

# TASMAN'S GREAT TASTE Trail



Motueka Estuary  
© Chocolate Dog Studio



## NELSON ROUND TRIP



3-5 days



159km

**Much more than just a cycle trail, this is an adventure for mind, body and palate.**

Not only is the scenery so beautiful it's hard to keep focussed, there's a multitude of places to stop and enjoy outstanding food and wine, stay the night, take a dip in the sparkling sea or browse the galleries.

**T**he trail is 159km in its entirety, comprising a network of cycleways that gently wander along the coast and into the hinterland and can be adjusted to suit a bite-size

afternoon cruise or a week of scenic riding. Vineyards, breweries, orchards, restaurants, cafés, boutiques and galleries are all dotted throughout the picturesque countryside, and the coastal leg

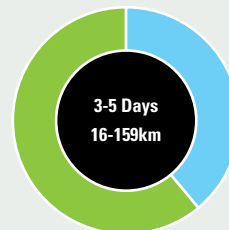
showcases an enviable coastline with gorgeous white-sand beaches.

Starting in Nelson, the trail passes over boardwalks along the edge of the Waimea Estuary, home to a range of bird species, before crossing over to Rabbit Island and taking a short boat trip to Mapua.

Further on, the trail visits Motueka and its wineries, Kaiteriteri – gateway to the stunning Abel Tasman National Park, and the Motueka River before heading to Wakefield on an unsealed undulating country road that climbs up to 300m (this will be replaced with a flatter route via Tapawera and Kohatu Junction in the future).

From Wakefield, the trail returns to Nelson on purpose-built cycle paths and lanes. From Wakefield, a 26km return side trip can be taken to historic Spooners Tunnel.

## TRAIL INFO



### TRAIL GRADES:

**NELSON TO WAKEFIELD**  
GRADE 2 (EASY)

**NELSON TO MAPUA**  
GRADE 2 (EASY)

**MAPUA TO MOTUEKA**  
GRADE 3 (INTERMEDIATE)

**MOTUEKA TO KAITERITERI**  
GRADE 3 (INTERMEDIATE)

**RIWAKA TO WOODSTOCK**  
GRADE 3 (INTERMEDIATE)

**WOODSTOCK TO WAKEFIELD**  
GRADE 3 (INTERMEDIATE)

**WAKEFIELD TO NORRIS GULLY**  
GRADE 2 (EASY)

**MOBILE PHONE COVERAGE:**  
Available throughout the trail.

**DRINKING WATER:** Water can be purchased at shops at each township along the trail. Some drinking water is available at reserves such as on Rabbit Island. The largest distance without water supply is between Richmond and Rabbit Island (15km).

## look out for...

### Abel Tasman National Park

With stunning azure water fringed by native forest and blinding white-sand beaches, you'd be forgiven for thinking you're on a tropical island at this national park. It offers an ideal mix of relaxation and

adventure, from gliding between beautiful bays by kayaking, sailing, skydiving or hiking the renowned Abel Tasman Coast Track to unwinding on a stretch of sparkling sand. You might even spot shags, gannets and little blue penguins diving for their dinner and fur seals lounging on the rocks.

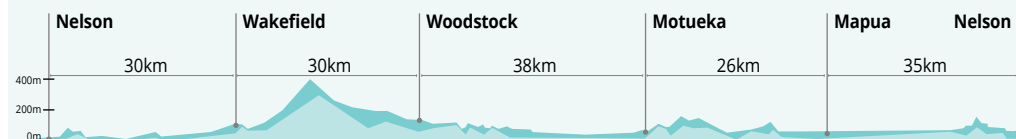
### Kaiteriteri Mountain Bike Park

This purpose-built 180ha off-road park is maintained by enthusiastic volunteers who have helped shape the park into a mountain biking mecca. The park has trails for all skill levels and is a hit with both locals and visitors.





## riding the trail



### ► NELSON TO WAKEFIELD, 30KM OR NELSON TO MAPUA, 35KM

Starting from the Nelson i-SITE, follow the Railway Reserve cycle path through Nelson and Stoke. At Richmond, the trail splits in two. Either ride around the Waimea Estuary, across a custom-built swing bridge over the Waimea River to Rabbit Island and then by ferry to Mapua, or carry on straight ahead towards Wakefield. Please note from 1 May to 24 September the ferry to Mapua only operates on weekends and public/school holidays.

### ► MAPUA TO MOTUEKA, 26KM

From the Mapua wharf follow the signs through the back streets of Mapua, then along the coast to Ruby Bay. From here the trail heads inland with a couple of

short hill climbs and panoramic views to Lower Moutere, Motueka and Tasman Bay.

### ► MOTUEKA TO KAITERITERI, 16KM

Shortly after connecting with the coastal highway as you enter Motueka, the trail turns right. It heads out to the coast for a section before turning back inland to cross the Motueka River to Rivaka. From Rivaka it's back towards and along the coast, with a short climb on a forest trail through the Kaiteriteri Mountain Bike Park to Kaiteriteri Beach.

### ► RIWAKA TO WOODSTOCK 32KM

This section leaves the cycle trail for a sealed back-country road along the Motueka River. After Rivaka where the

trail to Kaiteriteri turns right, go straight ahead onto Factory Rd and through Brooklyn to the West Bank Rd. Follow the signs to Woodstock, crossing the Motueka River back to the main road on the third bridge. After about 300m on the main road turn left onto a side road to Woodstock.

### ► WOODSTOCK TO WAKEFIELD, 30KM

Follow the signs to the gravel Pigeon Valley Rd to Wakefield, which goes over a 300m saddle in pine forest. It's used by logging trucks on weekdays. Please pull over and let them pass.

At Wakefield, connect back onto the cycle trail to Richmond and Nelson. Cross the main highway and head up a short hill to the cycle trail in front of the church. Soon

after this a left turn takes you across the road onto a trail through farmland to Brightwater on the return journey to Nelson.

### ► WAKEFIELD TO NORRIS GULLY, 22KM

Spooners Tunnel can be visited as a side trip from Wakefield. South of Wakefield the route is on highway for 5km to Wai-iti and then is back to off-road trail. It goes alongside the Wai-iti River and pastoral countryside, then plantation forestry following the old railway line to the 1.4km-long Spooners Tunnel. The tunnel is not lit so a torch is required; you will also need a warm clothing layer. Spooners Tunnel is NZ's longest decommissioned rail tunnel, the 5th longest tunnel open to cycling and walking in the world, and the longest in the southern hemisphere.

From Norris Gully, you can continue on the main road for 27km to Kohatu, Tapawera and Woodstock, or retrace your route back through the tunnel.

If you're the creative type, you'll feel right at home in Nelson.

# Nelson City

Famous for its seafood, horticulture, fruit and hop-growing and wine production, Nelson is the complete package for wining and dining. Don't miss the chance to eat out here, whether it's at a fine-dining restaurant, local winery or farmers' market.

Creativity is in the air here; Nelson has a vibrant arts and crafts scene. Discover it at the studios of sculptors, painters, glass blowers, fashion designers and jewellery makers. Or, head for one of its cultural stand-outs - there's The Suter Art Gallery, the World of WearableArt & Classic Cars

Museum where you will see fabric art and the human form combined with awe-inspiring results and a fleet of prestige cars.

You can also learn about the lives of Nelson's first European settlers at Broadgreen Historic House and Founders Heritage Park, tour the world in six acres at Gardens of the World or browse the stalls at the Nelson Market held every Saturday where you can pick up arts and crafts, artisan produce and fantastic coffee.

If you're seeking some fun activities, thrill-seeking activities abound here. Take a helicopter ride, skydive, go quad-biking or canyoning, or fly like a bird on the world's longest flying fox - to name just a few.

On the opposite end of the scale, rejuvenate at a boutique spa retreat or have a therapeutic treatment from one of the many wellbeing specialists.



Spooners Tunnel © Chocolate Dog Studio  
RIGHT: Nelson © davidwallphoto.com



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From coastal splendour and picturesque locales to enterprising towns and the appealing city of Nelson, there's plenty to grab your attention.

## Along the trail

Not far from Nelson, **Richmond** boasts a collection of vineyards, most of which are within a 20km radius. The area is home to potters, glass blowers, wood turners, metal smiths and producers of fleece garments. There's a large mall with plenty of cafés, big-box shopping stores and a busy downtown. The Aniseed Valley, heading south out of the town, is home to popular walking tracks and swimming and BBQ spots.

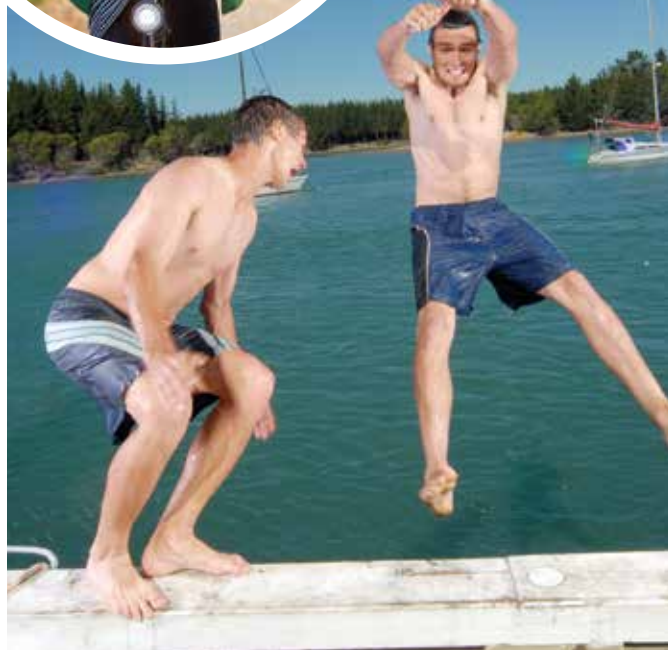
**Wakefield** is a pretty frontier town and home of Wakefield Bakery, rated as making some of the best pies in New Zealand. Some of the architecture dates back to the 1840s – the Anglican Church and

the former Post Office, for example. Beautifully secluded, with plenty of sunshine and three unforgettable beaches, **Kaiteriteri** is a favourite Kiwi holiday spot. Water activities predominate here – spend the day swimming, kayaking or boating before dining at one of the waterfront restaurants.

Known for its aromatic smoked seafood, **Mapua** is an essential stop for any food-lover. The refurbished waterfront is home to cafés and fine-dining restaurants, with superb views to complement the great cuisine. The wharf also has a range of shops and galleries. If you're feeling energetic, pick up bikes here and take the ferry over to the trails of Rabbit Island.



Fun at Mapua Wharf © NelsonNZ.com  
LEFT: Waimea Estuary, Tasman's Great Taste Trail © Chocolate Dog Studio



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**Mapua**  
abundant • 33km W of Nelson on SH 60

**Mapua Leisure Park**

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## Motueka

Motueka has a pioneering culture of innovation, creativity and living in balance with the land.



Motueka waterfront © AbelTasman.com  
INSET: Family and kitesurfers, Tahunanui Beach, Nelson © NelsonNZ.com

There is a wealth of artists and craftspeople here, great galleries and shops and an excellent museum. **Motueka** is important for its fishing, hops, pip fruit, kiwifruit and vineyards. You'll find your caffeine fix at the marina or enjoy a meal at one of the many eateries. A local icon, the wreck of the historic Janie Seddon, can be seen rusting away on the foreshore.

Motueka is an excellent place to base yourself for canyoning, skydiving, scenic flights, winery tours, horse trekking and excursions into the impressive surrounding national parks, Kahurangi and Abel Tasman. It's also a short drive from a number of idyllic beaches, including Kaiteriteri, Marahau and the beautiful bays of Abel Tasman National Park.

On rainy days, try the climbing wall, or the Gecko Theatre, a quirky independent theatre with cushions, couches, popcorn served in bowls and arthouse films as well as Hollywood releases. The Saltwater Baths on the foreshore, filled by the incoming tide, is another local favourite.

**Motueka**  
clump of trees with weka (native woodhen) • 46km NW of Nelson on SH 60

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Just minutes from Nelson's CBD, **Tahunanui Beach** has safe swimming and is great for a family day out.



**Ruby Bay** is the beautiful bay lining the seaward side of Mapua, a busy tourist town.

**Kaiteriteri**  
misspelling of Kaiteriteri (eat on the run) • 13km N of Motueka

**Kaiteriteri**  
INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION  
GOLD LEVEL  
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**Kaiteriteri Mountain Bike Park**  
sits on forested slopes behind our iconic golden beach. All year round riding and situated a stone's throw from our accommodation and many delicious food and beverage options.

- With approx 30km of track network, the park offers trails to skill levels – beginner, intermediate and advanced.
- The grade 2 **EASY RIDER** forms part of the **Tasman Great Taste Trail** cycleway, connecting Kaiteriteri, via Martin Farm Rd, to the Kaiteriteri-Riwaka Rd.
- Visit our website for more detailed information and maps.

www.experiencekaiteriteri.co.nz

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