

# Tasman Great Taste Trail Trip Notes

156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.



## Tour Highlights

- + Cycle 156km of the Tasman Great Taste Trail
- + Indulge in the fine local foods, wines, and craft beer
- + Explore the local arts, crafts and cottage industries
- + Cycle along the coast at Rabbit Island
- + Enjoy a seaside lunch on Mapua Wharf
- + Enjoy a scenic cruise in the stunning Abel Tasman National Park
- + Swim in the beautiful waters at Kaiteriteri Beach

## Tour Details

- + 5 days
- + Grade 1
- + 156km cycling [64% cycle trail; 36% sealed road]
- + Starts/Ends in Christchurch or Nelson

## Tour Cost

Tour Price: \$1,725  
Deposit: \$400

## Grade 1



## What's included?

- + 4 nights twin-share en-suite accommodation
- + 4 evening meals; 3 lunches; 4 breakfasts
- + fruit, snacks & morning teas on the trail
- + Rabbit Island Ferry
- + scenic boat cruise in the Abel Tasman National Park
- + 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)
- + optional wine tasting/museum entry/brewery tours
- + single accommodation supplement (\$315)
- + Nelson transfers on Day 1/5, from \$50/\$40 pp approx (based on 4 people)



## Departure Dates

Refer to our website for current 2018-2019 departure dates and tour availability



Official Partner



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)

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



## Itinerary

### Day 1 Christchurch/Nelson – St Arnaud

We depart Christchurch for the drive north via the Lewis Pass to the Nelson Lakes National Park. Alternatively there is the option of starting from Nelson and meeting the tour party in St Arnaud instead of starting from Christchurch. After checking into our accommodation at St Arnaud, go for a ride around the village or on a road through the beech forest to get acquainted with your bicycle (14km). Eat at a local restaurant.

**Meals (D) | Cycle Distance: 14km**

### Day 2 St Arnaud - Nelson

We drive a short distance to the Golden Downs cycle touring route that takes us into Tasman Bay. Cycle 10km down a valley to the township of Wakefield. In Wakefield enjoy morning tea and a short bush walk before we join the Great Taste Trail, cycling 8km to Brightwater. Stop off and explore the Lord Rutherford Birthplace Memorial. Continue cycling (16kms) on the Great Taste Trail alongside the Waimea River and orchard flats to our lunch stop. Take an optional wine tasting break at a local winery before continuing to our finishing point on the outskirts of Nelson. In the afternoon you have time to explore the city centre or take an optional visit to the World of Wearable Arts Museum or a local brewery. **Meals (B/L/D) | Cycle Distance: 36km**

### Day 3 Nelson - Motueka

We continue cycling the Tasman Great Taste Trail. The first section of trail follows the coast around the Waimea Inlet to Rabbit Island with wonderful views out over Tasman Bay (19kms). At the northern tip of the Island we catch the ferry across to the seaside settlement of Mapua. Take some time to browse around the shops and cottage industries and enjoy a fresh seaside cafe lunch. After lunch continue riding the Great Taste Trail around the coast to Ruby Bay, and then inland through farmland, past the Riverside Community & Cafe, and finally into Motueka via the harbour (27km). Check into our accommodation for the next two nights. Enjoy an evening at a local craft brewery pub. **Meals (B/L/D) | Cycle Distance: 53km**

### Day 4 Motueka

Today's cycle follows the west bank of the beautiful Motueka River Valley, through forests and orchards and farmland, at a leisurely pace 32km to Riwaka. After lunch and the opportunity to visit a craft brewery, you can continue on the trail 8km to Motueka. This afternoon we do a side trip out to the coast to the beautiful golden sandy beach of Kaiteriteri. Relax on the beach before boarding a boat for an amazing scenic cruise alongside one of the country's most stunning places – the Abel Tasman National Park. Enjoy a celebratory final dinner across from the beach before heading back to Motueka.

**Meals (B/L/D) | Cycle Distance: 40km**

### Day 5 Motueka - Christchurch/Nelson

We head through the Motueka Valley to ride the famous Spooners Tunnel section of the Tasman Great Taste Trail to Belgrave (15km). The 1.4km Spooners Tunnel is NZ's longest decommissioned rail tunnel and has important heritage value. It is the 5th longest tunnel open to cycling and walking in the world, and the longest in the southern hemisphere. Trains used the Nelson Railway line and Spooners Tunnel until services stopped in 1955. Enjoy morning tea at the historic cafe at the finish before we load up our bikes and drive back to Christchurch via the Lewis Pass, arriving at around 6- 7pm. Alternatively you can catch a shuttle to Nelson. Shuttle availability and a minimum of 4 people may apply.

**Meals (B) | Cycle Distance: 15km**



## 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)

# Tasman Great Taste Trail Trip Notes

156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.



## Trip Notes Index

Accommodation in Christchurch	3
Accommodation in Nelson	4
Accommodation on the tour	4
Bike hire	5
Bringing your own bike	5
Booking Conditions & Cancellation & Refunds policy	5
Car Storage	6
Cash facilities	6
Contact details while on the tour	6
Degree of difficulty & What to expect	6
Departure time and place (Christchurch)	6
Departure time and place (Nelson)	7
Final Payment	7
Finishing your tour in Christchurch	7
Finishing your tour in Nelson	7
Guide	7
Health & fitness	8
Insurance	8
Laundry facilities	8
Luggage	8
Meals & Special Dietary Requirements	8
Medical conditions	9
Phone reception/Wifi	9
Tour Information and Safety Declaration Form	9
Weather conditions	9
What to bring checklist	10

### 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)

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



## [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.

## [Cophorne 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 in Nelson**

If you need accommodation in Nelson we recommend the following:

### [Sussex House B&B](#)

238 Bridge Street | Phone: +64 3 548 9972 | [www.sussex.co.nz](http://www.sussex.co.nz)

Centrally located Victorian character home with a range of guest rooms available.

### [Trailways Hotel](#)

66 Trafalgar Street | Phone: 0800 872 459 | [www.trailwayshotel.co.nz](http://www.trailwayshotel.co.nz)

Modern hotel complex situated in the central city overlooking the Matai River. On site restaurant.

## **Accommodation on the tour**

Our comfortable accommodation on this tour includes studio motel & hotel rooms. 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.

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



## '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.

## 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 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 weigh 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 (for those starting/finishing in Christchurch only).

## 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

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



+ 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.

## **Cash facilities**

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

## **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.

## **Degree of difficulty & What to expect**

The 'Tasman Great Taste Trail' is a cycle trail that consists of a mix of sealed 'shared pathways', purpose built firm **gravel cycle trails**, boardwalks, and sealed and gravel public roads. Our 150km tour features 64% cycling on cycle trails and 36% cycling on sealed roads.

This tour is primarily a cycle tour (not a gourmet food tour) of the trail that connects the urban towns of the Nelson/Tasman region, as well of course as the plentiful wineries and vineyards, orchards and berry farms, and the beautiful sandy beaches of this sun drenched region. Where possible we eat in local wineries, fresh seafood restaurants, and craft breweries. There are optional opportunities to taste both local wines and craft beer along the way.

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 (Christchurch)**

PureTrails offer courtesy pick ups and drop offs from the locations recommended on pages 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) **by 8:15am**.

Unfortunately we are not able to provide pick ups or drop offs at Christchurch



## **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)

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



Airport. The nearest pick up point available is at the Airport Gateway Motel, 2kms from the terminals.

## Departure time and place (Nelson)

If you opt to start your tour from Nelson rather than Christchurch, the tour will meet you at St Arnaud (1hour drive from Nelson) at approximately 3pm on Day 1, at our accommodation at Nelson Lakes Motels.

For those flying into Nelson, we can organise a private shuttle connection to St Arnaud for you. The shuttle generally leaves Nelson city (or the airport) at 1pm. The shuttle is run by a local operator and needs to be booked in advance. The cost is \$50 pp (+\$10 per bike if you bring your own bike). Please note the shuttle may be subject to availability and a minimum of 4 people.

If you have a vehicle that you will be leaving in the area, the best place to meet the group is at Murchison. You can be picked up and dropped off here at the start/end of the tour.

## 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 and any tour transfers required. You will receive an updated invoice around 10 weeks prior to departure once we have received your Tour Information & Safety Declaration Form – see page 9.

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 in Christchurch

If you are finishing your tour in Christchurch, you are likely to be back in the city by approximately 6-7pm on Day 5. Your guide can drop you off at any of the accommodation locations on pages 3 & 4. If you are flying out of Christchurch on Day 5, do not book flights that require check in before 8pm.

## Finishing your tour in Nelson

If you are finishing your tour in Nelson we can organise a private shuttle connection for you from the café at Kohatu (near the end of our last ride on Day 5) to Nelson. The shuttle generally leaves Kohatu at 11am and arrives back in Nelson city (or the airport) by midday. The shuttle is run by a local operator and needs to be booked in advance. The cost is \$40 pp (+\$10 per bike if you bring your own bike). Please note the shuttle may be subject to availability and a minimum of 4 people. If you are flying out of Nelson on Day 5, do not book flights that require check in before 1pm.

## Guide

Your tour will be led by one of our friendly and professional guides who drives the

**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.



## 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)

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



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, but meets up with you along the trail in our vehicle every 8 – 15kms or so.

## Health & fitness

You will be cycling 156km of the Tasman Great Taste Trail over 4 days so you should be reasonably fit and in good health. While the trail is not technically difficult, the more comfortable you are riding your bike beforehand, the more you will enjoy the trail. 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.

## 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 breakfast supplied by our accommodation hosts, and lunches are taken either in wineries or restaurants along the trail or as a trail-side picnic. 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

### 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.

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



fruit, froyo 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 9). 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 along the Tasman Great Taste Trail. Wifi is becoming more widely available and in most cases (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.

### **Weather conditions**

The Tasman region has reasonably mild weather, though it can rain at any time of the year. Generally, you can expect the temperature to be around 15-30°C in Jan/Feb, and 15 - 25°C in Nov/Dec/Mar/April. You will gain maximum enjoyment by being prepared for both hot and cold temperatures.

# Tasman Great Taste Trail Trip Notes

*156km of easy cycling around the heart of the sunny Tasman district. Cycle beautiful coastlines and river valleys while enjoying delectable food, local wines and craft beers, and exploring the thriving arts scene.*



## 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).

## 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
  - Torch/flashlight for the tunnel on the trail

- 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
  - Swimming costume (Nelson & Motueka accommodation swimming pools/ Kaiteriteri beach)

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