



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

10 SCENIC RIDES

Connect, combine & navigate from Ruapehu to Whanganui.

mountainstosea.nz

WHANGANUI



Department of
Conservation
Te Papa Atawhai



RUAPEHU
OUR GREATER OUTDOORS



CHOOSING THE RIGHT RIDE (AND BIKE) FOR YOU

From the slopes of Mt Ruapehu to the shores of the Tasman Sea, discover a journey that's uniquely yours – with trail sections for every level.

Enjoy a variety of experiences, from well-formed, consistent paths (Grade 1-2) to more remote backcountry trails (Grade 3), with steeper climbs, narrower tracks, and rugged terrain.

Choose the right style of bike and trail that suits you, ride prepared, and make the most of your journey.

Start planning: mountainstosea.nz/trail-grades

BOOK WITH OFFICIAL PARTNERS

Booking with Official Partners connects you with trusted local businesses who know these trails inside out.



Mountains to Sea
Ngā Ara Tūhono
OFFICIAL PARTNER

From bike hire and shuttles to accommodation, tours, and great coffee, they'll help make your journey smooth, safe, and memorable.

Many partners can take care of the details — so you can focus on the ride.

Look for the "Official Partner" badge and support the people who support the trails.

Explore your options: mountainstosea.nz/organise



SUPPORT THE TRAILS YOU LOVE

Love the ride, walk or run? Help us care for it.

Our trails are free for everyone to enjoy, but it takes ongoing care to keep them open, safe and thriving.

The Ngā Ara Tūhono Charitable Trust cares for the network in partnership with iwi, land managers, councils and local communities.

You can make a difference by completing the trail survey, reporting issues, making a donation or sharing your story.

Every action helps care for these living journeys – connecting people, places and stories from maunga to moana.

RIDE. SHARE. SUPPORT. KIA KAHA.



Scan to donate or share your feedback.
Each survey completed helps our funding
and lets us know what we need to work on.

mountainstosea.nz/support



mountainstosea.nz

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 streams that flow into one another and form one River



mountainstosea.nz/theriver

OHAKUNE MOUNTAIN ROAD

TE ARA MANGAWHERO

OHAKUNE OLD COACH ROAD

FISHERS TRACK

MARTON SASH AND DOOR

TE HANGĀRURU

KAIWHAKAUKA TRACK

MANGAPURUA TRACK

WHANGANUI RIVER ROAD

UPOKONGARO TO THE TASMAN SEA

Individual detailed trail guides available for each of the connected trail.

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

Known in Māori 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 23 Great Rides of the New Zealand Cycle Trail, known in Māori 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.

OHAKUNE MOUNTAIN RD



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.

GRADE

3



LENGTH

17km

TOTAL GRADIENT

Descent
1.000m

DURATION

1 hr

LOCATION

Ohakune



HIGHLIGHTS

Jaw-dropping views across the volcanic plateau

Exhilarating 1000m descent

Unique volcanic landscape

Forest & waterfall walks

Connects to Te Ara Mangawhero at road crossings

TE ARA MANGAWHERO



Come on a journey through history, nature and culture. An unforgettable experience, combining rich heritage with stunning landscapes that tell the stories of the past, present, and future.

GRADE 
2

LENGTH
12.9km

TOTAL GRADIENT
Undulating
ascent
215m

DURATION
2+ hrs

LOCATION
Ohakune

Phase 2 construction
pending

HIGHLIGHTS

Spectacular views of
Mt Ruapehu

Guided by stories of the
ngāhere by Ngāti Rangi

Witness the regeneration
of native bush and
wildlife

Historical insight into the
Bennett and Punch Bush
Tramway

Discover the significance
of the Dual World Heritage
status of Tongariro
National Park

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.

GRADE 
3

LENGTH
15km

TOTAL DESCENT
170m

DURATION
2-4 hrs

LOCATION
Ohakune –
Horopito



HIGHLIGHTS

Stunning sub-alpine
native forest

Original cobbled road
built of sett stones in
the 1880s (upgraded
surface)

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 Waimarino – the ride takes you on a journey through history through rural heartland.

GRADE 
3

LENGTH
27km

DURATION
2-3 hrs

LOCATION
Waimarino
Village

LENGTH
27km

TOTAL DESCENT
520m



HIGHLIGHTS

Epic views of the
surrounding volcanoes

Mount Hauhungatahi
– our fourth and oldest
volcano

Entry-level backcountry
ride

Awesome horseshoe
monument at Kaitieke

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

MARTON SASH AND DOOR



Start your journey from the Pou at the Park and Ride at Waimarino. (Following the distinct pink markers along the route).

TE HANGĀRURU



Starting from Horopito, Te Hangāruru flows northward through regenerating native bush, historic tramways, and wetland boardwalks.

KAIWHAKAUKA TRACK



Originally a six-foot horse and cart route, then a tramping track, the Kaiwhakauka Track provides a unique connection to Mangapurua east or west.

GRADE
3



LENGTH
18km

TOTAL DESCENT
Undulating

DURATION
2-3 hrs

LOCATION
Waimarino

HIGHLIGHTS

Spectacular views of the Central North Island volcanoes (Ruapehu, Ngauruhoe and Hauhungatahi)

Immerse yourself in the regenerating podocarp forest with hidden secrets

History of the “bush tramway” era

Relics of the Marton Sash and Door company operations

Traverse the escarpment which forms part of the Raurimu Faultline

Connect to the history of the North Island Main Trunk line – our freight artery

GRADE
2



LENGTH
11.1km
(one way)

DURATION
1.5 hrs

START
Last Spike

(or Pokaka Road)
Alternate ride south to north from Horopito

Connection to Waimarino proposed (including the Marton Sash and Door). See website for details.



HIGHLIGHTS

Cross stunning boardwalks and three suspension bridges

Marvel at magnificent views of Mt Ruapehu

Explore relics of Horopito's timber and railway history

Visit the iconic Last Spike monument

Ride through regenerating wetlands and native bush

Travel through lands cared for by Te Korowai o Wainuiārua iwi

GRADE
3 (Intermediate)



LENGTH
16km

(or 41km to Mangapurua landing)

TOTAL ASCENT
400m

DURATION
5-7 hrs

LOCATION
Whakahoro / Ruatiti

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.

GRADE

3* (Intermediate)

**In or after significant rain may ride as a Grade 4 with slippery papa surface.*

LENGTH

36km

TOTAL DESCENT

590m

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

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.

GRADE

3

LENGTH

65km

TOTAL DESCENT

Undulating

DURATION

7-8 hrs

(depending on conditions)

LOCATION

Whanganui



HIGHLIGHTS

The Whanganui River

Hiruharama/Jerusalem and St Joseph’s Convent

Kawana Flour Mill

Small villages steeped in history

Elevated river views

Engage with local Māori culture

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.

GRADE

1* (see below)

LENGTH

19km

TOTAL DESCENT

Negligible

DURATION

1-2 hrs

(take all day as there is much to see and do)

LOCATION

Whanganui

There are a couple of shorter on road sections. We are working towards funding to move these to a consistent off-road path.

HIGHLIGHTS

Cross the stunning cycle bridge connecting east to west

Heritage buildings

Creative community (galleries and specialty glass workshops)

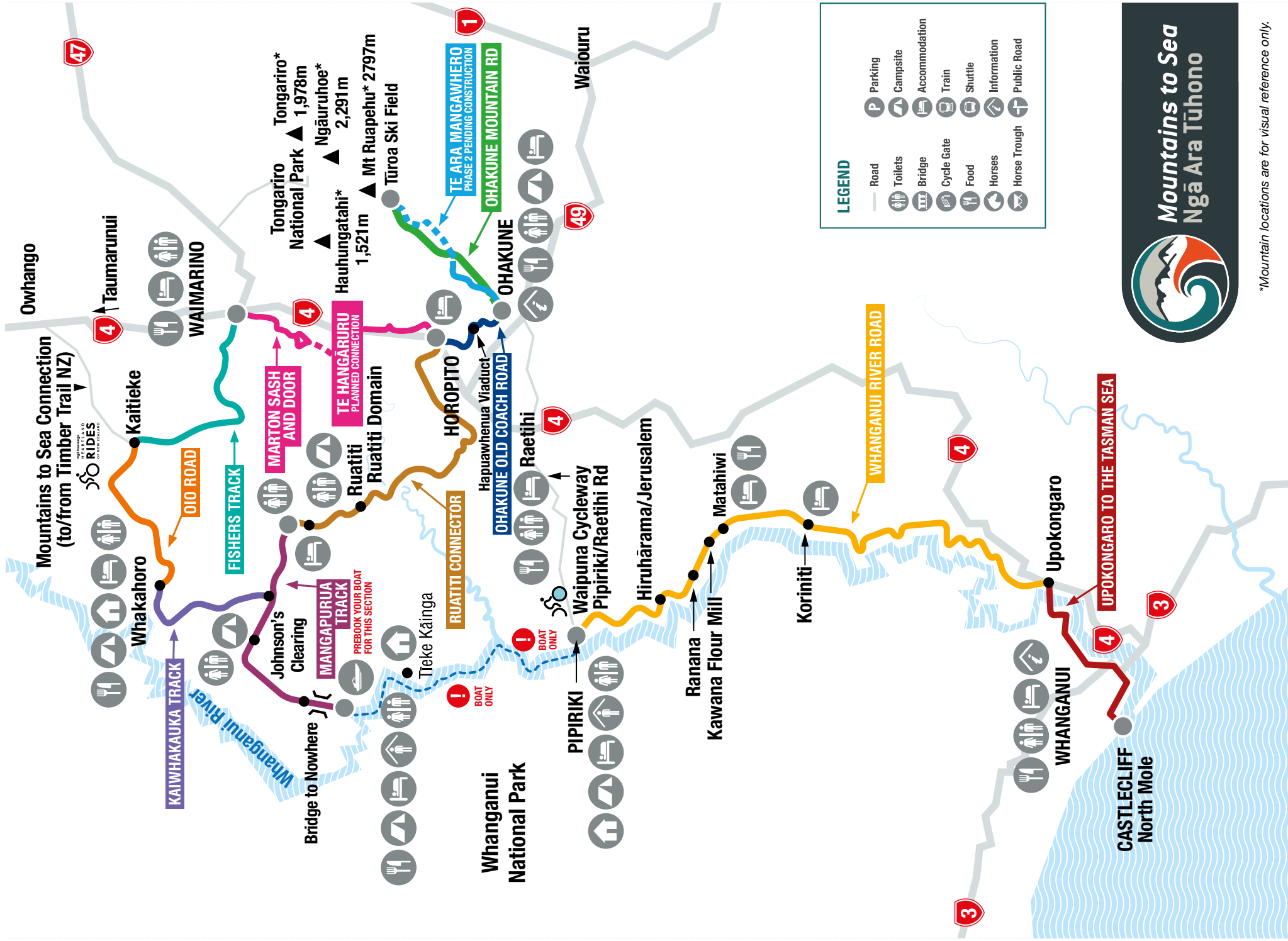
Whanganui River Markets (Saturdays)

Historic riverboats

Fantastic cafes

Durie Hill Tunnel and Elevator

Check trail status before departing
mountainstosea.nz/trailstatus



*Mountain locations are for visual reference only.