



Mountains to Sea  
Ngā Ara Tūhono



### 8 SCENIC RIDES

Connect, combine & navigate  
from Ruapehu to Whanganui



Make a difference to  
the trail and share  
your experience via  
our short survey.

[mountainstosea.nz](http://mountainstosea.nz)



Cycle a journey of  
adventures navigating  
the Whanganui River  
from Tūroa to the  
Tasman Sea.

Known in Maori as 'Ngā  
Ara Tūhono' our connected  
pathways will take you to new  
adventures in a remarkable  
part of the world.

The trail is one of 22 Great  
Rides of the New Zealand  
Cycle Trail, known in Maori as  
Ngā Haerenga – 'the journeys'.  
True to the name, our trail  
network follows the pathways  
of those who have gone  
before, traversing a series of  
amazing landscapes to show  
you natural wonders and  
reveal important stories from  
the past and present.



Mountains to Sea -  
Ngā Ara Tūhono is comprised  
of multiple sections that can  
be joined together for a multi-  
day adventure, or enjoyed as  
day rides to suit your ability,  
interests and itinerary. We  
know whatever your journey -  
it will be a Great Ride!

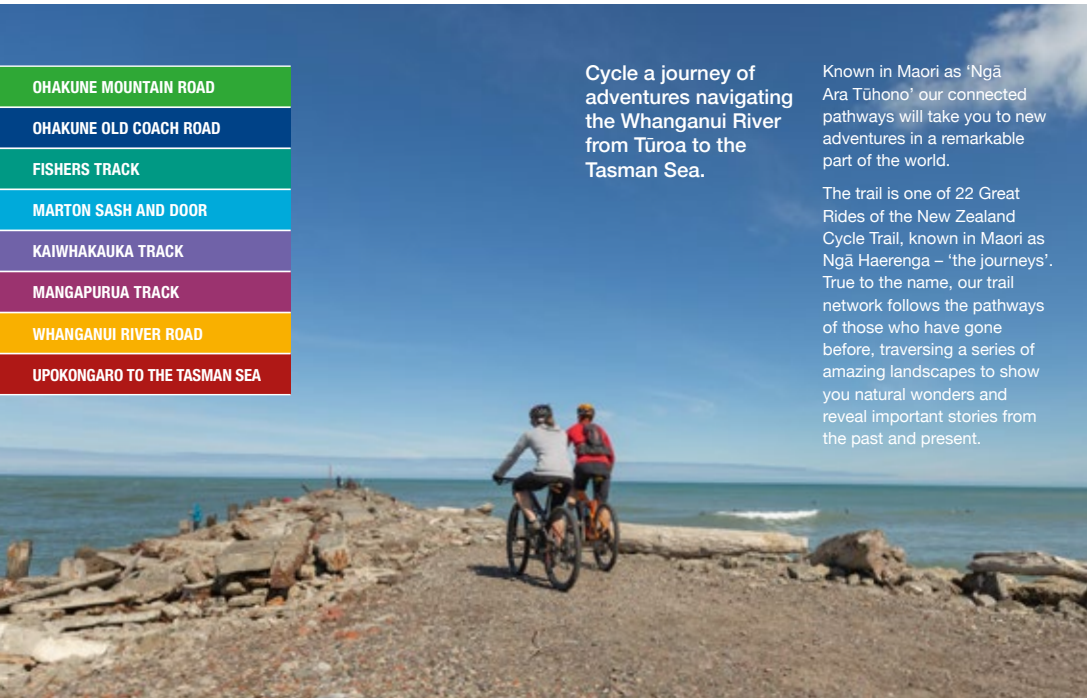
**Cycle the full journey**

- The Classic 231kms via Ruatiti
- The Adventure 296kms via Kaiwhakauka

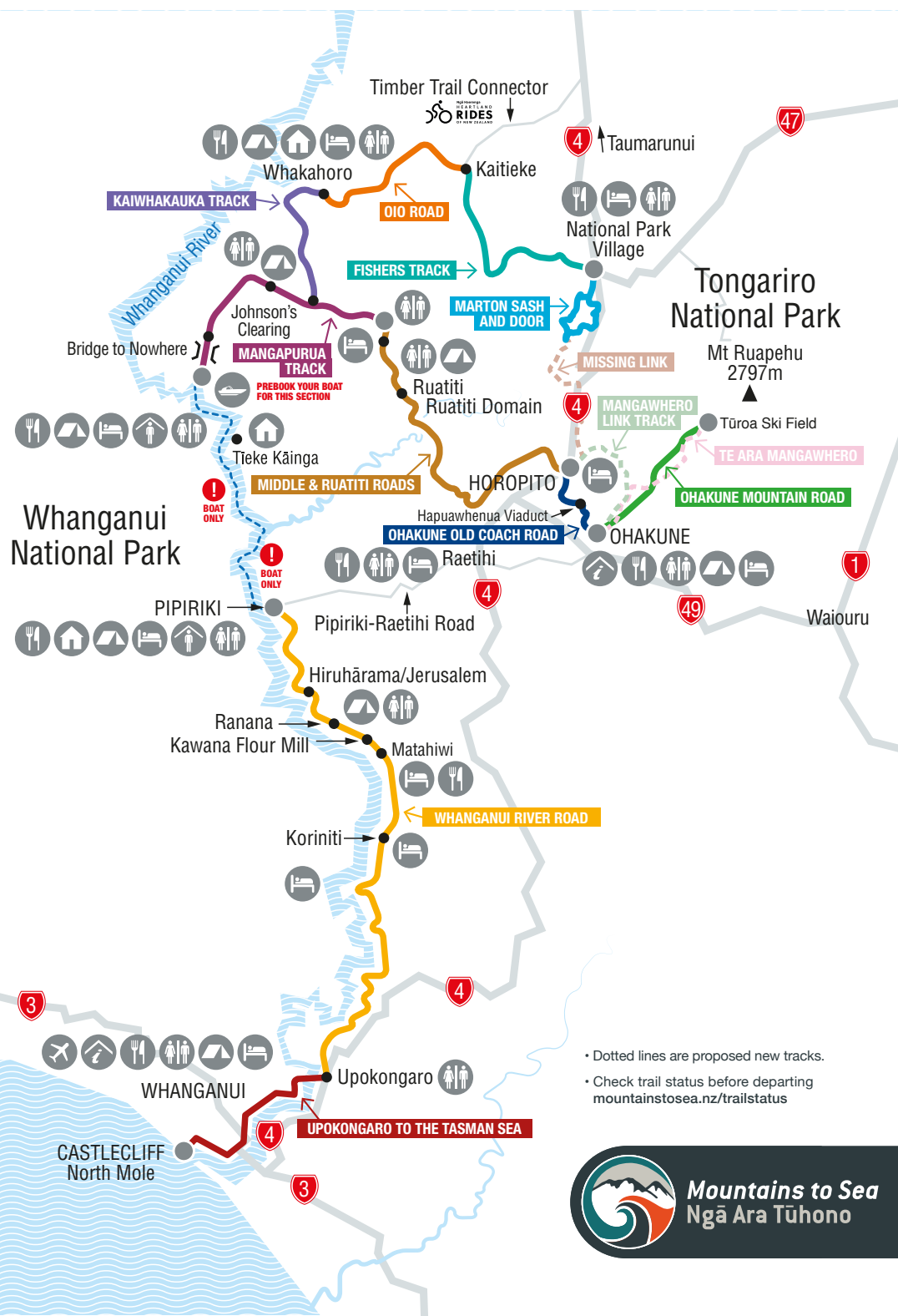
Full planning, history and  
downloadable maps and itinerary  
planning available on our website.

Planning your adventure...  
support our official business partners  
who are focused on making your  
journey special.

[mountainstosea.nz/organise](http://mountainstosea.nz/organise)



- OHAKUNE MOUNTAIN ROAD
- OHAKUNE OLD COACH ROAD
- FISHERS TRACK
- MARTON SASH AND DOOR
- KAIWHAKAUKA TRACK
- MANGAPURUA TRACK
- WHANGANUI RIVER ROAD
- UPOKONGARO TO THE TASMAN SEA



### OHAKUNE MOUNTAIN ROAD

GRADE 3  
LENGTH 17 KM  
DURATION 1+ HRS

### OHAKUNE OLD COACH ROAD

GRADE 3  
LENGTH 15 KM  
DURATION 2-4 HRS

### FISHERS TRACK

GRADE 2  
LENGTH 27 KM  
DURATION 2-3 HRS

### MARTON SASH AND DOOR

GRADE 3  
LENGTH 22 KM  
DURATION 2-3 HRS

### KAIWHAKAUKA TRACK

GRADE 4  
LENGTH 27 KM  
DURATION 5-7 HRS

### MANGAPURUA TRACK

GRADE 4  
LENGTH 36 KM  
DURATION 5-7 HRS

### WHANGANUI RIVER ROAD

GRADE 3  
LENGTH 65 KM  
DURATION 7-8 HRS

### UPOKONGARO TO THE TASMAN SEA

GRADE 3  
LENGTH 19 KM  
DURATION 1-2 HRS

## TE AWA TUPUA

Flowing from Ongarue in the North to the Tasman sea, the 290km Whanganui River is the second longest in the North Island, after the Waikato.

The importance of the river is underscored by its declaration as a living entity with commensurate rights enshrined in the Te Awa Tupua legislation and a United Nations proclamation in 2017. Te Awa Tupua recognises the river as an indivisible and living whole from the mountains to the sea.

*Ko te Awa te mātāpuna o te ora*

*The river is the source of spiritual and physical sustenance*

*E rere kau mai te Awa nui mai i te Kāhui Maunga ki Tangaroa*

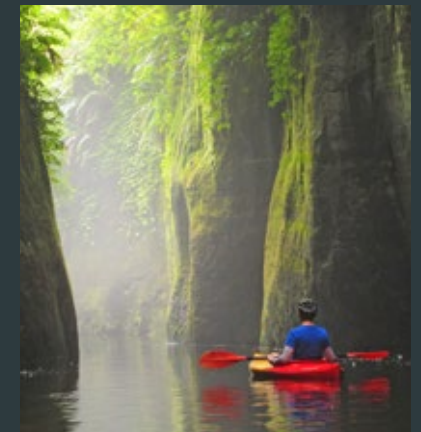
*The great River flows from the mountains to the sea*

*Ko au te Awa, ko te Awa ko au*

*I am the River and the River is me*

*Ngā manga iti, ngā manga nui e honohono kau ana, ka tupu hei Awa Tupua*

*The small and large streams that flow into one another and form one River*



For more information see [mountainstosea.nz/theriver](http://mountainstosea.nz/theriver)





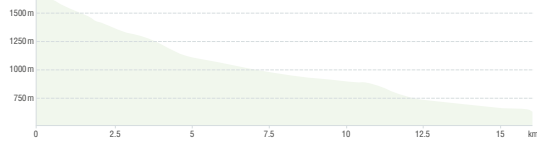
## OHAKUNE MOUNTAIN ROAD



Freewheel down Mt Ruapehu on one of New Zealand's most spectacular roads.

This exhilarating 1000m descent is a fantastic way to kick-start your Mountains to Sea adventure. Catch a shuttle to Turoa Skifield – 1700m above sea level – and experience the winding swoop through to Ohakune.

Take in the weird and wonderful landscape of World Heritage-listed Tongariro National Park as well as jaw-dropping views across the volcanic plateau.



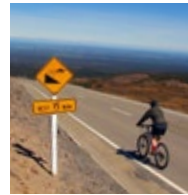
GRADE  
3

LENGTH  
17 km

TOTAL DESCENT  
1700 m

DURATION  
1+ hrs

LOCATION  
Ohakune



### HIGHLIGHTS

Panoramic plateau views

Exhilarating 1000m descent

Unique volcanic landscape

Forest & waterfall walks

May not be suitable to ride in Winter

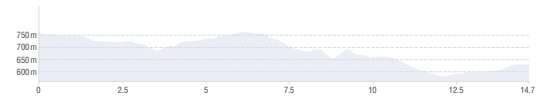
## OHAKUNE OLD COACH ROAD



Easily accessible and suitable for riders of most ages and abilities, the trail traverses Tongariro National Park forest and farmland, with many epic lookouts over the volcanic plateau.

Revealed along the way are many surprising and memorable sights – from abandoned railway tunnels and grand viaducts, to old bush camps and remnants of the original cobblestone road.

The Ohakune Old Coach Road is great for the whole family. Horopito is 170 metres higher altitude than Ohakune, so make the most of the overall descent.



GRADE  
3

LENGTH  
15 km

TOTAL DESCENT  
170 m

DURATION  
2-4 hrs

LOCATION  
Ohakune – Horopito



### HIGHLIGHTS

Stunning sub alpine native forest

Challenging and original cobbled road built of sett stones in the 1880's

Panoramic views of Mt Ruapehu, and the surrounding rural plans to the south

Two historic railway viaducts including the Hāpuawhenua viaduct, one of New Zealand's oldest and tallest curved viaducts at 45m high and 245m long

Great information panels connecting today with yesterday

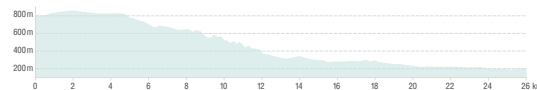
## FISHERS TRACK



Easily accessible from National Park Village - the ride takes you on a very special public road through a rural heart.

Spot wildlife and hunting trophies along the way.

An easy half day ride with regular shuttle pickups - or the connection to Oio Road to Whakahoro and the Kaiwhakauka beyond.



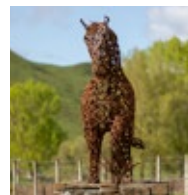
GRADE  
2

LENGTH  
27 km

TOTAL DESCENT  
660 m

DURATION  
2-3 hrs

LOCATION  
National Park Village



### HIGHLIGHTS

Epic views of the surrounding volcanoes

Mount Hauhungatahi – our fourth and oldest volcano

Thrilling downhill through farmland on an official public road with no cars to be seen

Entry-level backcountry ride

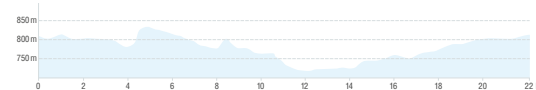
Awesome horseshoe monument at Kaitieke

## MARTON SASH AND DOOR



An enjoyable short ride for most ages and abilities, this loop takes you back in time via a bush tramway dating back to the early logging days.

Named after the Marton Sash and Door logging company, the tramway was built for locomotives to take logs from the forest and transport them south.



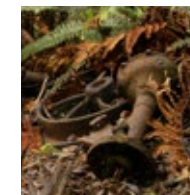
GRADE  
3

LENGTH  
22 km

TOTAL DESCENT  
Undulating

DURATION  
2-3 hrs

LOCATION  
National Park Village



### HIGHLIGHTS

Relics from the bush tramway era including pumice cuttings, log bridges, a small wooden dam, and rail irons

Undulating riding through regenerating native bush

## KAIWHAKAUKA TRACK



Originally a six-foot horse and cart route, then a tramping track, the Kaiwhakauka Track is a rewarding addition to the Mountains to Sea Cycle Trails.

The twin valleys – Kaiwhakauka and Mangapurua – share fascinating and ultimately sorrowful WWI settler history, with the iconic Bridge to Nowhere a fittingly forlorn finale to the story.

Advanced riding especially in wet conditions | Check trail status.

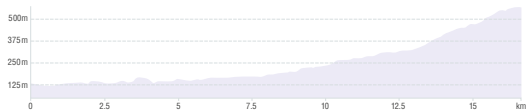
GRADE  
4 (advanced)

LENGTH  
27 km  
(or 41km to Mangapurua landing)

TOTAL DESCENT  
400 m

DURATION  
5-7 hrs

LOCATION  
Whakahoro



## HIGHLIGHTS

Blue Duck Station with native Whio, Kiwi and other natives

Remote, rural valley packed with history

View-filled climb

Secret waterfalls

Old-fashioned farm heritage

Link to Mangapurua Track

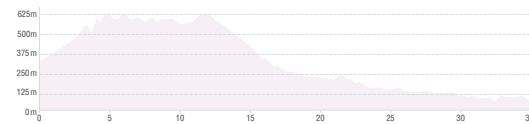
## MANGAPURUA TRACK



One of Aotearoa - New Zealand's iconic rides.

Journey back in time through a remote, long-deserted valley to the mystical Whanganui River. Take in stunning mountain vistas and discover WW1 heritage sites.

Descend through the Whanganui National Park passing reclaimed farms, native forest, dramatic bluffs, and deep ravines before crossing the Bridge to Nowhere, a graceful monument to early settlers' broken dreams. The jet boat ride to Pipiriki is an invigorating way to end this wilderness adventure.



GRADE  
4

LENGTH  
36 km

TOTAL DESCENT  
590 m

DURATION  
4-7 hrs  
(depending on conditions)

LOCATION  
Whanganui National Park



## HIGHLIGHTS

National Park wilderness

Whanganui River jet boat ride

Bridge to Nowhere, a poignant memorial to broken dreams of settlers

Remote farming valley

Poignant post-WWI history

Connection to the iconic Whanganui River – NZ's second longest and legally protected as a living entity

Pre-book jetboat Mangapurua landing

May be closed in Winter of after severe weather. Check trail status before departing

## WHANGANUI RIVER ROAD



Following the Whanganui river as it flows towards the sea, this peaceful road blends sublime scenery with a series of delightful heritage sites, both Māori and European.

Starting at Pipiriki – gateway to Whanganui National Park – this long but leisurely ride undulates through small settlements perched high above the mighty river.

Beautiful marae, notable church and convent, charming old flour mill, and other special sights tell their stories.

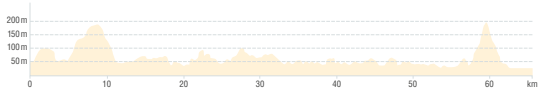
GRADE  
3

LENGTH  
65 km

TOTAL DESCENT  
Undulating

DURATION  
6-8 hrs  
(depending on conditions)

LOCATION  
Whanganui



## HIGHLIGHTS

The Whanganui River

Hiruharāma/Jerusalem and St Joseph's Convent

Kawana Flour Mill

Small villages steeped in history

Elevated river views

Engage with local Maori culture

Notable heritage sites

Easy riding on a country road

Character-filled accommodation

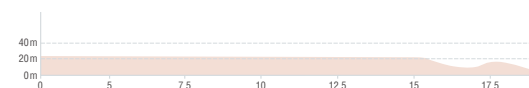
## UPOKONGARO TO THE TASMAN SEA



A fitting finale to the Mountains to Sea. The trail winds beside the lower reaches of the Whanganui River and through the artful city of Whanganui before reaching the Tasman Sea.

From Upokongaro village this flat, easy trail follows the river to Whanganui's city limits where it continues on cycle paths, suburban streets and pretty riverside boardwalk through the centre brimming with galleries, street art, cafes and more.

The final stretch heads through salt-tinged backstreets on its way to North Mole - Castlecliff – a moody, driftwood-strewn beach where this epic journey ends.



GRADE  
3

LENGTH  
19 km

TOTAL DESCENT  
Negligible

DURATION  
1-2 hrs  
(take all day as there is much to see and do)

LOCATION  
Whanganui



## HIGHLIGHTS

Cross the stunning cycle bridge connecting east to west

Heritage buildings

Creative community (galleries and specialty glass workshops)

Whanganui River Markets (Saturdays)

Historic riverboats

Fantastic cafes

Durie Hill Tunnel and Elevator