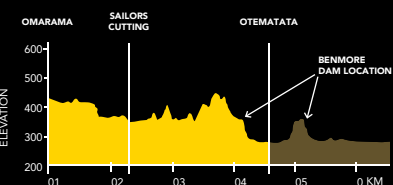
Steep descent – the first section from the 900m summit involves some tight steep bends. Less experienced riders may want to walk this short 1km section.

Fords – beyond the first part of the descent there are a series of small fords on the Trail.



Quailburn Rd – The first 14 km is on a gravel road and can be corrugated with loose gravel. Take care and watch your speed,

slow down before you reach the corners many accidents occur on this road.

Ahuriri Road bridge SH8 – there is an induction loop warning system at this bridge which switches on the cyclist warning sign for vehicles. This system can fail, so be aware and take care as you cross this bridge.



KEY:

On-road Off-road trail Picnic Area Squeeze Barrier Toilets Food Drinking Water Camping Area Car Park 

Junction Island - Lake Benmore



Fitness Intermediate Traffic Low

Skill Intermediate Grade 2 & 3

HIGHLIGHTS

Chain Hills Viewpoint

Lake Benmore and views of
Turnagain and Junction IslandsViews from Benmore Peninsular
and Dam

Pumpkin Point

Sailors Cutting Scenic Reserve

Otematata Wetlands Walk

Autumn Colours (April)

Leaving Omarama you ride east down the Waitaki Valley, following the off-road Trail to the top of the Chain Hills **5km**. From here, you descend beside State Highway 83, then follow the edge of Lake Benmore to Pumpkin Point **10km**.

Continue beside the lake to Sailors Cutting – a popular boating, fishing and camping destination **13km**. Following the A2O signs through the campground. Your next 16km includes a mix of Grade 2 and narrower Grade 3 Trail.

Arriving at Benmore Dam car park **29km**, you have a choice to take the Cycle Trail in to Otematata (12km return) or continue over the Dam to Kurow (Section 6) – a further **38km** away at this point.

+ SAFETY NOTES

SH83 crossing at Chain Hills – take extreme care at this crossing.

Sailors Cutting to Benmore Dam

Carparks can be congested with towing vehicles during the camping and boating season (Dec. /Mar.).

Allow up to four hours to ride this section

Take plenty of water as there are no

water stops on route. Water from the lake may be drinkable but filtering is recommended. Take high energy food.

The Trail is narrow in places and there are fall hazards at many points – be prepared to dismount to allow on-coming traffic to pass.

Take extreme care in windy weather.

There is limited cell phone reception, we recommend carrying a PLB (Personal Locator Beacon).

Much of this Trail is Grade 3 (intermediate) – please refer to grade information on page 13.

If you are an e-bike user, ensure you are in the right gear and take extra care on the corners.

This section goes through private property:

- No motorbikes, animals, firearms or machinery are permitted.
- No fires are permitted.
- Stay on the Trail, do not enter any farmland.



New Zealand's best end-to-end cycle trail experiences

Providing seamless support and service, so you can experience the stunning Alps 2 Ocean Cycle Trail®

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Otematata Eatery, Bar & Lodging

We're a classic kiwi style pub with a difference. We pride ourselves on great service, food, local drinks and good banter.

We offer a variety of accommodation from our standard pub rooms, right through to newly appointed apartments.

We can cater for all needs and if you'd like breakfast or a packed lunch, please book this with us the day before you arrive.

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P +64 3 4387899
E reservations@otematata.kiwi.nz
W www.bestdampub.co.nz
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@bestdampub

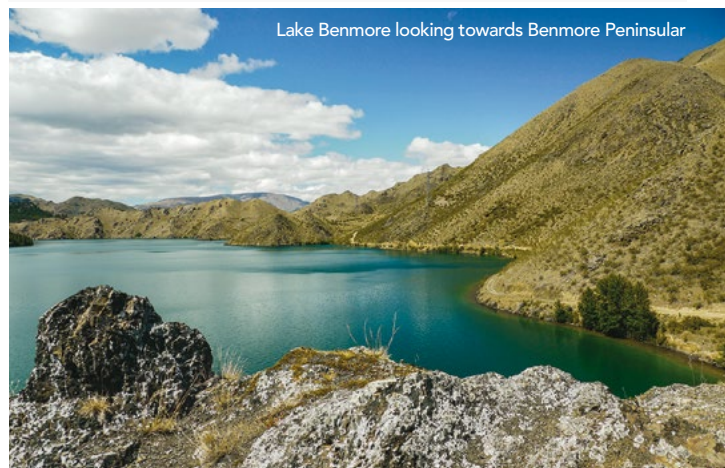


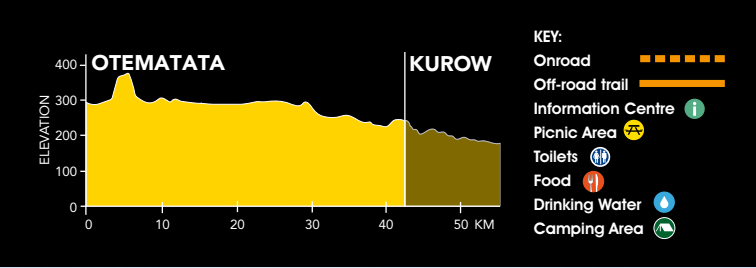
YOUR TRAIL NOTES PAGE...

We hope you will give us your feedback on your Alps 2 Ocean Cycle Trail experience after you have completed your walk or ride. A link to our online survey can be found inside the back cover of this brochure. In the meantime, here is some space to record your section by section highlights and Trail impressions.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Please share your stories and photos on social media too... **#Alps2Ocean**





Loch Laird & Benmore Dam

SAFETY NOTES

Loch Laird section – take care between Otematata and the Benmore Dam as it is crossed by several vehicle tracks and roads. Look out for vehicles and be prepared to give way.

VISIT alps2ocean.com

Te Akatarawa Rd – this is a moderate volume, relatively narrow road. Please keep left, ride single file and wear high vis clothing. Check the website before departure as the dams are sometimes

SHARE #Alps2Ocean

From Otematata, take the sealed pathway and gravel Trail beside Loch Laird Rd before joining the road for the short steep climb onto the Benmore Dam **6km**. Cross over the dam to join the Te Akatarawa Road for a scenic lake shore ride to Aviemore Dam **28km**. This section is Grade 3 by virtue of the potentially busy holiday season road traffic (which is restricted to an 80km/hr speed limit). After crossing the Aviemore Dam, the Grade 2 off road section passes the ghost town of Wharekuri, before passing Lake Waitaki and the Waitaki Dam **36km**. You continue off-road to Kurow **44km**.

The Kurow Museum tells interesting stories of the local hydro scheme and the birthplace to NZ's modern social welfare system.

closed to all traffic.
Cattle stops – take care in frosty or wet weather as these can be slippery on a bike.

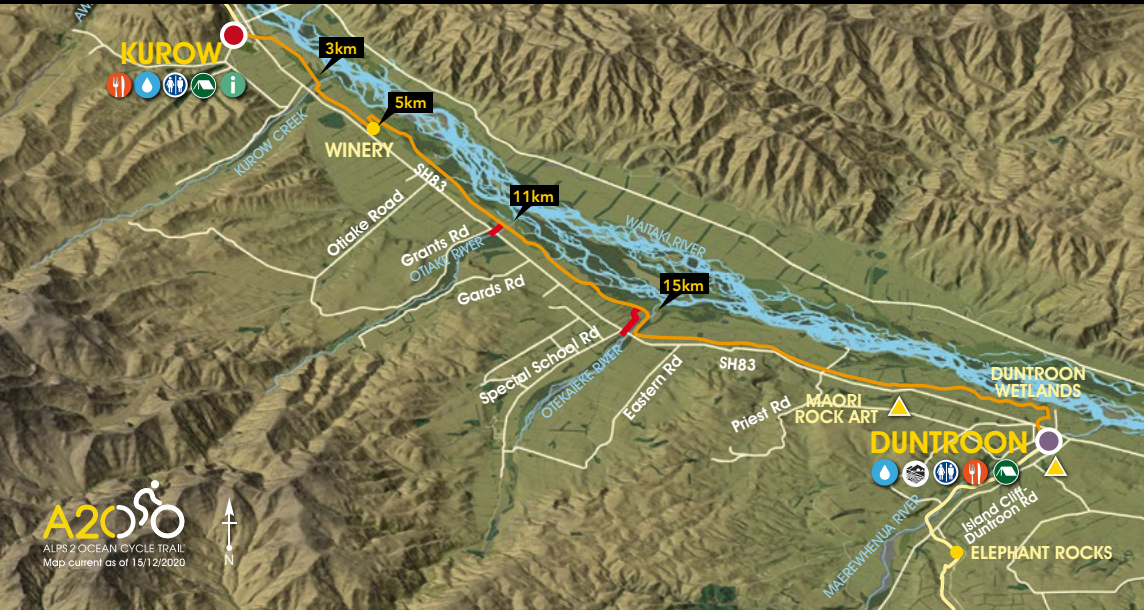
Fitness	Easy	Traffic	High
Skill	Easy	Grade	2+3

HIGHLIGHTS

- Benmore Dam
- Benmore Peninsula Track
- Lake Aviemore: Camping, Swimming, Boating, Fishing
- Deep Stream Walking Track
- Wharekuri Ruins
- Waitaki Dam
- Kurow Museum
- Waitaki Whitestone Aspiring Geopark



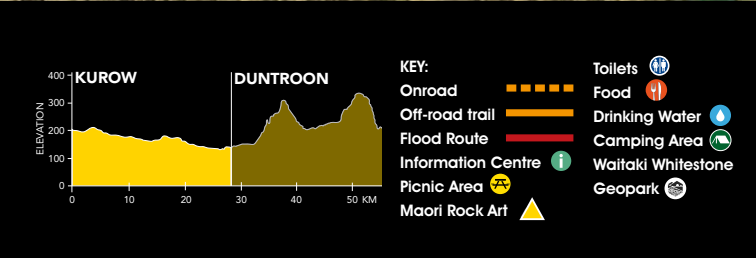
Lake Waitaki



Fitness	Easy	Traffic	High
Skill	Easy	Grade	2

HIGHLIGHTS

- Kurow Museum
- Kurow Hill
- Kurow Wetlands
- North Otago & Waitaki Wine Region
- Takiroa Maori Rock Art
- Duntroon Wetlands
- Vanished World Science Centre
- Waitaki Whitestone Aspiring Geopark



SAFETY NOTES

Flood route – the Trail between Kurow and Duntroon crosses 3 rivers which are usually dry but can flood. If the rivers are in flood, then the recommended route is riding SH83 from Duntroon to Kurow. If the first of these rivers (Kurow Creek) are in flood, then the best option is to return to Kurow start point (2.5km).

SH83 (flood route only) – this is a moderate volume, relatively narrow road. Please keep left, ride single file and wear high vis clothing. For your safety please ride on the trail where it is adjacent to the road.

Sections of the Trail by the Waitaki River are shared by recreational vehicles and cyclists. Please ride or drive with care.

Ponds and irrigation canals - there are several ponds and irrigation canals which are fenced off alongside the Trail. These are on private property and not suitable for swimming or as drinking water.

Electric fences – take care not to touch or lean your bike against the many electric fences along this section of Trail. They are sometimes marked with yellow warning signs.

Waitaki River – is a swift flowing river and not generally suitable for swimming.

Takiroa Maori Rock Art site – take extreme care at this SH83 road crossing which is busy and has limited visibility.

The off-road Trail starts at the eastern end of Kurow between the museum sheds. A gravel track takes you across to the Waitaki River which you follow down the valley. You cross Kurow Creek **3km** then ride up and alongside the highway. You ride through the winery **5km**, then back towards the Waitaki River and follow the Waitaki Haul Road, crossing the Otaoke River **11km** and the Otago River **15km**. This section of the old Haul Road is shared with recreational vehicles. The off-road trail then follows the highway to the Takiroa Maori rock art site **23km** which is across the road from the Trail. After visiting the rock art site, retrace your steps and continue on the Trail that that heads back down to the Waitaki River, then through to Harris St. Halfway up Harris St you turn right and ride through the Duntroon Wetlands before emerging in the centre of Duntroon **27km**.

If you are looking for the toilets, you will find these 300 metres up the road from the Gaol towards Kurow on SH83.



Wineries



Takiroa Maori Rock Art



Elephant Rocks
www.whitestonegeopark.nz



Fitness Moderate **Traffic** Low
Skill Easy **Grade** 3

HIGHLIGHTS

Vanished World Science Centre
 Elephant Rocks
 Anatini
 Historic Rakis Railway Tunnel
 Oamaru Public Gardens
 Cheese Factory Tour
 Oamaru Blue Penguin Colony
 Oamaru Historic Victorian Precinct and Harbour

Tunnel Rd to the Rakis Railway Tunnel **26km** where there is a toilet and picnic spot. (Take a torch or bike light to see your way through the tunnel). Follow the old railway line to Windsor **33km** then the off-road trail takes you through to Enfield **42km** and onto Weston **48km** where you rejoin the old railway line for a flat run to Saleyards Rd.

Turn left and follow the sealed cycleway downhill to the Oamaru Public Gardens. Cross SH1, through the park by the Aquatic Centre (if you are looking for a shower after your ride, this is the place), turning right into Thames St. using the far lane. Turn left onto Itchen St, right onto Tyne, then immediately left onto Harbour St. Go through the Victorian Historic Precinct to the Oamaru Harbour where the Trail ends at Friendly Bay and the Pacific Ocean.

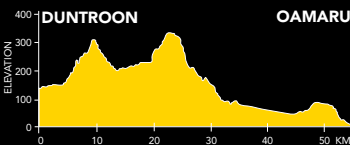
Congratulations you've done it!

From Duntroon, head south-east along the footpath and over the Maerewhenua bridge, follow the off-road trail to your right through several farms to the unique rock formations known as Elephant Rocks **7km**.

Ride through to Prydes Gully Rd, then continue off-road through Island Cliff **13km** which is surrounded by limestone escarpments. Ride up the track beside Karara Creek to Cants Rd which takes you to the high point of the section. Drop down Peaks Rd, turn right onto

with farm machinery and trucks.

There are numerous road crossings on this section especially near Oamaru, stop or give way at these crossings.



+ SAFETY NOTES

Keep to the Trail – most of this section is on private property.

Electric fences – do not touch or lean your bike against the many electric fences along this section of trail which are marked with warning signs.

Stock will be encountered on this section of the Trail. With sheep ride quietly and allow them to move off the trail. If cows are in a lane going to be milked they will generally pause as you approach, so cross the lane quickly.

If riding the Anatini switchbacks, east to west, take care descending this steep short descent.

Minimise your time in the Rakis tunnel as there is a rockfall hazard. The tunnel has an uneven Trail surface - dismount if necessary. Don't forget your torch!

Cattle stops and bridges can be slippery if frosty or wet.

Short sections of this Trail are on narrow 100kmh rural roads which can be busy



The rich limestone pastures of North Otago are the key ingredient to the premium milk used to create Whitestone's world class cheese. Our distinctive flavours reflect our region's climate, water and soils, producing premium grass to be grazed.

Whitestone Cheese was founded by the Berry family in 1987 and is still 100% family owned and operated. We produce 25 cheese varieties, these are available at our Oamaru factory store, online and in all good supermarkets and delis nationwide.

Visit our factory store for delicious cheese platters, fresh coffee, wine, beer and light refreshments. We ripen our cheese on site to provide a true artisan experience.

Book a factory tour, held every Monday – Friday at 10am and 11.45am. Experience a cheese tasting, informative talk and guided tour of our factory through our viewing galleries – plus bike away with a goody bag sample. Upgrade to include wine pairing. Book via our website or contact details below.

Book your tour on our website.
www.whitestonecheese.com
3 Torridge Street, Oamaru
Ph 0800 892 433
info@whitestonecheese.co.nz



FREQUENTLY ASKED QUESTIONS

IS THE TRAIL COMPLETE?

The Trail is fully signposted and rideable. Construction of the off-road Trail is ongoing, however with the recent opening of the 16km Sailors Cutting to Benmore Dam section, all of the Trail is essentially off busy (100km/hr) State Highways.

HOW MUCH DOES IT COST?

The Alps 2 Ocean Cycle Trail is free to ride. If you have enjoyed your experience and would like to make a donation, that would be very much appreciated. Every little bit helps! Donations can be made directly on the Alps 2 Ocean website and the Oamaru Visitor Centre can also receive donations. You can also show your support for the Alps to Ocean and purchase a \$10 Trail supporter wristband at selected outlets.

DO I NEED A MOUNTAIN BIKE?

A mountain bike is best suited for the variety of trail surfaces on the Alps 2 Ocean Cycle Trail. However, a touring or hybrid bike will also handle the Trail. One recommendation is to have your road/ hybrid tyres changed to a tyre with more tread and grip. The Cycle Trail has been successfully ridden by all types of bikes: road, hybrid, tandem, recumbent, touring, single speed, folding bikes with 20" tyres, even penny farthings. If you are not riding a mountain bike, please be aware you may need to walk your bike past some rough sections.

ARE ELECTRIC ASSIST BIKES ALLOWED?

Yes, human powered electric assist bikes are allowed up to 300 watts.

DO I NEED TO TAKE A HELICOPTER ACROSS FROM AORAKI/MT COOK?

If you start from Aoraki/Mt Cook, a helicopter is the only way across the Tasman River. At the time of print the prices start from \$140 per person (minimum of 2 pax). There are also options for alternative starting points, with the most popular being Lake Tekapo.

WHICH DIRECTION SHOULD I RIDE THE TRAIL?

It is advised to ride from West to East (Aoraki/Mt Cook to Oamaru). This is for several reasons: it's mostly downhill, and the prevailing winds should be behind you.

I WANT TO CYCLE THE TRAIL WITH A HANDBIKE / PANIERS / BIKE TRAILER, IS THIS POSSIBLE?

Yes it is possible, although it should be noted that there are barriers in place at the request of land owners to exclude motorbikes. The typical squeeze barrier clearance is 670mm high x 780mm wide however this can vary slightly from location to location. Squeeze barrier locations are only included on the Section 5 map, with many more located along the Trail. Please contact info@alps2ocean.com for further details.

WHAT IS THE BEST TIME OF THE YEAR TO RIDE?

Summer and autumn are nice times to ride. Spring can also be pleasant, although there is sometimes rain and wind around that time of the year. March and April are generally cooler than the summer months, plus there are autumnal colours in certain sections.



Lake Ohau
Credit: Miles Holden

You may encounter snow on the trail during the winter months, especially in the high country sections. Equipped appropriately, this can be a great time to enjoy the Trail.

DO I NEED TO USE A TRANSPORT PROVIDER TO GET US TO OUR STARTING POINT?

There are several ways you can arrange this.

You can book a supported tour through one of the tour companies and they will arrange luggage transfer and pickups/drop-offs each day. Guided tour companies will also provide this service plus a guide to be with you on the Cycle Trail and will arrange your accommodation and meals in a complete package.

Many tour operators also have capability to drive and drop off your car, for you to later collect from the designated point. Alternatively, you may have a non-cycling friend or family member to drive your own transport, who is keen on the idea of a holiday but doesn't want to cycle (or cycle full time).

WHAT LEVEL OF FITNESS/SKILL DO I REQUIRE?

- FITNESS

Almost anyone with a moderate level of fitness can ride the Trail. Some sections are easy, while others are intermediate. This is not a flat trail – you will encounter a variety of inclines, declines, and ever-changing trail surfaces. Please look at the maps and study the Trail gradients. This will help you gain an understanding of what lies ahead on the Trail. Most of the sections are between 30-50km. If

a person rode at an average of 10km per hour, this is 3-5 hours out of the day. Spread it out and take it easy, or go fast and do 2 sections per day – the choice is yours. It is recommended that you practice cycling some distances before embarking on the Alps 2 Ocean Cycle Trail.

- SKILL

The Alps 2 Ocean Cycle Trail encompasses a wide variety of trail surfaces. While the smooth off-road portions shouldn't present a problem, it is recommended that you have some prior experience with cycling on loose gravel and alongside vehicles on the highway. The gradient is overall relatively easy to handle, although there are a few steeper uphill/ downhill portions.

ARE THERE TOILETS LOCATED ALONG THE TRAIL?

Yes. The locations of these are shown on the maps. Toilet paper is provided, although you may want to bring your own just in case. Please note some toilets may be closed over winter. These include those located at Sailors Cutting, Lake Aviemore, and elsewhere.

WHAT EXTRA DAYS SHOULD I ALLOW FOR THE TRAIL?

You may want to add an extra day or two to your itinerary to explore some of the off Trail activities and amenities found across the region at www.alps2ocean.com/to-do www.mackenzienz.com www.waitakinz.com

FOR A FULL LIST OF FAQ'S: www.alps2ocean.com/faq

FLORA & FAUNA



NATIVE ANIMALS

There is a variety of birdlife within the Mackenzie and Waitaki Districts; birds associated with braided rivers, open country and dense forests abound. Braided river birds include kaki/black stilt, black-fronted terns and black-billed gulls. The black-billed gulls and black shags may also be spotted along the hydro canals.

Within the beech forests, you may be followed by fantails and tomtits that look out for any insects you disturb. The melodious song of the bellbird is usually heard before it is seen.

Open country birds include Australasian harrier hawk and paradise shelducks.

Other native fauna include small creatures often overlooked such as beetles, spiders, grasshoppers, weta, moths and butterflies. Skinks and geckos are found throughout the

region; you may startle a skink on a fine, sunny day from its sun basking duty as it slithers through the grass in a hasty escape.

Anglers come to this region to catch introduced trout and salmon which are abundant in our waters. Small, native fish often go unnoticed but they are in our lakes and rivers. There are ten species of native fish within the Mackenzie Basin and Upper Waitaki Valley (above the Waitaki dam). Some of our native fish need to migrate out to sea to spawn but are landlocked due to the hydro dam scheme. Longfin eels fit within this category and need human assistance when it's time for them to travel to their breeding grounds in the Pacific Ocean. Koaro, small native fish, have adapted to this dilemma and now spawn in small rivers that feed into our glacial lakes.

PEST ANIMALS

The pest you are most likely to see is the rabbit. They were introduced to New Zealand in the 1800s for hunting. You may see rabbit holes and scratchings along your cycle journey. They compete with stock for grazing, browse on native plants and increase soil erosion. Throughout the Mackenzie Basin and Waitaki Valley, the rabbit population is erratic, with some areas worse than others.

Possums are a problem pest both on our tussock landscapes and within our beech forests. These pests not only browse on vegetation but will also eat bird eggs, young birds and invertebrates.

Ferrets, stoats and weasels are all slim bodied mammals that silently munch away on our native wildlife. Because they are so secretive and fast-moving they are hard to see. Believe it or not,

the common hedgehog is also an unwelcome pest because they eat native grasshoppers, weta and ground nesting bird eggs.

All information supplied by
Department of Conservation
www.doc.govt.nz





Mt Cook lillies
Photo: Fraser Gunn



Elderberry



Hairy Lichens



Mistletoe

The Mackenzie Basin is the largest inter-montane (between mountains) basin in New Zealand and is part of the South Island 'high country'. The basin is ringed with rolling, tussock-clad mountains, and on a fine day the views are spectacular. Mackenzie Basin rivers all drain into the Waitaki River and out to the east coast near Oamaru.

NATIVE PLANTS

The shorelines of our large glacial lakes contain many species of native plants. Around the edge of Lake Pukaki you will pass tussocks, flax, hebes and kowhai trees. Plant lovers will enjoy the cycle trail around Lake Ohau where vegetation is dense near the lake edge. Bracken fern, matagouri, coprosmas and manuka are all intermixed with mature kowhai trees. The last thing you want to do is fall off your bike into a prickly spaniard plant, but keep an eye out for them because they are spectacular when in flower.

INTRODUCED PLANTS

Mature birch trees provide areas of shade and shelter around Lake Pukaki. Circling Lake Ohau, mature willow and elderberry trees provide welcome shade during hot summer months.

Down the Waitaki valley, there is a vast array of introduced trees that were planted to provide shade and shelter around lake edges. These include eucalypts, willows, poplars and conifers.

Some of the introduced plants pose a real threat to our native vegetation. Rose briar is pretty to look at when in flower and laden with large red berries, but this plant has adapted well to our environment and proliferated. Wilding conifer trees (e.g. larch, douglas fir, lodgepole pine) are prevalent throughout the Mackenzie Basin where they grow extremely fast and can easily outcompete our slower growing native plants and trees. Within the Waitaki valley, common gorse and broom are an invasive plant pest, easily spotted in spring and autumn when their bright yellow flowers appear.

BEECH FORESTS

Dappled sunlight through a native beech forest can make a striking photograph. Hairy lichens and soft mounded mosses add to the forest charm. The trees that you cycle through near Lake Ohau are all mountain beech. A beech tree can grow to over 30 metres tall and live 300-400 years. In the 1800s some of the larger mountain beech trees near Freehold Creek were cut down using large handsaws and dragged from the forest by teams of bullocks.

Several species of mistletoe depend upon these mountain beech trees for survival. The most common mistletoe in the Ohau forests is red mistletoe. The vibrant red mistletoe flowers are usually seen in the months of November and December.

THANK YOU

Alps 2 Ocean Cycle Trail would like to thank the following for their support



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HIKINA WHAKATUTUKI



TOURISM WAITAKI

We would also like to thank our Official Trail Sponsor Partners:



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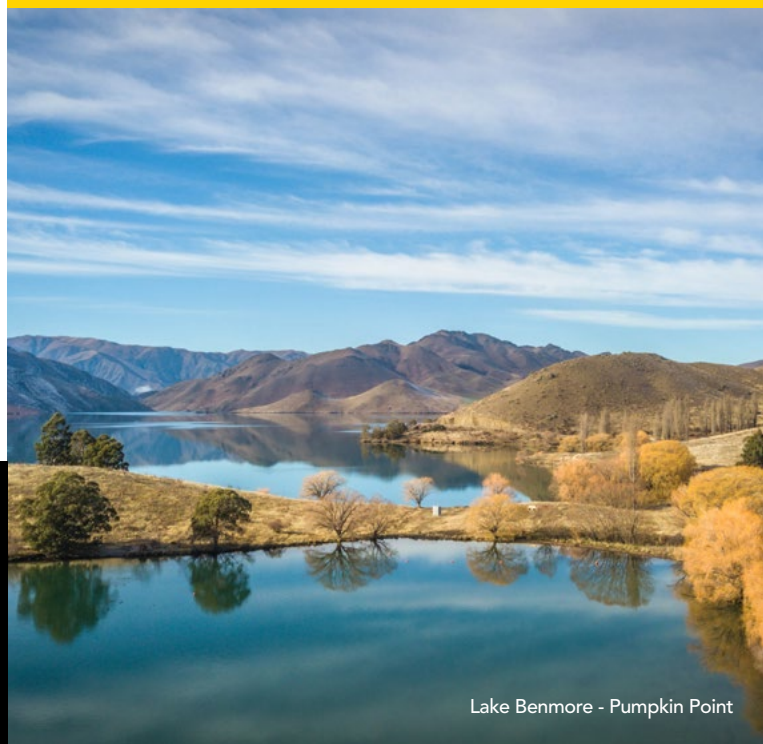
Our appreciation also goes out to the 100 Official Partners that support the Alps 2 Ocean Cycle Trail each year. Look out for the Official Partner logo in their windows. Please support the businesses that support the Trail.

If you would like to support the Alps 2 Ocean Cycle Trail as a Concessionaire, Sponsor or an Official Partner, please contact us via www.alps2ocean.com

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WE'D LOVE YOUR FEEDBACK

Your feedback is really important to us. Your views help us in our funding applications and help prioritize improvements to the Trail. To complete the survey please visit www.alps2ocean.com/feedback



Lake Benmore - Pumpkin Point

If you need any help on anything in getting you from 'there' to 'here' please email us at info@alps2ocean.com

For more information please visit:

www.alps2ocean.com

www.waitakinz.com

www.mackenzienz.com


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