

# Wild West Coast Trail Trip Notes

Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.



## Tour Highlights

- + Enjoy up to 156km of cycling featuring forest and coastline
- + Learn the gold and coal mining, logging and farming history of our early pioneers
- + Meet the people and hear the stories
- + Visit the former coal mining town of Denniston and view the incline
- + Discover the rainforest and limestone arches of the Oparara Basin
- + Enjoy the arty vibe and Pancake Rocks at Punakaiki
- + Visit a dairy farm and share morning tea with the Coates family
- + Complete your journey in style on the TranzAlpine Train

## Tour Details

- + 5 days
- + Grade 1
- + up to 156km cycling [32% gravel roads, 50% sealed roads; 18% gravel cycle trails]
- + Starts/Ends in Christchurch

## Tour Cost

Tour Price: \$1,545  
Deposit: \$400

## Grade 1



### What's included?

- + 4 nights twinshare accommodation (mostly en-suite)
- + 4 evening meals; 3 lunches; 4 breakfasts
- + fruit, snacks & morning teas on the trail
- + the services of a tour leader who provides vehicle support & information
- + cycle repair support
- + all transport from/to Christchurch
- + Goods & Services Tax of 15%

### Not included:

- + wine; beer; espresso coffees
- + Lunch on Days 1/5
- + bike hire (standard \$190; e-bike \$450)
- + single accommodation (\$300)
- + Tranz Alpine Train fare (from \$119)

## Departure Dates

October 4 - 8, 2017  
November 22 - 26, 2017  
December 5 - 9, 2017  
January 9 - 13, 2018  
February 24 - 28, 2018  
April 3 - 7, 2018



**Questions? Call us**  
Phone within NZ: 0800 222 775  
Phone within Australia: 1800 738 667  
Phone worldwide: +64 21 178 8287  
[www.puretrailsnewzealand.co.nz](http://www.puretrailsnewzealand.co.nz)

# Wild West Coast Trail Trip Notes

Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.



## Itinerary

### Day 1 Christchurch – Greymouth

The tour gets underway as we take the very scenic drive over Arthur's Pass to Westland. Our first ride [29km] begins shortly after our lunch, on a purpose built cycle trail, firstly through native forest and then along the wild Tasman Coast to Greymouth. Check into our comfortable accommodation in Greymouth and take an optional tasting tour at the Monteith's Brewing Co. – a west coast institution. Enjoy a meal in a hotel full of warm West Coast hospitality. **Meals (D) | Cycle Distance: 29km**

### Day 2 Greymouth - Karamea

Today we head north on the famed and wonderfully scenic 'coast road', all the way to Karamea. Our first stop is at Punakaiki. Take some time to explore the arty shops, get a coffee, and view the Pancake Rocks. Our first ride follows a river valley lined with a limestone cliff, through lush tropical native bush [12km]. Back in the vehicle we continue north, past Westport, to Denniston. We ascend 'the hill' to the historic town of Denniston, perched precariously on a coal seam plateau 600m above sea level. Enjoy the magnificent views of the coast below over a picnic lunch. Take the time to explore the settlement before we set off on our second ride of the day. Those looking for an exhilarating challenge are welcome to descend the hill back to the coast in the saddle. Our cycle ride this afternoon follows the quiet coastal road north, which hugs the coastline and passes through a number of interesting settlements, ending at a local pub [36km]. After the ride we continue over the Karamea Bluff's to the township of Karamea in the remote and subtropical north. **Meals (B/L/D) | Cycle Distance: 48km**

### Day 3 Karamea – Cape Foulwind

Start the day with a lovely coastal ride on a quiet rural road, fringed between the roaring ocean and the subtropical nikau bush, to the start of the Heaphy Track [14km]. We then leave our bikes for a few hours, and head inland to the remote and stunning Oparara Basin. In recent times this Basin has been identified as an area of outstanding natural significance due to the unspoilt rainforest, magnificent limestone arches and complex cave systems. We spend a few hours here, giving you time to explore the area [unguided] on the network of short walks. Following lunch of a west coast delicacy, it's back in the saddle for another ride [11.5km], featuring open farmland and views of the bush clad hills of the Kahurangi National Park. We then head back south, through Westport to Cape Foulwind. Enjoy an evening of welcoming hospitality at a great West Coast tavern. **Meals (B/L/D) | Cycle Distance: 25km**

### Day 4 Cape Foulwind - Moana

Today we leave the coast and head inland via the Buller Gorge to historic Reefton, the first town in NZ to have a public electricity supply (from 1888). Get a coffee and take some time to explore this fascinating town. We then travel a short distance to the site of the historic gold mining town of Waiuta, regarded as the Coast's last great gold strike. Many rusty relics remain and there is time to look around before we begin our first ride of the day. Our ride [14km] takes us gently off the plateau through native forest, and out across the open farmland of the Grey Valley. Our second ride follows river terraces on the quiet left bank of the Grey River, towards Blackball (20km). Enjoy a refreshment stop at the legendary 'Formerly The Blackball Hilton' Hotel, before we make our way to the village of Moana and our resort accommodation overlooking Lake Brunner. **Meals (B/L/D) | Cycle Distance: 34km**

### Day 5 Moana - Christchurch

Today we travel a short distance to another stunning lake hidden amongst the bush, well off the beaten track, and enjoy the last cycle ride of the trip. The route takes us along quiet rural roads, featuring a mix of native bush and open farmland, towards the mountains of the Southern Alps [20km]. At the end of the ride we visit local farmers, Murray & Gaye Coates, for a delicious morning tea and a tour of their dairy farm shed. We return to Moana for lunch. From here you can opt to take the TransAlpine train over Arthur's Pass and back to Christchurch arriving at approximately 6.30pm, or travel back in our van. **Meals (B) | Cycle Distance: 20km**



### Questions? Call us

Phone within NZ: 0800 222 775  
Phone within Australia: 1800 738 667  
Phone worldwide: +64 21 178 8287  
[www.puretrailsnewzealand.co.nz](http://www.puretrailsnewzealand.co.nz)

# Wild West Coast Trail Trip Notes

Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.



## Trip Notes Index

Accommodation in Christchurch	3
Accommodation on the tour	4
Bike hire	4
Bringing your own bike	5
Booking Conditions & Cancellation & Refunds policy	5
Car Storage	5
Cash facilities	6
Contact details while on the tour	6
Degree of difficulty & What to expect	6
Departure time and place	6
Final Payment	6
Finishing your tour	6
Guide	7
Health & fitness	7
Insurance	7
Laundry facilities	7
Luggage	7
Meals & Special Dietary Requirements	8
Medical conditions	8
Phone reception/Wifi	8
Tour Information and Safety Declaration Form	8
TranzAlpine Train	8
Weather conditions	9
What to bring checklist	9

### Accommodation in Christchurch

If you need accommodation before and/or after your tour we recommend the following places. We provide **courtesy transfers from any of these locations** before/after your trip:

Airport Precinct:

[Airport Palms Motel](#)

56 Roydvale Avenue | Phone: 0800 200 529 | [www.airportpalmsmotelchch.co.nz](http://www.airportpalmsmotelchch.co.nz)  
Motel complex with a range of room options and free airport transfers. Breakfast available. Close proximity to the airport.



### Questions? Call us

Phone within NZ: 0800 222 775  
Phone within Australia: 1800 738 667  
Phone worldwide: +64 21 178 8287  
[www.puretrailsnewzealand.co.nz](http://www.puretrailsnewzealand.co.nz)

# Wild West Coast Trail Trip Notes

Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.



## Airport Gateway Motel

45 Roydvale Avenue | Phone: 0800 242 8392 | [www.airportgateway.co.nz](http://www.airportgateway.co.nz)

Motel complex with a range of room options and free airport transfers. It also has an on-site café/restaurant & bar for convenient dining. Close proximity to the airport.

## Copthorne Hotel Commodore Christchurch Airport

449 Memorial Avenue | Phone: 0508 226 663 | [www.commodore.net.nz](http://www.commodore.net.nz)

Hotel complex in close proximity to Christchurch airport. Free 24 hour courtesy shuttle. Free bike's available to explore the local area.

## Sudima Hotel

550 Memorial Avenue | Phone: 03 358 3139 | [www.sudimahotels.com/christchurch](http://www.sudimahotels.com/christchurch)

Closest hotel to Christchurch Airport.

## Papanui Precinct:

### Quality Hotel Elms

456 Papanui Road | Phone: 0800 109910 | [www.elmshotel.co.nz](http://www.elmshotel.co.nz)

Hotel complex with a range of room options. On-site café/restaurant & bar for convenient dining. Close proximity to shops & restaurants and the PureTrails depot.

### Christchurch Top10 Holiday Park & Motels

39 Meadow Street | Phone: 0800 396323 | [www.christchurchtop10.co.nz](http://www.christchurchtop10.co.nz)

Holiday park with a range of motel style accommodation at budget-wise prices. Close proximity to shops & restaurants and the PureTrails depot.

## **Accommodation on the tour**

Our comfortable accommodation on this tour includes motels and lodges.

Accommodation is based on double or twin share rooms with en-suite facilities. Single travellers are required to pay the single room supplement fee, however if there are other singles on the trip willing to share a twin room we can arrange this for you in which case no single supplement fee will be payable.

On our website you will find links to some of the accommodations we use within the tour itinerary description. We do not send out a list of accommodation venues for your trip prior to the tour departure unless specifically requested.

## **Bike hire**

Standard bike hire is available at a rate of \$190 for the 5 days. The bikes we use are hybrid style mountain bikes that are high quality and well maintained. We also have a small fleet of electric bikes (ebikes) available for hire at a rate of \$450 for the 5 days. Ebike availability is strictly limited so if you'd like to secure an ebike for your trip you need to book this in with us at your earliest convenience. For standard or ebike hire we need an **accurate measurement** of your height before we can confirm availability.

All bikes are fitted with comfortable gel seats and a small handlebar pannier bag. We also supply you with a helmet and drink bottle. To read more about our bikes, refer to our website: [www.puretrailsnewzealand.co.nz/cycling-nz-information/cycle-trail-bike-hire](http://www.puretrailsnewzealand.co.nz/cycling-nz-information/cycle-trail-bike-hire)

Please note the wearing of cycle helmets on PureTrails tours, whether you are

### **'Saddle Sore' Tip:**

No amount of gel seats or padding will protect you from saddle sore if you do not cycle regularly. The best way to prepare your backside for your tour is to cycle regularly (3 or more 20km+ rides per week) during the month leading up to your trip. Failing that you are welcome to bring a gel seat cover or even your own bike saddle to fit to your hire bike.

You are also welcome to bring your own spd pedals and cleat shoes to fit to your hire bike.

# Wild West Coast Trail Trip Notes

*Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.*



cycling on a public road or cycle trail, is a compulsory requirement.

## **Bringing your own bike**

You are welcome to bring your own bike. Please ensure it is in good condition, recently serviced, and suitable for the terrain you will be riding on. Your bike must not weight more than **20kgs** as anything over this weight is unmanageable for our guides to handle. You need to supply your own spare inner-tubes and other spare parts. Your guide can assist with basic repairs such as repairing punctures, however any running repairs required beyond this are your own responsibility.

If you require the services of a bike mechanic to unpack and assemble your bike prior to your trip and/or box it up again at the end of your trip, this service is available for \$25.

## **Booking Conditions & Cancellation & Refunds policy**

Bookings will be confirmed and held on receipt of a deposit by PureTrails New Zealand. The full name and contact details (phone, email & postal address) for each person booking the tour are required at the time of booking.

Prices quoted are in New Zealand dollars. The balance of the tour price is payable **60 days** prior to departure and payments must be made in New Zealand dollars. Payment is accepted by:

- + direct credit;
- + visa or mastercard & debit cards (add a 2.5% surcharge);
- + cheque (in NZ currency);
- + international bank transfer (add \$25 funds clearance fee);
- + international bank draft

Cancellations must be received in writing and the following conditions apply:

- + Cancellations outside 90 days of the tour departure date will receive a full refund;
- + Cancellations between 90-61 days prior to the departure date will lose the deposit; this deposit can be transferred to an alternative tour within 12 months of the original departure date
- + Cancellations between 60-31 days of the departure date will receive no refund; however a 50% credit can be transferred to an alternative tour within 12 months of the original departure date
- + Cancellations within 30 days of the departure date will receive **no refund**; and no transfers or credits are available.

PureTrails New Zealand strongly recommends all clients, including **domestic** travellers, purchase travel insurance to protect against unexpected cancellations.

We strongly recommend you obtain travel insurance should you need to cancel your trip unexpectedly within 3 months of departure.

Tour departures are subject to a **minimum of 4 people**. You can enquire with us as to the status of your tour at any stage. The full conditions are available on our website at [www.puretrailsnewzealand.co.nz/booking-terms-conditions](http://www.puretrailsnewzealand.co.nz/booking-terms-conditions).

## **Car Storage**

In Christchurch secure car storage is available at our depot in Papanui for \$10 per day. This needs to be booked in advance.



## **Questions? Call us**

Phone within NZ: 0800 222 775  
Phone within Australia: 1800 738 667  
Phone worldwide: +64 21 178 8287  
[www.puretrailsnewzealand.co.nz](http://www.puretrailsnewzealand.co.nz)

# Wild West Coast Trail Trip Notes

*Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.*



## Cash facilities

The only places you will encounter a cash ATM machine or bank during the 5 days is Greymouth & Westport. EFTPOS and credit cards can be used at virtually all the cafes and hotels along the tour.

## Contact details while on the tour

If your friends or family need to contact you urgently during the tour, they can contact you via our office on: Phone: +64 21 178 8287. Please note there is good mobile phone coverage throughout most of the region with the exception of Karamea and Moana.

## Degree of difficulty & What to expect

The Wild West Coast Trail tour is a collection of cycle rides totalling 156km that we have put together that showcase the dramatic northern West Coast region. The tour features 50% cycling on sealed roads, 32% cycling on **gravel roads**, and 18% cycling on a purpose built **gravel cycle trail**. This trip takes in a large area of the upper west coast and so there is a fair amount of vehicle travel in addition to the cycling, as well as lots of additional sightseeing at places of geological and historical interest.

The riding is rated Grade 1 and there are a few gentle hills that can be skipped if desired. Refer to our website for more information on our Difficulty Gradings.

[www.puretrailsnewzealand.co.nz/cycling-nz-information/level-of-difficulty](http://www.puretrailsnewzealand.co.nz/cycling-nz-information/level-of-difficulty)

## Departure time and place

PureTrails offer courtesy pick ups and drop offs from the locations recommended on page 3 & 4. If you are staying at one of these locations, we will pick you up between 8:00am and 8:20am approximately. For those staying elsewhere, we ask that you make your way to our depot in Papanui (11a Langstone Lane). Please be ready wearing your cycle gear at the start of the tour **by 8:15am**.

Unfortunately we are not able to provide pick ups or drop offs at Christchurch Airport. The nearest pick up point available is at the Airport Gateway Motel, 2kms from the terminals.

## Final Payment

Your final payment is required **60 days prior** to your tour departure date, and will include items which may not be listed on your original invoice such as bike hire. You will receive an updated invoice around 10 weeks prior to departure once we have received your Tour Information & Safety Declaration Form – see page 8.

Payment can be made by:

- + visa or mastercard (Inc debit cards) - subject to a 2.5% surcharge;
- + direct transfer (NZ bank account holders only);
- + international transfer (subject to a \$25 funds clearance fee which covers the fee NZ banks charge to receive your payment);
- + cheque in NZ currency ;
- + international bank draft (cheque)

## Finishing your tour

For those not opting to take the TranzAlpine Train back across the Southern Alps on Day 5, the tour finishes in Christchurch at approximately 5pm on Day 5. Your guide

### International Transfers Tip:

Conventional Banks have high fees when it comes to international transfers (hence our \$25 funds clearance fee). Third party institutions such as Western Union or CurrencyFair or TransferWise will offer you a competitive currency exchange rate and significantly lower transfer fees. We are happy to refund you the difference (in NZ\$ cash) in funds clearance fees if you manage to secure a better rate.

# Wild West Coast Trail Trip Notes

Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.



can drop you off at any of the accommodation locations on page 3 & 4. If you are flying out of Christchurch on Day 5, do not book flights that require check in before 6pm.

For those opting to take the TranzAlpine Train back across the Southern Alps on Day 5, the train is due back in Christchurch at 6:30pm on Day 5. The train can often be delayed so we do not recommend booking flights out of Christchurch much before 8pm. Taxi's are available at the station to take you to your destination.

## Guide

Your tour will be led by one of our friendly and professional guides who drives the support vehicle and will be at hand for (almost) anything you need or want to know during your tour (we try our best anyway!) We are very approachable so please do ask if you have any queries or concerns. Your guide **does not participate in the cycling** with the group.

## Health & fitness

You will be cycling 156km+ over 5 days so you should be reasonably fit and in good health. While the cycling is not technically difficult, the more comfortable you are riding your bike beforehand, the more you will enjoy the tour. You bike at your own pace and can have plenty of photo and snack stops. Our emphasis is on having fun and enjoying the scenery ... If you need a rest, there is always the option of taking the **support vehicle**.

We strongly encourage you to get out and do some biking before your tour, on **gravel roads** if possible, starting out with half an hour a day, building up to 3-4 longer rides (20km+) per week during the month prior to your tour (at the very minimum). The secret is to start slowly and increase your exercise gradually. The fitter you are the more enjoyable your experience will be.

## Insurance

You never know when either yourself or a family member may fall ill. You are urged to take out travel insurance to cover yourself in the event that you need to cancel your tour with us within three months of the tour departure date. **This includes New Zealander's travelling within New Zealand.** PureTrails New Zealand Ltd is not obligated to give you a refund within this period. Refer to our website for the full terms and conditions [www.puretrailsnewzealand.co.nz/booking-terms-conditions](http://www.puretrailsnewzealand.co.nz/booking-terms-conditions)

## Laundry facilities

There are laundry facilities for you to use at our accommodation during the tour. There is usually a \$4-5 charge per wash and dry cycle.

## Luggage

We urge you to try to keep your luggage to a minimum. Please limit yourself to 18kgs. All luggage is transported in our vehicle during the day. Anything you need access to during the days cycle ride should be stored in a small bag which can be left on the bus rather than in your suitcase. Those with excess luggage not needed on the tour are welcome to store bags at our depot free of charge while you are away. On Day 1 when you join the tour, please be ready wearing your cycle gear.

### Insurance Tip:

Domestic New Zealand travellers can obtain a Domestic Travel Insurance Policy online from [www.1Cover.co.nz](http://www.1Cover.co.nz) (Comprehensive Domestic) or [www.CoverMore.co.nz](http://www.CoverMore.co.nz) (Domestic Plan D) for reasonable prices (approx \$100-\$150 for two seniors for 8 days cover). Ensure your policy includes cover for 'Cancellations & Lost Deposits'. Pre-existing medical conditions are not generally covered so check the policy wording and exclusions carefully.

### Laundry Tip:

If you need to give your cycle gear a wash during your trip, bring some travel liquid detergent and an elastic travel clothes line (available from Kathmandu etc). You can wash your garments and hang them out to dry in your room overnight. Merino and quick-dry fabric garments will dry out overnight.

# Wild West Coast Trail Trip Notes

*Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.*



## **Meals & Special Dietary Requirements**

Meals are supplied as indicated on the itinerary (B/L/D). Beer and wine, tea & coffee etc are not included in the tour package however there will be the opportunity for you to buy beverages along the way.

Breakfasts are a continental style, and lunches are taken either as picnics or in cafes. For dinner we dine in the local restaurants in the villages where we stay following a two course set menu format.

We provide a range of high energy healthy snacks while biking such as bananas and fruit, frooze balls, muesli bars, fruit cake and biscuits.

PureTrails New Zealand will **endeavour** to cater to any special dietary requirements you may have (please disclose this on the Tour Info & Health & Safety Declaration form). Vegetarian and gluten free and dairy free diets are not a problem for our meal providers. Requests such as a sugar free or grain free diet and vegan meals etc are a little more problematic given the remote rural location of the tour. In these instances you may need to bring your own snacks and specialty foods. 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.

## **Medical conditions**

If you have a medical, physical or mental condition that may affect your ability to participate in the tour you must disclose this to us on our Tour Information and Safety Declaration form (see page 8). Your guide may follow up on your condition with you on Day 1 to help us manage your safety in the event of a medical event.

## **Phone reception/Wifi**

There is very good mobile phone coverage throughout much of the region with the exception of Karamea and Moana. Wifi is becoming more widely available and in most case (but not all) is offered free of charge, and there is also good 3G/4G coverage.

## **Tour Information and Safety Declaration Form**

All tour participants (including non-riders) are required to complete a separate copy of our 'Tour Information and Safety Declaration Form', and return it to us **3 months** prior to your tour departure date. Please note this includes those who have been on another PureTrails New Zealand tour at some point in the past. Although we keep a database of information from previous tours, medical/dietary/emergency contact details can change from year to year so we require that a new form be completed for each tour you join.

## **TranzAlpine Train**

The TranzAlpine train ride across the Southern Alps from Moana to Christchurch is reputed to be one of the best train trips in the world, and it is a great way to finish your trip. Fares **start from** \$119 however the price is not confirmed until you pay your final balance as fares are non-refundable. To get the best price (especially if you hold a NZ Super Gold card) you can book your fare directly at [www.kiwirailscenic.co.nz](http://www.kiwirailscenic.co.nz).



## **Questions? Call us**

Phone within NZ: 0800 222 775  
Phone within Australia: 1800 738 667  
Phone worldwide: +64 21 178 8287  
[www.puretrailsnewzealand.co.nz](http://www.puretrailsnewzealand.co.nz)



# Wild West Coast Trail Trip Notes

Take a journey through the upper West Coast and enjoy a series of cycle rides that showcase the area's beech forests, secluded lakes and rugged coastline, combined with visits to historic gold and coal mines.



The train to book is the TranzAlpine Train departing from Moana (Lake Brunner) @ 2.42pm, to Christchurch, on Day 5 of your trip. The train can often be delayed so we do not recommend booking flights out of Christchurch much before 8pm. Taxi's are available at the station to take you to your destination.

## Weather conditions

The West Coast is generally perceived as being very wet all of the time, however you may find it surprising dry and humid. The coast to the north of the Franz/Fox Glaciers receives far less rainfall than the coast to the south. Generally, you can expect the temperature to be around 15-27°C in Jan/Feb, and 15-22°C in Nov/Dec/Mar/April. The visual landscape is impossibly beautiful regardless of season or temperature. You will gain maximum enjoyment by being prepared for hot, cold, and wet conditions.

## What to bring

In the interest of safety and enjoyment, please ensure you are adequately equipped for your tour. **Warm clothing is essential even in January/February.** The following is a list of what you need to bring:

- Clothing:**
- Waterproof raincoat – **essential**
  - Thermal top – **essential**
  - Thermal leggings – **essential in Spring/Autumn**
  - Shorts, bike pants or light trousers for cycling
  - Woollen or fleece jacket layers (not cotton)
  - T-shirts (breathable fabrics are best)
  - Warm hat and gloves
  - A comfortable pair of shoes for cycling
  - Sports socks for cycling
  - Comfortable casual wear for evenings

- Equipment:**
- Padded cycle gloves
  - Sunscreen, sunglasses & sunhat
  - Personal toilet gear
  - Personal first aid kit** containing paracetamol, voltaren, antihistamine and any other medication you take
  - Insect repellent

- Optional:**
- Gel seat cover
  - Camera
  - A large plastic ziplock bag for use inside the hire bike pannier bag if it is very wet
  - Mobile phone to enable phone contact with your guide

On Day 1 when you join the tour, please be ready wearing your cycle gear.

For excellent quality NZ made cycle specific clothing and accessories, visit [www.groundeffect.co.nz](http://www.groundeffect.co.nz)

### Cycle Clothing Tip:

Bright reflective cycling gear makes you far more visible to other road users and increases your safety significantly. We require that those not wearing bright reflective cycle clothing wear a PureTrails supplied high-vis safety vest for all cycle sections that are on public roads.

### 1<sup>st</sup> Aid Kit Tip:

PureTrails NZ carries a comprehensive 1<sup>st</sup> Aid Kit and an Emergency Response Kit in our support vehicle; however this is kept for emergency situations only. Please bring your own supply of paracetamol, voltaren, antihistamine and any other medication you take, as well as bandaids and some dressings etc in a small kit that you can take with you on your bike.

### Wet Weather Tip:

Bring a large plastic zip-lock bag that you can use inside the pannier bag of your hire bike to store your camera, phone, wallet etc to prevent them from getting wet (the pannier bags are not 100% waterproof).