

Eastern Bay of Plenty Trails

The Eastern Bay of Plenty region offers you numerous cycling options, for family fun, heartland escape and back country adventure.

Amongst our featured trails are the mighty Mōtū Trails in Ōpōtiki, which include the Dunes Trail and the Pakihi Track.

The climate here is excellent, typically with long mild autumns, so you're likely to enjoy some good biking weather. The tracks and trails stay open all year. The whole Eastland region has relatively little traffic, so you quickly get to the tracks and trails. You'll also be intrigued by the fascinating history in many of the places you visit.

The region is famous for its stunning beaches and forests - and the relaxed vibe that it brings.

Whakatāne and Ōhope are the perfect places to base yourself with plenty to see and do. Both offer great dining, and accommodation options.



RESPONSIBLE MOUNTAIN BIKING TIP #1
Ride within your ability

Onepū Mountain Bike Park

Grade: *Easy-intermediate* Distance: *15km of trails* Access: *On SH30 Near Braemar Rd.*

The Onepū Mountain Bike Park is a great place for all types of riders. With four main mountain bike tracks, the terrain is flat to rolling, which means there is only gentle climbing and fun to be had. Even the smallest member of your group will make it round the track. 'The Sandpit' has BMX-style jumps that will keep the whole tribe happy.

Get some big air or simply roll over the top. Either way, it will put a smile on your dial!

Whirinaki Te Pua-a-Tāne

Towering trees, rushing rivers, diverse habitats and a fascinating history combine to create the Whirinaki Te Pua-a-Tāne Conservation Park. The park is valued as a taonga containing the living children of Tāne Mahuta (God of the Forest). Ngāti Whare are active kaitiaki and tangata whenua of the area, working with Department of Conservation to protect the natural, cultural, and historic resources for the benefit and wellbeing of future generations.

Moerangi Track

Grade: *Intermediate -advanced* Distance: *35km single track and forestry roads.* Access: *From River Rd car park at Minginui, head to Central Whirinaki Hut, taking a hard left 500m past the bridge over the canyon.*

At 35 kilometres in length, the Moerangi Track is not for the faint-hearted. Originally well-groomed, the track now hugs some chunky drops and is eroded in spots, which makes for a thrill seeker's dream ride. You can expect to be out there for around five to seven hours. If you fancy a night in the forest, you can take your pick of three huts along the way.

Whirinaki Te Pua-a-Tāne Forest Mountain Bike Track

Grade: *Intermediate* Distance: *16km purpose built biking loop.* Access: *Off Ruatāhuna Rd, via SH38 at the end of old Fort Rd.*

This purpose-built track weaves through one of the most spectacular and interesting forests in the world. Designed for an intermediate level rider, groups generally take about five hours to complete. There are also shorter tracks available which give you the option of taking in the scenery with a more leisurely ride.

Visit doc.govt.nz for current trail conditions. For shuttle services, visit whirinakiforestolidays.co.nz

CYCLING GUIDE



Mōtū Trails

The Mōtū Trails is one of 23 great rides under Ngā Haerenga, The New Zealand Cycle Trail. The Trail stretches between Ōpōtiki in the Eastern Bay of Plenty, and Matawai, on the way to Gisborne. Your riding options include the spectacular Dunes Trail along the Pacific Coast, the magnificent Mōtū Road Trail through bush and historic farmland and the awesome adventure of Pakihi Track.

For more information visit motutrails.co.nz or pick up a booklet from the Whakatāne I-SITE.

RESPONSIBLE MOUNTAIN BIKING TIP #2

Take out what you bring in - do not litter

Dunes Trail

Grade: *Easy* Distance: *10km each way* Access: *Multiple access points between Memorial Park (Ōpōtiki), Pukeariki Beach, Tirohanga and Waiaua.*

Enjoy panoramic views of the Pacific Ocean, Whakaari/White Island, Moutohorā /Whale Island and towards East Cape. Meandering over Ōpōtiki's dunes and beach, it's just as good for walking and running as it is for biking. With no hills above 15 metres, and plenty of places to access the sand, children love it!

Note: This trail has squeeze bars - cyclists with panniers or bike trailers will have to dismount.

Pakihi Track

Grade: *Advanced* Distance: *21km one-way single track of bush trail, river stop bank, gravel and sealed road.* Access: *One-way for cyclists from Mōtū Rd to Pakihi Rd. Walkers can go either way. Be prepared to stop and let walkers past.*

Note: *There is no mobile phone coverage in this area, so make sure you're well prepared and keep your speed down.*

The Pakihi Track was constructed by hundreds of workers over a century ago, as a proposed stock route. In the 1990s, the Pakihi Track became one of New Zealand's landmark backcountry biking trails. However, the Pakihi Track only became fully rideable with the creation of the Mōtū Trails in 2011-2012. Today, the Pakihi Track has 24 wooden bridges plus a 32 metre swing bridge and some incredible track work. Most people take about two to four hours to ride one way. It's technically straightforward but because there are steep drop-offs below the track, care must be taken at all times. The track is rated 'advanced'.

Be aware that there can be slip damage and, if in doubt, walk any sections that worry you.

Visit motutrails.co.nz for current trail conditions.

RESPONSIBLE MOUNTAIN BIKING TIP #3

Stay on track! Don't take short cuts

Mōtū Road Trail

Grade: *Intermediate* Distance: *67km from Matawai to the coast.* Access: *At Waiaua from the Dunes Trail and SH35; at Matawai from SH2.*

Ride through massive forests and remote, historic farmland. The Mōtū Road was once the original access between the Eastern Bay of Plenty and Gisborne. Now the Mōtū Road trail is an exhilarating journey by bike, a classic backcountry journey with big climbs and long descents - a good challenge for that next level!

The easiest cycling direction is south to north. Get a drop off at Matawai (altitude 550m), or the Gisborne/Ōpōtiki District boundary (nearly 800m). There's a stiff climb out of Mōtū but after that, it's mostly (not all!) downhill to the coast.

Recommended: A side trip to the impressive Mōtū Falls in wild Kiwi country!

Safety checklist



- Warm layers of clothing ✓
- Rainproof weather gear ✓
- Suitable footwear ✓

NOTE: Some remote locations do not have mobile phone coverage. Please leave a record of your intentions with reliable friends, relatives, Department of Conservation or the local I-SITE team.



Whakatāne isite

Corner of Quay Street and Kākahoroa Drive, Whakatāne
Phone: 07 306 2030 or 0800 942 528
whakataneinfo@whakatane.govt.nz
whakatane.com



Whakatāne and Ōhope Cycle trails

Warren Cole Cycleway

Grade: Easy **Distance:** 4.5 km each way
Access: Multiple access points between Landing Road and Whakatāne Heads.

If you're keen for an easy cycling cruise with lots to see, Warren Cole Walk and Cycleway along the riverside is superb. The trail runs between the Whakatāne River bridge on Landing Rd and the Whakatāne Heads. The trail is fully paved for an easy ride.

Warren Park Pump Track

Grade: Easy
 Whether you're into big air or cruising over the top, this pump track circuit is fun for all ages and situated right in the heart of Whakatāne township.

Coastlands Cycleway

Grade: Easy **Distance:** 5km
Access: Warren Cole Cycleway entrance at the Whakatāne River bridge.
 To access Coastlands Beach, take this cycleway that connects with the riverside Warren Cole Cycleway. An easy ride across the Whakatāne River and out to Coastlands – a popular spot for surfcasting.

Whakatāne to Ōhope

Grade: Intermediate **Distance:** 5km **Access:** The roundabout at the bottom of Gorge Road, opposite Rex Morpeth Park. Or, from Pōhutukawa Avenue on the Ōhope side.
 Connecting Whakatāne CBD and Ōhope Beach, this shared cycle and walkway offers a safe alternative to travelling by car. From here you can also access the Burma Road and Kōhī Point trails. The hills are challenging so be prepared for a workout, or take your e-bike for an easy ride.

Kōhī Point Lookout

Grade: Intermediate **Distance:** 3km **Access:** Ōtarawairere Road, via Ōhope Road.
 A short but sharp ride to Kapu-Te-Rangi Pā and Kōhī Point lookout – one of Whakatāne's most significant historic sites. The uphill climb is worth it for spectacular views, from Mount Pūtauaki, across the Rangitāiki Plains and out to Whakaari/White Island. Watch for traffic when crossing Ōhope Road to access Ōtarawairere Road.

Ōhope Harbourside Trail

Grade: Easy **Distance:** 3km **Access:** Waterways Drive to Port Ōhope Wharf, Port Ōhope.
 This path for cyclists and walkers alike is a gentle amble for all ages and abilities along the shoreline of one of NZ's most unspoiled estuaries, Ōhiwa Harbour. With a multitude of birdlife, shellfish and fish species, the Harbour has long-held cultural significance to tangata whenua.



Burma Road

Grade: Easy-intermediate **Distance:** 10km
Access: From Maraetōtara Road, Ōhope; or from Ōhope Road between Whakatāne and Ōhope.

If you're keen for a simple family spin, go to Maraetōtara Reserve in Ōhope and ride up the unsealed Maraetōtara Road into the bush-edged Burma Rd. At the intersection, continue straight and you will be on Burma Rd. It's a great 10 kilometre ride through bush and farmland. From there, you'll meet the main Ōhope - Whakatāne highway, where there's a busy cycleway back down the hill to Ōhope.



RESPONSIBLE BIKING TIP #4
 Wear a cycle helmet and protective clothing