



NGA HAERENGA
THE NEW ZEALAND CYCLE TRAIL





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[Find your ride](#) 

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See the best of NZ by bike.

Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must-see sights, New Zealand's Great Rides are a richly rewarding way to spend your days.

The New Zealand Cycle Trail Nga Haerenga ('The Journeys') are an unforgettable way to explore New Zealand. Mostly easy and rolling through a range of amazing landscapes, the trail offers 22 Great Rides to suit most abilities, interests and itineraries.

FIND YOUR RIDE.

PLAN YOUR RIDE.

INSPIRE YOUR RIDE.



FIND YOUR RIDE.

Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must-see sights, New Zealand's Great Rides are a richly rewarding way to spend your days. [Heartland trails link](#)

22 GREAT RIDES.

[DOWNLOAD MAP](#)

LOCATION >

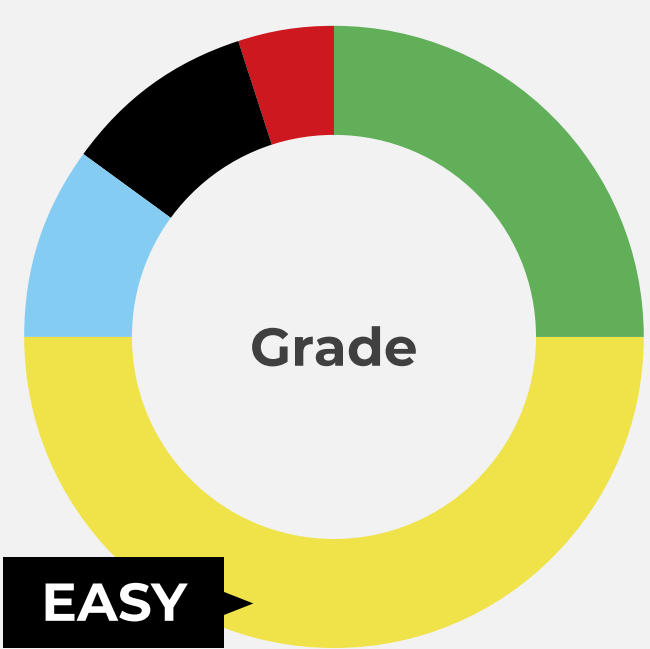
GRADE >

DURATION >

EXPERIENCE >

SELECT TRAIL >

Alps 2 Ocean.

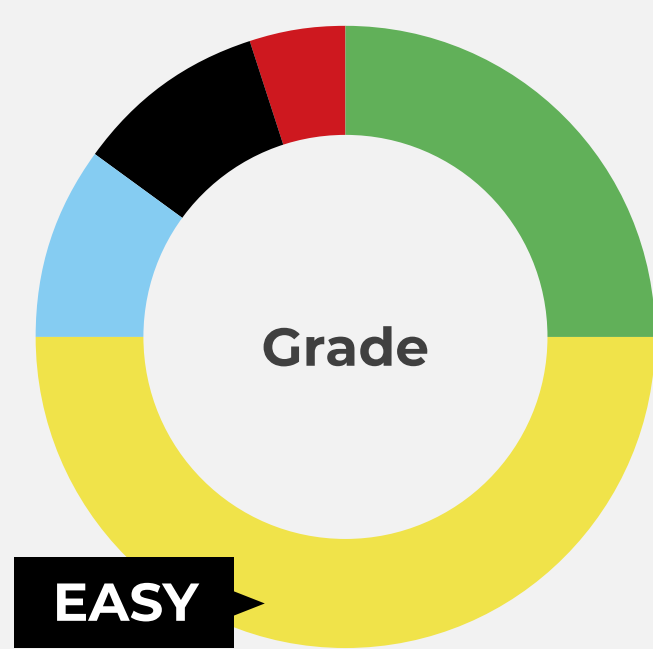


- Location**
Hawke's Bay
- Distance / Duration**
200km / 3 days
- Experience**
City / Wineries / Rural

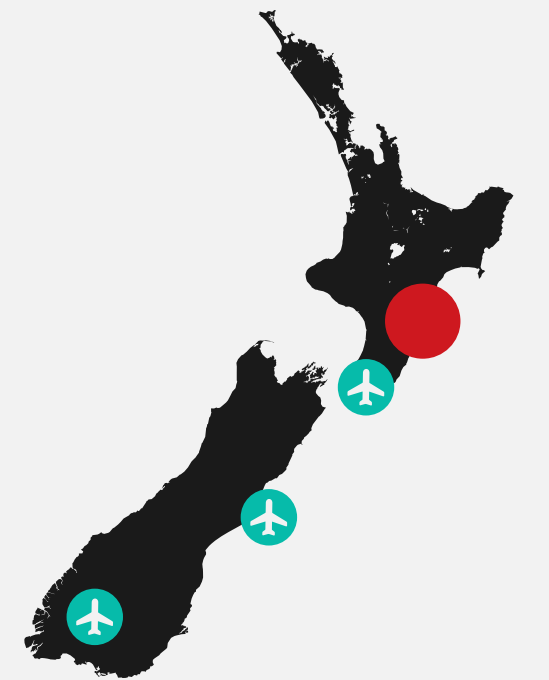


Alps 2 Oceans: Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must-see sights, New Zealand's Great Rides are a richly rewarding way to spend your days.

Timber Trail.

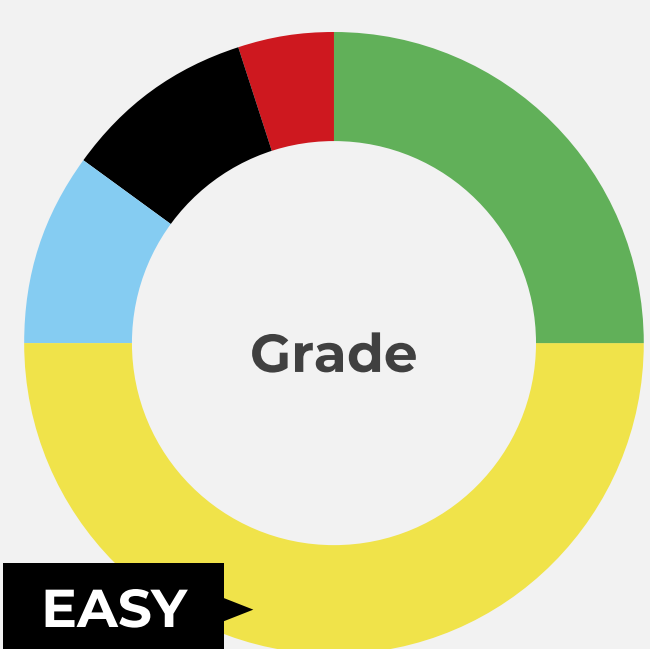


- Location**
Hawke's Bay
- Distance / Duration**
200km / 3 days
- Experience**
City / Wineries / Rural



Timber Trail: Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must-see sights, New Zealand's Great Rides are a richly rewarding way to spend your days.

Mountains to Sea.

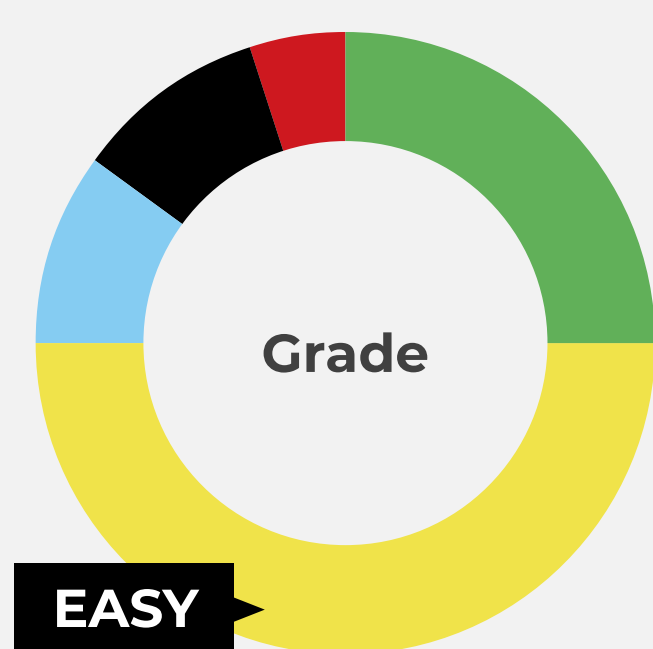


- Location**
Hawke's Bay
- Distance / Duration**
200km / 3 days
- Experience**
City / Wineries / Rural

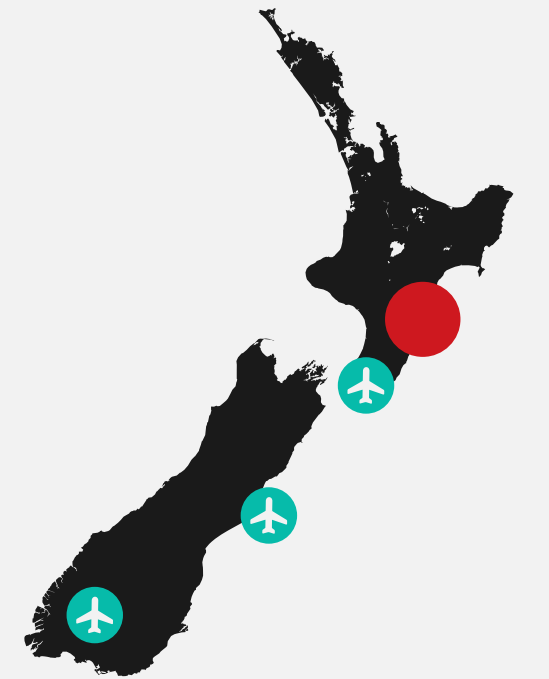


Mountains to Sea: Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must-see sights, New Zealand's Great Rides are a richly rewarding way to spend your days.

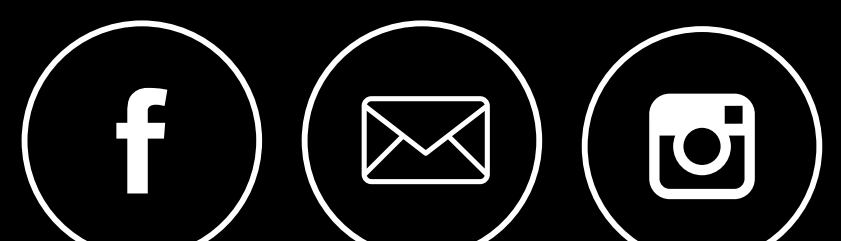
Roxburgh Gorge.

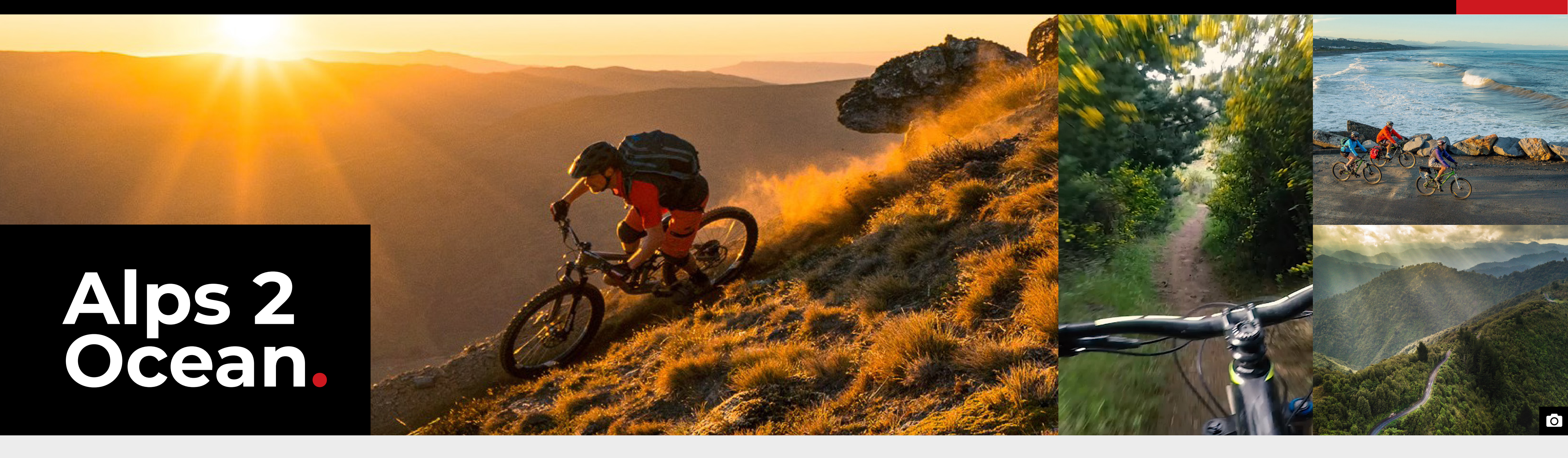


- Location**
Hawke's Bay
- Distance / Duration**
200km / 3 days
- Experience**
City / Wineries / Rural



Roxburgh Gorge: Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must-see sights, New Zealand's Great Rides are a richly rewarding way to spend your days.





Alps 2 Ocean.

Home / Find Your Ride / Alps 2 Ocean

Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must-see sights, New Zealand's Great Rides are a richly rewarding way to spend your days.

Serving up plenty of fresh air, fun and sunshine alongside magnificent scenery and must see sights, New Zealand's Great Rides are a richly rewarding way to spend your days

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- Day rides.**
Subject 1 • Subject 2
- Need to know.**
Subject 1 • Subject 2 • Subject 3 • Subject 4
- Plan your trip.**
Subject 1 • Subject 2 • Subject 3
- Trail details.**
Map terrain • Transport • Accommodation • Food & Drink

Alps 2 Ocean.

Share this ride | Download map

Grade
EASY

- Location**
Hawke's Bay
- Distance / Duration**
200km / 3 days
- Experience**
City / Wineries / Rural

Trail Alerts.

RIMUTAKA RANGES: Strong wind gusts up to 130/kph. Sleet and showers up to 20mm/ph.

Popular Itinerary.

Find out more >

The ride I will never forget >

1/2 SIZE ADVERT

Map terrain

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Bike hire, transport & tours

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Accommodation

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INSPIRE YOUR RIDE

My best ride south of the Equator >

ADVERT

"an amazing part of the world"

A church, a lake and a cold beer >

"We took all 7 kids with us on the ride"

Fun ride for the whole family

VIEW ALL

FEATURED PARTNERS

Rosewood Holiday Home.

- P** +64 3 612 6352
- E** email@RosewoodHolidayHomes.co.nz
- A** 2777/9 Otematata-Kurow Rd, Otematata
- W** Rosewoodholidayhomes.com

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Christchurch Adventure Taxis.

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- W** Rosewoodholidayhomes.com

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The Waitaki B&B.

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Sunset Cottage.

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The Old School Enfield.

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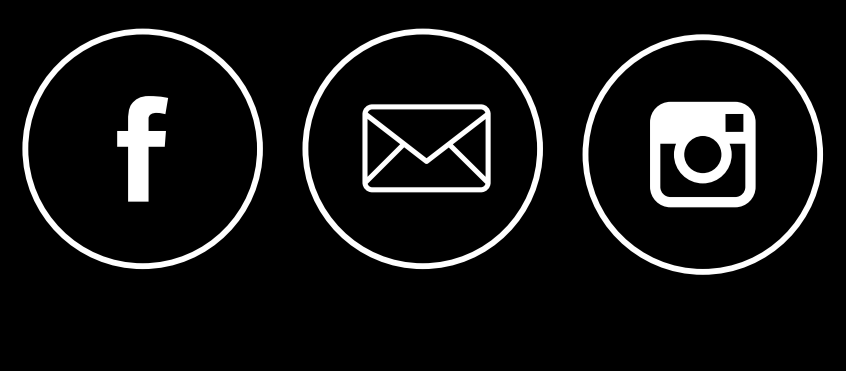
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Valley Lodge Otematata.

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VIEW ALL





INSPIRE YOUR RIDE.

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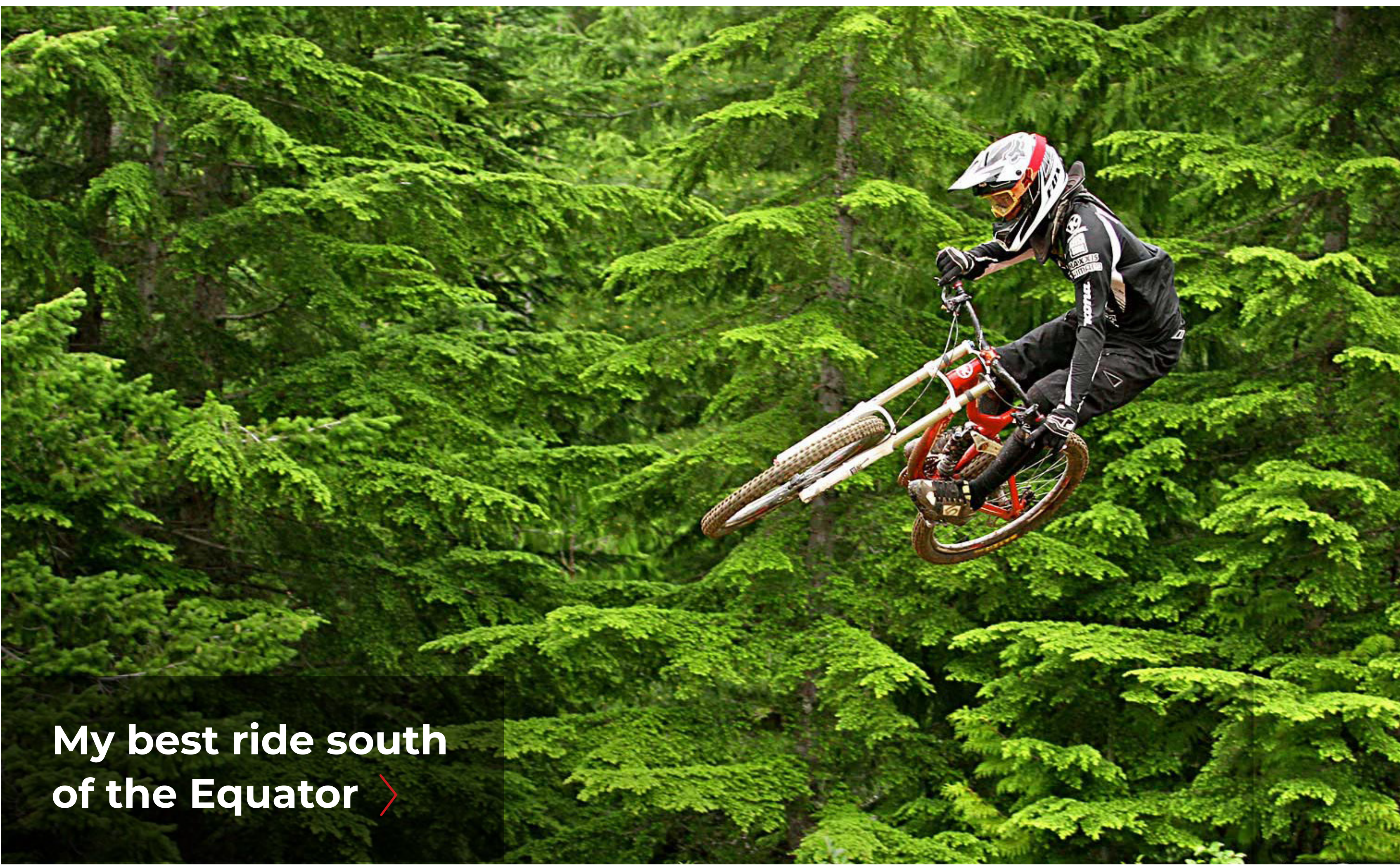
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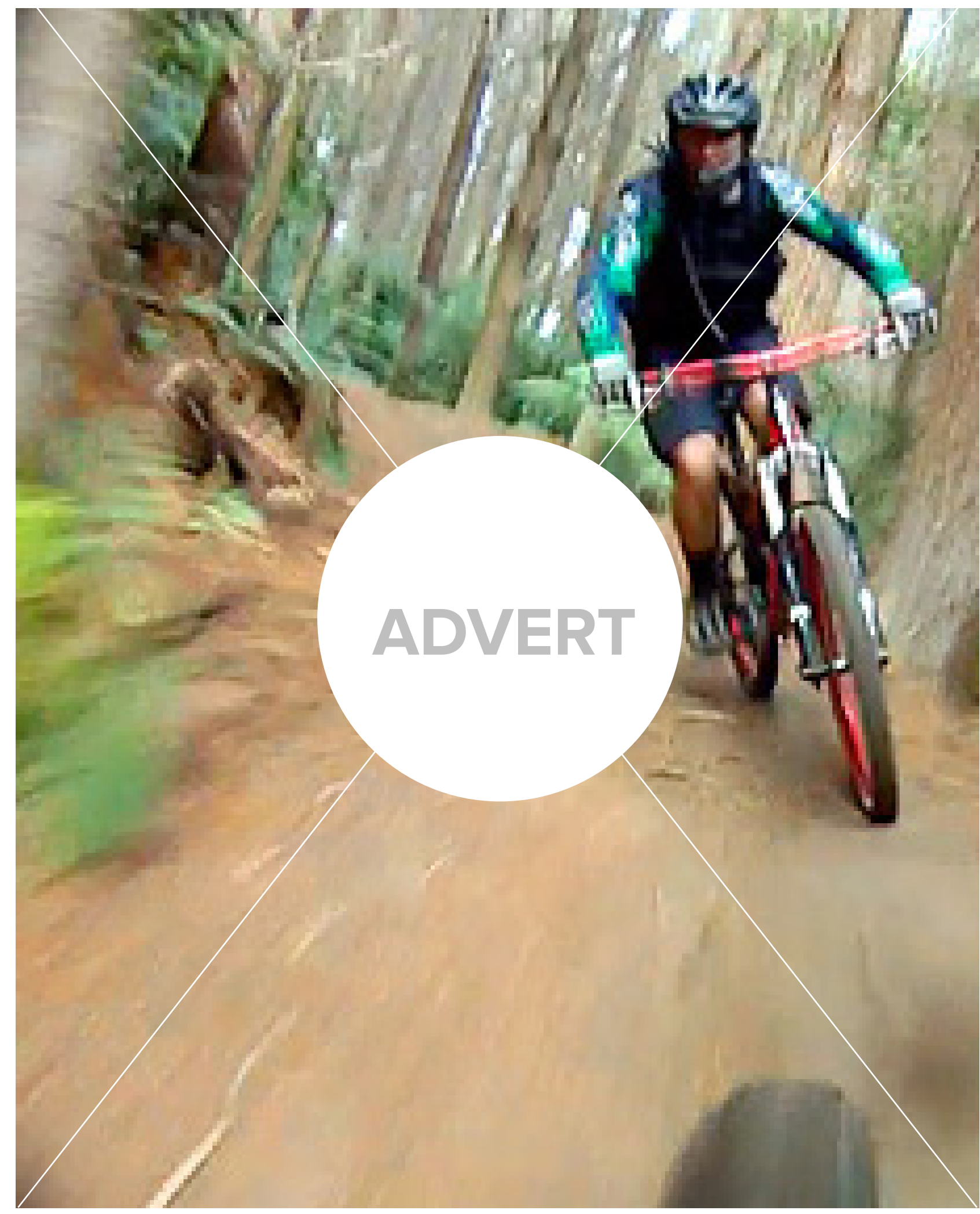
EXPERIENCE >

SELECT TRAIL >

Home / Inspire Your Ride



My best ride south of the Equator >



“an amazing part of the world”

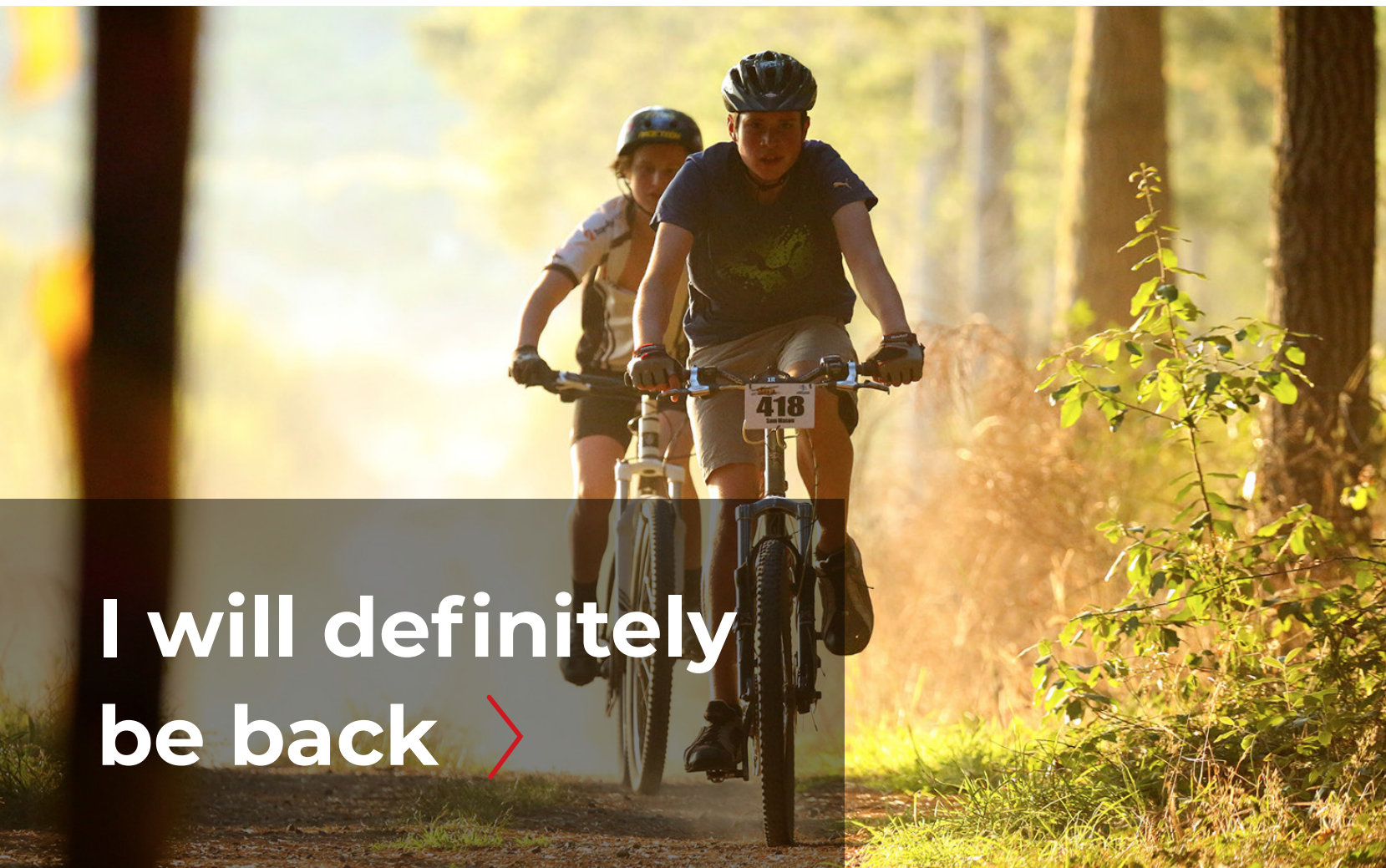


A church, a lake and a cold beer >

“We took all 7 kids with us on the ride”



Fun ride for the whole family >



I will definitely be back >



Big climbs that we absolutely love >



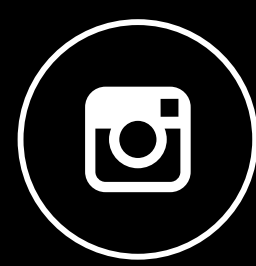
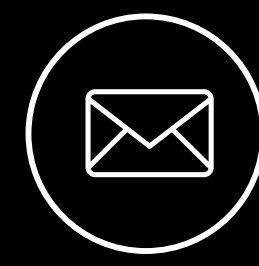
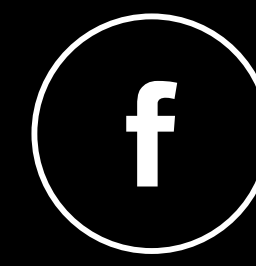
A perfect mid winter trail >

“New Zealand has some of the most amazing rides in the world - get there”



Another one ticked off my list >

“so much birdlife you almost think you have visited an avery”





Home / Inspire Your Ride / Bikes and Whisky in Oamaru

Bikes and Whisky in Oamaru.

Published 28 May 2018 by Jason White from Melbourne, Australia.

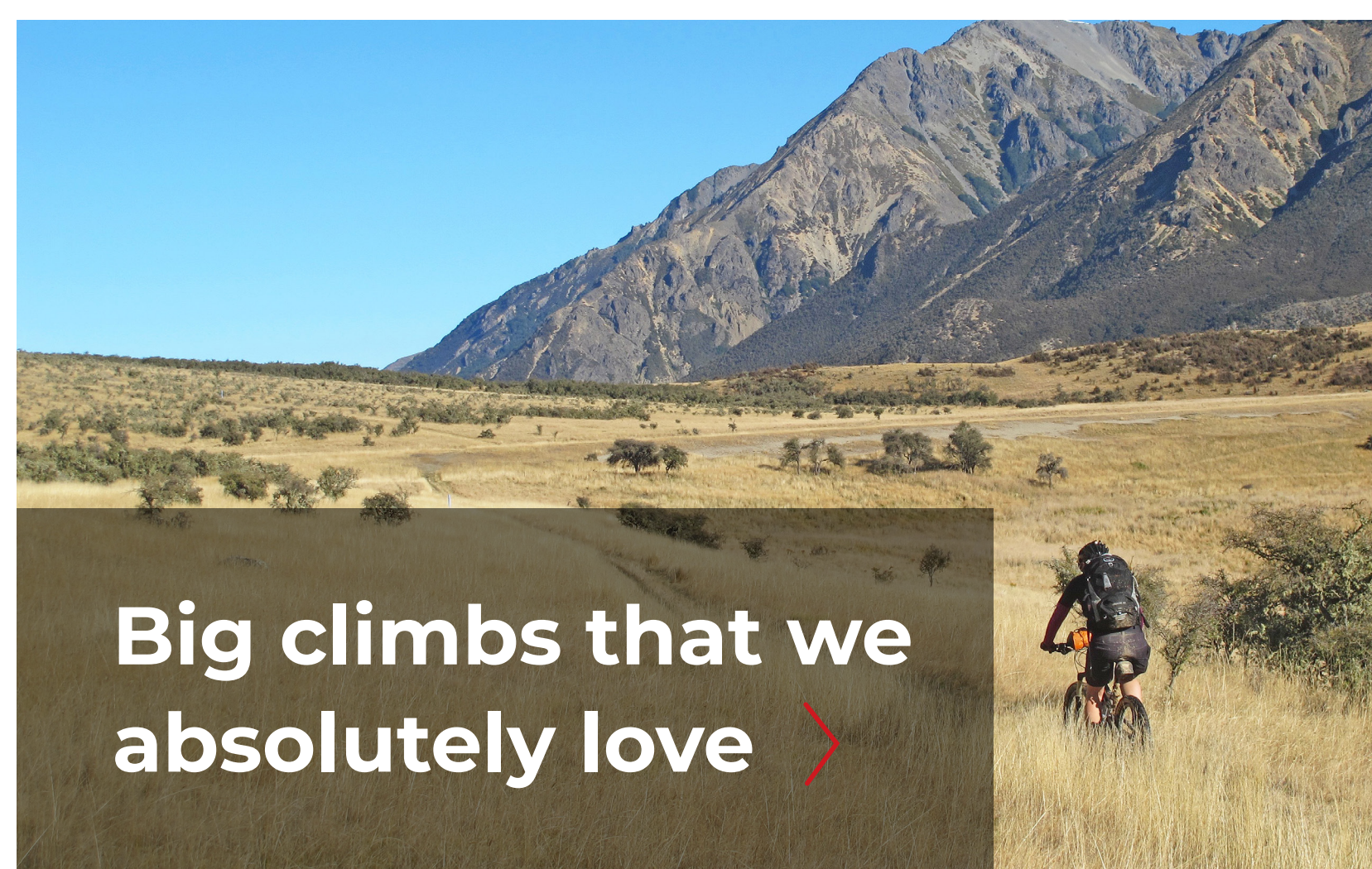
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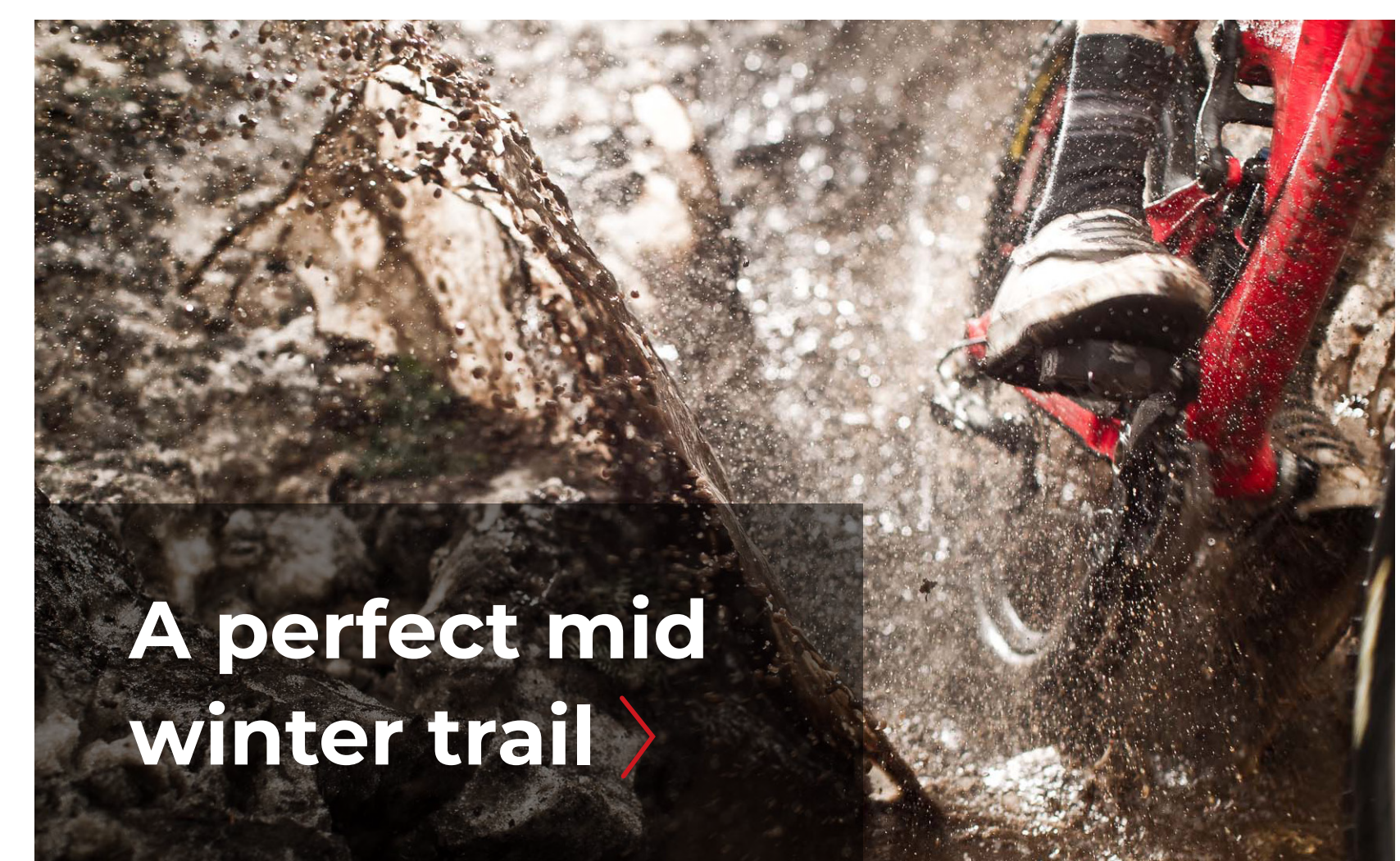
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I will definitely be back >



Big climbs that we absolutely love >



A perfect mid winter trail >



PLAN YOUR RIDE.

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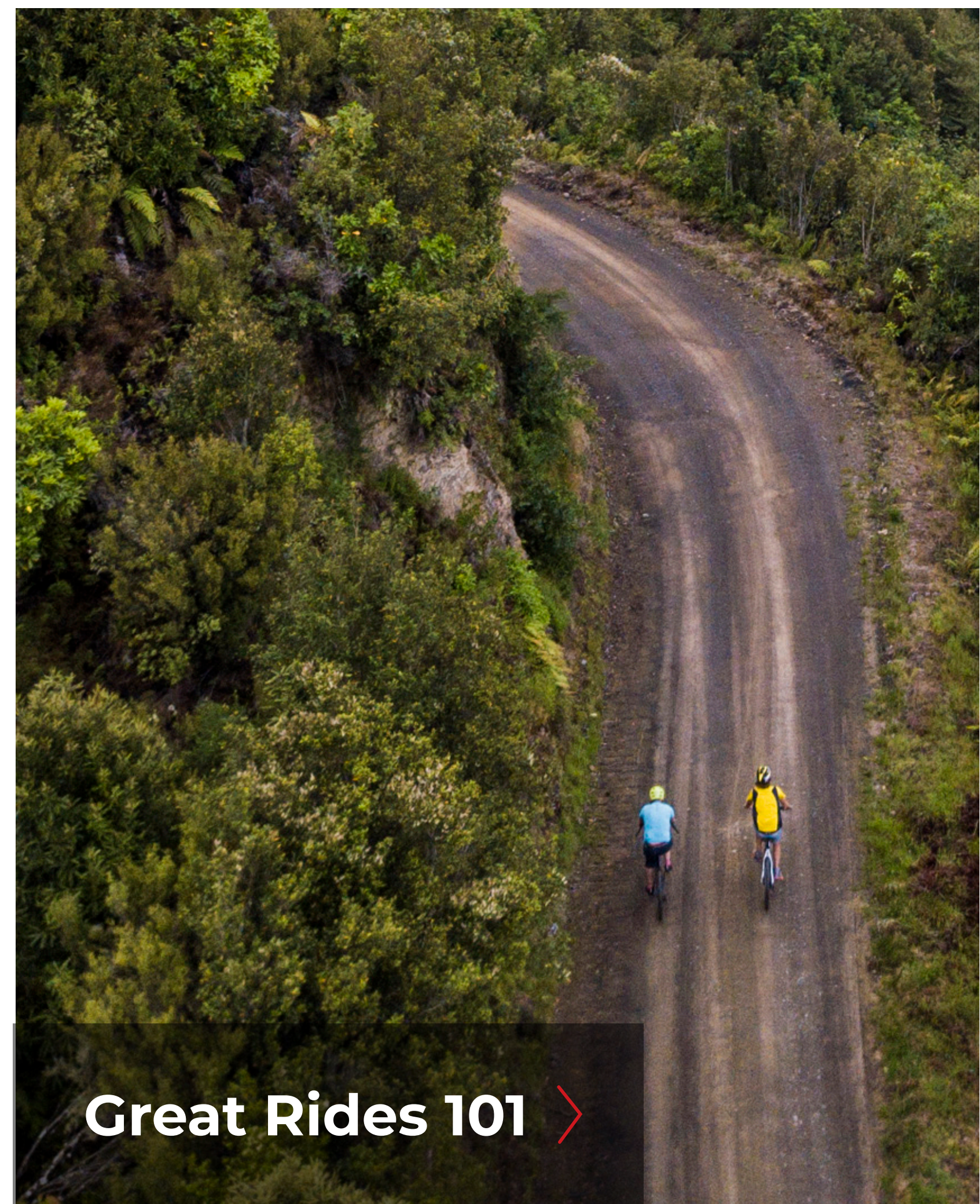
EXPERIENCE >

SELECT TRAIL >

Home / Inspire Your Ride



10 things to pack when riding a NZ trail >



Great Rides 101 >



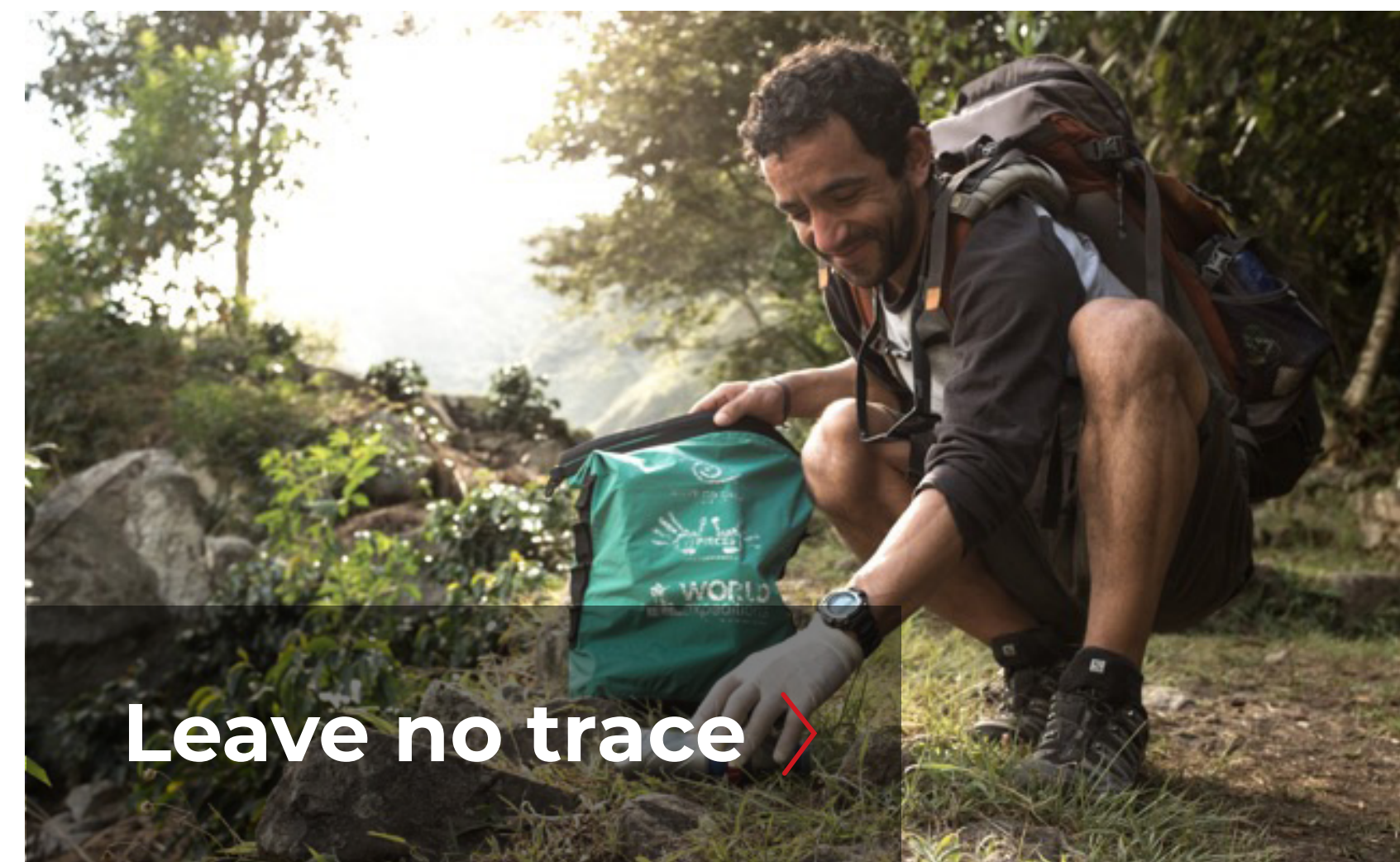
Trail Safety >



Bike etiquette >



The NZ Cycle Trail grades >



Leave no trace >

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