

How to tackle the Great Taste Trail

The Great Taste Trail is a loop around the region; 200km of trail through picturesque towns, country, and coastline. Here are a few ways to experience all that riding ...

- 1. Enjoy a multi-day adventure over three to four days. Allow some time each day to explore the tastes and take rest stops.
- 2. Ride a section at a time on separate day trips. If it's too much riding for one day, make it an overnighter.
- 3. Choose a bite-size ride you can manage in a couple of hours. See reverse side for shorter ride options.



Trail Grade Key

- Grade 1, Easiest
- Grade 2, Easy
- Grade 3, Moderate
- On Road
- On Gravel Road

Back and Beyond

Tapawera – Baton River – Pokororo – Riwaka

Grade 3 | 63km | 4 - 6 hours

The Motueka Valley lies at the foot of Kahurangi National Park. It is remote and picturesque. Be at one with nature amid vistas of the mountains, back country rural farmlands, crystal clear rivers and big skies. Outside of the towns at each end, you are away from cafes and shops.

This section is more challenging with some climbing and gravel roads.

Get a Taste of ... Hop farms, Baton Valley, Baton River, views to Kahurangi National Park, remote rural life, Motueka River (swimming holes).

Profile Map

Sparkling Coastline

Richmond | Rabbit Island | Māpua | Motueka | Riwaka
Kaiteriteri Beach

Grade 1 - 3 | 64 km | 4 - 6 hours

The coastal section showcases the internationally significant Waimea Inlet and its wading birds, twinkling Tasman Bay, orchards, vineyards, artisans, fresh food and craft beer. Riwaka to Kaiteriteri Beach is a there-and-back ride, including a push up and over a grade 3 mountain bike trail. It is worth the extra effort.

Get a Taste of ... Waimea Inlet and its birdlife, Waimea River, Rabbit Island, Māpua Ferry (times are sign posted) across to Māpua Wharf precinct for food, art and craft.

Orchards, vineyards, working artist studios and galleries, panoramic views of Tasman Bay and Arthur Range, cafes and breweries Motueka township.

Motueka's Sandspit and Raumanuka Reserve, Riwaka village, Kaiteriteri Mountain Bike Park, Kaiteriteri beach, recreation reserve and cafe.

Start: Access the trail from Beach Road/Fittal Street. Or from the ASB Aquatic Centre, take the shared path at the west end of Champion Road.

Profile Map



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Tasman's



Rural Tasman

Wakefield | Spooners Tunnel | Tapawera

Grade 2 | 31 km | 2 - 3 hours

This is a rural story, featuring farmland, forestry, free-range poultry, and hops, with historic rural towns at either end. In the middle of this ride is Spooners Tunnel, New Zealand's longest decommissioned rail tunnel.

Prepare: Spooners Tunnel is dark and chilly. Bring lights and an extra layer for warmth.

Get a Taste of ... Wakefield's history, farmland, Wai-iti river, Spooners Tunnel, Native bush, Flat Rock Cafe at Kohātu.

Hop farms, railway history, views to Mt Arthur/Tuao Wharepapa, Tapawera village and cafes, Tapawera and Valleys Museum.

Profile Map

Town to Country

Nelson CBD | Airport | Richmond | Brightwater | Wakefield

Grade 1 | 34 km | 2 - 3 hours | Start: Nelson i-Site or Airport

Easy, relaxed riding from Nelson city around the Waimea Inlet and into country towns with cafes, wineries, and local discoveries very near the trail.

Get a Taste of ... Nelson CBD, Classic Cars Museum, The Honest Lawyer Country Pub, Waimea Inlet, McCashin's Brewery, Pic's Peanut Butter World.

Richmond CBD, wineries, Wairoa River and suspension bridge.

Brightwater's cafes, local pottery and crafts, Lord Rutherford Memorial.

Wakefield village and historic buildings, native bush and rolling farmland.

Profile Map



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Short Ride Options

Ride times exclude rest stops

Nelson to Richmond
Grade 1, 1 to 1.5 hours, 15 km
Start: Nelson i-site on Halifax Street.

Nelson via Airport to Tahunanui Beach
Grade 1, 1 to 1.5 hours, 11 km
(7km Nelson to Airport)
Start: Nelson i-site on Halifax Street

Richmond to Rabbit Island and Māpua Ferry
Grade 1, 1 to 2 hours, 20 km
Start: Beach Road/Fittal Street

Māpua to Motueka
Grade 2-3, 1.5 to 2.5 hours, 26 km
Start: Māpua Wharf

Motueka to Riwaka
Grade 2, 1 hour or less, 11 km
Start: Old Wharf Road

Riwaka to Kaiteriteri Beach
Grade 2-3 (some hills), 0.5 to 1 hour, 7 km
Start: Riwaka Domain

Wakefield to Kohātū
Grade 2, 1.5 to 3 hours, 26 km
Bring lights and an extra layer for Spooners Tunnel.

Richmond to Wakefield
Grade 1, 1 to 2 hours, 19 km

LEGEND

- Great Taste Trail
- Great Taste Trail, on road
- Great Taste Trail, on gravel road
- Alternative route

- Toilets
- Māpua Ferry
- Accommodation
- Parking
- Food
- Little/No Cell Coverage
- E-Bike Charging Station
- Information

- Activities & Attractions
- Accommodation
- Bike Hire Tours
- Bike Shop & Services
- Cafes & Eateries
- Wineries & Breweries

What to take

- Practical clothing suitable for the season and weather forecast
- Small backpack
- Bike helmet
- Bike pump, spare tube, tools
- Bike light or torch for Spooners Tunnel
- Snacks and water bottle
- Sunscreen, sun hat, sunglasses
- Warm top/spare layer

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Tasman's Great Taste Trail

The Great Taste Trail is a New Zealand Great Ride. A full loop of the region, it offers a wonderful taste of Nelson-Tasman, its picturesque towns, diverse rural areas, and sparkly coastlines.

With many access points, you can choose a section and head out for a few hours, or ride the full loop as a multi-day biking adventure. The trail can be ridden in either direction.

Four distinct riding experiences are detailed on the reverse, with many 'tastes' listed to help you plan your adventure.

If you prefer, you can join a tour, or have someone tailor the adventure for you by arranging pick-ups, bike hire, food, accommodation and guides.

Allow plenty of time for stops, and exploring.

Ride the loop



Official Partners

ACTIVITIES & ATTRACTIONS

14 Hidden Sculpture Garden
RD2, Wakefield, Tapawera
hiddensculpturegarden.nz | 021 522 981

209 Mapua Ferry
Mapua Wharf, Mapua
mapuaferry.co.nz | 03 548 0093

403 McGlashen Pottery
128 Ellis Street, Brightwater
roycemcglashen.co.nz | 03 542 3585

222 JointWorks Studio
413 Aporo Road, Upper Moutere
jointworks.co.nz | 03 526 6171

20 Pic's Peanut Butter World
49 Saxton Road West, Stoke
picspeanutbutter.com | 03 5448402

9 White Space Gallery
43 Ellis Street, Brightwater
whitespacegallery.co.nz | 021 100 1199

ACCOMMODATION

201 Accent House
148 Aranui Road, Mapua
accentbnb.co.nz | 03 540 3442

116 Appleby House & Rabbit Island Huts
305 Redwood Valley Road, Appleby
applebyhouse.co.nz | 027 663 2639

8 Baton Run Haven
1360 Baton Valley Road, Tapawera
batonvalley.co.nz | 03 522 4164

325 Bethany Park Christian Camp
88 Martin Farm Road, Kaiteriteri
bethanypark.co.nz | 03 527 8014

341 Cherry Homestead
1684 Westbank Road, Motueka Valley
cherryhomestead.nz | 027 763 5871

330 Eden's Edge Lodge
137 Loder Lane, Riwaka
edensedge.co.nz | 03 528 4242

203 The Gates Accommodation
197 Seaton Valley Road, Mapua
thegates.co.nz | 03 540 2793

36 Grand Mercure Nelson Monaco
6 Point Road, Monaco, Nelson
monacoresort.co.nz | 03 547 8233

10 Greens Motel
36 Golf Haven Ways, Annesbrook
greensmotel.co.nz | 03 546 4341

7 112 The Hangar
112 Pigeon Valley Road, Wakefield
112thehangar.com | 027 410 0486

307 Kaiteriteri Recreation Reserve
5 Kaiteriteri-Sandy Bay Road, Kaiteriteri
experiencekaiteriteri.co.nz | 03 527 8010

308 Kimi Ora
99 Martin Farm Road, Kaiteriteri
kimiora.co.nz | 03 527 8027

426 Last Straw Cottage
370 Mt Heslington Rd, Brightwater
laststraw.co.nz | 021 344 000

230 Mapua41South
55 Aranui Road, Mapua
mapua41south.co.nz | 027 652 5272

210 Mapua Leisure Park
33 Toru Street, Mapua
mapualeisurepark.co.nz | 03 540 2666

312 Motueka Top 10 Holiday Park
10 Fearon Street, Motueka
motuekatop10.co.nz | 0800 668 835

16 Nelson City Top 10 Holiday Park
230 Vanguard Street, Nelson
nelsoncitytop10.co.nz | 0800 778 898

19 Palms Motel
5 Panu Panu Road, Nelson
palmsnelson.co.nz | 03 546 7770

104 Parkside Motel
42 Gladstone Road, Richmond
parksidemotel.co.nz | 03 544 2264

402 The Pear Orchard Lodge
569 Hill Street South, Hope, Richmond
thepearorchard.co.nz | 03 543 5361

25 Rutherford Hotel Nelson
27 Nile Street West, Nelson
rutherfordhotelnz | 03 548 2299

6 Snowball Manor
71 Pigeon Valley Road, Wakefield
snowballmanor.co.nz | 021 023 94751

236 Tasman Village Cottage
20 Baldwin Road, Upper Moutere
tasmanvillagecottage.co.nz | 03 526 6155

27 Tahuna Beach Holiday Park & Motels
70 Beach Road, Tahunanui
tahunanz | 03 548 5159

31 Tasman Bay Backpackers
10 Weka Street, Nelson
tasmanbaybackpackers.co.nz | 0800 222 572

240 Tasman View Accommodation
903 Tasman View Rd, Lower Moutere
tasmanview.co.nz | 021 119 2239

30 Trailways Hotel
66 Trafalgar Street, Nelson
trailwayshotel.co.nz | 0800 872 459

421 The Wakefield Hotel
48 Edward Street, Wakefield
thewakefieldhotel.co.nz | 03 541 8006

BIKE HIRE & TOURS

5 Biking Nelson
YHA, 59 Rutherford St, Nelson
bikingnelson.co.nz | 0800 224 532

12 Cycle Journeys
117 St Vincent Street, Nelson 7040
cyclejourneys.co.nz | 027 535 0578

333 Destination Tasman
25 Jocelyn Avenue, Motueka
destinationtasman.co.nz | 021 0876 7992

28 The Gentle Cycling Company
411 Ararui Road, Nelson
gentlecycling.co.nz | 03 929 5652

37 Helibike Nelson Ltd
170 Washington Road, Nelson
helibikenelson.co.nz | 03 546 6896

117 Kiwi Journeys
37 Halifax St East, Nelson; Mapua Wharf; Kaiteriteri
kiwijourneys.co.nz | 0800 292 538

17 Nelson Cycle Hire
Airport House, Nelson Airport
nelsoncyclehire.co.nz | 03 539 4193

26 Simply Wild Journeys
6 Skylark Rise, Todds Valley
simplywild.co.nz | 03 548 8500

604 Tuatara Tours NZ
Shed 1, Mapua Wharf, Mapua
jellyfishmapua.co.nz | 03 540 2028

220 Wheelie Fantastic Cycle Tours
72 Aranui Road, Mapua
wheeliefantastic.co.nz | 03 543 2245

322 Wilsons Abel Tasman
409 High Street, Motueka; Inlet Road, Kaiteriteri
abeltasman.co.nz | 03 528 2027

99 Gravity Nelson
140 Bridge Street, Nelson
gravitynelson.co.nz | 03 545 8484

413 Ellis Street Auto Repairs
104A Ellis Street, Brightwater
ellisauto.co.nz | 03 542 4035

608 Great Rides App
greatridesapp.com | 027 2488 961

44 Hybrid E-bikes
12 Woolshed Dr, Stoke
hybridbikes.co.nz | 027 544 3213

114 My Ride Richmond
203 Queen Street, Richmond
myride.co.nz/richmond | 03 544 5429

38 Nelson Car Storage
30C Venice Place, Stoke
storagenelson.co.nz | 027 407 2074

111 Village Cycles
301 Queen Street, Richmond
villagecycles.co.nz | 03 544 7166

CAFES & EATERIES

215 The Appleshed Kitchen and Bar
Shed 3, Mapua Wharf
theappleshed.co.nz | 03 540 3381

414 The Bakery @ Wakefield
12 Clifford Rd, Wakefield
facebook.com/thebakeryatwakefield | 03 541 9787

412 Cafe Rhubarbe
6 Edward Street, Wakefield
facebook.com/pizzacafe | 03 541 8747

103 Greenacres Golf Club and Cafe
4 Barnett Ave, Best Island
greenacresgolfclub.co.nz | 03 544 8420

303 Ginger Dynamite Go-Go Food & Coffee
Main Road, Riwaka
gingerdynamite.co.nz | 021 168 8736

29 The Honest Lawyer
1 Point Road, Monaco
honestlawyer.co.nz | 03 547 4070

401 HQ Cafe
38 Ellis Street, Brightwater
facebook.com/HeadquartersCafeBar | 03 542 3850

233 Java Hut
84B Aranui Road, Mapua
javahut.co.nz | 027 254 5255

229 Jellyfish Restaurant and Bar
Shed 1, Mapua Wharf, Mapua
jellyfishmapua.co.nz | 03 540 2028

211 Mapua Smokehouse
Shed 2, Mapua Wharf, Mapua
smokehouse.co.nz | 03 540 2284

227 Riverside Community
289 Main Road Lower Moutere
riverside-cafe.co.nz | 03 526 7477

318 Toad Hall
502 High Street, Motueka
toadhallmotueka.co.nz | 03 528 6456

425 The Villa, Wakefield
14 Whitby Way, Wakefield
daillyexchange.co.nz | 03 541 8531

307 Waterfront/ Gone Burgers
5 Kaiteriteri-Sandy Bay Road, Kaiteriteri
experiencekaiteriteri.co.nz | 03 5278010

WINERIES & BREWERIES

605 Dunbar Estates
1469 Motueka Valley Hwy, Ngatimoti
dunbarestates.co.nz | 0275 008 400

306 HOP Federation
483 Main Road, Riwaka
hopfederation.co.nz | 03 528 0486

11 McCashins Brewery & Café
660 Main Road, Stoke
mccashins.co.nz | 03 547 5357

112 Seifried Estate
168 Redwood Road, Appleby
seifried.co.nz | 03 544 5599

109 Sprig & Fern
53 Beach Rd, Richmond
sprigandfern.co.nz | 03 544 8675