New Zealand is a great destination to explore on two wheels, with a variety of unforgettable cycling trails within easy reach of most cities and towns.

**NEW ZEALAND’S GREAT RIDES**
Collectively known as the New Zealand Cycle Trail and spreading from north to south, the Great Rides vary from a leisurely few hours to multi-day rides.

Mostly off-road and predominantly easy to intermediate, they traverse a remarkable range of landscapes.

They are a memorable way to reach some of New Zealand’s major sights including world-famous natural landmarks, as well as cultural sites, historic settlements, museums and galleries.

A world of possibility awaits, whether you’re looking for a fun way to see the sights, or a keen mountain biker up for a challenging adventure.

**WHEN TO GO**
New Zealand enjoys a temperate climate with mild temperatures, moderate rainfall and many hours of sunshine.

Most trails are open year round, with the busiest season being from October to March.

**FITNESS & EXPERIENCE**
There are cycle trails to suit all levels of fitness and experience, including novice riders and families. Follow the New Zealand Cycle Trail’s grading system to choose the perfect ride.

**GRADE 1 (Easiest)**
Suitable for all riders. Mostly off-road trails wide enough for side-by-side riding, with some gentle climbs.

**GRADE 2 (Easy)**
Suitable for most riders. Mostly off-road trails wide enough for riding two abreast, some sections may require riding single file. Surfaces are generally smooth, with some gentle hills.

**GRADE 3 (Intermediate)**
Suitable for reasonably fit and capable riders. Most of the trail is single file, and/or the surface is rough, with hills. Some sections may be on-road with open road traffic.

**GRADE 4 (Advanced)**
Suitable for experienced cyclists with good skills, and a high level of fitness. Off-road trails are narrow with steep climbs and unavoidable obstacles. Hill climbs and possible gravel sections.
A SAMPLE OF NEW ZEALAND CYCLE TRAIL GREAT RIDES

1. **TWIN COAST CYCLE TRAIL**
   - Duration: 2 days (84km)
   - Location: Northland
   - Cycle through rural farmland and enjoy beautiful views of Hokianga Harbour.

2. **HAURAKI RAIL TRAIL**
   - Duration: 2 days (82km)
   - Location: Coromandel/Waikato
   - Ride through stunning Karangahake Gorge and follow historic railway lines.

3. **THE TIMBER TRAIL**
   - Duration: 2 days (67km)
   - Location: Central North Island
   - The views offered from this forest trail’s eight large suspension bridges are nothing short of spectacular.

4. **GREAT LAKE TRAIL**
   - Duration: 2 days (71km)
   - Location: Taupō
   - Trace the shores of beautiful Lake Taupō.

5. **HAWKE’S BAY TRAILS**
   - Duration: 1–4 days (187km)
   - Location: Hawke’s Bay
   - Three distinct cycling experiences are on offer: the Landscape Ride, the Water Ride and the Wineries Ride.

6. **MOUNTAINS TO SEA**
   - Duration: 4–6 days (317km)
   - Location: Central North Island
   - Cycle, drive and jet boat from the mountains of the Central Volcanic Plateau to the sea in Whanganui.

7. **RIMUTAKA CYCLE TRAIL**
   - Duration: 2–3 days (115km)
   - Location: Wellington, Wairarapa
   - Cycle from the head of Wellington Harbour, over the Rimutaka Mountain Range, to Wairarapa.

8. **TASMAN’S GREAT TASTE TRAIL**
   - Duration: 1–4 days (175km)
   - Location: Nelson Tasman
   - Combine scenic cycling with the great tastes of food, wine, beer, and even local art.

9. **QUEEN CHARLOTTE TRACK**
   - Duration: 2–3 days (70km)
   - Location: Marlborough
   - Ride through lush coastal forest, around historic bays and along skyline ridges.

10. **ALPS 2 OCEAN CYCLE TRAIL**
    - Duration: 6 days (310km)
    - Location: Canterbury, Otago
    - Discover a World Heritage National Park, glacial fed lakes, hydro dam lakes, limestone cliffs and Māori Rock art.

11. **WEST COAST WILDERNESS TRAIL**
    - Duration: 4 days (120km)
    - Location: West Coast
    - Traverse spectacular landscapes of dense rainforest, and glacial rivers and lakes.

12. **OTAGO CENTRAL RAIL TRAIL**
    - Duration: 1–5 days (150km)
    - Location: Otago
    - New Zealand’s original rail trail offers a scenic and historic journey into the Central Otago heartland.

13. **CLUTHA GOLD TRAIL**
    - Duration: 2 days (73km)
    - Location: Otago
    - Discover the area’s history of Māori moa hunters, Chinese gold miners, European pastoral farming, mining and rail.

14. **THE QUEENSTOWN TRAIL**
    - Duration: 2–3 days (110km)
    - Location: Queenstown
    - Enjoy cycling within Queenstown’s spectacular Wakatipu Basin.

15. **AROUND THE MOUNTAINS**
    - Duration: 2–3 days (175km)
    - Location: Southland
    - Enjoy back country cycling around Queenstown and Northern Southland.