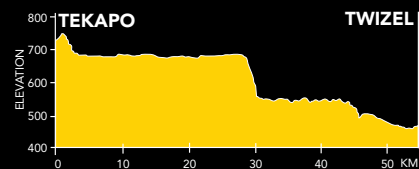




54km

**ALTERNATIVE ROUTE:** Lake Tekapo to Twizel

Fitness: Easy • Skill: Easy • Traffic: Low • Grade: 2



**Mt COOK**  
alpine salmon  
TRAIL GUARDIAN  
SALMON FARM TO SALMON SHOP

**A2O**  
ALPS 2 OCEAN CYCLE TRAIL  
Map current as of 28/7/17

KEY: Onroad — Off-road trail - - - - -

0 1 2 3 4 5km  
Scale

The alternative route begins in the Tekapo township near the police station. There is an off-road track just up the road. Follow this track until you reach Aorangi Crescent. Following the red arrows, turn left and continue along Aorangi Crescent until it turns into Andrew Don Drive. Eventually Andrew Don Drive becomes a gravel road. Passing Tekapo A Power Station **3km** continue along the Tekapo Canal Road to the gate where vehicles are excluded **9km**. Take care crossing SH8 **15km** then continue on past the Salmon farm and toilet **24km**, before dropping down to Lake Pukaki **30km**. Turn left onto Hayman Rd and ride **5km** to the start of the off-road trail on your right **35km** which follows the Lake Pukaki shoreline. With Aoraki/ Mt Cook as a backdrop, the trail passes over the Pukaki dam, taking you to the car park

at the Mt Cook Alpine Salmon shop **44km**. You then cross the highway and follow the trail across Pukaki Flats – an expansive area of dry grasslands that are characteristic of the Mackenzie landscape. This takes you to the town of Twizel **54km**. Take care crossing the State Highway.



## Highlights:

- Lake Tekapo
- Church of the Good Shepherd
- Tekapo Canal
- Pattersons Ponds
- Tekapo River
- Lake Pukaki
- Aoraki Mackenzie Dark Sky Reserve
- More Lake Pukaki to Twizel highlights on SECTION 2 map

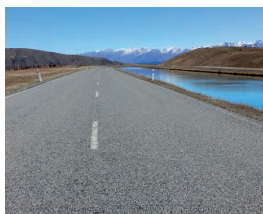
## Safety Notes:

There can sometimes be strong wind gusts along the Tekapo Canal Road. Although vehicle access is restricted along most of the Tekapo Canal Road, there may be service vehicles operating. The road may be closed for operational and public safety purposes. Please check TRAIL STATUS page on website.

## Trail Surfaces:



Gravel Road (19%)



Sealed Road (46%)



Smooth Shingle (35%)

**Trail route and weather conditions subject to change. Please check website before daily departure.**

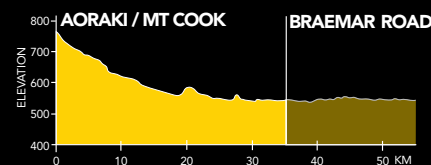
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT TEKAPO SPRINGS INFO CENTRE**



35km

# SECTION 1: Aoraki/Mt Cook to Braemar Road

Fitness: Easy • Skill: Moderate • Traffic: Low • Grade: 2



The Alps 2 Ocean Cycle Trail starts at the White Horse Hill Campground, which is **2km** north of Mt Cook Village. From here, an off-road trail takes you to Mount Cook Airport **8km**, where riders will need to make a short helicopter flight across the Tasman River to Tasman Point. Travelling in a helicopter across a glacially-fed braided river with New Zealand's highest mountain in view is a must do. The helicopter can carry up to 6 passengers at a time (depending on weight limits).

Heliworks: 0800 666 668

[Mt Cook Airport]

Helicopter Line: 0800 650 651

[Glentanner Park Centre]

From Tasman Point it's 10.6km to the Jollie Car Park at the top of Hayman Rd **18km**. This track is rough in places and includes several creek crossings. On a clear day this section of trail offers views of Aoraki/Mt Cook, which at 3,754 metres towers above a range of snow washed peaks in the Aoraki/Mt Cook National Park. From the car park, it's 16.8km on gravel road to Braemar Rd.

## Alternative Routes:

- **Lake Tekapo**  
Follow the Tekapo Canal Road to Lake Pukaki.
- **Tekapo B Power Station**  
Located near the bottom of Lake Pukaki, close to the start of the off-road section of trail.
- **Jollie Carpark**  
You can ride up to Tasman Point and back [21.2km return].

**Trail route and weather conditions subject to change. Please check website before daily departure. If it has been raining, check with DOC office about the possibility of flooding.**

## Highlights:

- Aoraki/Mt Cook
- Tasman River
- Lake Pukaki
- Walking Tracks – Hooker Glacier Terminal Lake, Red Tarns, Governor's Bush, Blue Lakes, Mueller Hut
- DOC Visitor Centre
- Glacier Landings
- High Country Stations

**Safety Notes:** Sometimes there are quarry/logging trucks on Hayman Road. Cyclists are advised to ride single file, and to keep left.

## Trail Surfaces:



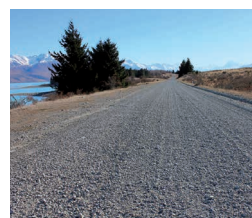
Smooth Shingle (20%)



Rough Shingle (32%)



Dirt Track (less than 1%)



Gravel Road (48%)



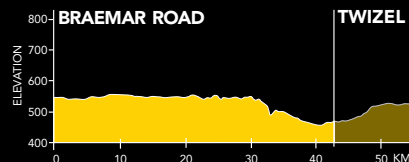
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT HELIWORKS, MT COOK**



42km

**SECTION 2:** Braemar Road to Twizel

Fitness: Easy • Skill: Easy • Traffic: Low • Grade: 2



**BLINZ**  
BLUE LAKE INVESTMENT (NZ) LTD  
TRAIL GUARDIAN  
BRAEMAR RD TO TEKAPO B

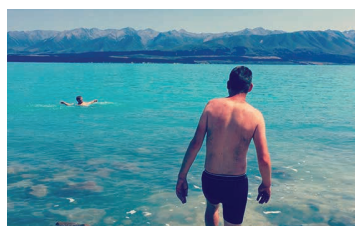
**Mt COOK**  
alpine salmon  
TRAIL GUARDIAN  
SALMON FARM TO SALMON SHOP



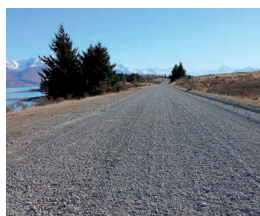
The trail continues along a quiet country road that follows the eastern shore of Lake Pukaki, passing the Tekapo B power station **18km**. Riders will enjoy outstanding vistas across Lake Pukaki towards the Southern Alps. A wide range of native plants grow along the lake edge including kowhai and flax, as well as exotic species such as larch and pines.

The off-road trail starts at the bottom of Hayman Road **23km** and follows the Lake Pukaki shoreline. With Aoraki/Mt Cook as a backdrop, the trail passes over the Pukaki dam, taking you to the car park at the Mt Cook Alpine Salmon shop **31km**. You then cross the highway and follow the trail across Pukaki Flats – an expansive area of dry grasslands that are characteristic of the Mackenzie landscape. This takes you to the town of Twizel. Take care crossing the State Highway.

**Trail route and weather conditions subject to change. Please check website before daily departure.**



**Safety Notes:** Sometimes there are quarry/logging trucks on Hayman Road. Cyclists are advised to ride single file, and to keep left. Sections of Pukaki Flats are subject to freezing in winter. Do not ride when ground is thawing, mud becomes sticky.

**Trail Surfaces:**

Gravel Road (43%)



Sealed Road (12%)



Smooth Shingle (45%)

**Highlights:**

- Lake Pukaki
- Tekapo B Power Station
- Pukaki Dam & Spillway
- Links With Te Araroa Trail
- Pukaki Flats
- Mountain Bike Trails – Pukaki Kettle Holes, Dusky Trail, Twizel River Trail, Baikie Hut, Darts Bush Stream
- Mountains – Benmore Range, Ben Ohau Range



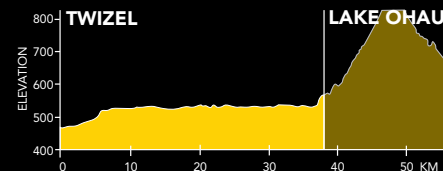
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT TWIZEL INFO CENTRE**



38km

# SECTION 3: Twizel to Lake Ohau Lodge

Fitness: Easy • Skill: Easy • Traffic: Low • Grade: 2



KEY: Onroad — Off-road trail — Ohau Weir Flood Route - - - Picnic Area 🚶

0 1 2 3 4 5km  
Scale



From Twizel, you follow Mackenzie Drive, then Nuns Veil Road which takes you to Glen Lyon Road. Follow this until it crosses the canal bridge just past Loch Cameron **6km**. After crossing the bridge, stay on the two lane northern side of the canal road until reaching the edge of Lake Ohau **18km**. From there an off-road trail descends down to the lake foreshore, taking you to the Ohau Weir **20km**. After the weir the trail skirts around the lake foreshore where it eventually meets up with the sealed Lake Ohau Road **29km**. Follow the road for the final 10km to Lake Ohau Lodge (you go past Lake Ohau Village).

**Trail route and weather conditions subject to change. Please check website before daily departure.**



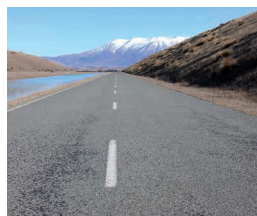
## Safety Notes:

When the Ohau Weir is in flood, there is no way across. **Do not attempt to cross weir if water is flowing over it.** The alternate flood route is to follow the highway from Twizel riding south 4km to Lake Ruataniwha. Just opposite the salmon farm, turn onto the 4WD track alongside the lake. Follow this for 15km to the weir. If the weir is closed it will be noted on the website. The flood route is rough and steep in places and mountain bikes are recommended.

## Highlights:

- Canal fishing
- Kaki/Black Stilt Visitor Hide
- Loch Cameron (swimming spot)
- Pukaki & Ohau Canals
- Lake Ohau Foreshore
- Ohau Weir
- Maori Swamp

## Trail Surfaces:



Sealed Road (72%)



Grass Track (less than 1%)



Smooth Shingle (28%)



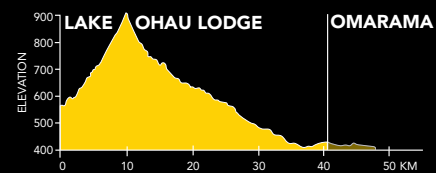
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT LAKE OHAU LODGE**



45km

## SECTION 4: Lake Ohau Lodge to Omarama

Fitness: Intermediate • Skill: Intermediate • Traffic: Low • Grade: 3



Starting from the Lake Ohau Lodge driveway, the trail traverses the lower slopes of the Ruataniwha Conservation Park, with stunning views back across the basin to the Ben Ohau Range. **6km** of easy cycling will take you to Freehold Creek, 600m above sea level. From here the track narrows and it's a steady climb to the high point on the trail at 900m **11km**. Please be aware that there are several 'false summits' where the trail appears to reach the high point, but instead keeps winding upwards. There is plenty of clean drinking water available from the various streams that flow down from the mountains. Once at the high point it is a rolling descent to the historic woolshed at the top of Quailburn Road **19km**. Toilets and parking are available here. On the way down Quailburn Road you can turn onto Henburn Rd **36km** and take a side trip to see the Clay Cliffs (14km return).

Where Quailburn Road meets the highway, take the off-road trail which leads through the Ahuriri Camp Ground **42km**. Exit the camp ground and cross over the Ahuriri river using the road bridge. A short off-road trail then takes you to Omarama.

## Trail Surfaces:



Smooth Shingle (23%)



Rough Shingle (14%)



Grass Track (14%)



Gravel Road 32%



Sealed Road (17%)

## Safety Notes:

It is advised to bring some high energy food, as you may require a boost. Please allow plenty of time for this section, and take frequent breaks if you are feeling tired. Sections of Tarnbrae Track are subject to freezing in winter. Do not ride when ground is thawing, mud becomes sticky.

## Highlights:

- Ruataniwha Conservation Park
- Native Beech Forests
- Quailburn Historic Woolshed
- Clay Cliffs (side trip)
- Freehold Creek Track



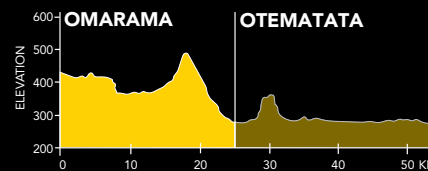
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT HOT TUBS OMARAMA**



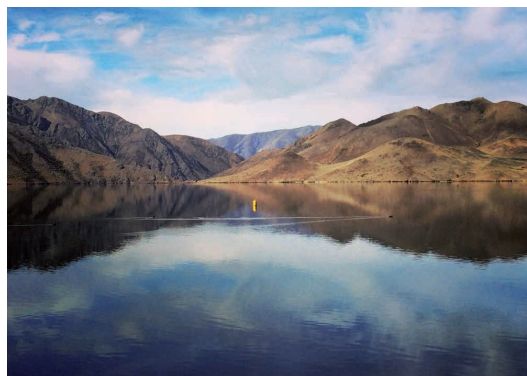
24km

**SECTION 5:** Omarama to Otematata

Fitness: Easy • Skill: Easy • Traffic: Moderate • Grade: 3



KEY: Onroad — Off-road trail - - - Picnic Area 🚶

0 1 2 3 4 5km  
Scale

Leaving Omarama you ride east down the Waitaki Valley, following the off-road trail to the top of the Chain Hills **5km**. From here you descend beside State Highway 83, then follow the edge of Lake Benmore to Pumpkin Point **10km**. Continue beside the lake to Sailors Cutting – a popular boating, fishing and camping destination **13km**. Then it's a short on-road climb up to Otematata saddle **18km** with views of Lake Aviemore and the valley beyond, then downhill all the way to Otematata.

**Trail route and weather conditions subject to change. Please check website before daily departure.**

## Trail Surfaces:



Smooth Shingle (53%)



Sealed Road (47%)

## Safety Notes:

Parts of the trail are on State Highway 83. Please take care. Cyclists are advised to ride single file, and to keep left.

## Highlights:

- Chain Hills Viewpoint
- Lake Benmore
- Sailors Cutting Scenic Reserve
- Otematata Wetlands Walk
- Autumn Colours (April)



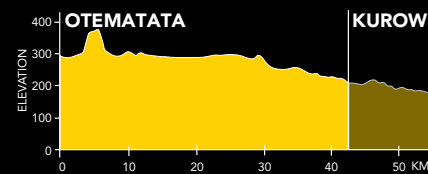
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT WEST ROAD CAFE, OTEMATATA**



40km

**SECTION 6:** Otematata to Kurow

Fitness: Easy • Skill: Easy • Traffic: High • Grade: 3



**Trail route and weather conditions subject to change. Please check website before daily departure.**

From Otematata, take the sealed pathway beside Loch Laird Road, then follow the gravel track beside the lake. This takes you through several camping areas. You then ride up Loch Laird Road onto the massive Benmore Hydro Dam **6km**. It's a steep road up to the dam, so you may need to walk the last 800 metres. Follow the Te Akatarawa Road along the margins of Lake Aviemore to the Aviemore Dam **28km**. After crossing the dam the trail follows State Highway 83 to Lake Waitaki and the Waitaki Dam **36km**, then to Kurow. This section of trail has an interesting hydro history with dams and project towns.

**Trail Surfaces:**

Sealed Track (1%)



Sealed Road (99%)



Smooth Shingle (9%)

**Safety Notes:**

Parts of the trail are on State Highway 83. Cyclists are advised to ride single file and stay left.

**Highlights:**

- Benmore Dam
- Te Akatarawa Road
- Lake Aviemore
- Deep Stream Walking Track
- Aviemore Dam
- Waitaki Dam

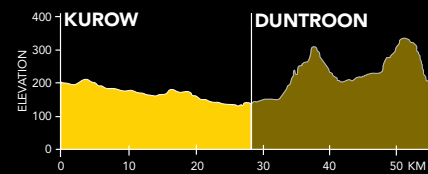
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT PASQUALE KUROW WINERY**



28km

# SECTION 7: Kurow to Duntroon

Fitness: Easy • Skill: Easy • Traffic: Low • Grade: 2



KEY: Onroad — Off-road trail - - - Flood route — Fossil Sites 🦕

0 1 2 3 4 5km  
Scale

## Safety Notes:

The trail between Kurow and Duntroon crosses 3 rivers (Kurow Creek, Otiake River and Otekaieke River). These are usually dry and only carry significant water during a flood. If the rivers are in flood you are best to ride on the road from Kurow to Duntroon. If you are on the trail and do not feel safe crossing a river, there are flood routes up to the highway bridges. Flood routes may involve walking your bike or crossing fences using stiles (lifting your bike). Alternatively retrace your steps until you can access the highway.

- Sections of the Waitaki Haul road are shared by recreational vehicles and cyclists. Please ride or drive with consideration.
- The Waitaki River is swift flowing and not generally suitable for swimming.
- Several ponds along the trail are fenced off. Please be aware of the electric fences along the route.



The off-road trail starts at the eastern end of Kurow between the museum sheds. A gravel track takes you across to the Waitaki River which you follow down the valley. You cross Kurow Creek **3km**, then ride up and alongside the highway. You ride through the winery **5km**, then back towards the Waitaki River and follow the Waitaki Haul Road, crossing the Otiake River **11km** and the Otekaieke River **15km**. This section of the old Haul Road is shared with recreational vehicles. The off-road trail then follows the highway to the Takiroa Maori rock art site **23km** which is across the road from the trail. After visiting the rock art site, retrace your steps and continue on the trail that that heads back down to the Waitaki River then through to Harris St. Halfway up Harris St you turn right and ride through the Duntroon Wetlands before emerging in the centre of Duntroon.



## Trail Surfaces:



Smooth shingle 97%



Gravel road 2%



Sealed road 1%

**Trail route and weather conditions subject to change. Please check website before daily departure.**

## Highlights:

- Kurow Museum
- Kurow Island
- Waitaki River
- Maori Rock Art
- Duntroon Wetlands
- Vanished World Centre
- Nicols Forge
- Brewery Hole
- St Martins Church



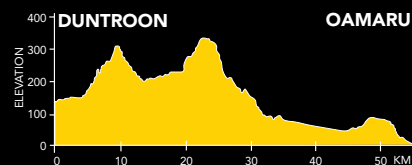
**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT FLYING PIG CAFE, DUNTROON**



54km

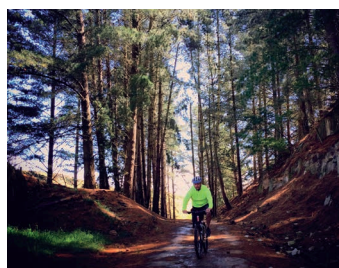
## SECTION 8: Duntroon to Oamaru

Fitness: Intermediate • Skill: Easy • Traffic: Moderate • Grade: 3



From Duntroon you head south-west to the unique rock formations known as Elephant Rocks **6km**. An off-road trail then takes you through several farms. You rejoin the road at Prydes Gulley which takes you to Island Cliff **13km** which is surrounded by limestone escarpments. Keep veering right on the road until you get to Karara Creek where you go off-road again.

A series of gravel roads (Cants, Peaks then Tunnel Rd) take you to the Rakis Railway Tunnel **27km** where there is a toilet, picnic table and drinking water. Next stop is Windsor **33km** then an off-road section of trail takes you through farmland to Enfield **42km** and onto Weston **48km** where you rejoin the old railway line for a flat run to Saleyards Rd. Follow the sealed cycleway downhill to the Oamaru Gardens. Bike through the gardens, across SH1, then through the park to the main street (Thames Street). Turn right into the far lane and ride south past the i-SITE, turning left on Itchen St, right onto Tyne, then left onto Harbour St. Go through the Victorian Historic Precinct to the Oamaru Harbour where the trail ends at Friendly Bay and the Pacific Ocean.



## Safety Notes:

Take care around large agricultural vehicles using the roads. Please keep left and ride in single file particularly on blind corners. Please stay on the formed track through private property (strictly no dogs). There are numerous electric fences.

## Trail Surfaces:



Smooth Shingle 65%



Sealed Track 5%



Gravel Road 13%



Sealed Road 17%

## Highlights:

- Elephant Rocks
- Historic Tokarahi Branch Rail Line
- Historic Rakis Railway Tunnel
- Oamaru Historic Victorian Precinct
- Vanished World fossil sites
- Oamaru Botanical Gardens
- Elderslie Estate



**\$10 TRAIL SUPPORTER WRISTBAND – BUY YOURS AT OAMARU I-SITE**