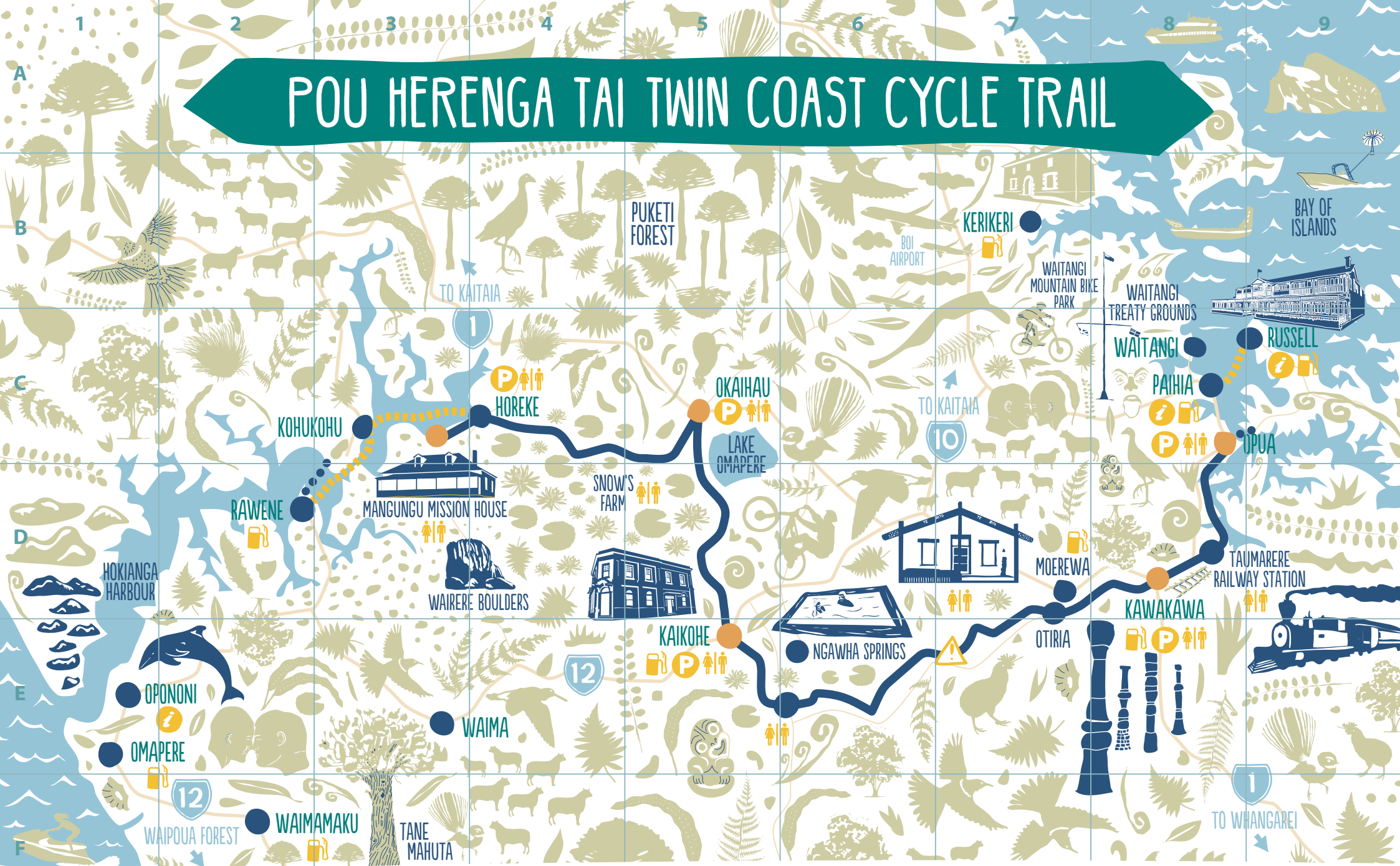
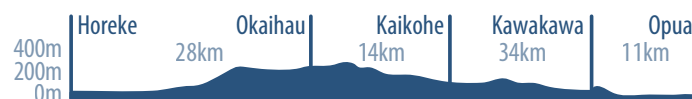


# POU HERENGA TAI TWIN COAST CYCLE TRAIL



## LEGEND

- Cycle trail
- Vehicle ferry
- Ⓟ Car park
- Start/Finish point
- ⓘ i-SITE Visitor centre
- ⛽ Petrol station
- Passenger ferry
- 🚻 Toilets
- ⚠ Detour 500m on road



## CYCLE TRAIL

Pou Herenga Tai Twin Coast Cycle Trail is part of the "Great Rides" which are the premier rides on the NZ Cycle Trail.

Cycle Coast to Coast from the Bay of Islands to the Hokianga Harbour. Stunning scenery with magnificent views, and a fascinating journey through some of NZ's earliest Maori & European settlements. The trail is 87 km and is divided into 4 sections it can be ridden in either direction. For those who prefer to ride downhill Kaikohe is the highest point of the cycle trail with Kaikohe-Opua or Kaikohe-Horeke riding options.

<b>Opua to Kawakawa 11km</b>	<b>Grade 1</b>
<b>Kawakawa to Kaikohe 34m</b>	<b>Grade 1 - 2</b>
<b>Kaikohe to Okaihau 14km</b>	<b>Grade 1 - 2</b>
<b>Okaihau to Horeke 28km</b>	<b>Grade 2 - 3</b>

## TRANSPORT, FERRIES, BIKE HIRE + SHUTTLES

### All Seasons Bike Hire and Shuttle Service

Mountain and electric bike hire. Shuttle service to take you and your bikes to any point on the trail. Accommodation on the trail arranged for you. 027 666 1144 [www.allseasonsbikehire.co.nz](http://www.allseasonsbikehire.co.nz)

### Hokianga Shuttles Limited

Sit back, relax and enjoy the magnificent sights of the Hokianga and the Far North while we do the driving. Sight seeing trips, Airport Shuttle. 027 293 1616

### Paihia Mountain Bikes - Rentals and Transport

Quality mountain and electric bike hire. Transport right along the cycle trail. Itinerary planning and packages. Groups welcome. Based in Paihia at the world class Waitangi Mountain Bike Park. 021 187 8192 [www.paihiamountainbikes.co.nz](http://www.paihiamountainbikes.co.nz)

### Ranui Passenger and Bike Ferry Service

Ferry Link - Horeke - Kohukohu - Rawene. Also Scenic and Historic Tours, dinner cruise and charters. 022 644 3599, [www.ranui.nz](http://www.ranui.nz)

### Top Trail Hire & Tours, Kaikohe

Cycle Hire - Tours - Baggage transfers- Information & Assistance - Accommodation - Transfers to and from all sections of the trail. 0800 TOP TRAIL (867 872) [www.toptrail.co.nz](http://www.toptrail.co.nz)

### Twin Coast Adventures

Located in Kaikohe. Perfect mid-way point for the Twin Coast Cycle Trail, providing motel accommodation, bike hire and shuttle service. 09 401 2743 [www.twincoastadventures.co.nz](http://www.twincoastadventures.co.nz)

### Twin Coast Cycle Transport & Bike Hire

We hire Ebikes and mountain bikes from our office in Opua Marina. We also offer a shuttle service to and from any point on the trail. 0800 891 340 [www.twincoastcycletransport.co.nz](http://www.twincoastcycletransport.co.nz)

## THINGS TO DO + SEE

### Adventure Puketi Guided Eco tours, Puketi Forest, Okaihau C6

Offering a range of guided tours day and night in the Puketi Rainforest. 0274 499 206 [www.forestwalks.com](http://www.forestwalks.com)

### Awesome Adventures Hokianga, Opononi E1

Discover the Hokianga the way it was first explored ... on the water. Visit many places of "firsts" that the Hokianga has to offer. Jet skis, paddleboards, kayaks. 09 405 8224 [www.aah.nz](http://www.aah.nz)

### Bay of Islands Vintage Railway D8

Add a different dimension to your ride. Trains run between Kawakawa and Taumarere. Trains run on Fri, Sat, and Sun inclusive. School Holidays: trains run every day. 021 171 2697 [www.bayofislandsvintagerailway.org.nz](http://www.bayofislandsvintagerailway.org.nz)

### Clendon House, Rawene D2

Visit the historic house of James Reddy Clendon - adventurer, trader, and entrepreneur in historic Rawene and hear the stories unfold. 09 405 7874 [www.clendonhouse.co.nz](http://www.clendonhouse.co.nz)

### Explore Group, Paihia C8

Explore Group is a boutique cruise operator in the Bay of Islands, offering experiences that showcase the beautiful Bay of Islands. 09 359 5987 [www.exploregroup.co.nz](http://www.exploregroup.co.nz)

### Flying Kiwi Parasail, Bay of Islands C8

NZ's highest Parasailing over the Bay of Islands since 1998. Enjoy stunning views over the 144 islands at 1300ft. Great fun for all family members! 09 402 6068 / 021 359 691 [www.bayofislandsparasail.com](http://www.bayofislandsparasail.com)

### Kings Theatre Creative (Est.1936), Kawakawa D8

The largest art gallery in the district, offering a unique, authentic art experience; group and solo exhibitions, Toi Maori artworks and gifts from 200+ local artists. Open 10am-4pm. 021 024 57571 [www.kingstheatrecreative.com](http://www.kingstheatrecreative.com)

### Māngungu Mission, Horeke C3

With spectacular views overlooking historic Hokianga Harbour, in 1840 the third and largest signing of the Treaty of Waitangi took place. This is the western terminus for the Twin Coast Cycle Trail. 09 405 9734 [www.mangungumission.co.nz](http://www.mangungumission.co.nz)

### Te Waiariki Ngawha Springs E6

A taonga (treasure) of the North. 16 Geothermal mineral hot pools each with unique nutrient and temperature characteristics. Used for centuries for relaxation, therapeutic qualities and healing. Open 9am-9pm. 09 405 224 5 [www.ngawha.com](http://www.ngawha.com)

### Northland Experiences, Unique biking & hiking tours

A high end, all incl. e-bike tour involving unique Northland experiences wrapped around boutique accommodation and local food and wine delights. [www.northlandexperiences.co.nz](http://www.northlandexperiences.co.nz)

### Pioneer Village Kaikohe E5

Set in beautiful park like grounds - an extensive collection of heritage buildings, machinery, artefacts and displays that appeals to both the young and old. 09 401 0816 [www.pioneervillage.org.nz](http://www.pioneervillage.org.nz)

## POU HERENGA TAI TWIN COAST CYCLE TRAIL [www.twincoastcycletrail.kiwi.nz](http://www.twincoastcycletrail.kiwi.nz)

## WHERE TO STAY

### Admirals View Lodge, Paihia C8

Central Paihia - set in a peaceful location - self-contained accommodation with scenic sea views in most rooms. Qualmark 4 star. 09 402 6236 [www.admiralsviewlodge.co.nz](http://www.admiralsviewlodge.co.nz)

### Bayswater, Paihia C8

Waterfront in Paihia - A perfect family holiday rental home - ideal for large families or two families holidaying together. 021 964873 [www.paihiabayofislands.co.nz](http://www.paihiabayofislands.co.nz)

### Copthorne Hotel & Resort Hokianga, Omapere E1

One the edge of the harbour, this 4-star Qualmark-rated hotel has 33 rooms and suites. Enjoy the restaurant and bar overlooking the Hokianga Harbour. 09 4058 737 [www.millenniumhotels.com](http://www.millenniumhotels.com)

### Horeke Hotel Accommodation, Horeke C4

Quality boutique accommodation with en-suites in the hotel. Plus "House over the Water" with 4 en-suite bedrooms and self contained. Bike hire and shuttles. Restaurant dining available on site. 09 401 9133 [www.horekehotei.nz](http://www.horekehotei.nz)

### Left Bank, Kaikohe E5

Located in the newly refurbished BNZ Bank - Quality boutique hotel upstairs with 5 rooms with en-suite. Secure bike storage. Mint Café downstairs. 09 283 5534 [www.leftbank.co.nz](http://www.leftbank.co.nz)

### Medzshed, Okaihau C5

1km from Okaihau Village right on the cycle trail. Fully self-contained flat for two. One night stay welcome, peaceful rural setting by native bush. 09 401 9215 or 021 935 503

### Mulga Bill's Stopover, Kaikohe E5

2br Country cottage near trail midpoint. Up to four persons comfortably. Breakfast options; Cook your own dinner - MB's Tucker Boxes or BYO. Large lounge, great kitchen. 021 0225 3843 [www.mulgabillsstopover.co.nz](http://www.mulgabillsstopover.co.nz)

### Old Dairy Company, Kaikohe E5

Located right on the trail. Retro vibe in an art deco building. Rough and ready but full of character. Self contained. Double bed, and 2 sofa beds. 09 405 7816 or 09 405 9941

### Okaihau Rail Stay, Okaihau C5

Boutique railway themed accommodation right beside the Okaihau to Horeke section of the Twin Coast Cycle Trail. Meals and shuttles available on request. 021 124 2237 [www.okaihaurailstay.co.nz](http://www.okaihaurailstay.co.nz)

### Puketi Heights, Puketi Forest, Okaihau C6

5 star B&B or self-contained unit sleeps up to 6, next to the Puketi Rainforest. Ask us about our guided night walks into the Puketi Rainforest. 027 449 9206 [www.forestwalks.com](http://www.forestwalks.com)

### Riverhead Guesthouse, Horeke C4

Bed and breakfast accommodation overlooking the Hokianga Harbour at Horeke. 09 401 9610 Mob 021 814 562 [www.riverhead-guesthouse-horeke.co.nz](http://www.riverhead-guesthouse-horeke.co.nz)

### Russell-Orongo Bay Holiday Park, Russell C9

Set in 14 acres, with 55 species of birds. Listen to kiwi under a magnificent starry sky. We can accommodate all, including groups, for all budgets. Bikes for hire. 4 star Qualmark. 09 403 7704 [www.russellaccommodation.co.nz](http://www.russellaccommodation.co.nz)

### Stone Store Lodge, Kerikeri B7

Luxury, boutique B&B. Rent a room or the whole lodge - sleeps 10 total. A perfect location to cycle the trail from and enjoy the Bay of Islands. 09 407 6693 [www.stonestorelodge.co.nz](http://www.stonestorelodge.co.nz)

### Swiss Chalet Lodge Motel, Paihia C8

In the heart of Paihia with self-contained serviced accommodation to suit couples and groups. Free WiFi, Undercover Parking, Spa Pool, BBQ. Fully equipped workshop. 09 402 7615 or 0800 724 444 [www.swisschalet.co.nz](http://www.swisschalet.co.nz)

### Tangatapu Trails, Rawhiti C9

Tangatapu Trails is at the start of the Whangamumu Walk Track. Full service B&B bunk accommodation for groups up to 6 @ \$50 per person per night. 09 403 8416

### Te Rito Marae, Ngapipito Rd, Moerewa D7

An authentic marae experience located right on the trail in a beautiful rural setting. Welcome on to the marae with a Powhiri, group accommodation and meals. [perry.hati@gmail.com](mailto:perry.hati@gmail.com) Maymay 021 047 4494 or Perry 021 082 64008

### The Duke Motel, Russell C9

A newly re-furnished Boutique Motel with a stylish, retro twist. perfect for couples, groups and families. 4-star Qualmark. Set in peaceful setting in heart of Russell. 09 403 7008 [www.dukemotel.co.nz](http://www.dukemotel.co.nz)

### The Duke of Marlborough Hotel, Russell C9

Located on the waterfront of Russell, the Hotel offers an outstanding restaurant and accommodation. A great place to relax and watch the world go by. 09 403 7828 [www.theduke.co.nz](http://www.theduke.co.nz)

### The Heads Omapere E1

Designed for couples and retreats - private courtyards are framed with loungers and outdoor spa pool. Luxurious villas with all you need in the Hokianga Harbour. 09 4058 737 [www.theheads.co.nz](http://www.theheads.co.nz)

