

marlborough and west coast cycle



trip highlights

- Challenge yourself on this scenic 7 day road cycle adventure at the top of NZ's South Island
- Experience one of the best coastal rides in the world which takes us to the amazing geology of Punakaiki and its Pancake Rocks
- Relax tired muscles in the hot pools of Hanmer Springs
- Cycle over the Southern Alps via the picturesque Rahu Saddle
- Travel through beautiful rain forest clad mountains and along scenic river valleys
- Discover the beauty of Queen Charlotte Drive as we cycle alongside the Marlborough Sounds
- Swim with the dolphins or join a whale watch tour, if operating, in Kaikoura (optional)



Trip Duration	7 days	Trip Code: MBW
Grade	moderate to challenging	
Activities	Cycling	
Accommodation	6 nights hotel/motel/lodge accommodation	

Kia ora from Adventure South

Thank you for your interest in our Marlborough and West Coast Cycle adventure. It's a superb adventure and we hope you can join us. Adventure South has been operating active holidays throughout New Zealand since 1992. Thanks to our experience we're confident to say that we offer the very best cycling, trekking and adventure travel itineraries available in New Zealand today.

There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. An Adventure South holiday aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience.

We're here to show you that there are many, many more trails and cycling routes in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

why travel with Adventure South?

"Small Groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are the quality of our professional guides. They share their humour, compassion and wilderness experience to ensure that you have a great vacation and the right degree of personal challenge.

On an Adventure South tour you can also expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness, not from a guide book recommendation.



marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



If you are travelling alone, we will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

You will need to fly into Christchurch the day prior to the tour departure. Your guide will collect you from central Christchurch on the first morning of the tour. At the end of the trip if you wish to fly home this evening please ensure your flight departs Christchurch domestic airport later than 7pm. You can get a taxi, shuttle or public bus to the airport from the city centre. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Christchurch on the final evening your guide will drop you in central Christchurch at the end of the tour.

trip dates

2026 12 Dec - 18 Dec

2027 20 Jan - 26 Jan
23 Feb - 01 Mar H

important notes

HS - Holiday Season
H - High Season

the trip

Exploring the northern regions of the South Island, this action packed cycling tour is sure to inspire as you cycle past bush clad lakes and tracks, along wild coastlines as well as sample some of New Zealand's very best wines! From Christchurch, you'll cycle towards Hanmer Springs to soak in the outdoor hot pools and experience their therapeutic qualities. Returning to the saddle at Springs Junction, pedal along beech forest lined roads towards the rugged beauty of the 'Wild' West Coast. From here the scenery, not the cycling, will leave you breathless as you head north along the flatter, picturesque landscapes of Lake Poerua, Rotomanu and Moana, nestled between the Southern Alps and tranquil Lake Brunner. Continue along one of the best coastal rides in the world before encountering the natural blowholes at Punakaiki, the mighty Buller Gorge as well as the serene beauty of Queen Charlotte Sound, stopping to sample the produce at local wineries along the way. As you head back towards Christchurch along the stunning Kaikoura coastline, dotted with fur seals, there is the option to take an early morning whale watching cruise, if operating, to provide a fitting finale to this memorable cycling adventure.

about your leader/escort

Our guides are one of our biggest assets and we pride ourselves on their level of quality and high standards. Once the trip reaches 8 people, we provide you with two of our expert guides to maximise your enjoyment and overall experience. You'll know you're in safe hands as all of our guides are certified in first aid and CPR and many of them are trained bike mechanics. They come from all walks of life but our guides have a common desire to give you the best possible experience, fun and lots of fond memories to take home with you.

at a glance

DAY 1	CHRISTCHURCH TO HANMER SPRINGS
DAY 2	HANMER SPRINGS TO MOANA LAKE BRUNNER
DAY 3	MOANA LAKE BRUNNER TO PUNAKAIKI
DAY 4	PUNAKAIKI TO ST ARNAUD
DAY 5	ST ARNAUD TO NELSON
DAY 6	NELSON TO KAIKOURA
DAY 7	KAIKOURA TO CHRISTCHURCH

what's included

- Tasty cafe breakfasts (x6), gourmet picnic or cafe lunches (x7), two course restaurant dinners (x3) catered to all dietary requirements
- 6 nights comfortable hotel/motel/lodge ensuite accommodation on twin share basis
- Experienced guides who handle all the hard bits and share epic stories (2 guides on groups of 8 or more)
- Full vehicle support along the trail including trailer for luggage
- Tasty nutritious snacks, drinks and treats plus our famous morning and afternoon teas
- Transport from Christchurch (return)
- Pre departure information kit to help you plan and prepare
- Access and concession fees paid to the Department of Conservation

what's not included

- Bike hire (including helmet)
- International or domestic flights and taxes



marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



fast facts

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

*Ask our staff for more information

- Arrival and departure transfers
- Meals not mentioned in the itinerary
- All beverages, other than breakfast
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Optional activities (eg. Whale watching at Kaikoura, Hanmer Springs thermal pools)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)

detailed itinerary

DAY 1 Christchurch to Hanmer Springs

After a pick up from a central Christchurch location, we drive out of the city and start to cycle. The Canterbury Plains are vast and with Hanmer Springs being our objective it's a matter of turning the pedals and watching the road slip by. By late afternoon we arrive at the thermal resort with a chance to soak in the hot pools before dinner.

(www.hanmersprings.co.nz).

Cycling Distance: up to 50km / 40miles

meals: L

DAY 2 Hanmer Springs to Moana Lake Brunner

This morning the beautiful beech forests of the Lewis Pass beckon. By cycle and coach we gradually climb over the picturesque Lewis and Rahu Saddles, after each climb is a downhill rush with long sweeping corners. On beautifully sealed roads with lush temperate rainforest lining the roadside we ride until we reach the rugged beauty of the West Coast Region. The afternoon sees us finish our ride at a country pub called "Formerly the Blackball Hilton." There is a story to be told over your drinks before we drive to Moana, nestled between the spectacular Southern Alps and tranquil Lake Brunner.

Cycling Distance: morning – up to 45km / 28miles

Optional afternoon ride – 30km / 19miles

meals: B,L,D

DAY 3 Moana Lake Brunner to Punakaiki

Heading out of Moana, we follow an undulating and winding course through the picturesque Arnold Valley to Stillwater. A flat ride beside the banks of the Grey River takes us out to the coastal township of Greymouth. One of the trips many highlights is the coastal riding as we head along the coast to the famous Pancake Rocks at Punakaiki. The riding is pure quality – with enough hills to keep you honest.

Cycling Distance: 76km / 47miles

meals: B,L

DAY 4 Punakaiki to St Arnaud

Today we cycle up the Paparoa National Park coastline with magnificent ocean, rainforest, and mountain views. There are plenty of photo opportunities on this scenic and gently undulating ride, through to Constant Bays near perfect shelter from the West Coasts wild seas. Once back in the coach we enjoy the Buller Gorge with snapshot vistas of the Buller River whose white water attracts many a rafting and kayak enthusiast. Climbing out of the gorge we have a great final ride into St Arnaud, drawing us into the heartland of the Nelson Lakes National Park. Off the bike, a short walk

marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel.

Since our beginnings this has been a cornerstone of our company.

The New Zealand travel industry has become a world leader in developing an external audit process which monitors tourism businesses based on quality, safety and sustainable experiences.

We're very proud to have received a Gold Qualmark rating, having met standards designed to protect what makes New Zealand unique and special.

Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing.

We started this journey many years ago and although we are not perfect, we are striving to continually learn and improve.

trip grading moderate to challenging

To determine the grade of a particular adventure we consider a number of factors.

These include the condition of the terrain, the altitude, the amount of climbing, the types of roads and the length of the trip.

The Marlborough & West Coast Cycle is graded moderate to challenging. You will need to be a competent road rider with stamina and a good level of fitness, you should be able to cycle comfortably for up to 6-8 hours or around 100km/60miles per day, day after day, with some extended uphill ascents. There are some long days and some steep sections. You should be confident riding on main roads alongside traffic which can be travelling at speed.

This tour is not for beginners. The tour is fully supported and if at any stage you feel like having a rest from cycling you will be able to ride in the support vehicle.

takes in nearby Lake Rotoiti, with its famous jetty. This area is known as a "mainland island" and the results of the pest eradication programme means that the native birdlife is flourishing. Cycling Distance: - up to 75km, 46 miles

meals: **B,L,D**

DAY 5 St Arnaud to Nelson

Early risers are encouraged to take a walk into the nearby native forest at sunrise to hear the native birds & their "dawn chorus". From behind St Arnaud we cycle the sealed forestry roads on a long mainly downhill ride towards the coast. We continue along a quiet road beside the beautiful Motueka River and through an area known for growing hops. We enter the township of Motueka and transfer by coach to nearby Nelson where we have time to explore the arts and craft capital of New Zealand.

Cycling Distance: up to 97km / 60miles

meals: **B,L**

DAY 6 Nelson to Kaikoura

By coach we motor over the steep outlying hills to arrive at the start of the beautiful Queen Charlotte Drive, which skirts the Marlborough Sounds into Picton. From here it is a short hop over the hill to Blenheim, NZ's premier wine producing region. After a great lunch at one of the countries leading wineries, we head south down the dramatic East Coast to reach Kaikoura, home of whale watching and swimming with dolphins in New Zealand.

Cycling Distance: up to 54km / 34 miles

meals: **B,L,D**

DAY 7 Kaikoura to Christchurch

For the early risers, an optional chance to view one of the great natural sights as whales surface against the spectacular mountain backdrop of the seaward Kaikoura Mountains (www.whalewatch.co.nz). This is only possible if the operator is running their dawn departure which is not guaranteed. Swimming with or watching dolphins is also highly recommended (www.dolphinencounter.co.nz). Due to the popularity, however, it is essential to make a booking well in advance. Following a late breakfast we head further south cycling some of the great back roads and enjoying the scenery as we eventually return to Christchurch and drop you in the downtown area around 6pm.

Cycling Distance: up to 60km / 37miles

meals: **B,L**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

trip extensions

To extend your cycling adventure you could follow this tour with our Southern Lakes Cycle which takes you through the stunning arid Mackenzie Country, past Aoraki/Mt Cook and down to end in Queenstown. Speak with our sales team for more info.

cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best routes which blend tranquil secondary roads with gravel backcountry roads and some designated cycle trails. On the route you will see incredible scenery and landscapes, view the well known sights, eat delicious food, stay at unique accommodation and meet the locals.

You will be an experienced road cyclist, gravel biker or mountain biker wanting to ride longer distances. Stronger riders can challenge themselves by cycling the whole route whereas recreational cyclists can still enjoy these tours using the support vehicle to transport riders

marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



adventure travel

By its very nature adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.

If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

to the best cycling sections. Distances are usually around 60-120km per day with significant elevation gain, so you will be used to riding hills, have a good level of fitness and riding skill.

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. We have a new fleet of Avanti Grandurance 3 gravel bikes for hire. With carbon forks, 22-speed gearing, hydraulic disc brakes and proven Shimano GRX componentry they offer a fast, safe and comfortable ride. We also offer quality Sinch eBikes to provide people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. Our eBikes provide around 80kms of pedal assistance before requiring a recharge, you would need to be able to ride conservatively to be able to complete the full ride on longer days. Riders will need the fitness and skills to not continually use the 'boost mode'.

Please see our website for the cost of bike hire, all our rental bikes can be fitted with flat pedals or MTB SPD pedals. We can fit your own pedals and seat if you have a favourite. Our gravel bikes do not have rear racks, but a seat post mounted rack or a handlebar bag can be provided if you require one to carry any personal items. A bicycle helmet will be supplied with all bike rentals. All equipment and luggage will be carried by the support vehicle.

These cycling journeys are not designed to be a marathon event and no one needs to feel under pressure to ride, everyone is able to ride at their own pace. If at some time you do not wish to ride, the vehicle is available for you and your bike, although there may be some sections where the vehicle is not present. Remember that cycling involves some physical exertion and some pre trip preparation will help towards making your cycle tour a more enjoyable experience. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times while cycling. Fluoro cycle vests and/or brightly coloured cycle jerseys are highly recommended to increase your visibility, one can be supplied if you do not have one of your own.

country information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3754m / 12,316 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.

With a population of 4.5 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.



marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



climate

As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.

Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must.

The temperatures during the South Island summers range from 10-30 °C, with a pleasant 40-50% humidity. Higher altitudes are always considerably cooler and snowfall is not uncommon even in summer. The Southern Alps act as a barrier to the moisture laden winds coming west across the Tasman Sea, creating a wet climate on the west side of the mountains and a drier climate on the east side. The geography also creates a wind pattern, which can in summer be very hot, dry and fierce. Maximum temperatures we may encounter range up to 30°C. Minimum temperatures expected in the Southern Alps in summer time are around -5°C. Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will make you more prepared for your tour – any questions about what to expect on your tour talk to one of our sales team.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. 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.

accommodation on the trip

The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. The accommodation is on a twin share or double room basis with private facilities. If you wish to reserve a room to yourself a single supplement is available at extra cost. Please note: although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.

pre and post tour accommodation

If you would like some help booking pre/post tour accommodation please speak to our staff as they can help with different suggestions.

joining instructions

On the first morning of the tour, you will meet your group at one central city location. The place and time will be emailed to you with your booking confirmation. If you miss your flight or are

marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



unable to reach the meeting point on time, please call us at the Adventure South office (Free phone in NZ 0800 00 11 66 or international +64 3 942 1222).

equipment provided

ROAD BIKE (Additional Charge)

On road cycling tours our road bikes provide the ultimate cycling experience. The drop handle bars offer multi hand positions. Our bikes have wider 32mm tyres and disc brakes which are safer and better suited to NZ road conditions. They have a relaxed geometry and wide range rear cassette to suit people with varying levels of cycling experience and for longer cycle touring routes.

.

HYBRID BIKE (Additional Charge)

These bikes have the same narrower tyres and lightweight frames, only with flat handlebars to give the performance and speed of a road bike. The geometry allows you to sit in a more natural upright riding position that provides the best control of the bike with a well-placed centre of gravity and in a posture that reduces strain on the rider's neck and back.

.

ELECTRIC BIKE (Additional Charge)

Our Sinch ebikes are perfect for cyclists that may require a little assistance on their travels. Pedalling our ebikes is easier on knees and joints than riding a traditional bike. They provide up to 100kms of pedal assistance before requiring recharging. Very simple to operate and they provide people with varying levels of cycling experience, health and fitness levels the opportunity to enjoy our cycling holidays.

.

TANDEM BIKE (Additional Charge)

Our tandem bikes for road cycling tours are ideal for experienced cycle partners to enjoy the journey together. The riding position on our tandems is similar to being on a mountain bike but we fit road tyres to make them perfect for the sealed roads.

For bicycle specifications please contact us.

.

ACCESSORIES

A bicycle helmet will be supplied with all bike rentals.

what you carry

The tour is fully supported so you won't have to carry anything. Our road bikes do not have rear racks, but a seat post mounted rack can be provided if you require one to carry any personal items such as camera, waterproof jacket, sunscreen. A bicycle helmet will be supplied with all bike rentals. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. We urge you to keep your luggage to a minimum. If you have extra luggage you do not require for your holiday we can arrange to store it until the end of the trip.

equipment required

A comprehensive gear list will be provided on confirmation of your trip.

protecting the environment

In a world where more and more rubbish is produced every year we are trying to do our little bit to help the planet. We encourage you to please bring your own water bottle. If you are a keen coffee or tea drinker you might like to bring your own reusable cup, as there are a few

marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



opportunities along the tour to get take-away drinks. Also if you think you might do some shopping, it could be useful to carry small foldable reusable shopping bags to reduce the need for plastic bags.

private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at www.adventuresouth.co.nz

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

follow us

Follow us on Facebook at:

<https://www.facebook.com/AdventureSouthNZ>

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book an Adventure South holiday, you can book directly online or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from www.adventuresouth.co.nz/Contact/How-to-Book. On completion, please fax, scan/email or post the form to Adventure South or your nearest World Expeditions office, along with your non-refundable deposit. If you're coming from outside New Zealand contact your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation or just for some information in your time zone.

ADVENTURE SOUTH CONTACT DETAILS

Toll Free from New Zealand: 0800 00 11 66

Toll Free from Australia: 1800 10 70 60

Toll Free from the USA: 866 479 9827

All other countries please dial: +64 3 9421 222

Australian Travel Agents: 1300 904 454

Email: info@adventuresouth.co.nz

WORLD EXPEDITIONS WORLDWIDE OFFICES

UK: Toll free within UK 0800 0744 135 or + 44 (0)20 8545 9030

North America: Toll free 1800 567 2216 or 613 241 2700



marlborough and west coast cycle

Cycle from beech forests to beaches to discover wilderness, wines & wildlife



Australia: 1300 904 454