

West Coast Wilderness Trail - E Bike Tour

Ladies Only



Enjoy gentle cycling in a landscape rich in beauty, history and diversity.

tour highlights

- Pristine tranquil bush
 - Steeped in history
 - Ancient forests
 - Great company
- Experienced attentive guide



tours run

Tours run: November - April (monthly or on demand)

tour cost

2019 / 2020

Starting in Christchurch: NZD\$2095
Includes the cost of an E Bike for the duration of the tour

options & supplements

Single Supplement: NZD\$300

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.

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

the tour

Follow the **West Coast Wilderness Cycle Trail** and enjoy gentle cycling in a landscape rich in beauty, history and diversity.

Distances average around 30 km a day, and the cycling is suitable for beginners and families. Where else but in Westland can you see such diversity: towns, alps, lakes, rivers, wetlands, ocean and native bush, all in such close proximity?

All meals are provided, and you'll stay in very comfortable accommodation.

The **West Coast Wilderness Cycle Trail** was created as part of a government-led initiative: Nga Haerenga - The New Zealand Cycle Trail , developing New Zealand's best cycle tracks. Tuatara Tours is an official partner.

about your guide

Join Helen our experienced bike tour guide on this tour.

All of our guides 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

DAY 1 GREYMOUTH TO KUMARA

DAY 2 KUMARA TO MILLTOWN

DAY 3 MILLTOWN TO HOKITIKA

DAY 4 HOKITIKA TO ROSS



Activities: Cycling

Accommodation: Historic Hotel & Beachfront Hotel

Trip Duration: 4 Days, 3 Nights

Moderate



West Coast Wilderness Trail - E Bike Tour Ladies Only

Enjoy gentle cycling in a landscape rich
in beauty, history and diversity.



what's included

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.

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 walk.

Night 1: - Charming historic hotel, queen or twin beds with ensuite or dedicated bathroom.

Night 2: - Modern Motel/Lodge, accommodation with ensuite bathrooms.

Night 3: - Modern beachfront hotel. Private rooms with ensuite bathrooms.

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.

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

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.





West Coast Wilderness Trail - E Bike Tour Ladies Only

*Enjoy gentle cycling in a landscape rich
in beauty, history and diversity.*



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.

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.

itinerary

Day 1 Greymouth to Kumara - 29km

Welcome along! Your tour begins with a scenic coach journey from Christchurch across the Canterbury Plains and over Arthurs Pass to Greymouth. Originally established as home for hundreds of gold and coal miners following the 1860's gold rush , Greymouth today enjoys popularity as a base for fishing, hiking and other recreational activities with its wild river, rugged native bush-covered hills and pounding surf.

Today from Greymouth you'll start your ride cycling 12km down a coastal path on a raised dune system. Along the way enjoy views over several small settlements and the surrounding countryside as you follow the spectacular coastline of the Tasman Sea. The trail then continues on the scenic route south to Taramakau, between Greymouth and Hokitika. Turning inland from here, you'll head to Kumara along a historic tramway. Kumara is a former gold mining town and home of one of New Zealand's greatest early politicians, Richard Seddon. Tonight your overnight stay is in a charming historic hotel in Kumara

Day 2 Kumara to Milltown - 37km

The West Coast Wilderness Cycle Trail continues this morning with a ride through rainforest as you head towards Milltown.

This section of the route (and indeed the trail itself) is certain to become one of New Zealand's most popular cycle rides, offering stunning scenery and fascinating local history. You will pass through some of the best stands of native forest left in New Zealand on your journey today.

Milltown overlooks the Arahura Valley, an area once rich in gold and still known as the source of the highly prized pounamu (greenstone).

Tonight your stay is in Hokitika, a pretty seaside town known for its greenstone carving industry and home to many artisans and craftspeople.





West Coast Wilderness Trail - E Bike Tour Ladies Only

*Enjoy gentle cycling in a landscape rich
in beauty, history and diversity.*



itinerary cont'd

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.

Day 3 Milltown to Hokitika - 33km

Your ride today starts at the head of the Arahura River, which rises from the Southern Alps and meets the Tasman Sea just north of Hokitika.

You'll pass water raceways, rich dairy farmland and the tranquil Lake Kaniere, described by some as "the most beautiful lake in New Zealand". Formed by glacial erosion in the last ice age, Lake Kaniere itself is only 8 km long and 2 km wide but can be as deep as 195 metres in places and is surrounded by verdant native bush, making it a popular spot for campers and holiday makers in the summer. You bike through a section of towering ancient rimu forest and tree ferns.

Tonight, you'll spend a second night in Hokitika.

Day 4 Hokitika to Ross - 33km

Your day starts with an easy coastal ride, then follows the bush tramway past Lake Mahinapua. It is a great ride through typical West Coast bush and wetlands.

The final leg of the cycle ride follows a disused railway line with a number of distinctive wooden bridges and wild west coast coastal scenery to your next and final stop the gold mining, farming and forestry town of Ross.

From Ross we return you to Christchurch.





West Coast Wilderness Trail - E Bike Tour Ladies Only

Enjoy gentle cycling in a landscape rich in beauty, history and diversity.



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 West Coast Wilderness Cycle Trail is graded Mild: An average level of fitness, Walk 12km, Bike 25km on well-formed tracks and roads with average incline.

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
- Web: www.tuataratours.co.nz

what's not included

- pre and post tour accommodation
- alcoholic drinks with meals
- 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.





West Coast Wilderness Trail - E Bike Tour Ladies Only

Enjoy gentle cycling in a landscape rich
in beauty, history and diversity.



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 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
- Bucket List Walk
- The Old Ghost Road
- Fiordland With Helicopter Flight From The Fiords
- Fiordland Southwestern Tour/2 Helicopter Flights
- Fiordland Scenic Journey
- Fiordland Southern Discovery Experience
- Queen Charlotte Walk and Boat Stay

New Zealand Hiking Tours

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

New Zealand Cycling Tours

- Around The Mountains Cyucle trail
- The Tekapo Canal Trail
- The Alps 2 Ocean Cycle Trail
- The Molesworth Cycle Trail
- The Westland Wilderness Cycle Trail
- The Otago Rail Trail
- The Tasman Great Taste Trail

Bhutan Tours

Japan Walking Tours

Australia Walking Tours

All of these tours and more available at
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)

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.





West Coast Wilderness Trail - E Bike Tour Ladies Only

*Enjoy gentle cycling in a landscape rich
in beauty, history and diversity.*



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 and click the free subscription button.

how to book

Go to 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.

- New Zealand: 0800 377 378
- Australia: 1 800 044 633
- World: +64 3 962 3280
- Email: info@tuataratours.co.nz
- Web: www.tuataratours.co.nz





West Coast Wilderness Trail - E Bike Tour Ladies Only

*Enjoy gentle cycling in a landscape rich
in beauty, history and diversity.*



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.



