



# bicycle adventure club best of new zealand north island great rides



## trip highlights

Cycle the Hauraki Rail Trail between historic gold towns and through the stunning Karangahake Gorge

Ride the trails on the shore of Lake Taupo, New Zealand's largest Lake formed by a supervolcanic eruption

Cycle the iconic Timber Trail through majestic native forest, staying in the Timber Trail Lodge in the heart of the forest

See the magical Whanganui River up close by bike, jetboat and canoe

Enjoy Heartland NZ cycleways through the Manawatu and Wairarapa regions

Stay the night at a boutique Martinborough vineyard, dining at a local historic hotel.



<b>Trip Duration</b>	12 days	<b>Trip Code:</b> BACN
<b>Grade</b>	Moderate	
<b>Activities</b>	Cycling, hiking, canoeing, jetboat	
<b>Accommodation</b>	11 nights motel/hotel/lodge	

## Kia ora from Adventure South

Thank you for your interest in our Bicycle Adventure Club Best of New Zealand North Island Great Rides adventure. It's a superb adventure and we hope you can join the BAC tour leader Bruce Rayvid and his support guides from Adventure South. Adventure South has been operating active holidays throughout New Zealand since 1992. Thanks to our experience we're confident to say that we offer the very best cycling, trekking and adventure travel itineraries available in New Zealand today.

There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. An Adventure South holiday aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience.

We're here to show you that there are many, many more trails and cycling routes in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

## why travel with Adventure South?

"Small Groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are the quality of our professional guides. They share their humour, compassion and wilderness experience to ensure that you have a great vacation and the right degree of personal challenge.

On an Adventure South tour you can also expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness, not from a guide book recommendation.



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If you are travelling alone, we will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

You will need to arrive into Auckland in time for the introduction and briefing early afternoon on the first day of the tour. At the end of the trip you will be dropped at a central Wellington location. If you wish to fly home this day please ensure your flight departs Wellington no earlier than 4pm.

## trip dates

**2028** 14 Feb - 25 Feb

## important notes

BP - Base Trip Cost

## the trip

Explore remote coastlines, untouched hinterland and stunning back country trails on this remarkable tour from Auckland to Wellington. We'll travel north to south experiencing the 'spine' of mountain ranges running through the middle, with gentle rolling farmland on both sides coupled with mystical native forests and fast flowing rivers. The central North Island is dominated by the Volcanic Plateau, an active volcanic and thermal area.

Our journey begins on the Hauraki Rail Trail riding beside the Shorebird Coast, following historic railway lines and through towering gorges. Next, we experience the mighty Waikato River Trail, passing through forest and farmland along New Zealand's longest river.

The adventure continues, exploring some of the trails around Lake Taupo, New Zealand's biggest Lake, formed by a supervolcanic eruption many years ago. Then we journey into the mystical Pureora Forest to ride the 87km Timber Trail, discovering mighty swing bridges and historic timber milling sites while experiencing 2 nights in the purpose-built lodge in the middle of the forest.

2 nights staying on the Volcanic Plateau provides opportunity to spend a full day adventuring in the Whanganui National Park, exploring the River by jet boat and canoe through gorges and amongst native bush. We follow our on-water adventure with a cycle alongside the River on a delightful back country road finishing in the coastal town of Whanganui.

Next, we head to the hidden gem of the Manawatu region to ride past soaring cliffs and lush farmland against the dramatic backdrop of the Ruahine Range. A short transfer to Masterton for our final ride on quiet roads to Martinborough, a winegrowing region, particularly celebrated for its Pinot Noir wines, there'll be time to enjoy the local wine before our final dinner at The Martinborough Hotel, described since 1882 as one of "the finest hostelryes ever erected in any inland town in New Zealand".

The following morning, it's a short drive to our capital city, Wellington, where riders can spend some time exploring before either flying home or flying to Christchurch to join the BAC South Island tour.

## about your leader/escort

Bruce Rayvid from Bicycle Adventure Club will be leading this tour supported by expert local guides from Adventure South. Our guides are one of our biggest assets and we pride ourselves on their level of quality and high standards. We provide you with two of our expert guides to maximise your enjoyment and overall experience. You'll know you're in safe hands as all of our guides are certified in first aid and CPR and many of them are trained bike mechanics. They come from all walks of life but our guides have a common desire to give you the best possible experience, fun and lots of fond memories to take home with you.

## at a glance

DAY 1	ARRIVE AUCKLAND. GROUP INTRODUCTION, BRIEFING, BIKE SET UP
DAY 2	AUCKLAND TO PAEROA - HAURAKI RAIL TRAIL
DAY 3	PAEROA TO MATAMATA - HAURAKI RAIL TRAIL
DAY 4	MATAMATA TO TAUPO - WAIKATO RIVER TRAIL
DAY 5	TAUPO TO THE TIMBER TRAIL LODGE - GREAT LAKE TRAILS
DAY 6	THE TIMBER TRAIL : TIMBER TRAIL LODGE TO PIROPIRO
DAY 7	TIMBER TRAIL LODGE TO OHAKUNE
DAY 8	OHAKUNE - WHANGANUI RIVER ADVENTURE
DAY 9	OHAKUNE TO MANAWATU
DAY 10	MAKOURA LODGE TO MASTERTON
DAY 11	MASTERTON TO MARTINBOROUGH - WAIRARAPA CYCLEWAY
DAY 12	MARTINBOROUGH TO WELLINGTON



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## fast facts

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

## responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel.

Since our beginnings this has been a cornerstone of our company.

The New Zealand travel industry has become a world leader in developing an external audit process which monitors tourism businesses based on quality, safety and sustainable experiences.

We're very proud to have received a Gold Qualmark rating, having met standards designed to protect what makes New Zealand unique and special.

Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing.

We started this journey many years ago and although we are not perfect, we are striving to continually learn and improve.

## trip grading

## what's included

- Tasty breakfasts (x11), lunches (x7), dinners (x8), 8 Happy hours catered to all dietary requirements
- 11 nights comfortable motel/lodge/hotel ensuite accommodation on twin share basis
- 2 Professional qualified driver/guides
- Jetboat and canoe excursions on the Whanganui River
- Tasty nutritious snacks, drinks and treats
- 8 happy hour drinks
- Full vehicle support along the trail including trailer for luggage
- Transport pick up from Auckland hotel and drop off in central Wellington
- Hire of a front suspension mountain bike with wider tyres perfect for riding on gravel, forestry trails and hard packed single track (includes helmet)
- Pre departure information kit to help you plan and prepare
- Concession fees paid to the Department of Conservation
- Trail maintenance fees paid to all Trail Trusts
- Bike box transfer, if riders are bringing their own bikes
- Tasty Snacks whilst riding.
- Ride with GPS gpx files

## what's not included

- Meals not mentioned in the itinerary
- All beverages (other than breakfast, trailside or daily happy hour)
- Optional activities
- Electric Bike rental (surcharge of NZD750)
- International or domestic flights and taxes
- Airport Arrival and departure transfers
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Guide team gratuities

## detailed itinerary

### DAY 1 Arrive Auckland. Group introduction, briefing, bike set up

Welcome to Aotearoa New Zealand. Meeting at a central hotel in Auckland in early afternoon our trip starts with a short introduction and an overview of the trip itinerary and protocol.

We'll then head to one of the city parks for a bike fitting and introductory ride to test the bikes and spin the legs.

Tonight we enjoy our first group meal and celebrate coming together and the fantastic riding ahead.

Accommodation: Parnell Hotel & Conference Centre (D/HH)

Meals

Ride: Shakedown

meals: D

### DAY 2 Auckland to Paeroa - Hauraki Rail Trail

Today starts with a short drive South to the Miranda Shorebird Centre on the Shorebird Coast to start riding the Hauraki Rail Trail which is a Grade 1-2 Great Ride. After a safety talk, it's a very short 2km

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## Moderate

The Great Rides throughout New Zealand range from Grade 1 flat, smooth pathways suitable for beginners or rusty riders, to Grade 5 hilly, rough terrain best suited to experienced mountain bikers. The Great Rides chosen for this trip are a mixture of Grades 1,2 and 3, with the harder grade 3 sections suitable for regular, experienced cyclists with a good level of fitness and comfortable riding on slightly technical mountain bike trails. The trails can be narrow and single track and may include hills, steep drop-offs and small river crossings. Trail surfaces are mainly firm but may include muddy or loose sections, and obstacles such as rocks or tree roots. The tour is fully supported and if at any stage you feel like having a rest from cycling you will be able to ride in the support vehicle.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.

If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

ride to a bird hide, a shelter where we can check out the area's precious birdlife at close quarters. From there, the trail skirts around the Firth of Thames, offering expansive views of coastal wetlands and verdant farmland, with the volcanic Coromandel Ranges as a dramatic backdrop.

Lunch fuels us for our afternoon's ride to Paeroa, crossing the Waihou River along the way before heading south on the old railway line through lush farmland into the township of Paeroa, 'world famous in New Zealand' for its giant Lemon & Paeroa bottle.

Dinner at your leisure tonight.

Accommodation : Racecourse Motel, Paeroa (B/HH)

Cycling Distance: Up to 66km or 41mi; 151m or 495ft

meals: B

### DAY 3 Paeroa to Matamata - Hauraki Rail Trail

Our third day starts with a delicious breakfast at a local café. The next section of the trail is the trail highlight, following the Ohinemuri River into the dramatic Karangahake Gorge, a sharply winding canyon formed by the river. Highlights include the cascading Owharoa waterfall, fascinating gold mining sites and an amazing 1100-metre long railway tunnel.

We retrace our steps in the van back to Paeroa for our afternoon ride to Matamata. Along the way we'll ride through Waikato farmland with wide-ranging views across the Hauraki Plains.

Accommodation : Maple Lodge Motel, Matamata (B/D/HH)

Cycling Distance: Paeroa to Waihi : 23 km or 14 mi, 214m or +700 ft

Paeroa to Matamata : up to 59km or 37mi, 220m or +722ft

meals: B,D

### DAY 4 Matamata to Taupo - Waikato River Trail

Our day starts with a 1hr 30 min transfer to the start of our ride on 2 sections of the Waikato River Trail, following a stretch of the mighty Waikato River. We will enjoy riding through exotic and native forest, wetlands and pretty recreation reserves. Memorable sights include volcanic outcrops and a gorge, hydropower stations, dams and suspension bridges.

Both sections are graded moderately technical, intermediate/Grade 3, being relatively easy single track but with the occasional steep section, tight corner or rougher terrain.

We'll end our day with a 1hr drive to Lake Taupo, at the heart of New Zealand's central volcanic plateau and the largest freshwater lake in Australasia.

Dinner at your leisure tonight.

Accommodation : Anchorage Resort, Taupo (B/L/HH)

Cycle - 38km or 24mi; 294m or 964ft

meals: B,L

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## DAY 5 Taupo to the Timber Trail Lodge - Great Lake Trails

Lake Taupo boasts a wonderful network of Great Ride trails around the Northern rim of the Lake. We'll enjoy riding through native wetlands and bush and regenerating forest as well as sweeping descents to secluded bays, perfect for a dip at the end of the day. The trails are graded Intermediate/Grade 3, reflecting terrain purpose built for off-road biking with a good surface but all single track with occasional tight corners and some climbing involved.

After loading up, we head to the Timber Trail Lodge in the heart of the Pureora Forest and our home for the next 2 nights. We check into our accommodation and unwind in anticipation for the next day's adventure.

Accommodation : The Timber Trail Lodge (B/D/HH)

Cycling Distance: Great Lake Trails – up to 33km or 21mi, 441m or 1446ft

meals: **B,D**

## DAY 6 The Timber Trail : Timber Trail Lodge to Piropiro

After breakfast, it's a 50 min drive to the start of the Timber Trail on the edge of the Pureora Forest. There will be no van support for today's ride but you will be well supported on the trail with both local guides either riding with you or towards you. This trail is a mixture of Grade 2 (Easy) and Grade 3 (Intermediate) off-road riding and follows old logging roads and tramlines linked with well-constructed unsealed tracks and a series of thrilling suspension bridges. The grading reflects some easier riding on old tramways with some rougher sections on old, narrower, miners' tracks.

We get the hard work out of the way this morning, climbing for 14km with stunning views until we reach the highest point of the ride. From here it's mostly downhill for the rest of the day, winding down the side of Mt Pureora and across the flanks of the Hauhungaroa Ranges with a couple of amazing suspension bridges to cross along the way. We finish the day at Piropiro Flats, right by our outstanding accommodation and hospitality at the Timber Trail Lodge. For those still with energy to burn, there's the option of a short bush walk from the Lodge.

Accommodation : Timber Trail Lodge (B/L/D/HH)

Cycling Distance: Timber Trail - 36km or 26mi; 608m or 1994ft

meals: **B,L,D**

## DAY 7 Timber Trail Lodge to Ohakune

This morning, we head from the Lodge back into the native forest and cross over a tumbling gorge on one of the highest and longest swing bridges in the country, keeping a lookout for New Zealand's native pigeon, the beautiful Kereru. Today's climbing consists of 2 much shorter uphill compared with yesterday's ascent, with the 2nd one finishing at the Ongarue Tramway terminus. From there it's mostly downhill all the way to the end following the old tramway. We pass remnants of the region's logging history, more swing bridges and the fascinating Ongarue Spiral and its rather spooky, old tunnel. The trail continues downhill to Ongarue. We then load the bikes and drive 90mins to Ohakune, a quaint ski village at the base of Mount Ruapehu, which will be our home for the next 2 nights.

Accommodation : Powderhorn Chateau, Ohakune (B/L/HH)

Cycling Distance: Ride: 43km or 27 mi, +495m or +1624 ft

meals: **B,L**

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## DAY 8 Ohakune - Whanganui River Adventure

The Whanganui National Park is another special place which was created to protect the upper reaches of the Whanganui River. Once an important transport route for both Maori and early European settlers, the river flows from Tongariro National Park to the Tasman Sea through wild lowland forests.

With the guides on an official rest day today, a local operator will provide the vehicle transfer to Pipiriki and the start of our adventure with a 55 minute jet boat journey upriver 32 kms to the Mangapurua Landing, through an area of spectacular natural features with deep river gorges covered with lush native vegetation. From the drop off it's an easy grade 40 minute walk following in the footsteps of the early pioneers along the old roadway to the "BRIDGE TO NOWHERE" where we will stop for lunch on this historical monument of a bygone era and learn the history from your local guide.

The next part of the adventure is canoeing back down the Whanganui River to Pipiriki, through a landscape of remote hills and bush clad valleys and the scenic gorge of the Manganui o te Ao River. More exotic trees and farmland, an eel weir and the Paparoa rapid follow before reaching the boat ramp below Pipiriki village.

A short transfer back to Ohakune for a second night, with dinner at your leisure.

Accommodation : Powderhorn Chateau, Ohakune (B/L/D)

Cycling : No cycling today - jetboat and canoeing

**meals: B,L,D**

## DAY 9 Ohakune to Manawatu

Today we're back on our bikes to complete our adventure in the Whanganui National Park. We head back to Pipiriki and ride south along the Whanganui River Road, a fully sealed road but gently undulating with a couple of challenging ascents near the start and finish.

The effort, however, is well worth it, not least of all for the elevated views along the river, but also for the many Maori and European heritage sites along the way. Between them, they tell quite the story of New Zealand's early settlement, beginning with early Maori for whom the river was a primary highway. Major landmarks include Hiruharama (Jerusalem), a catholic church and convent built at the end of the nineteenth century and the restored Kawana Flour Mill, built in 1854.

We finish our ride and load up for a 1 hr 30 min transfer to our rural accommodation in the Manawatu region.

Accommodation : Makoura Lodge, Manawatu (B/L/D/HH)

Cycle : Up to 54km or 34mi; 727m or 2385ft

**meals: B,L,D**

## DAY 10 Makoura Lodge to Masterton

Starting from our accommodation, today we stay off the beaten track on a scenic and often surprising journey through rural Manawatu, full of natural wonders, local history and country hospitality. This is a region unfamiliar to many Kiwis and is truly a hidden gem!

We wind our way up the Mangawharariki Valley, following deep sided Papa cliffs with wide ranging views to the Ruahine Ranges and vistas of snow covered Ruapehu in the distance. The ride includes stunning climbs and descents overlooking the Kawhatau River and meanders through pretty valleys and native bush.

Accommodation : Solway Copthorne Hotel, Masterton (B/L/D/HH)

Cycle up to 57km/36mi, 862m/2821ft

**meals: B,L,D**

## DAY 11 Masterton to Martinborough - Wairarapa Cycleway

This morning, we enjoy our final North Island ride on the Wairarapa Cycleway. This is a pleasant touring route with stunning views of the Wairarapa region and plenty of rural charm. We'll take a mid-

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morning breather by the delightful Gladstone church before finishing this pretty ride in the small town of Martinborough. Martinborough is the heart of Wairarapa wine-country with plenty of opportunities for tastings and cellar-door dining. It offers a heart-warming blend of down-to-earth rural charm and sophisticated indulgence. The village centre itself is leafy and attractive.

We are staying at the historic Martinborough Hotel in the centre of the village so this afternoon feel free to just relax right there or explore one or more of the neighbouring cellar doors, cruise the boutique shops or we can head across to explore another lovely Wairarapa town, Greytown.

We finish the day with our final group dinner at the Hotel to celebrate the end of a trip of lifelong memories and new friendships.

Accommodation : Martinborough Hotel (B/D/HH)

Cycle 60km or 38mi; 402m or 1318ft

**meals: B,D**

## DAY 12 Martinborough to Wellington

After breakfast at a local cafe we head across the Remutaka Ranges to Wellington, New Zealand's capital city where you will be dropped at a central Wellington location. If you're joining the BAC South Island tour starting on Feb 29th you'll have a few days to explore this vibrant city before making your own way to Christchurch. Highlights include a visit to Zealandia, the world's first fully-fenced ecosanctuary and an incredible slice of wilderness, discovering our stories at our National Museum, Te Papa, riding the historic Cable Car, a visit to Weta Workshop, the home of movie-making magic, or a wander along the waterfront.

Cycling : No cycling

Meals (B)

**meals: B**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route which usually means a combination of dedicated cycle trails, and quiet secondary roads, both sealed and unsealed (gravel). Our cycleway tours travel through historic and scenic countryside. With easy gradient cycling, the occasional hill, a mix of character lodgings and motels, these tours are suitable for all level of cyclists. All of this so that you can enjoy the incredible scenery and landscapes, view the well-known sights and along the way eat delicious food, stay at unique accommodation and meet the locals.

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. The Avanti Discovery hybrid mountain bike allows a relaxed upright riding style and has wide ranging 10-speed Shimano gears, 29" wheels, front suspension, hydraulic disc brakes and comfortable saddles. These bikes are available in a low rise, also known as a step-through bike frame.

We also offer quality Sinch eBikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. eBikes are simple to operate, very comfortable to ride, and are more gentle on the body than a traditional bike. You still need to pedal, however our eBikes provide up to 80kms of pedal assistance before requiring a recharge. Please see our website for the cost of bike hire. All our rental bikes can be fitted with flat pedals or MTB SPD pedals, we can also fit your own pedals and seat if you have a favourite. Bike helmets will be supplied with your rental bike, along with a 15L saddle bag for any personal items you might need in the day. All equipment and luggage will be carried by the support vehicle.

These cycling journeys are not designed to be a marathon event and no one should feel under pressure to ride, everyone is able to ride at their own pace. If at any point you do not wish to



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ride, the vehicle is always available for you and your bike. Remember that cycling involves some physical exertion and pre-trip preparation will make your cycle tour a more enjoyable experience. Ask us for more details or advice. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times while cycling. We also recommend wearing bright, fluoro cycle clothing to increase your visibility on the road.

## country information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3754m / 12,316 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.

With a population of 4.0 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.

## climate

As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.

Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece or jumper are a must.

Northland is located in what is often referred to by New Zealanders as the Far North, or, because of its mild climate, the "Winterless North." The region of Northland has a sub-tropical oceanic climate with warm humid summers, warm dry autumns and mild wet winters. Due to its latitude and low elevation, Northland has the country's highest average annual temperature. However, as with other parts of New Zealand, climate conditions are variable. In summer, temperatures range from 22 °C to 26 °C, occasionally rising above 30°C.

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## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## accommodation on the trip

The accommodation for this trip is of a good standard and has been carefully selected to provide comfort and great hospitality in the best locations possible. The accommodation is on a twin share or double room basis with private facilities. If you wish to reserve a room to yourself a single supplement is available at extra cost. Please note: although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.

## pre and post tour accommodation

If you would like some help booking pre/post tour accommodation speak to our staff as they can help with different suggestions.

## joining instructions

On the first day of the tour, you will meet your guides and fellow travellers after lunch at 1pm at The Parnell Hotel & Conference Centre in Auckland. If you miss your flight or are unable to reach the meeting point on time, please call us at the Adventure South NZ office (Free phone in NZ 0800 00 11 66 or 03 942 1222). After a short introduction and trip overview, you will be driven to a convenient location where any saddles and pedals you have brought with you can be fitted to your bikes. This is followed by a short introductory ride to become familiar with your bikes and spin your legs.

## equipment provided

Bikes available to hire on the trip :

### MOUNTAIN BIKE

Our new fleet of Avanti Discovery mountain bikes combines the best characteristics of a hybrid bike and a mountain bike to give you a great ride and comfort on gravel cycle trails, forestry tracks and shingle. This bike has a more upright riding style meaning you can still take in the amazing scenery you'll encounter along the way.

These bikes have 29" wheels, suspension forks and suspension seat posts to iron out the bumps and hydraulic disc brakes give responsive braking.

They are also available in a low rise, also known as a step through bike frame, please specify on your booking form.

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### ELECTRIC BIKE

Our e-Bikes are perfect for cyclists that may require a little assistance on their travels. Pedalling our e-Bikes is easier on knees and joints than riding a traditional bike. They provide up to 80kms



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of pedal assistance before requiring recharging. Very simple to operate and they provide people with varying levels of cycling experience, health and fitness levels the opportunity to enjoy our cycling holidays.

## ACCESSORIES

A bicycle helmet will be included with your bike rental, along with a 15L saddle bag for personal items you might need in the day.

## what you carry

The tour is fully supported so you will only need extra layers, sunscreen, water, camera, phone and a snack! If hiring one of our bikes it will have a small rear saddle bag with enough space for these items. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. Please keep your luggage to a minimum.

## equipment required

A comprehensive gear list will be provided on confirmation of your trip.

## protecting the environment

In a world where more and more rubbish is produced every year we are trying to do our little bit to help the planet. We encourage you to please bring your own water bottle. If you are a keen coffee or tea drinker you might like to bring your own reusable cup, as there are a few opportunities along the tour to get take-away drinks. Also if you think you might do some shopping, it could be useful to carry small foldable reusable shopping bags to reduce the need for plastic bags.