



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

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 Islands
Views 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 A20 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.