

For your peace of mind, our support vehicle is always available throughout each stage of the cycle tour. This gives us the opportunity to visit other points of interest around the areas on the tour. Or if we have any unfavourable weather conditions, bike hassles or flatties, or you just simply need to rest the legs for a little bit, then we can accommodate accordingly. Please refer to our [FAQs page](#) for more information.

Day 1: Christchurch – Tekapo

- We drive 2½ hours south from Christchurch to Cricklewood to resume the Sounds to Sounds journey, starting with a scenic ride over McKenzie Pass into the stunning Mackenzie Country, finishing in the alpine village of Tekapo.
- In the evening, we enjoy a meal at a local restaurant, reconnecting with fellow travellers or getting to know new ones.

CYCLE DISTANCE: 1 DAY: 63KM TOTAL CLIMB: 900M
MEALS: DINNER

Days 2 - 3 : Tekapo - Omarama

- Day 2, we ride the Alps 2 Ocean Trail from Tekapo, following the turquoise canals and open landscapes of the Mackenzie Basin. Breathtaking views of Aoraki Mt Cook and the Southern Alps guide us to Lake Pukaki. We continue alongside the lake and canals to Lake Ohau, finishing at a lodge near the lake's edge.
- Day 3, we begin with a rewarding 11km climb to Tarnbrae Saddle — the highest point of the A2O — followed by a long scenic descent through the Quailburn Valley into Omarama, where we spend the night. Optional soak in the Omarama Hot Tubs.

CYCLE DISTANCE: 2 DAYS: 126KM TOTAL CLIMB: 880M
MEALS: BREAKFAST / LUNCH / DINNER

Day 4 - 6: Omarama - Bannockburn

- Day 4, the toughest day of the tour! We ride over Omarama Saddle with a 700m climb to a 1250m summit. Expect creek crossings, wide-open views, and possibly some hike-a-bike. The day ends at a favourite lodge in Wedderburn.
- Day 5, enjoy a relaxed ride along the Otago Rail Trail to the charming village of Clyde.
- Day 6, we tackle the spectacular Lake Dunstan Trail — cliff-hugging paths and bolt-on bridges offer stunning views before arriving in Cromwell for the night.

CYCLE DISTANCE: 3 DAYS: 189KM TOTAL CLIMB: 1910M
MEALS: BREAKFAST / LUNCH / DINNER

Day 7 - 9: Bannockburn - Te Anau

- Day 7, a challenging ascent up the Nevis Road to the highest point of the tour (1273m), followed by a descent and final push over the Nevis Saddle into Garston.
- Day 8, we join the Around the Mountains Trail and ride to Mossburn, surrounded by classic Southland farmland and big skies.
- Day 9, a mostly downhill cruise takes us to Te Anau. If time allows, we may ride a few kilometres toward Milford Sound to shorten the final day's ride.

CYCLE DISTANCE: 3 DAYS: 223KM TOTAL CLIMB: 2240M
MEALS: BREAKFAST / LUNCH / DINNER

Day 10 - 11: Te Anau - Christchurch

- Day 10, the final and longest ride of the tour! Mostly on sealed road, we climb to the Homer Tunnel before an exhilarating descent into the majestic Milford Sound. Celebrate the completion of the full Sounds to Sounds journey — 1460km ridden and over 15,000m climbed — with a toast before returning to Te Anau for our final night together.
- Day 11, the PureTrails bus departs Te Anau at 8am, returning to Christchurch or continuing to your next destination.

CYCLE DISTANCE: 1 DAY: 123KM TOTAL CLIMB: 1500M
MEALS: BREAKFAST / LUNCH / DINNER

What's Included:

- 10 nights twin share accommodation (mix of shared and private ensuite)
 - 8 evening meals; 9 lunches; 8 breakfasts
 - Home baking, healthy snacks, fruit & morning teas on the trail
 - The services of 2 PureTrails tour leaders who provides vehicle support & information
 - Cycle repair support
 - Transport available from/to Christchurch
 - GST
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What's Not Included:

- Wine; beer; espresso coffees
 - Meals not detailed as above
 - Single accommodation supplement
 - Bike hire
 - Omarama Hot Pools entry
 - Alternative Transfers
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FOR MORE INFORMATION

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