

The Tasman Great Taste Trail & Golden Bay Explorer



A taste of the scenic
delights of coastal and
inland Tasman

5 Days, 4 Nights

Moderate Grade



Tour Cost (NZD)

2025 / 2026

Low Season (Nov, Dec, Jan, Apr): \$2,425

High Season (Feb, Mar): \$2,625

Single Supplement: \$545

Tour Highlights

- Scenic coastal and inland trails
- Ride past vineyards, breweries and orchards
- Golden beaches and crystal clear waters
- Farewell Spit-top of the south
- Takaka Valley and Te Waikoropupu Springs



Tuataratours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



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The Tour at a Glance

Take a relaxed ride through the heart of Tasman and Golden Bay, where stunning coastal views meet lush green countryside.

This trail is all about slowing down and soaking up the good life. Cruise past acres of vineyards, and sun-kissed orchards. Relax at cosy local cafes, dip a toe at glittering beaches and watch the sun go down over rolling hills.

It's the perfect blend of coast and country, sunshine and scenery, all wrapped up in laid-back charm.

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 Nelson to Motueka **47km**

Day 2 Motueka to Takaka **37km**

Day 3 Takaka to Collingwood **36km**

Day 4 Collingwood to Takaka **33km**

Day 5 Takaka to Nelson **34km**

Day 1 Nelson to Motueka (47km)

We kick things off in Richmond between 8:30 and 9am—geared up and good to go! This stretch of the Tasman Great Taste Trail glides alongside the stunning Waimea Inlet, South Island's largest enclosed estuary. It's a birdwatcher's dream, so keep your eyes peeled for bar-tailed godwits, white herons, royal spoonbills, and more feathered friends along the way.

Next stop: the golden sands of Rabbit Island, From there, hop aboard the iconic Mapua Ferry for a breezy ride across the inlet to the charming seaside village of Mapua—and your cafe lunch stop.

Leaving Mapua, the trail hugs the coastline, dishing up epic views across Tasman Bay and all the way to the Mt Arthur Range and Kahurangi National Park. It's a gentle downhill roll into Motueka, where a warm welcome, a good meal, and a comfy bed are waiting.

MEALS INCLUDED: L D



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Day 2 Motueka to Takaka (37km)

Leaving Motueka, you'll pedal through the region's lush fruit orchards and hop fields before arriving at Kaiteriteri—famous for its golden beach and crystal-clear waters.

Next, we hop in the vehicle for a scenic drive over the twisty Takaka Hill to Little Takaka. From there, it's a chilled ride down the peaceful Takaka Valley to the artsy, laid-back town of Takaka.

You'll have time to stroll the streets, explore craft shops and galleries, and soak up the creative vibe. Then settle in for a tasty dinner and a cozy night's rest.

MEALS INCLUDED: B L D

Day 3 Takaka to Collingwood (36km)

Ride 6.7km to Waikoropupu (Pupu) Springs, home to the clearest spring water on earth—plus a lovely bush walk to soak it all in.

Next, cruise quiet back roads to Anatoki Salmon Farm. Feeling lucky? Catch your own salmon and get it hot smoked fresh!

Then, hop in the vehicle for a scenic coastal drive to Collingwood, with stunning Golden Bay views. Back on the bikes, ride out to Puhanga and Wharariki Beach.

Tonight, relax and dine at the famous Mussel Inn—a lively brewery and eatery where the atmosphere is as rich as the food.

MEALS INCLUDED: B L D

Day 4 Collingwood to Takaka (33km)

This morning, we drive through the peaceful Aorere Valley to the start of the famous Heaphy Track. From here, it's bike time! Ride back down the valley to the historic town of Bainham, where the iconic Bainham Store has been serving the community since 1928.

Four generations of the Langford family have kept this gem alive—from EB Langford to his granddaughter Lorna, who ran the place for 63 years, and now Sukhita, carrying on the tradition with pride.

Leaving Bainham, pedal through farmland down to the coastal road—where the riding wraps up for the day. Tonight, it's back to Takaka for good food and well-earned rest.

MEALS INCLUDED: B L D

Day 5 Takaka to Nelson (34km)

This morning, we cruise back over Takaka Hill to Riwaka, then follow a peaceful country road along the Motueka River—famous for brown trout and fly fishing legends.

At Tapawera, the biking kicks off! Ride through hop fields to Kohatu, Norris's Gully, and the thrilling 1.35km Spooners Tunnel. If there's time, pedal on to Belgrove and maybe all the way to Wakefield.

After the ride, we head back to Nelson where the tour wraps up around 4 to 5pm.

MEALS INCLUDED : B L



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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 hire page for full details.



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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)



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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 Tasman Great Taste Trail & Golden Bay Explorer 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 Tasman Great Taste Trail & Golden Bay Explorer 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 and often the hottest months, while April offers stunning autumn colours and milder days. Tours run in all weather, so come prepared. See our gear list for what to bring.

Can I fly in/fly out the same day? We recommend you arrive the day prior to your tour and depart the morning after the tour finishes just in case there are any unexpected delays or cancellations to your flights.

What time do I get back to Nelson on the last day? The itinerary can change depending on weather conditions and the speed of the cycling group, but finish time in Nelson is normally between 4.30 and 6pm. We recommend you stay a night in Nelson post tour, so you don't have to worry about missing a flight or any ongoing travel plans.

Can you pick me up for the tour?

Yes, pickups and drop offs are available at several Nelson city locations and Tahunanui Beach. Pick-ups are not possible at Airbnb properties or private homes in residential or hill suburbs.



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Frequently asked questions:

Why is it called the "Great Taste Trail"

The term "taste" encompasses the variety of experiences available, from food and drink to the region's culture and natural beauty. You can get a 'taste' of what the region has to offer from riding the trail. This is not a food and beverage tour as the biking is the key experience, and we don't offer wine tasting by bike, however you can purchase great local wines each night to enjoy with your evening meal (when you have safely completed your day's ride.)

Is there any parking at your office? Unfortunately, not. You will need to arrange for storage for your vehicle while you are on tour. We suggest using the long-stay car parking at Nelson airport or arranging with a local motel for pre and post tour accommodation and vehicle storage.

Are there any cycle sections on the road? The Tasman and Golden Bay Cycle Trail Tour combines the Tasman Great Taste Trail, with local rides in and around Takaka and Collingwood in Golden Bay. Most riding is off-road on purpose-built trails. Some quiet country roads are included around Takaka and Collingwood. We ask all riders to follow road rules and wear the hi-vis vest provided. While traffic is minimal, if this concerns you we suggest you ride outside of school holidays.

Can you join this tour from Christchurch? Yes! Our support vehicle travels to and from Christchurch for each tour. We head up from Christchurch the day before the ride and return the day after the ride is over. You will need accommodation pre and post tour. Let us know if you'd like to join us from Christchurch—no extra cost for the transport.

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?

Yes, please come dressed ready to bike on the morning of your tour with your overnight bag packed ready for the transport. During the day you will not have access to your overnight bag so please make sure to have all the items you require for use during the day, packed in a day pack for easy access.

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 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 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.



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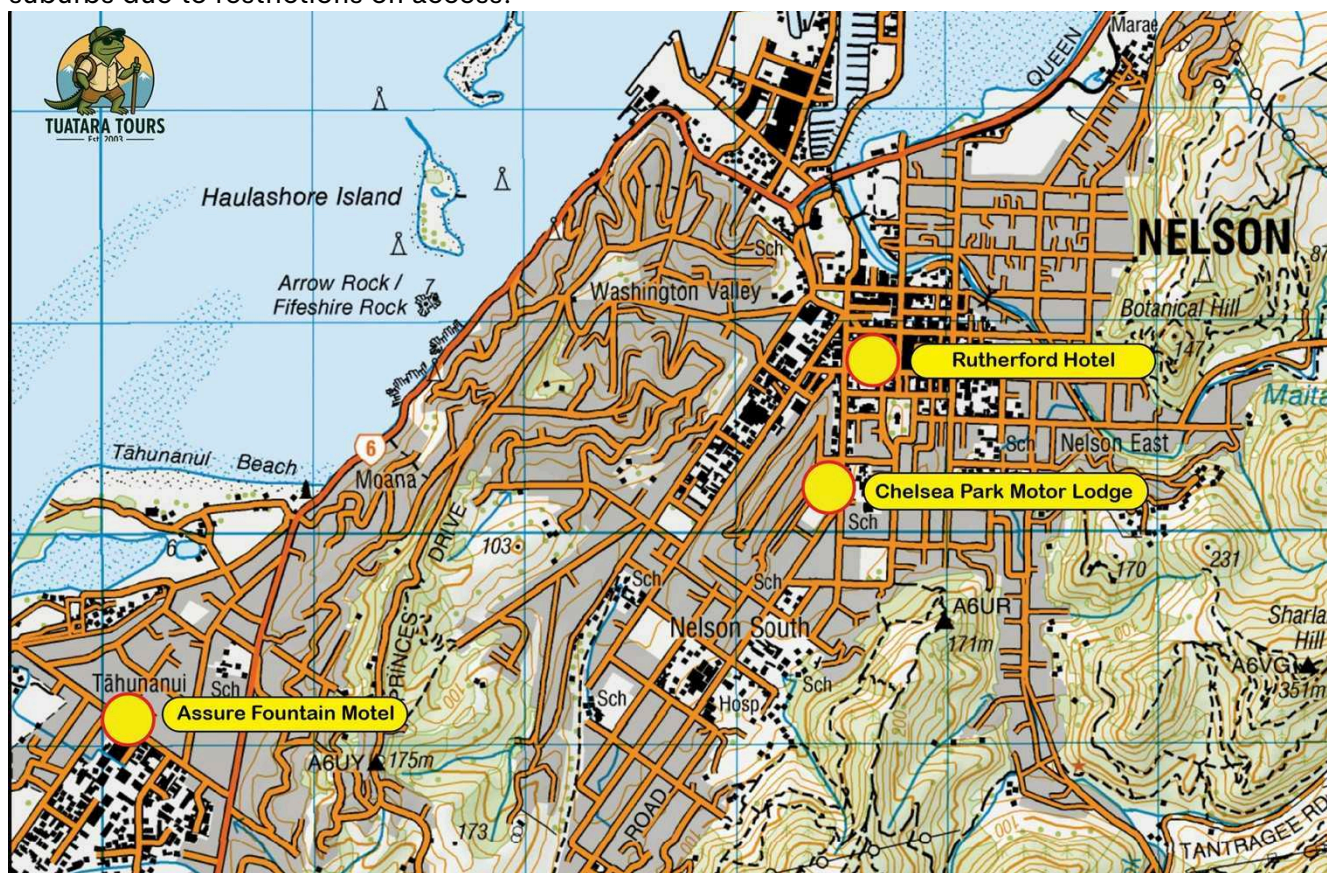


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Pickup Points

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.



Rutherford Hotel
Central Nelson



Chelsea Park Motor Lodge
Waimea Road vicinity



Asure Fountain Motel
Tahunanui Beach vicinity

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.



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Our Hire Bikes

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

Hybrid F18 Cruise Elite Special \$110 per day

Our most popular E bike.

The perfect cross over between comfort cruiser and trail bike

MOST POPULAR



10-speed gearing &
29" wheels



Hybrid M18 Sport Elite Special \$110 per day

Same performance and specifications as the F18, with a more mountain bike-style handlebar and top bar



Hybrid M24 Adventure \$165 per day

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



Powerful
20Ah/720Wh battery



The Merida eOne-Sixty 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 .



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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.



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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.



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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



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Australia free dial 1800 044 633

World +64 3 962 3280



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Web: www.tuataratours.co.nz

You might also like....

The West Coast Wilderness Cycle Trail

The Best Of The West 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.



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