

THE GREAT TASTE CYCLE TRAIL & ABEL TASMAN NATIONAL PARK 4-day / 3-night easy – moderate self-guided inn-to-inn cycling tour from Nelson back to Nelson.



The Great Taste Trail Coastal Route starts in Nelson city and ends at Kaiteriteri, the gateway to Abel Tasman National Park. This region is renowned for stunning coastal scenery, rural landscapes, artistic communities and some of the many great tastes New Zealand has to offer. Cycling through regional townships, past sparkling coastlines, rivers and hill valleys, orchards, vineyards, breweries and cafes, along the signposted paved and gravel trail. Indulge in the incredible diversity as you sample along the trail that is well serviced with excellent cafes, award winning wineries and craft breweries. Those such as Seifried Estates and McCashins Brewery are not to be missed. Evoke your senses as you enjoy local wine, seasonal fruit and berries, fresh seafood and cheeses on the ride.

Departs: Nelson daily from 1st September 2020 to 30th April 2021

Cost from: \$995 per person twin share. Single room supplement \$375 per person

E Bike hire: Supplement of \$50 per day

Includes: Self-contained accommodation in B&B's or comfortable hotels with 3 breakfasts, multi-geared 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

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

Optional Extension: Add a night in Kaiteriteri at a coastal Eco Resort and an **Abel Tasman National Park** day trip, with breakfast and lunch included. Spend the day cruising, walking and swimming or add sea kayaking - there are so many ways to enjoy the park. The return to Nelson is included, arriving back around 5.30pm.

Cost from \$395 per person (twin share). Ask for more details when you make your booking.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



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.

Suggested itinerary:

Day 1 Nelson – Brightwater – Wakefield

Cycling @ 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, with breakfast included the next morning.

Day 2 Wakefield – Mapua

Cycling @ 28km or 38km

A leisurely day of cycling on flat plains with lunch at a winery or brewery. 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 tonight is at a B&B in Mapua with access to dinner venues on the wharf. Breakfast is included.

Day 3 Mapua – Tasman – Motueka

Cycling @ 26km

There are two hill sections on the route today and the cafes are a highlight. After passing through the village of Tasman, the route takes a slow climb up to a ridge with spectacular views over the Abel Tasman, from the mountains to the sea. The landscapes here spectacular and during harvest, there is lots of activity in the apple orchards. Back on flat terrain the trail continues into the old-style country town of Motueka. The small museum has a small permanent display of the local hop and apple industries and a bustling main street in the summer.

Day 4 Motueka – Kaiteriteri, then return to Nelson

Cycling @ 18km

The trail continues to Riwaka, a village with great cafes and another craft brewery. Then enjoy a final ride to Kaiteriteri. 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. Relax on the golden sands of Kaiteriteri Beach, before your transfer back to Nelson.

Optional (and recommended) - Extend your tour with a night in Kaiteriteri at an Eco Resort in a balcony room with views over the beach. A track provides access to smaller beaches which are beautiful for swimming, and there is also a well-developed network of mountain bike trails. Breakfast is included and dinner is available in the acclaimed on site vegetarian restaurant.

Optional Day 5 Extra day – a day to explore the 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 taking the return boat cruise to Kaiteriteri. Transfer back to Nelson arriving around 5.30pm.

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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