

# The Alps 2 Ocean Cycle Trail



*From The Mountains to The Sea!*

## tour highlights

- Aqua coloured glacial rivers and lakes
  - Vast wide open expanses
    - Rich in history
  - Varied and exciting riding
    - Great company
- Experienced attentive guide

## official partner

Tuatara Tours is proud to be in an official partnership with The New Zealand Cycle Trail. The objective of the partnership is to create a nationwide network of cycle trails that connect the Great Rides with the rest of New Zealand.



## the tour

Explore the new **Alps 2 Ocean Cycle Trail**, which makes some of the South Island's most dramatic scenery accessible to cyclists. There's nearly 300 km of cycling from the tussocky alpine Mackenzie Country with its turquoise lakes, through rural towns to the Pacific Ocean in historic Oamaru.

Your fully guided tour starts and ends in the South Island's largest city: Christchurch, with all accommodation, meals, and support vehicles provided.

## about your guide

Our guides are very experienced, friendly walkers and bikers who love to share their knowledge of New Zealand's flora and fauna and local history. They all hold current first aid certificates, passenger driving licences and are the very best people to ensure your experience will be one to remember.

## at a glance

<b>DAY 1</b>	CHRISTCHURCH TO TWIZEL	30.4KM
<b>DAY 2</b>	LAKE PUKAKI TO LAKE OHAU	49.6KM
<b>DAY 3</b>	LAKE OHAU TO OTEMATATA	65KM
<b>DAY 4</b>	OTEMATATA TO DUNTROON	71KM
<b>DAY 5</b>	DUNTROON TO OAMARU	55KM TO CHRISTCHURCH

## tours run

Tours run: November - April ( Weekly)

## tour cost

2018 / 2019

Starting in Christchurch: NZD\$1995

## options & supplements

Single Supplement: NZD\$475  
 Bike Hire: NZD\$190  
 Electric Bike Hire: NZD\$450

## fast facts

Custom Groups: Options are available for this tour\*

Tuatara Tours does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not 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. The cost of the single supplement is listed above.



**Activities:** Cycling  
**Accommodation:** Lodges, Motel, Hotel  
**Trip Duration:** 5 Days, 4 Nights  
**Grade:** Moderate





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## what's included

- Accommodation
  - Double or twin share. If single room accommodation is requested, an additional fee per person is payable to cover this requirement for the duration of the tour.
  - Night 1: Comfortable Country Hotel, large private rooms with ensuite bathrooms and tea/ coffee making facilities.
  - Night 2: Lakeside Alpine Lodge. Private rooms with queen and single bed, ensuite bathrooms.
  - Night 3: Comfortable Country Hotel/Motel, large private rooms with ensuite bathrooms.
  - Night 4: Comfortable accommodation in a historic setting. Double twin rooms with ensuite.

- Food
  - You will enjoy great local cuisine; continental breakfasts and hearty packed lunches during the day, and either restaurant meals or wholesome home-cooked fare prepared by your host/hostess in the evenings. If you have any dietary issues or food allergies, we are happy to cater for these, please advise the office of details when you make your booking. Alcohol is not included in the tour cost, but is available for purchase most nights or you are welcome to bring a small amount with you for personal consumption if you prefer.

- Luggage
  - Tuatara Tours transports all your luggage for the duration of the tour. All you carry is a small day pack with your personal gear, drink and lunch. We do the rest
- Tour Kit Bag - Exclusive to Tuatara Tours
  - To ensure you get the very best out of your journey with the least of fuss, we provide you with a calico kit bag full of useful goodies. This will be given to you at the start of your tour.

- An experienced guide
- All transport - support vehicle for the duration of the tour
- Access and Concession fees paid to the Department of Conservation
- NZ Goods and Service Tax (GST)
- Safety and Risk Management
  - To ensure maximum safety for all, our guides are certified first aiders and fully qualified drivers. Tuatara Tours operate under a Safety and Risk Management Plan which is regularly audited and approved by a qualified and independent auditor.

We suggest flying in the night before the tour departs, however if you plan to fly into Christchurch on the morning of the tour then you need to have landed and be in arrivals by 8:30am. Your guide will then come and collect you as the tour is leaving town. We don't recommend catching flights on the same day as the tour departs or finishes.

\*Please enquire for further information

## frequently asked questions

### **What do I carry while on my tour and what happens to the rest of my luggage?**

On a walking, cycling or kayak tour your extra luggage will be transported for you each day to your accommodation that night. All you need to have with you is your daypack with your lunch, clothing requirements, camera and incidentals. For cyclists, this can be left in the support vehicle while you are cycling as this is always close by for ready access. Please ensure the luggage you are sending on ahead is limited to one item and is packed in an easily transported overnight bag or suitcase.

On a hiking tour where huts and lodges are less accessible by vehicle, you may be asked to carry your own luggage for some or all of the days of the tour, please refer to your itinerary for details. For this reason we recommend you pack as lightly as possible and carry only the items suggested on your gear check list. For any of our tours, we recommend the use of a waterproof pack liner to keep your personal items as dry as possible.

### **Do I really need thermals and a fleece, even in summer?**

Yes, as some of the areas visited can be exposed, and New Zealand weather can be notoriously changeable, you must be prepared for all weather conditions.





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## frequently asked questions

### How many people are in each group?

Typically, we take a maximum of twelve people on each tour. We feel this gives you the best opportunity to gain as much from your experience as possible and keeps the feel of each tour relaxed and friendly. We are happy to discuss options for groups of more than twelve with you.

### How fit do I need to be?

The main purpose of a guided tour is to enjoy your surroundings and learn from your local guide, it's not a race, however the more you can prepare for a tour, the better the experience will be for you. As a general guideline we suggest the following activity level guide for our tours.

- The Alps 2 Ocean Cycle Trail does include some low level mountain biking.
- Easy: An average level of fitness, Walk 7km, Bike 15km on well-formed tracks and roads with very little incline.
- Mild: An average level of fitness, Walk 12km, Bike 25km on well-formed tracks and roads with average incline.
- Moderate: An above average level of fitness, Walk 20km, Bike 45km on formed tracks and roads with some average to steep inclines at times.
- Challenging: An above average level of fitness, Walk 20+ km , Bike 50+km on partially formed tracks and roads, some off-road , some steep inclines, some easy river and creek crossings.

### Do you have bikes I can hire?

We have cycles for hire and recommend you use them as they are tried and true in the areas we operate. All of our cycles are fully maintained and serviced before they leave. We also supply you with a cycle helmet and safety vest in the cost of your cycle hire. You may use your own cycle, but please ensure it is well maintained and fully serviced before your tour starts.



## itinerary

### Day 1 Christchurch to Lake Pukaki Info Centre 30.4km

Welcome! We leave Christchurch, the South Island's largest city and drive across the iconic Mackenzie Country, a rugged mountain valley basin, past two turquoise alpine lakes: Tekapo and Pukaki. You'll start your cycling along the Tekapo Canal to Lake Pukaki. You're on the edge of the Aoraki/Mt Cook National Park, with close-up views of New Zealand's highest mountain.

You'll follow the Lake Pukaki shoreline on a new purpose-built track, finishing at the Lake Pukaki Information Centre. It's flat and mostly downhill, through tussock grasslands with beautiful lake and mountain views.

### Day 2 Lake Pukaki Info Centre to Lake Ohau 49.6km

This morning we'll cycle 10 km on a flat trail to the former hydroelectric town of Twizel, now a water sports and winter sports mecca. En route: amazing views over the Mackenzie basin and the dramatic Benmore Range.

From here you'll follow an undulating trail with short, steep sections to tonight's destination: beautiful, glacial Lake Ohau, in the Mackenzie High Country. You'll stay at the lovely Lake Ohau Lodge.

Tonight be sure to head outside after dinner for some of the most spectacular star gazing on earth. The Mackenzie Basin has recently been named an international dark sky reserve, as its night skies are amongst the world's cleanest, driest and darkest.

### Day 3 Lake Ohau to Otematata - 65km

An undulating path today, with some short, steep sections. We'll follow a newly built off road trail traversing the lower slopes of the Ruataniwha Conservation Park, enjoying views back over the Benmore Range. From here you climb to the high point on the trail, then it's a steady downhill through the Quailburn, a historic sheep-farming area where early musterers lived a harsh life with many hardships.

Next, we'll follow State Highway 8 passing through Omarama township, at the southern end of the Mackenzie Basin , for the final stretch to the village of







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## frequently asked questions

### **Some tips for training:**

Undertake your training using the clothing and footwear you intend to complete the tour in, this will give you the opportunity to make sure they will be suitable for the purpose and to break in your foot wear so as to avoid any discomfort. Train with your pack or day pack on so you get used to bearing the weight and include a variety of terrain in your training including hills and off road. As much as we'd like to we can't guarantee fine weather on your tour so don't hesitate to get outdoors and train on the rainy days as well.

### **What will the weather be like?**

New Zealand is known to have four seasons in a day so you should always be prepared for sudden changes in weather or temperature and have the appropriate gear with you at all times. Rain can be expected at any time throughout the year.

Spring (September-November) and Autumn (March-May) are generally cooler months for experiencing the outdoors with temperatures averaging 15-25 degrees during the day.

Summer (December-February) is usually warmer with averages of 20-30 degrees and longer sunshine hours due to daylight saving. As New Zealand has very little air pollution, UV rays are strong during the summer months and a good sunscreen and a hat are recommended for outdoor activities during the heat of the day.

Otematata, set between two hydro dam lakes. With today's cycling completed, it's on board your coach for a short journey back to Omarama and your night's accommodation.

Tonight, relax at your accommodation, or perhaps try the local outdoor hot tubs for a relaxing night's sleep.

## **Day 4 Otematata to Duntroon - 71km**

We'll leave tiny Otematata behind with a short, steep climb and follow the Benmore Dam, past the power station. We'll skirt the shores of pretty Lake Aviemore and follow the Waitaki River to Kurow in the Waitaki Valley. After lunch, it's off to Duntroon, another quiet inland country town that harbours big surprises: geological formations that interest researchers worldwide, and fossils of sea creatures which lived here millions of years ago, including two extinct penguin species.

Nearby are fossilised whale bones, and Maori rock drawings, hundreds of years old. There may be time to visit the excellent Vanished World Museum. We return to Kurow where we stay the night.

## **Day 5 Duntroon to Oamaru - 55km**

Today, it's into the home stretch through the North Otago countryside to historic Oamaru.

At your guides discretion there are 2 routes to choose from. If you don't feel up to a ride that is over rolling hills on the trail proper, we can offer a ride on an easier route directly to the small town of Windsor where we pick up the trail again and ride to the completion of the trail in Oamaru.

Both routes pass unusual limestone plateaux or 'tables', including the unusual Elephant Rocks, well-known as one of the locations used in filming the movie "The Chronicles of Narnia". Our route takes us through the Awamoko Valley to Ngapara (Maori for 'the tables') and tiny Enfield.

Our journey ends in Oamaru, the largest town in the district. We'll cycle right up to the heart of Oamaru: the picturesque harbour in the middle of its remarkably preserved Victorian precinct, featuring beautiful 19th century buildings carved in the local white Oamaru stone.

We've made it... we've cycled almost 300 km from the Alps to the Ocean! After a celebration, we'll drive you back to Christchurch, or you may wish to continue your adventures from Oamaru.





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## **responsible travel**

None of us could deny the benefits of travel in broadening our horizons and our way of thinking about the world we all share; travel breaks down barriers and provides valuable insights into other ways of life, it challenges us to step outside our comfort zone and to learn from those around us.

Our responsibility as participants in this journey is to acknowledge our impact on the environment and the communities in which we travel and to consider our individual contribution now and for the benefit of future generations.

We are Qualmark endorsed; New Zealand tourism's official benchmark for environmental standards and quality control. Wherever possible our company utilises local products and services, we support conservation efforts to preserve our natural and cultural heritage and we respect and care for the unique environment we travel in. Make your commitment to responsible travel with us.

## **trip grading**

To determine the grade of a particular adventure we consider a number of factors.

These include the condition of the terrain, the altitude, the number of pass crossings and the length of the trip.

The Alps 2 Ocean Cycle Trail is graded Moderate: An above average level of fitness, Walk 20km, Bike 45km on formed tracks and roads with some average to steep inclines at times.

There is some low level mountain biking on this trail.

## **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 tour, speak with us and we can help guide you in the right direction

## **pre and post tour accommodation**

If you would like some help booking pre/post tour accommodation we can help

### **Contact us at**

- ▶ New Zealand: 0800 377 378
- ▶ Australia: 1 800 044 633
- ▶ World: +64 3 962 3280
- ▶ Email: [info@tuataratours.co.nz](mailto:info@tuataratours.co.nz)
- ▶ Web: [www.tuataratours.co.nz](http://www.tuataratours.co.nz)

## **what's not included**

- pre and post tour accommodation
- alcoholic drinks
- personal expenses
- gratuities, tipping is not expected in NZ but gratefully received. It is at your discretion whether or not to reward for excellent service

## **custom tours**

### **▶ We Can Customise Existing Tours To Suit.**

You may want to spend an extra day or you may want to add another element to your tour!

### **▶ We Can Design A New Tour Just For You.**

We have years of experience in creating custom-made tours for groups, so if you are planning a tour for your friends, family, club, corporate workplace.... contact us now.





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## have you considered?

### **New Zealand Walking Tours**

The Akaroa Walk  
 The Franz Josef Trail  
 The Mesopotamia High Country Walk  
 The Queen Charlotte Walk  
 The West Coast Trail  
 The Kaikoura Trail  
 The Kenepuru Trail  
 The Hump Ridge Track Walk  
 The Coromandel Explorer Walk  
 The Tongariro Crossing Walk  
 The Lake Waikaremoana Walk  
 The Abel Tasman Walk - 3 Days  
 The Abel Tasman Walk - 5 Days  
 The Abel Tasman Walk/Kayak - 3 Days  
 The Abel Tasman Walk/Kayak - 5 Days

### **New Zealand Hiking Tours**

The Heaphy Track  
 The Lake Waikaremoana Great Walk  
 The Stewart Island Track  
 The Tongariro Crossing Walk

### **New Zealand Cycling Tours**

The Hanmer Cycle Trail  
 The Kaikoura Trail  
 The Kenepuru Trail  
 The Tekapo Canal Trail  
 The Alps 2 Ocean Cycle Trail  
 The Westland Wilderness Cycle Trail  
 The Otago Rail Trail  
 The Queenstown Cycle Trail  
 Around The Mountains Cycle Trail  
 The Clutha Gold Cycle Trail  
 The Roxburgh Gorge Cycle Trail

### **Japan Walking Tours**

The Nakasendo Trail  
 The Kumano Pilgrimage Trail

All of these tours and more available at  
[www.tuataratours.co.nz](http://www.tuataratours.co.nz)



## pre tour checklist

Please ensure you have the following compulsory items for your cycle tour.

Medium size day pack (this can be transported for you in the support vehicle while you are cycling)

- Waterproof rain jacket with hood
- Comfortable walking/riding shoes, we suggest lightweight walking shoes suitable for cycling and for any extra short walks you may choose to do.
- Woollen (merino) or polypro thermals (top and bottom)
- Polar fleece jacket or top or woollen jumper
- Gloves-fleece or woollen or cycle gloves if you have them
- Pair of shorts (preferably quick-dry fabric, no jeans) or cycle shorts if you have them.
- Personal first aid items and any essential medications

### The following are highly recommended but not compulsory:

- Swimsuit and small towel
- Sun hat , sun glasses, sun block
- Pair of light shoes or sandals for the evenings
- Casual attire for the evenings
- Personal toiletries
- Insect repellent
- Camera
- Drink bottle (we supply you with one bottle, but you may wish to bring another)
- Torch for the tunnels

If you are bringing along your own bike, you must ensure your bike has been fully serviced and is in a roadworthy and safe condition to ride. You must also ensure you bring spare tyres or tubes as we only carry a basic stock for the bikes we hire out.

All our hire bikes come with helmet, hi-vis safety vest and have a standard "gel-tech" seat however you are welcome to bring your own helmet or gel seat cover if you prefer.





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## ***Tuatara Tours - experienced and innovative!***

Tuatara Tours is an experienced and innovative walking and cycling adventure company, based in the South Island of New Zealand. The vision at Tuatara Tours is to encourage as many people as possible to be involved in fun, adventure and the outdoors. We ourselves walk, run, mountain bike, road bike and occasionally participate in multi-sport adventure races... to the best of our ability. We are not champions – but we are out there! We understand the outdoors and we revel in the country, people and climate that we work with

## ***our team is here to provide the best experience***

We only have one world and we have to share it with each other. Much of the attraction for our clients is to experience unspoiled and un-crowded landscapes. It is our challenge to ensure that in this sharing of the experience, we minimise where possible, the impact of our business.

Through the introduction of strict environmental guidelines, we minimise our impact on the environment we live and work in.

## ***subscribe to our newsletter***

Our newsletter will be emailed to you monthly on the first working day of every month.

- latest trips
- travel advice
- events & attractions
- and more!

Go to [www.tuataratours.co.nz](http://www.tuataratours.co.nz) and click the free subscription button.

## ***how to book***

Go to [www.tuataratours.co.nz](http://www.tuataratours.co.nz), click the enquiry button and submit your booking request using the form provided.

We enjoy talking to people about their travel interests. So feel free to contact us directly if you'd rather not fill out a form.

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## **Tuatara Conservation**

Tuatara Tours are proud to be actively involved in Tuatara Conservation.

Tuatara Tours has formally adopted "BP" a male juvenile tuatara who resides at Orana Park in Christchurch and is part of the conservation programme to ensure the safe future of these amazing reptiles.



## **country information**

### **Culture**

New Zealand has a diverse multi-cultural population, the majority of whom are of British descent. New Zealand's indigenous Maori make up around 14 percent of the population. The culture of its indigenous Maori people affects the language, the arts, and even the accents of all New Zealanders. New Zealanders embrace new technology and culture, but they also have a background of quiet but rugged individualism, self-reliance and a passion for invention. Many New Zealanders travel extensively and thrive on learning and experiencing other cultures. They are renowned for their openness, ingenuity and "easy-going" nature.

### **Environment**

Fourteen spectacular national parks preserve New Zealand's natural heritage enshrining a huge variety of landscapes, vegetation and wildlife, New Zealand encompasses rich farmland, mountains, rivers and unsurpassed scenery. The country is slightly bigger than the UK in size. Three-quarters of the population live in the North Island with more than a third of New Zealand's population living in the largest city, Auckland.

The South Island - with its lakes, fiords and spectacular outdoor scenery is the most popular destination for tourists. The gateway to the South Island is Christchurch - a city of approximately 340,000 people.

### **Recreation**

New Zealand's stunning landscapes, lush forests, amazing wildlife and pleasant climate make it a haven for many outdoor activities, and a great place to relax and enjoy life. New Zealanders love the outdoors, especially tramping, camping, skiing and snowboarding. Sailing, surfing and swimming are also favourite pursuits. New Zealand's sports and recreation facilities are inexpensive, abundant and very accessible.

