

The Alps to Ocean Cycle Trail



Scenic. Epic. Unforgettable.
From the Mountains to the
Sea.

5 Days, 4 Nights

Moderate Grade



Tour Cost (NZD)

2026 / 2027

Tour Cost: \$2850

Single Supplement: \$720

Tour Highlights

- Snow-capped peaks of the Southern Alps
- Canal paths, quiet country roads, expertly cut cross-country tracks
- Waitaki Valley-turquoise blue hydro lakes
- Mackenzie Basin, an international dark sky reserve



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

The Tour at a Glance

See the stunning tussock alpine region of the Southern Alps with its snow-capped peaks, breathtaking views of Aoraki/Mt Cook – New Zealand’s highest mountain – golden highlands, stunning turquoise lakes, glacier-carved valleys and the Waitaki Valley with its hydro-lakes – Benmore, Aviemore and Waitaki.

Trip Grading: Moderate

An above average level of fitness required, you should be comfortable biking a minimum of 45km on formed tracks and unsealed roads with some average to steep inclines at times. There is some low level mountain biking on this trail.

Day-by-Day Itinerary

Day 1 Christchurch to Twizel **54km**

Day 2 Twizel to Quailburn Woolshed **57km**

Day 3 Quailburn Woolshed to Otematata **60km**

Day 4 Otematata to Duntroon **71km**

Day 5 Duntroon to Oamaru **54km**


Day 1 Christchurch to Twizel (54 km)


Kia ora and welcome! We leave Christchurch around 8:30–9am and head into the wide-open spaces of Mackenzie Country, famous for its night skies and bright blue alpine lakes.


Today’s ride kicks off in Tekapo, following the canal then hugging the edge of stunning Lake Pukaki, with jaw-dropping views of Aoraki/Mt Cook. We follow the lake shore to the info centre, then it’s a cruisy final stretch across open tussock country into Twizel — once a hydro town, now a hotspot for water and snow sports.

MEALS INCLUDED: L D



 Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand

 www.tuataratours.co.nz

 info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

Day 2 Twizel to Quailburn Woolshed (57km)

The day starts with a ride out to lovely Lake Ohau, then climbs gently through Ruataniwha Conservation Park with the Benmore Range behind us. The track gets a bit up and down, but the views are worth it.

We reach the high point before a long downhill into the historic Quailburn area, where musterers once worked the land (by horse, not bike).

We finish our ride at the old Quailburn Woolshed and it's a short drive to the accommodation on the water's edge at Lake Ohau. After dinner, step outside — this is one of the best places in the world for stargazing.
MEALS INCLUDED: B L D

Day 3 Quailburn Woolshed to Otematata (60km)

We start off on a gravel road to the striking Clay Cliffs, then cruise through Omarama.

From Sailors Cutting, the trail climbs gently to a saddle above Bach Bay before dropping to the lakefront.

A short single-file section follows, then the trail opens up again as we ride the Benmore section, topping out above the dam before rolling down into Otematata — tucked between two hydro lakes. After the ride, it's a short drive back to Omarama for the night.

MEALS INCLUDED: B L D

Day 4 Otematata to Duntroon (71km)

Picking up where we left off, it's a short climb past the Benmore power station.

We follow Lake Aviemore and the Waitaki River to Kurow, then on to Duntroon — a quiet country town with a surprising past. This area is rich in fossils (including ancient penguins!), Māori rock art, and fascinating geology. If there's time, we may pop into the Vanished World Museum.

MEALS INCLUDED: B L D

Day 5 Duntroon to Oamaru (54km)

Our final leg takes us through rolling North Otago farmland, past the quirky Elephant Rocks (as seen in the movie, The Chronicles of Narnia), and into the historic town of Oamaru.

We ride right to the Victorian harbour, where the buildings are straight out of the 1800s, carved from the creamy local limestone. That's it — you've made it! Nearly 300km from the Alps to the Ocean.

We'll celebrate your achievement, then head back to Christchurch, arriving between 6:30 and 8pm — unless, of course, you choose to leave us for other adventures in Oamaru.

MEALS INCLUDED : B L



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

What's Included



All Accommodation in comfortable hotel, motel or lodges, with ensuite facilities



Support vehicle and all transfers



DOC concession fees



Tour Kit Bag with helpful goodies



All meals during the tour—great local cuisine



Entrance fees to listed activities



Fully qualified, knowledgeable guide



Please Note:

Rooms are double or twin, either one queen bed or two separate beds. If you have a preference for a twin room please let us know when you make your booking. Solo travellers can choose to share or pay a single supplement for a private room

Dietary needs? We're happy to cater for gluten free, dairy free and vegetarian diets—just let us know at time of booking.

What's Not Included

Alcoholic beverages with meals – these are available for purchase.

Pre- and post-tour accommodation

Bike hire – you're welcome to bring your own bike, or you can hire one from our extensive fleet of e-bikes and mountain bikes. See the bike page for full details.



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
 Scenic. Epic. Unforgettable. From the Mountains to the Sea
 5 days 4 nights Moderate Grade

Your travel check list:

The following is a list of recommended items. Please also use your own experience to supplement this list. **If you're bringing your own bike**, don't forget essential spares such as tyres and tubes, as well as your e-bike charger—ours may not be compatible. If you're unsure about anything, feel free to contact us.



	Waterproof rain jacket with hood
	Comfortable cycling shoes (with grip)
	Thermals (top and bottom)
	Warm jumper or jacket (fleece / wool) mid layer
	Gloves, warm hat
	Cycle shorts
	Drink bottle (we provide one , you might like to bring a second)
	Daypack /bag (this holds items you need for the day on the bus while you are biking)
	Camera/ phone and charger/ torch or head torch
	Sun hat , sun glasses sun block,
	Swimsuit and small towel
	One set of casual wear for the evening, including casual shoes or sandals
	Personal toiletries and essential medications, a small personal first aid kit
✓	Bringing your own bike? don't forget your E bike charger and spares (tyres/tubes)



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand

www.tuataratours.co.nz

info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

Frequently asked questions:

How do I book a tour?

A deposit of \$300 per person confirms your place and can be paid via credit card (Visa or Mastercard, no surcharge) through our website: <https://www.tuataratours.co.nz/make-a-payment/>, or by bank transfer to Tuatara Tours NZ Ltd: 01 0797 0308837 00.

When is the balance due?

The final balance is due 90 days prior to departure. A reminder will be sent via email. You're welcome to pay in instalments, as long as the full amount is received by the due date.

What if I need to cancel?

Our cancellation policy for the Alps to Ocean Cycle Trail Tour is:

- 91+ days before departure – no fee
- 90–60 days – \$300 per person
- 59–30 days – 30% of total cost
- 29–0 days – 100% of total cost
- After departure – no refund available

We strongly recommend purchasing travel insurance in case of unforeseen events.

How big are the groups?

Our tours typically accommodate up to 12 people, though we can cater to larger groups on request.

Do I have to bike as part of a group? You are free to ride at your own pace. We regroup periodically for coffee breaks, meals, and scenic stops so your guide can check in and assist if needed.

Do I have to share a room? Tours are priced on a twin-share basis (two people per room). Let us know if you prefer a queen bed or two singles. Solo travellers will be paired with another solo of the same gender, or you can opt to pay a single supplement for your own room.

Am I fit enough?

The Alps to Ocean is graded Moderate, so you'll need above average fitness. You should be comfortable biking around 45 km a day on a mix of sealed and unsealed trails, with a few decent hills thrown in. There's also a bit of light mountain biking. If you are unsure about your fitness level, feel free to contact us for advice.

Should I hire an e-bike or a standard bike?

E-bikes have become increasingly popular, making multi-day rides more accessible for all skill levels. They're especially helpful for hills, headwinds, and gravel sections. If you're unsure about completing the tour under varying weather conditions, we recommend an e-bike.

When is the best time to do the tour?

Our season runs from November to April. February and March are the busiest months, while April offers stunning autumn colours. Tours run in all weather, so come prepared. See our gear list for what to bring.


What time do we return to Christchurch?


We usually return between 5 and 8 pm on the last day — it depends on the weather and how the group's riding. We recommend staying in Christchurch pre and post tour to avoid any stress with flight delays or onward travel.


What if I leave my car in Tekapo?

There's no direct return from Oamaru currently. You'd need a shuttle to Twizel, then a bus to Tekapo the next day. Easier option? Use our Christchurch based transport.



 Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand

 www.tuataratours.co.nz

 info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

Frequently asked questions:

Can you pick me up for the tour?

We offer pick-ups and drop-offs from selected locations in Christchurch. Unfortunately we cannot collect guests from Airbnb properties or private homes in residential suburbs.

Is there parking at your office? No, sorry. You'll need to sort storage for your car while you're on tour. Long-stay parking at the airport or leaving your car at a local motel are good options.

Where does the tour start — Mt Cook or Tekapo? We start at Lake Tekapo. It's closer to Christchurch and doesn't rely on a helicopter ride, which is weather dependent.

Can I join from Queenstown? Yes, just catch a local bus to meet the group in Lake Tekapo. Our support vehicle runs from Christchurch and will meet you there for the start of the ride.

What kind of meals are provided? Please have breakfast before your pick-up on the first day, as the tour begins immediately afterward. From then on, all meals are included as per your itinerary. You'll enjoy continental breakfasts, hearty packed lunches, and evening meals at your accommodation or a local restaurant. We can cater to vegetarian, gluten-free, and dairy-free diets—just let us know at the time of booking.

Is alcohol included? Alcohol is not provided. However, you can purchase drinks with your evening meals or bring a small amount for personal consumption at the accommodation.

Do I need to arrive ready to bike? Please arrive ready to ride on the first morning, with your overnight bag packed for transport. There is a 3 hour drive to the trail start, so if you'd rather not travel in bike gear, bring it in your day pack and get changed before we ride. You won't have access to your overnight bag during the day, so carry essentials in your day pack which you can leave on the bus while you are riding.

Can I bring my own bike?

Absolutely. Please ensure your bike has been recently serviced and is suitable for trail riding. If you're bringing an e-bike, don't forget your charger.

What's included with the hire bikes?

Our hire bikes come equipped with memory foam saddles, a rack bag for essentials, a helmet, and a hi-vis vest—which must be worn while riding.

How much luggage can I bring?

Space is limited, so we ask that you bring one small day pack and one overnight bag or suitcase (maximum 20kg).

What's in the tour kit bag?

Each rider receives a surprise tour kit bag with practical items for the tour. It includes a 500ml thermal drink bottle and a thermal cup—perfect for hot drinks along the trail.

Are there any sections on the road?

Most of the trail is on cycle paths or quiet country roads — no major highways. There's one short road stretch between Benmore and Aviemore Dams, which can be busier over summer holidays, if this concerns you, you may prefer to book an off season tour.

Are the tours guided?

Our tours are supported by a driver-guide and vehicle. The guide provides trail advice, first aid, and assistance with bike issues. They may cycle parts of the trail to point out key features but do not guide the entire route. You're welcome to ride in the support vehicle with them at any time if you need a break.



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633

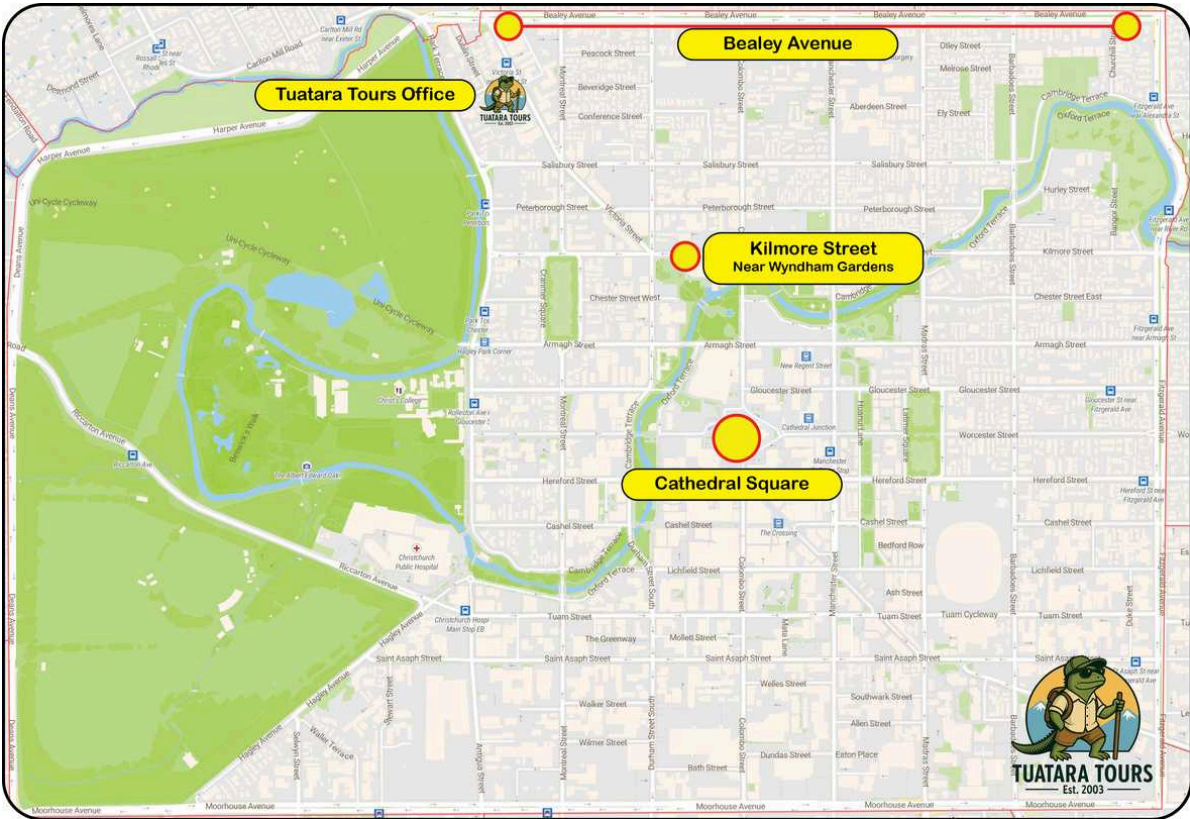




The Alps to Ocean Cycle Trail
 Scenic. Epic. Unforgettable. From the Mountains to the Sea
 5 days 4 nights Moderate Grade

Pickup Points

Please contact us to confirm the nearest pick-up location to your accommodation. Unfortunately, we are unable to collect guests from Airbnb properties, private residences, or hill suburbs due to restrictions on access.



Central City
 Cathedral Square, outside
 Novotel



Bealey Avenue
 Local motels



Kilmore Street
 Wyndham Gardens vicinity



Tuatara Tours Office
 122 Victoria Street

Tuatara Conservation

We're proud supporters of tuatara conservation. We've adopted "BP"—a juvenile tuatara at Orana Park in Christchurch, helping ensure the future of this amazing native species.



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand

www.tuataratours.co.nz

info@tuataratours.co.nz

NEW ZEALAND
 0800 377 378

WORLD
 +64 39623280

AUSTRALIA
 1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

Our Hire Bikes

All hire bikes are supplied with carrier bag, memory foam comfort seat and helmet

Ebike Step Thru \$110 per day

Our most popular E bike.
The perfect cross over between comfort cruiser and trail bike

MOST POPULAR



Ebike High Bar \$110 per day

Same performance and specifications as the Step Thru, with a more mountain bike-style handlebar and top bar



Hybrid M24 \$165 per day

The ultimate full suspension E bike for unparalleled comfort, with carbon fibre frame and dropper seat



The Merida 8000 Electric Mountain Bike \$185 per day

Perfectly tuned Mountain bike geometry with E bike travel, the Merida 8000 is a comfortable alternative to a standard mountain bike.

LIMITED NUMBERS AVAILABLE



Manual (non-e) bikes \$57 per day



11-speed gearing & 29" wheels .



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

TERMS & CONDITIONS

Tuatara Tours NZ Limited accepts bookings subject to the following terms:

Contract

This contract is between Tuatara Tours and you, the client—defined as any person travelling or intending to travel on a tour operated by Tuatara Tours. The contract, including all matters arising from it, is governed by New Zealand law and subject to the exclusive jurisdiction of the New Zealand courts. Only employees or directors of Tuatara Tours have the authority to vary or omit any of the terms stated herein.

Cancellation Policy Due to Travel Restrictions

If your trip is impacted by travel restrictions imposed by the New Zealand government or any other government, Tuatara Tours will either work with you to transfer your trip to a future date at no additional cost, or provide a full refund.

Price

All prices are quoted in New Zealand dollars and include 15% GST. Prices are based on rates current at the time of publishing. Tuatara Tours reserves the right to modify prices without notice if deemed necessary or appropriate.

Accommodation on organised tours is based on twin or double share. Solo travellers will be paired with another traveller of the same sex. A single supplement is available upon request.

Confirmation of Booking

Bookings are confirmed upon receipt of the full tour price, which is due 90 days prior to the start of the tour. Tuatara Tours and its agents reserve the right to decline any booking at their discretion.

Cancellation

If a client cancels a tour, the following charges apply (unless otherwise stated):

- 91+ days prior to departure – no fee
- 90–60 days prior to departure – NZD \$300.00 per person
- 59–30 days prior to departure – 30% of the total package cost
- 29–0 days prior to departure – 100% of the total package cost
- After tour commencement – no refund available

These cancellation fees are non-negotiable. We strongly recommend purchasing travel insurance.

Travel Insurance

Tuatara Tours strongly recommends that clients take out travel insurance, including tour cancellation cover and any other relevant insurances. It is the client's responsibility to ensure adequate coverage. Tuatara Tours cannot be held liable for any failure to obtain appropriate insurance.

Medical Conditions

You must inform us at the time of booking of any medical condition, history, or medication you are currently taking.

Changes to Tours

Tuatara Tours will make every effort to operate all tours as advertised. However, reasonable changes to the itinerary may be made if deemed necessary or advisable. Clients will be informed of any changes as soon as reasonably possible. Where a tour service must be substituted, a service of similar quality and standard will be provided.

Weather

Adverse weather may prevent planned activities from proceeding as scheduled. The tour guide may decide to alter the itinerary based on weather conditions, prioritising group safety. Tuatara Tours and its contracted suppliers are not responsible for changes resulting from weather-related circumstances.



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

TERMS & CONDITIONS

Tuatara Tours NZ Limited accepts bookings subject to the following terms:

General conditions

Tuatara Tours, its agents, contractors and guides do not accept responsibility or liability for loss, damage to, or theft of personal belongings (owners risk) or for any expenses, including medical and transport expenses arising from a personal accident, injury, illness, or hospitalisation. Tuatara Tours and their guides reserve the right to make any alterations to the itinerary in the interest of safety, or unforeseen circumstances due to causes such as weather, illness or misadventure. Every reasonable endeavour will be made to keep to published schedules but no guarantee is given. Tuatara Tours will not be held liable for costs incurred by change, delay or the missing of connecting services. Tuatara Tours reserves the right to exclude a person from a tour at any time, if in the opinion of the guide or operator, that person may be likely to risk the health, safety or comfort (including unsociable behaviour) of other clients, him or herself or the environment. In such circumstances, Tuatara Tours will not be obliged to offer any refund or transfer ticket. These terms and conditions apply to each participant including in a group booking. Where a booking is made on behalf of a group of two or more people then each participant in the group must be made aware of and accept these terms and conditions.

RISK DISCLOSURE STATEMENT

In any adventure activity, there is an element of risk involved. Risks in undertaking this activity include (but are not limited to): hypothermia, heat exhaustion, physical injury caused by environment i.e. rock falls, and physical injury caused by self, i.e. falling over.

The staff and management of Tuatara Tours and any of its agency partners take all practicable steps to identify and minimise potential dangers. The Operator makes all arrangements for all tours on the condition that it shall not be liable for any sickness, injury, damage, loss, accident, delay or irregularity which may be occasioned, either directly or indirectly, by reason of any defect in any vehicle, vessel or aircraft, by weather, by any other cause, or through acts of default of a company or person engaged in conveying the passengers, or in carrying out arrangements for these activities.

We strongly recommend that you purchase travel insurance prior to your trip.

By participating in this activity, you are expressly assuming those risks and responsibilities and are, to the maximum extent permitted by law releasing the Operator, its officers, employees, directors, agents and any other person associated with us, from any liability, claims, loss, damages or expenses (whatsoever and irrespective of whether direct, indirect or consequential) caused by any event including but not limited to: personal injury or death; property loss or damage; acts which may be construed as negligible or accidental; any other loss, damage, suffering, emotional or nervous disorder suffered by you or any other person in relation to this activity. You accept that you have been advised to obtain adequate travel insurance for all persons named on the booking.

In participating in the activity, the customer agrees to be bound by the following conditions:

- My successors, executors and administrators are bound by the Terms and Conditions;
- I agree not to commence any litigation proceedings in any country in relation to the risks and liabilities set out above and to indemnify the Operator against any claims;
- I confirm and warrant I am physically fit and suffer no medical conditions, which may affect my ability to participate in the activity;
- I confirm I am aware that professional medical assistance may be difficult and/or take some time to access due to the remote areas in which we are travelling;
- I consent to receive medical treatment in the case of injury, accident or illness during the activity and to indemnify the Operator against any claims, costs or expenses in respect of the treatment;
- I agree that any film, sound, video or other recordings taken of or during the activity will not be used in any production, or advertising without prior consent of the Operator, however the Operator may use such recordings itself at its complete discretion without any prior approval; and
- I agree to listen to my driver/guide/host, follow their instructions and make sure any children in my care do the same. Furthermore, the Operator will not be responsible for any personal injury and or property damage caused by you and any costs for such injury / damage will be your responsibility.



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633





The Alps to Ocean Cycle Trail
Scenic. Epic. Unforgettable. From the Mountains to the Sea
5 days 4 nights Moderate Grade

Custom Tours Available

Want to change the itinerary or create something entirely new? We enjoy designing custom adventures for friends, families, work groups and clubs. Get in touch!

Keen to join a tour? Enquire now



New Zealand free dial 0800 377 378

Australia free dial 1800 044 633

World +64 3 962 3280



Email: info@tuataratours.co.nz

Web: www.tuataratours.co.nz

You might also like....

The Queenstown Cycle Trail Tour
The West Coast Wilderness Cycle Trail



Official Partner

Tuatarata Tours is proud to be in an official partnership with Ngā Haerenga The New Zealand Cycle Trail.

The objective of the partnership is to create a nationwide network of cycle trails that connect the Great Rides with the rest of New Zealand.



Tuatarata Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

NEW ZEALAND
0800 377 378

WORLD
+64 39623280

AUSTRALIA
1800 044 633

