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Motu Trails Charitable Trust sincerely thanks Garth for his generosity in helping to make so much possible, from building shelters to maintaining tracks.

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PAKIHI TRACK TRACK RIDING DIRECTION IS ONE-WAY FROM MOTU ROAD GRADE: ADVANCED/GRADE 4 DISTANCE: 43KM (20KM BUSH TRAIL, 9KM GRAVEL ROAD, 10KM SEALED ROAD, 4KM RIVER STOPBANK) RIDING TIME: 3-6 HOURS START: MOTU ROAD (17KM FROM MOTU)

MOTU ROAD TRAIL GRADE: INTERMEDIATE/GRADE 3 DISTANCE: 67KM (58KM FROM JACKSON RD TO PAKIHI TURNOFF) RIDING TIME: 5 HOURS-2 DAYS ACCESS POINTS: JACKSON ROAD (END OF DUNES TRAIL); MATAWAI; MOTU

RERE FALLS TRAIL GRADE: INTERMEDIATE/GRADE 3 DISTANCE: 100KM RIDING TIME: 6 HOURS-2 DAYS ACCESS POINTS: GISBORNE; MATAWHERO; TE WERA ROAD; MATAWAI

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...ON THE MOTU TRAILS, ONE OF 22 GREAT RIDES OF NGA HAERENGA, NEW ZEALAND CYCLE TRAILS. You have many options on Motu Trails, from short rides to multi-day adventures! The trails stretch between Opotiki and Tairāwhiti/Gisborne. The Dunes Trail takes you along stunning coastal dunes, Motu Road Trail rises through magnificent forest and historic farmland, Pakihi Track is a unique forest adventure, and Rere Falls Trail is a superb Heartland Ride. Ride each trail individually or link them together – there's easily enough riding for three or four days.



DUNES TRAIL / NZ CYCLING JOURNAL



MOTU ROAD TRAIL / NZ CYCLING JOURNAL

TRANSPORT & BIKE HIRE

There are excellent shuttle providers serving the Motu Trails, for cycling, hiking, running and more:

- Motu Trails Hire & Shuttle
- Motu Trails Ltd
- Cycle Gisborne
- If you are staying at Motu Community House, they can arrange shuttle/gear transport
- Shuttle pickups are available from Gisborne, Opotiki, Ohope, Whakatane, Rotorua, Tauranga and more – to the trails. Minimum numbers apply.



For info, contact Opotiki or Gisborne i-SITES or the above providers. Their contact details are shown around the map (see ads over). Cycle Gisborne, Motu Trails Hire & Shuttle, and Motu Trails Ltd all offer bike hire (Motu Trails Ltd bikes for Dunes Trail only).

Matawai is about midway, or 70km, from Gisborne and Opotiki on State Highway 2. If you are cycling on to the Rere Falls Trail, when you reach Matawai, turn towards Opotiki and cycle with care on SH2 for 7km, before turning onto Te Wera road.

DRIVING TIMES	OPOTIKI	MATAWAI	MOTU*
Whakatane to >	45min	1hr 45min	2hrs
Rotorua/Tauranga to >	1hr 45min	2hr 45min	3hrs
Hamilton to >	3hrs	4hrs	4hrs 15min
Gisborne to >	2hrs	1hr	1hr 15min

*To the top of the hill (Gisborne/Opotiki boundary), add another 15 mins. A 4WD is advised for beyond Motu.

BEYOND BIKING

Walking & running

The region offers lots of great trail running and walking/hiking. Pakihi Track, Te Waiti Track and the Dunes Trail are all excellent shared-use trails. There are also superb walking/running-only trails such as Onekawa Te Mawhai Regional Park, which is right by Ohiva Beach Holiday Park; Hukutaia Domain, which is 7km south of Opotiki; and Whinray Scenic Reserve from Motu Falls. From Whakatane, Nga Tapuwae o Toi Track is a stunning 17km walking/running loop, close to Ohope Beach TOP 10 Holiday Park and Whakatane Holiday Park.

Eastwoodhill Arboretum

On the Rere Falls Trail, Eastwoodhill Arboretum is the National Arboretum of New Zealand. It's a magnificent place for walking, amongst thousands of Northern Hemisphere tree species. Stay overnight at the arboretum, or at nearby official partners Mokonui Farmstay and Naurea Homestead.

BOOKING YOUR MOTU TRAILS EXPERIENCE

The Motu Trails and surrounding areas offer you a range of quality accommodation, shuttle, food/dining and other services. Cycle Gisborne offers superb package tours. All Official Partners to Motu Trails are listed around the map (see other side). **Please choose these businesses as they support the trails!** For more information or to make bookings, contact the operators direct or, if you prefer, Opotiki or Gisborne i-SITES.

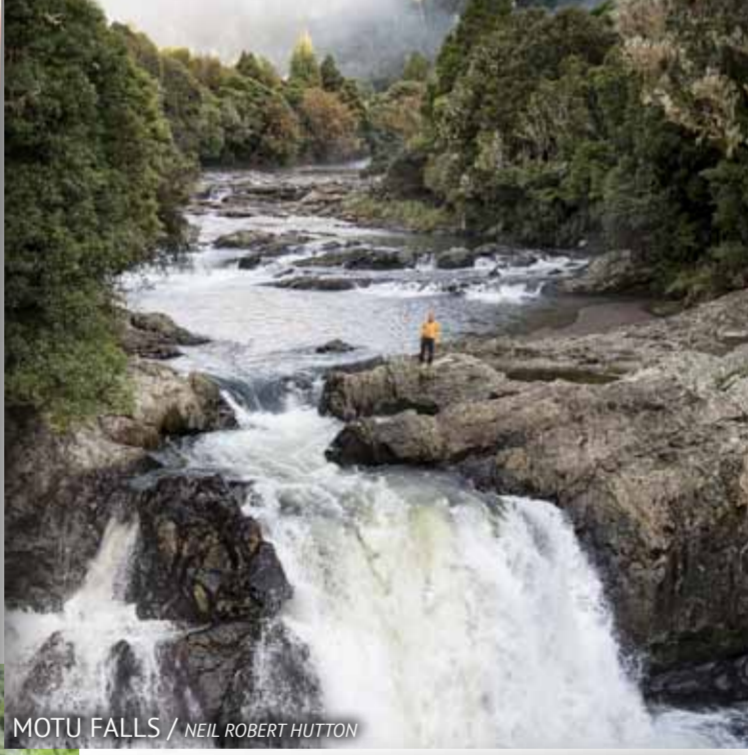
If you're a tour operator and you're keen to discuss bringing regular groups to the Motu Trails, email the Motu Trails Charitable Trust on jim@motutrail.co.nz and we can help you to make it happen.



PAKIHI TRACK / NEIL ROBERT HUTTON



RERE FALLS TRAIL / MEAD NORTON



MOTU FALLS / NEIL ROBERT HUTTON



RIDE SAFE

Pakihi Track and Motu Road are remote. You are advised to carry a personal locator beacon (PLB), available for hire from Opotiki i-SITE, Cycle Gisborne and TrackMe (see ads over). Basic first aid and tool kits are also sensible.

CURRENT TRAIL CONDITIONS Check www.motutrails.co.nz or Facebook Motu Trails Cycleway, or ask at the Opotiki or Gisborne i-SITES.

MOBILE COVERAGE Over much of the trails you have limited/no phone coverage. There is no coverage on the Pakihi Track.

RIGHT BIKE A mountain bike is best for riding on the Pakihi Track. A mountain bike is recommended for the Motu Road Trail and for the full Rere Falls Trail, though a skilled rider may use a gravel or touring bike. On the Dunes Trail, you don't need a mountain bike, but you do need good tyres as the surface is mostly packed gravel.

KEEP ALERT Remember that while the Motu Road Trail and Rere Falls Trail are quiet, you should always be prepared to meet oncoming traffic. There may be forestry traffic.

STAY WARM If you're riding the Motu Road, Pakihi Track or Rere Falls Trail, take warm clothes, as there are sections at 500m altitude or higher. In winter, especially towards Matawai, it can be cold.

CARRY FOOD AND WATER There are limited places to stop and refuel.

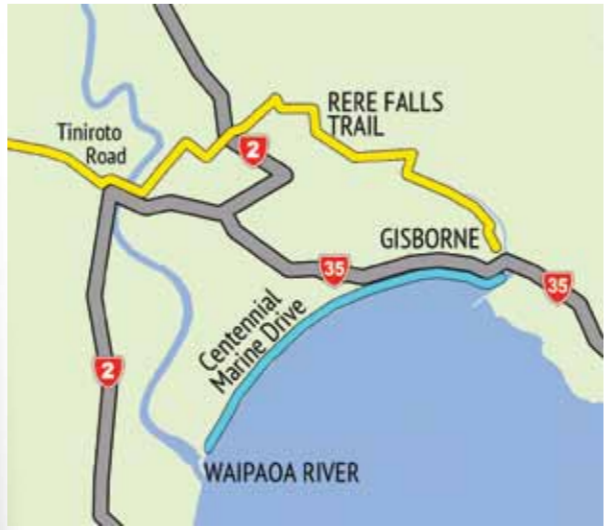
MOTU TRAILS TOILETS You'll find these at Memorial Park, Hukuwai Reserve, Motu, Matawai, Pakihi Hut (basic) and at the Opotiki end of the Pakihi Track (basic).

SHELTERS You'll find these along the Dunes Trail, Mere-mere hilltop, Toatoa, Papamoa hilltop, Motu hilltop, Motu, Rere and both ends of the Pakihi Track (the track-top shelter is small). There is a camping area and a basic six-bunk DOC hut midway down the Pakihi Track (hut tickets, ask Opotiki i-SITE).

CAMPING There are DOC campsites on the Te Waiti road; at Whitikau Forks 11km east of Toatoa; and at Manganuku in the Waioeka Gorge.

SQUEEZE BARS The Dunes Trail has squeeze bars to prevent motorbikes from entering the trail. Children and adults with panniers or a bike trailer may have to dismount.

DOGS Please keep dogs on a leash on the Dunes Trail. On the Pakihi, dogs need a permit, please contact Opotiki i-SITE for info.



DUNES TRAIL

The Dunes Trail starts from War Memorial Park, Opotiki. It meanders 10km along the Pacific Ocean coast to Jackson Road, where the Motu Road Trail starts (many people turn round at the shelter at 9km). The Dunes Trail is an easy grade trail for cyclists, walkers and runners. Much of it is about two metres wide, undulating all the way. Going the full distance has about 100m elevation gain and descent each way. Refuel at one of our Official Partners!

You are welcome to ride e-bikes on the Dunes Trail. Dogs are welcome but keep them under control as there are wild weka and other birds. A few places can get sand on the trail, so be prepared to walk a few metres. There is parking at the start, at Hukuwai Beach at 3km, and at Tirohanga at 6km. There are toilets at the start in the pavilion in the middle of the park; and at Hukuwai Beach. You'll find shelters and bench tables up to the 9km mark plus a shelter at 10.5km, at the start of the Motu Road.

To get to the start of the Dunes Trail, at the northern end of Opotiki on SH35/St John Street, go straight ahead (north) at the roundabout. You can see the bridge straight ahead. Motu Trails Limited is handily placed 800m from the start of the trail. They offer hire bikes, shuttles, accommodation and more.

For accommodation, Tirohanga Beach Motor Camp, Opotiki Holiday Park, Eastland Pacific Motor Lodge, Oasis Central Backpackers, Island View Holiday Park, Ohiva Beach Holiday Park and Bush to Bay Holiday Stays are all ideally placed. The Hot Bread Shop and Kafe Friends offer great food options (see ads over).

MOTU ROAD TRAIL

The Motu Road is a mighty journey through remote bush country and historic farmland. The trail can be ridden from either direction. Starting from Matawai, the road to Motu is sealed and slightly downhill. Motu has a shelter, toilets, accommodation and café.

Motu village to the Opotiki coast includes 48km of sensational gravel road. The highpoint, almost 800m, is 9km from Motu village. This is the most common drop-off point for riders doing the Pakihi Track, because it's almost all downhill to the track start. Continuing northwards on the Motu Road Trail, you have hilly but mostly downhill riding: so riding towards Motu, it's mostly uphill! The final 10km to the coast is largely flat. You connect with the Dunes Trail to ride back to Opotiki. The Motu Road is a super multi-day journey stopping at Motu Community House or The Weka Nest, both offering meals on arrangement.

E-bikes are OK so long as you have battery capacity for the distance. There are no shops or cafes between Motu and the coast. The road has some traffic, though vehicle counts are low. There may be logging vehicles. In winter it can get muddy. If you're doing a private vehicle drop-off, a 4WD vehicle is strongly advised – if possible, take a shuttle.

RERE FALLS TRAIL

Stretching between Gisborne and Matawai, Rere Falls Trail takes in mostly quiet sealed and 27km of gravel roads. This 100km route is a Heartland Ride on The New Zealand Cycle Trail. You can ride in either direction. The Gisborne end is across the plains, home to many vineyards, while inland the farmland hills rise over 600m.

Rere Falls Trail has the choice of many fabulous places to stay. Portside Hotel in Gisborne, Naurea Homestead, Eastwoodhill Arboretum, Mokonui Farmstay, and Te Wera Homestead are all official partners and can provide meals on arrangement. Cycle Gisborne offers awesome guided and supported rides on Rere Falls Trail and beyond. Contact these providers for info, and get your food supplies from Gisborne Pak 'n Save (see adverts over).

By linking Rere Falls Trail with the Motu Road Trail, you can create a 180km (distance depends on route) 'Coast to Coast' ride, a brilliant crossing of real New Zealand. Motu Road and Rere Falls Trail are also a highlight of the popular Kopiko Aotearoa bikepacking ride, 1070km between East Cape and Cape Egmont (Taranaki).

PAKIHI TRACK

The Pakihi Track was first opened around 1906 as part of a horse track connecting Motu to Opotiki. From the early-1990s, it was known as an epic mountain bike experience. After a huge restoration, with 25 bridges, the track opened as part of Motu Trails in 2012.

For safety, cyclists must ride from the Motu Road end only. Walkers and runners can go both ways.

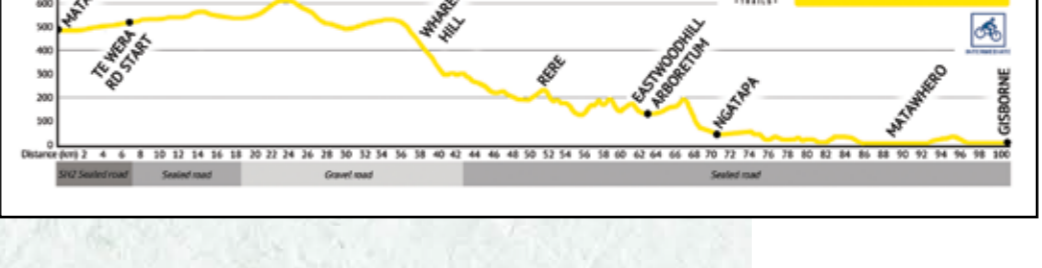
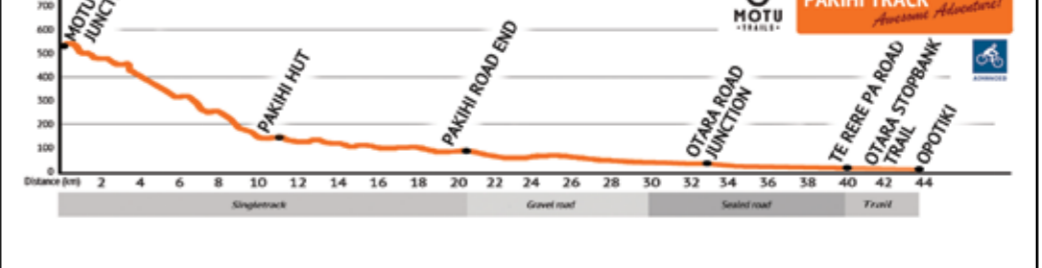
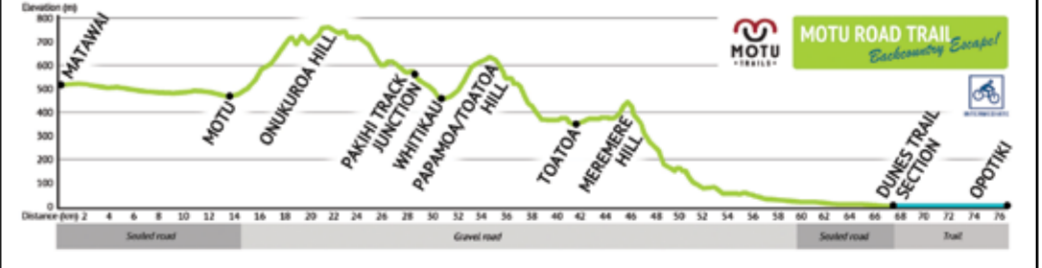
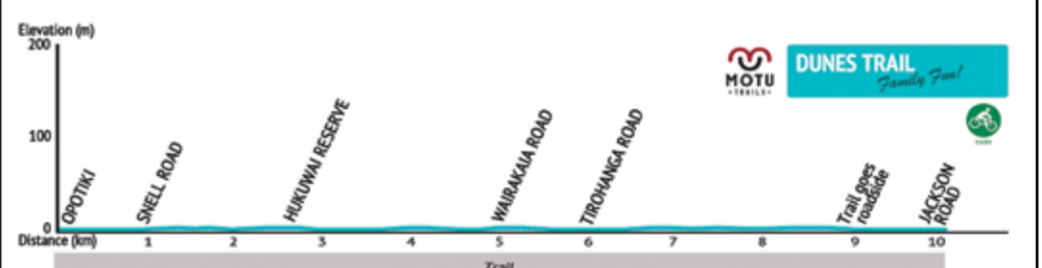
Pakihi Track is a back-country ride in challenging terrain. You have no large climbs and the surface is generally well formed. However, in places the track is narrow with big drop-offs to the side. There are often rock falls and rock debris on the track. You will need to lift/carry your bike in places. Be prepared to walk short sections. You must have reasonable cycling skills and take care, your safety is your responsibility! We strongly advise you take a PLB.

From the Motu Road, the top 11km of the track is a steady descent, dropping 400 vertical metres to the DOC Pakihi Hut. The hut is a great lunch spot. You can stay the night, tickets are \$5 from Opotiki i-SITE. Soon after the hut you reach a suspension bridge over the Pakihi stream. Look for the remains of the original bridge, built 1913/14 and wrecked 1918.

The lower half of the track is stunning, following the Pakihi stream. You may see birds such as Kereru, NI robin and if you are lucky, karearea the rare NZ falcon. At the end of the track, there is a shelter, car park and toilet. Weka Wilds offers accommodation. If you're arranging to be picked up, it's a 30-minute drive from/to Opotiki.

You can ride back to Opotiki via 9km of gravel road, then the quiet, sealed Otara Road. If you want a nice alternative with some gravel, take Otara East Road. Either way, when you reach the outskirts of Opotiki, turn onto Te Rere Pa road and follow Otara Stopbank Trail for 4km back to the start of the Dunes Trail. If you have shuttled with Motu Trails Hire & Shuttle, you may be finishing at Bushaven in the Te Waiti valley.

By linking the Dunes Trail, Motu Road Trail and Pakihi Track, you create a loop of just over 90km with 1100m of elevation/descent. If you ride the loop in a day, allow five to eight hours. A longer option is to ride from Opotiki to Motu on day one, check out Motu Falls and stay at Motu Community House or The Weka Nest, then ride back via the Pakihi on day two.



RIDE ON...

Waioata beach has new coastal trail, with fabulous views. Island View Holiday Park is ideally located.

Ohiva Harbourside Trail stretches 5km alongside the road from Ohiva Beach Holiday Park. You can also walk in Onekawa Te Mawhai Regional Park.

Ohope Harbour Road and Ocean Road make for good, flat on-road riding with diverse views, with Ohope Beach TOP 10 ideally placed to stay. Behind Ohope, Maratootara and Burma Roads twist up to the main Whakatane-Ohope road, from where you can ride back down to Ohope (or on to Whakatane) on roadside path (a 9km loop). For more challenge, ride up Otarawaiere Road then Kohi Point Road to Kapu-te-Rangi – Toi's pa.

Whakatane has the very popular Warren Cole Walk & Cycleway. This stretches between the SH2 road bridge entering Whakatane and the Whakatane river heads, passing right by Whakatane Holiday Park and Whakatane i-SITE. It's flat and paved all the way. Check out the Whakatane Cycleways brochure for details.

Gisborne foreshore is spectacular. Oneroa Walk and Cycleway links to Centennial Marine Drive, which becomes gravel, and takes you to the mouth of the Waipaoa River. Riverside trail is being built up the Waipaoa to link with Rere Falls Trail. Near the centre of town, Whataupoko Reserve (Fox Street) offers brilliant MTB park-style riding, and is free for all.

Rakauroa, Whakarau and Otipi roads Rakauroa and Whakarau roads are well-formed but rough and hilly gravel rides that enable loops. Otipi Road is much more remote, a deep backcountry out-and-back ride from Toatoa, with 2400m of climbing over the 38km return trip (experience and preparation essential).

For further details ask us for the **Motu Trails Journeys guide** and other free brochures: email jim@motutrails.co.nz



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For maps of Motu Trails and other Great Rides, download the Great Rides App.



Please note: while care has been taken, the Motu Trails Charitable Trust accepts no responsibility for the accuracy of information contained in this brochure.

COVER IMAGE: PAKIHI TRACK / TRAN LAWRENCE

FIND OUT MORE...

- Trail Info, map, Official Partner service directory etc: www.motutrails.co.nz
 - Track updates, news: www.facebook.com/motutrails
 - Opotiki i-SITE: 70 Bridge St, Opotiki 07 315 3031 www.opotikin.co.nz
 - Gisborne i-SITE: 209 Grey Street, Gisborne 06 868 6139 www.tairawhitigisborne.co.nz
 - Whakatane i-SITE: Cnr Quay Street & Kakahoroa Drive, Whakatane 07 306 2030 or 0800 942 528 www.whakatane.com
- Info on The New Zealand Cycle Trail: www.nzcycletrail.com

PREMIER SUPPORTER

GARTH BARFOOT



This brochure is supported by

- AOTEAROA GAMING TRUST
- MOTU TRAILS

Motu Trails Brochure Text - Jim Robinson Design - Nikki Slade Robinson.

Motu Trails Cycleway www.motutrails.co.nz