OUTDOOR TRAVEL
THE ACTIVE HOLIDAY COMPANY

CYCLING HOLIDAYS IN NEW ZEALAND

2026-2027

THE GREAT TASTE CYCLE TRAIL & ABEL TASMAN NATIONAL PARK

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



Departs: Daily on demand from 1 September 2026 to 31 July 2027

Cost from: $2350 per person twin share (minimum 2 people). Single room supplement on request

Includes: 5 nights comfortable B&B, hotel or eco-resort accommodation; multi-geared E-bike with lock and repair kit; Abel Tasman National Park Open Day Pass, pre-tour briefing; detailed maps and trip notes, Mapua ferry ticket; transfers ex Nelson Airport or Nelson City; emergency assistance.

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

Helmets can be provided but for safety and hygiene purposes we strongly recommend you bring your own.

Private guide services available on request – ask for details.
Accommodation upgrades also available at extra cost – ask for details.

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 only a few significant hill sections (made easier by the E-bike), 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.







Call OUTDOOR TRAVEL on *(03) 5750 1441* for details or reservations

   

Suggested itinerary:

Day 1 Nelson – Tahunanui – Mapua **Cycling @ 28km**

Transfer from Nelson to Tahunanui for a briefing and introduction to your bike. After a look around the interesting town, head out onto the Great Taste Trail for an easy, flat ride around the Waimea Estuary, weaving across the plains. For those wanting a longer ride, head up into the foothills behind Mapua into the Moutere area for some great on-road riding. For lunch consider the Harvest kitchen at Siefried Estate Winery. Coastal views today range from the long swimming beach at Rabbit Island, to reedy estuaries and boardwalks. From Rabbit Island the ferry transfers cyclists across the channel to the old Mapua Wharf, a popular destination with casual fine dining venues, a brewery, smoked fish stores, galleries and boutique stores and your overnight B&B stay.

Day 2 Mapua – Motueka – Kaiteriteri **Cycling @ 44km**

From Mapua the Great Taste Trail follows the coast then heads up in 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. The trail around Motueka follows the estuary waterfront, past gardens and grassy beach reserves on the way to Riwaka. The last part of the route heads into the Kaiteriteri Mountain Bike Park to take the Easy Rider Trail before arriving in Kaiteriteri. 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, but is available at the renowned onsite vegetarian restaurant.

Day 3 Abel Tasman National Park Day Trip

Cruise into the Abel Tasman National Park from Kaiteriteri beachfront at 9.00am. The cruise offers great views and access to beaches of golden sand ideal for swimming. Take a walk along the Coastal Track or sea kayak if pre-arranged, before the return boat cruise to Kaiteriteri arriving back at 4.30pm.

Day 4 Kaiteriteri – Woodstock **Cycling @ 40km**

Start by riding back to Riwaka for a second chance to try the food, beer and real ice creams there. Then head into the Motueka Valley, on-road from Riwaka to Woodstock, with the scenic Motueka River alongside for most of the way. Perhaps visit Dunbar Estates Vineyard, Cellar Door & Café, a short detour off the trail near Ngatimoti.

Day 5 Woodstock - Tapawera – Spooners Tunnel – Wakefield **Cycling @ 67km**

Ride on the newest part of the trail with a spectacular climb over the Baton Saddle on gravel (ask at your briefing, if you want to avoid this section) and on to Tapawera with its pub, café, tiny local history museum. From Tapawera head down the wide valley, past the Hidden Sculpture Garden with its large, wooden and steel sculptures to Kohatu, an important junction during early settlement. Cycle to Spooners Tunnel, a brick-lined, 1.4 km long, disused rail tunnel which is completely dark, so bring your lights! Then coast on a long, gentle downhill and meander around the side of the Wai Iti River towards historic Wakefield with its cafes, bakery and old pub.

Day 6 Wakefield – Brightwater – Nelson **Cycling @ 27km**

Today's flatter trail passes the St Johns church, which is the second oldest church in NZ, through a remnant Totara forest, then follows a quiet country road edged with old oak trees, towards Brightwater. The last part of the ride is on the Waimea Plains, past a number of wineries, including one where the trail goes right through the vines. Skirt the town of Richmond and stop to celebrate your ride with a beer at one of the great local breweries on the way. Then head to Tahunanui to drop off the bikes, before transferring to Nelson where your tour ends.

Contact Outdoor Travel for more details and reservations:

- Call: (03) 5750 1441
- Email: **info@outdoortravel.com.au**
- Web: **http://www.outdoortravel.com.au**
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741