

# Central Otago Trail Trip Notes

*A collection of cycle trails alongside the rivers and lakes of the stunning Central Otago district including Arrowtown, Cromwell, Wanaka, Clyde and Roxburgh. Incredible scenery and excellent cycle trails.*



## Tour Highlights

- + Cycle 192km of cycle trails around Central Otago's stunning lakes & rivers
- + Ride the stunning purpose built Gibbston Valley Trail; Lake Hawea Trail; Lake Dunstan Cycle Trail; Roxburgh Gorge and Clutha Gold Cycle Trails
- + Experience the colours of the seasons
- + Take in the spectacular scenery and relaxed vibe of the Central Otago
- + Explore the small communities of Arrowtown, Cromwell & Clyde
- + Travel through the stunning Roxburgh Gorge by bicycle and jet boat
- + Indulge in fresh Central Otago produce and local wines
- + Dial out and enjoy a week away in this most stunning part of NZ

## Tour Details

- + 6 days
- + Grade 2
- + 192km+ cycling with full vehicle support [100% gravel cycle trail]
- + Starts/Ends in Queenstown or Christchurch

## Tour Cost

Tour Price: \$2,250  
Deposit: \$400

### What's included?

- + 5 nights twin-share ensuite accommodation
- + 5 evening meals; 4 lunches; 5 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
- + Roxburgh Gorge jet boat shuttle
- + Clyde wine tasting and platter
- + Goods & Services Tax of 15%

### Not included:

- + wine; beer; espresso coffees
- + lunch on Days 1 & 6
- + wine tasting fees
- + bike hire (standard \$190; e-bike \$465)
- + single accommodation (\$400)
- + transfers from Clyde to Queenstown on Day 6 (\$55 approx; bikes additional)



## Departure Dates

Refer to our website for current departure dates and tour availability

Grade 2



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## Itinerary

### **Day 1 Christchurch/Queenstown - Arrowtown**

We head south across the plains and through the Mackenzie Basin. The scenic drive continues as we head over the Lindis Pass and into Central Otago. We continue through the Kawarau Gorge to our accommodation, a stone's throw from the quaint village of Arrowtown. In the afternoon enjoy a walk around the village and historic Chinese gold mining village relics. Alternatively there is the option to join the tour in Arrowtown from Queenstown. In the evening get acquainted with your companions over a meal at the local pub. **Meals (D) | Cycle Distance: 0km**

### **Day 2 Arrowtown - Cromwell** (Lake Hayes Trail/Gibbston River Trail)

We travel a short distance to Lake Hayes where your guide will fit you out with your bike. From here our first cycle commences, an 8km circumnavigation of the lake, surrounded by the stunning peaks of the Remarkables, Ben Lomond and Coronet Peak. Take in the views over morning tea, before continuing on the 6km ride to Arrowtown through the rambling Millbrook Golf Resort. Here we join the Gibbston Valley Trail which follows the Arrow River. Cross over two very impressive suspension bridges and over the historic Kawarau Bridge to the AJ Hackett bungy centre. A short distance on is our lunch stop at cellar door (14km). After a leisurely lunch we continue riding further into the Gibbston Valley to the end of the trail (8km). From here we transfer through the scenic gorge to the town of Cromwell and our accommodation for the next two nights. **Meals (B/L/D) | Cycle Distance: 36km**

### **Day 3 Cromwell** (Hawea River Trail/Lake Dunstan Cycling & Walking Trail)

Today we travel to Lake Hawea. Enjoy morning tea with another view of the mountains before our cycle for the day, alongside Lake Hawea and then following the Hawea River terraces (17km) to Albert Town. Here we cross the river and follow the Lake Wanaka outlet around Point Eely and into the township of Wanaka (18km), stopping for a picnic lunch at one of the beachside reserves beside the lake. This is the best of Central Otago with the raw brown plains coupled with sparkling cool blue waters and a backdrop of snowcapped mountains. Take some time to explore the Wanaka township before we travel a short distance to Pisa Moorings. Here we start riding the new Dunstan Trail, cycling south alongside Lake Dunstan to Cromwell (13km). In the late afternoon there is the opportunity to visit a local winery for a wine tasting. **Meals (B/L/D) | Cycle Distance: 48km**

### **Day 4 Cromwell - Clyde** (Lake Dunstan Cycling & Walking Trail)

Today we continue riding the new Dunstan Trail (due to open in Nov-Dec 2020). From Cromwell the trail passes through the historic precinct of Cromwell, before following the Kawarau River to Bannockburn and around through the vineyards and olive groves to Cornish Point. From here the trail enters the Cromwell Gorge, through a bare landscape of spectacular schist rock, above the deep blue waters of Lake Dunstan. Head past the Clyde Dam and power station to Clyde (42km). Here we enjoy lunch in the historic precinct of Clyde. Check into our accommodation for the next two nights. In the afternoon explore the galleries and boutiques in the delightful village of Clyde, or have a walk around the historic precinct to appreciate the gold mining history of the township. Later in the afternoon we enjoy a tasting of local Clyde/Alexandra wines and cheese platter. **Meals (B/L/D) | Cycle Distance: 42km**

### **Day 5 Clyde** (Roxburgh Gorge/Clutha Gold Trail)

This morning we travel a short distance to where the Roxburgh Gorge Cycle Trail begins. The trail through the Roxburgh Gorge is just stunning and will take your breath away. A 10km cycle is followed by a scenic jet boat transfer from Doctors Point to Shingle Creek, followed by another 13km cycle to the Roxburgh Dam. Here we enjoy lunch before continuing on the Clutha Gold cycle trail to Millers Flat (30km). This section features orchards as well as gold mining relics which makes for a very pleasant ride. At Millers Flat we load up our bikes, enjoy a cold drink at the local store, then travel back to our accommodation in Clyde. Enjoy a celebratory meal together. **Meals (B/L/D) | Cycle Distance: 53km**

### **Day 6 Clyde – Christchurch/Queenstown** (Clyde - Alexandra River Trail)

This morning we finish the final piece of the Central Otago Trails puzzle, a lovely cycle is a 13km ride beneath the willow trees following the Clutha River from Clyde to Alexandra. Enjoy a final morning tea beside the mighty Clutha River. This is the end of the tour and from here you have the option of getting a shuttle bus back to Queenstown (arriving 2pm approx), or travelling in the PureTrails bus to Christchurch (arriving 5:30pm approx). Or you may wish to stay on in Central Otago and ride the 150km Otago Central Rail Trail. **Meals (B) | Cycle Distance: 13km**

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### 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.*

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## [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 in Queenstown**

If you need accommodation in the Queenstown area before and/or after your tour we recommend the following:

### [Scenic Heartland Hotel & Scenic Suites](#)

27 Stanley Street, Queenstown | 03 442 4718 | [www.scenichotels.co.nz](http://www.scenichotels.co.nz)

3 star hotel complex offering a variety of rooms and rates.

### [Garden Court Suites & Apartments](#)

41 Frankton Road, Frankton | 03 442 9713 | [www.gardencourt.co.nz](http://www.gardencourt.co.nz)

Well appointed modern motel complex.

### [Shades of Arrowtown](#) (our accommodation for night 1 of the tour)

9 Merioneth Street, Arrowtown | 03 442 1613 | [www.shadesofarrowtown.co.nz](http://www.shadesofarrowtown.co.nz)

Cottage style motel close to Arrowtown's main street

## **Accommodation on the tour**

Our comfortable accommodation on this tour includes comfortable and quiet motels. 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.

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## '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 \$465 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. 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

If you are bringing your own, please take the following into consideration:

- Your bicycle **does not weigh more than 20kg** – including e-bikes (with the battery off). Bikes heavier than this are too heavy for our guides to be able to lift on and off the cycle trailer safely and are too heavy for our trailer fittings.
- Your bike **does not have any mudguards fitting on the front tyre** (due to how they are secured on the trailer). Rear mudguards are fine.
- The bike is well maintained, recently serviced, and in a good safe condition.
- Your helmet is in a good safe condition with no cracks, and can be fastened properly.
- The tyres have a good level of tread on them, suitable for trails/gravel. Slick tyres are not recommended.
- A basic bike repair kit must be carried including 2 x spare inner tubes.
- Any major mechanical breakdown is your own responsibility.
- **PureTrails staff will secure your bike on our cycle trailer when in transit during the tour, but the company is not held responsible for any damages that occur during transportation.**

Your guide can assist with basic repairs such as repairing punctures, however any running repairs required beyond this are your own responsibility.

## 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 2.5% surcharge);
- + international bank transfer (add \$25 funds clearance fee);

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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. In Queenstown 'Airport Parking Queenstown' ([airportparkingqueenstown.co.nz](http://airportparkingqueenstown.co.nz)) has storage available at reasonable rates near the airport for cars/SUV's. Campervan's/Motorhomes can be left at the Arrowtown Holiday Park by prior arrangement.

## Cash facilities

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 Central Otago Trails tour is a collection of cycle rides totalling 192km that we have put together that showcase the beautiful Central Otago region. This tour is a visual feast with mountains and pristine lakes everywhere you look, fantastic Autumn colours (during April), fun cycle trails, as well as great local food and wine.

The cycling is all on purpose built **gravel cycle trails**. The trails are a mix of grade 1 & 2. Days 4 & 5 is on the stunning Lake Dunstan Cycle Trail and Roxburgh Gorge Cycle Trail, which, due to the nature of being a narrow gorge, features some well benched zig-zag climbs/descents. The riding is rated Grade 2. 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). Cycling experience is necessary, as well as the ability to change gears proficiently.

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**If you do minimal training before your tour or are not 'cycle fit', you may find that you are not able to cycle all of the sections of the trail, and may require the use of our support vehicle.**

## **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 8am.**

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.

## **Departure time and place (Queenstown)**

If you opt to join the tour in Queenstown rather than Christchurch, the tour will meet you in Arrowtown at approximately 5pm on Day 1, at our accommodation at Shades of Arrowtown, cnr Buckingham/Merioneth Streets. Check in is available *from* 2pm.

You need to make your own way to Arrowtown. Supershuttle ([www.supershuttle.co.nz](http://www.supershuttle.co.nz)) provide transfers, or the local bus service run regular and affordable buses between Queenstown, Frankton and Arrowtown. The blue #2 run from Arthur's Point to Arrowtown is the bus to catch from the Frankton bus shelter, outside of the airport terminal to Ramshaw Lane, Arrowtown. <https://www.orc.govt.nz/public-transport/queenstown-buses/queenstown-bus-timetables/2-arthurs-point-to-arrowtown>

## **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);

## **Finishing your tour in Christchurch**

If you are finishing your tour in Christchurch, you are likely to be back in the city by 5:30pm on Day 6. 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 6, do not book flights that require check in before 6:30pm.

## **Finishing your tour in Queenstown**

If you are finishing your tour in Queenstown we can organise a shuttle connection for you from Clyde at 12:30pm, arriving in Queenstown at 2pm approximately. Bus times available vary from day to day and month to month, so please check the timetable with us before booking any onward travel. Please note tour transfers need to be booked and

### **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.

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paid for at least one month in advance. The cost is \$55 pp approx for this door to door (or airport) service. Bikes can be transported for an additional \$15.

## 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, but meets up with you along the trail in our vehicle every 10 - 20kms or so.

## Health & fitness

You will be cycling 192km over 5 days so you should be reasonably fit and in good health. The **gravel trail** has a few moderate climbs so 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.

**If you do minimal training before your tour or are not 'cycle fit', you may find that you are not able to cycle all of the sections of the trail, and may require the use of our support vehicle.**

## 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 some of our accommodation venues during the tour. There is usually a \$4-5 charge per wash and dry cycle.

## Luggage

Please limit yourself to 18kgs of luggage. 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 starting and finishing in Christchurch 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.

### 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.

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Breakfasts are generally a continental style breakfast, and lunches are taken either in cafes 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 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. 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 area. 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 online '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**

Central Otago and the Southern Lakes experiences big extremes of weather, with temperatures ranging from -10 to 38°C. The altitude of the trails range from 100 – 360 metres above sea level, and the region can be subject to strong winds. You could experience very hot or cold temperatures (including snow) at any time of the year.

Generally, you can expect the temperature to be around 15-30°C in Jan/Feb, and 10 - 25°C in Nov/Dec/Mar/April. By April, it tends to get quite cold in the evenings with frosts, and possibly snow in late April (!) The visual landscape is impossibly beautiful regardless of season or temperature. You will gain maximum enjoyment by being prepared for both hot and cold temperatures.

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## Help us go green:

Help us save the planet by bringing your own reusable drink bottle and coffee cup. Alternatively a branded PureTrails 'Specialised' drink bottle can be purchased for \$10.

## 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:**
- A drink bottle (or buy a PureTrails branded bottle for \$10)
  - A cup for tea/coffee stops
  - Padded cycle gloves
  - Sunscreen, sunglasses & sunhat
  - Personal toilet gear
  - Personal first aid kit** containing paracetamol, voltaren, antihistamine and any other medication you take
  - A supply of toilet tissue as it may not be provided in the public toilets along the trails
  - 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

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