



# Ladies Only-EBike Tour West Coast Wilderness Cycle Trail



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

4 Days, 3 Nights

Mild Grade



Join Helen our experienced tour guide on one of our ladies only E-Bike Tours

The tours are designed to be 4 days of fun cycling with no pressure and no competition, ride at your own pace.

You get detailed practical hands on lessons on how to ride and operate your E-Bike.

You will be amazed at how easy E-Bikes are to ride and operate and how easy the whole idea of biking a trail has become.

## tour highlights

- Pristine tranquil bush
- Steeped in history
- Ancient forests
- Great company
- Treetops walkway experience included
- Experienced attentive guide

## tours run

November - April Starting in Christchurch  
Custom Groups: Options are available for this tour

**tour cost:** 2020 / 2021 NZD\$2095

Your E Bike hire is included in your tour cost

## options & supplements

Single Supplement: NZD\$300

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.



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand  
Phone: New Zealand: 0800 377 378, Australia: 1 800 044 633, World: +64 3 962 3280  
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## 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.

## at a glance

Day 1	Christchurch to Greymouth - Kumara	31km
Day 2	Kumara to Milltown	37km
Day 3	Milltown to Hokitika	33km
Day 4	Hokitika to Ross	33km

## 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. **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 inclines at times.

There is some low level mountain biking on this trail.

## 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.

## 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.



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## itinerary

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### Day 1 Greymouth to Kumara - 31km biking

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 biking

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.



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## itinerary continued

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### Day 3 Milltown to Hokitika - 33km biking

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 to Christchurch - 33km biking

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.

We call into the West Coast Treetops walkway and cafe where you can walk amongst the treetops and get a birds eye view of the forest.

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.





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## what is 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: 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 most nights.

### Luggage

Tuatara Tours transports all your luggage for the duration of the tour.

### 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 kit bag full of useful goodies. This will be given to you at the start of your tour.

### An experienced and fully qualified 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.

## what is 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





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## pre tour checklist

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

- Waterproof rain jacket with hood
- Comfortable walking/riding shoes, we suggest lightweight walking shoes suitable for cycling
- 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 or longs (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

- 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

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. Please ensure you bring spare tyres and tubes as we only carry a basic stock for the bikes we hire out.

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





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## 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.

### 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.

### Do you have bikes I can hire?

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

### How do I train for my upcoming tour?

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.





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## how to book

Go to [www.tuataratours.co.nz](http://www.tuataratours.co.nz), click the make an 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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## pre and post tour accommodation

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

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## custom tours

We Can Customise Existing Tours - You may want to spend an extra day or you may want to add an 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.

## 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 go to the newsletter sign up in the footer of any page.







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## Tuatara Tours-experienced and innovative

Tuatara Tours is an experienced and innovative walking and biking 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 understand the outdoors and we revel in the country, people and climate that we work with

## our team is here to provide you with 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

## 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 Gold 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.

## 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.

## NZ 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  
Great Barrier Island Escape  
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

## NZ Hiking Tours

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

## NZ Cycling Tours

Around The Mountains Cycle Trail  
The Tekapo Canal Trail  
The Alps 2 Ocean Cycle Trail  
The West Coast Wilderness Cycle Trail  
The Queenstown Cycle Trail  
The Otago Rail Trail  
The Tasman Great Taste Trail and  
Golden Bay Explorer

## Overseas Tours

Bhutan Tours  
Japan Walking Tours  
Australia Walking Tours

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





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## 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 380,000 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 (hiking), 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.



## 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.





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## TUATARA TOURS TERMS AND CONDITIONS

Tuatara Tours NZ Limited accepts bookings subject to the following conditions:

### Contract

This contract is between Tuatara Tours and you the client being any person travelling or intending to travel on a tour supplied by Tuatara Tours as the operator. The contract, including all matters arising from it, is subject to New Zealand law and the exclusive jurisdiction of the New Zealand courts. Only Employees and Directors of Tuatara Tours have authority to vary or omit any of the terms.

### Price

The price is quoted in New Zealand dollars and includes GST of 15%. The price is based on prices at time of publishing and Tuatara Tours hereby reserves to modify without notice those prices in any way considered necessary or desirable.

Organised tour accommodations are based on a twin/double share accommodation. Individual travellers will be placed in rooms together with other individual travellers of the same sex. A single supplement is available on request.

### Confirmation of Booking

Bookings are confirmed upon receipt of the full tour price and become definite from that date. Tuatara Tours or their agents reserve their right to decline any booking at their discretion.

### Cancellation

If a client wishes to cancel a tour the following charges will be applied:  
(Unless stated otherwise at time of confirmation of the tour)

1. 60 days or more from departure date - 20% of the tour cost;
2. 21 to 59 days from departure date - 35% of the tour cost; and
3. 20 days or less - no refund will be given.

If a client fails to join the tour, or joins after the tour departure date, no refund will be made. These cancellation fees are not negotiable, therefore we strongly recommend that you purchase travel insurance.

### Insurance

Tuatara Tours recommends that the client take out tour cancellation insurance together with all other necessary travel insurances. Obtaining all necessary insurances is the responsibility of you the client and Tuatara Tours can not held liable for any failure on your part to get insurance.

### Medical conditions

When you book you must notify us of any medical condition, medical history or medication that you are on.

### Changes to Tours

Tuatara Tours will use its best endeavours to ensure that all tours are operated as advertised. It may be that reasonable changes in the itinerary may need to be made where is deemed necessary or advisable by Tuatara Tours. Changes will be advised to the client as soon as is reasonably possible. Where a tour service needs to be changed, a substitute or similar quality or standard will be provided.

### Weather

Adverse weather conditions may mean that planned activities cannot proceed as intended. A decision to change an advertised tour based on the weather conditions will be made by a tour guide at the time and is made in the best interest of the group and their safety. Tuatara Tours and or their contracted suppliers can not be held responsible to any changes as a result of the weather.

### General conditions

Tuatara Tours, its agents, contractors and guides do not accept responsibility or liability for loss, damage to, or theft of personal belongings (owners risk) or for any expenses, including medical and transport expenses arising from a personal accident, injury, illness, or hospitalisation. Tuatara Tours and their guides reserve the right to make any alterations to the itinerary in the interest of safety, or unforeseen circumstances due to causes such as weather, illness or misadventure. Every reasonable endeavour will be made to keep to published schedules but no guarantee is given. Tuatara Tours will not be held liable for costs incurred by change, delay or the missing of connecting services. Tuatara Tours reserves the right to exclude a person from a tour at any time, if in the opinion of the guide or operator, that person may be likely to risk the health, safety or comfort (including unsociable behaviour) of other clients, him or herself or the environment. In such circumstances, Tuatara Tours will not be obliged to offer any refund or transfer ticket. These terms and conditions apply to each participant including in a group booking. Where a booking is made on behalf of a group or two or more people then each participant in the group must be made aware of and accept these terms and conditions

