



BEST FREE



Proud supporters of the Motu Trails

Seeka

Proud supporters of the Motu Trails

HEG
Horizon Energy Group

www.hegroup.nz

Thank you to the
Ground Effect Slush Fund
for supporting us with funding
for trail tools & a double wheeled
barrow to help maintain Motu Trails.

GroundEffect.



PREMIER SUPPORTER **GARTH BARFOOT**

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

MOTU COMMUNITY HOUSE
ACCOMMODATION
in the original
Motu
Post Office

Phone: 06 863 5844
or 06 862 8736
shelley.pallat@xtra.co.nz
or rakamisi@xtra.co.nz

The Weka Nest

Accommodation, wild weka and more in Motu Village!

www.homeaway.co.nz/holiday-accommodation/p9254510
www.airbnb.co.nz/rooms/40209921
thewekanes@hotmail.com
Ph 06 863 5052

Te Wera Homestead

Farm-stay accommodation on Rere Falls Trail

Call 06 868 3436
email: tewerastn@gmail.com
1326 Te Wera Rd
Matawai 4075

Eastwoodhill
hiking bush gardens families
trails flora walks seasons events
fauna nature accommodation natives

Ph +64 6 863 9003 | www.eastwoodhill.org.nz

NAUREA HOMESTEAD
BOUTIQUE BED & BREAKFAST ACCOMMODATION

Katy & Barry McLaughlin
363 Wharekopae Rd, Paritahi 4072
Ph 0274-478-537
naureahomestead@gmail.com
www.naureahomestead.com

PAK'nSAVE

Gladstone Road
Gisborne
Ph 06 868 9029

Open 7 am - 9 pm daily.

Proud to support the Motu Trails.

PORTSIDE
HOTELS & RESORTS

2 Reads Quay, Gisborne
Ph +64 6 869 1000
Free phone 0800 767 834
www.portsidegisborne.co.nz

Cycle Gisborne

Tailored or packaged tours,
guided or supported,
we do it all...
Motu Road or Pakihi Track (1 day)
Rere Falls Trail (2 days)
Raukumara Traverse (3-4 days)

Ph 06 927 7021
info@cyclegisborne.com | www.cyclegisborne.com

Eastland Truckwash

PH 021 605 809
ENQUIRIES SERVICE OFFICE 47 HINES STREET

SELF SERVICE 24/7

Whakatane Holiday Park

- Central location, beside the Warren Cole Cycleway
- Affordable Accommodation

McGarvey Road, Whakatane P 308 8694
www.whakatane.com/whakatane-holiday-park

Ohope Beach TOP 10 Holiday Park

0800 264 673
enquiries@ohopebeach.co.nz
ohopebeach.co.nz

Memories for life

OHIWA BEACH
MOTELS CABINS CAMPSITES

07 3154 741 stay@ohiwaholidays.co.nz
www.ohiwaholidays.co.nz

Islandview holiday park

- 10km to boat ramp
- 20m to beach
- Shops, bars & cafes
- Self-contained units, cabins, powered and non-powered sites
- Children's playground
- Swimming pool

8 Appleton Rd, Waiohau Beach, Opoitiki
islandview.nz info@islandview.nz 07 315 7519

OPOTIKI HOLIDAY PARK

Book online or show your hero Ray Sharma and Penny Kauri
39 Potts Ave, Opoitiki Ph/Fax 07 315 6050
opoitiki.holidays@xtra.co.nz www.opoitikiholidaypark.co.nz

Opoitiki
Local knowledge • Cycleways • Walks
Accommodation • Transport services • Events
70 Bridge Street, Opoitiki
tel (07) 315 3031 Open 7 days

infocentre@odc.govt.nz
www.opotikinz.co.nz

Bush to Bay Holiday Stays

www.bushtobayholidaystays.co.nz
info@bushtobay.co.nz
Ph 0274 654 339

Eastland Pacific Motor Lodge

FOR BOOKINGS CONTACT LINZ & JO
RESERVATIONS 0800 103 003
Phone: 07 315 5524
Email: eastlandopitiki@xtra.co.nz
44 St John Street, Opoitiki 3122

OASIS accommodation
centraloasis@hotmail.com
Both at 30 King St, Opoitiki
Ph 07 315 5165

KAFFE FRIENDS
andrea.grindel@hotmail.com

hot bread shop cafe

Open 5am to 5pm
Monday to Sunday
43 St John Street
Opoitiki
Phone: 073156795
Email: hotbreadshopcafe@xtra.co.nz

Proud supporters of the Motu Trails

LOWES HIRE & ENGINEERING
OPOTIKI

So much more than just a hire centre...

www.LHEopotiki.co.nz

MOTU CYCLE TRAILS
SHUTTLES / SMALL GROUPS

- Dropoffs & pickups for bike, walk, kayak
- Groups of 1 - 5 people
- Secure parking
- Flexible, experienced, friendly

TXT TO BOOK 027 505 2120

www.motucycletrails.com
admin@motucycletrails.com
138 ST JOHN STREET, OPOTIKI

Tirohanga Beach Holiday Park

- Cabins
- Camping
- Parkover

735, SH35, Tirohanga Beach, Opoitiki
tmcamp@xtra.co.nz
www.tirohanga-beach-motorcamp.co.nz
Ph 07 315 7942

Motu Trails Hire & Shuttle

- Two modern 11 seater buses
- Bike hire
- Group rates & packages
- Accommodation and camping

bushaven@bushaven.co.nz
www.0800motutrails.nz
Ph 0800 66 888 7

Weka Wilds Accommodation

- Ride • Walk • Fish
- Wood-fired oven pizzas
- Range of accommodation
- Paradise!

Pakihia Valley Road
Ph 07 974 6815
book online
www.wekawilds.co.nz

FREE!

Available from i-SITES and other outlets, and online as an E-book. Get your comprehensive guide to the region.

www.exploretheeastcape.co.nz



SECURE PARKING **PETROL** **SHELTER** **SUPERMARKET**
TOILETS **FOOD** **HUT** **CAMPING**

DUNES TRAIL
GRADE: EASY/GRADE 2 DISTANCE: 20KM RETURN RIDING TIME: 1.5-3 HOURS
ACCESS POINTS: MEMORIAL PARK; HUKUWAI BEACH; TIROHANGA BEACH ROAD; KELLYS BEACH/PUKEARIKI BEACH RESERVE; SH35 AT WAIKUA

PAKIHU 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 STOP-BANK) RIDING TIME: 3-6 HOURS ACCESS POINTS: MOTU ROAD (17KM FROM MOTU); PAKIHU ROAD

MOTU ROAD
GRADE: INTERMEDIATE/GRADE 3 DISTANCE: 67KM (38KM FROM JACKSON RD TO PAKIHU TURN-OFF) 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

WAIIOEKA / WAIOTAKE TRAILS
GRADE: EASY/GRADE 2 DISTANCE: WILL BE 10KM OF TRAILS BUT, AT AUGUST 2022, THESE ARE NOT FULLY LINKED ACCESS POINTS: MEMORIAL PARK (DUNES TRAIL START); TRAIL GATEWAY BY OPOTIKI SKATE PARK; WAIIOEKA BRIDGE; WAIOTAKE BEACH; TE AHIAU/PIPI BEDS

OTHER TRAILS / ROADS
THESE LINES SHOW OTHER OPTIONS: TRAILS THAT CYCLISTS CAN USE; ROADSIDE PATHS; AND, GRAVEL ROADS AND QUIET SEALED ROADS THAT FORM POPULAR CYCLING ROUTES

i SITE
Gisborne i-SITE Visitor Information Centre

209 Grey Street, Gisborne
info@gisbornenz.com
www.tairāwhiti-gisborne.co.nz
Ph 64 6 868 6139

TAIRĀWHITI GISBORNE

GREAT RIDES APP
Your Free Personal Trail Guide

FREE DOWNLOAD
Download on the App Store
GET IT ON Google Play

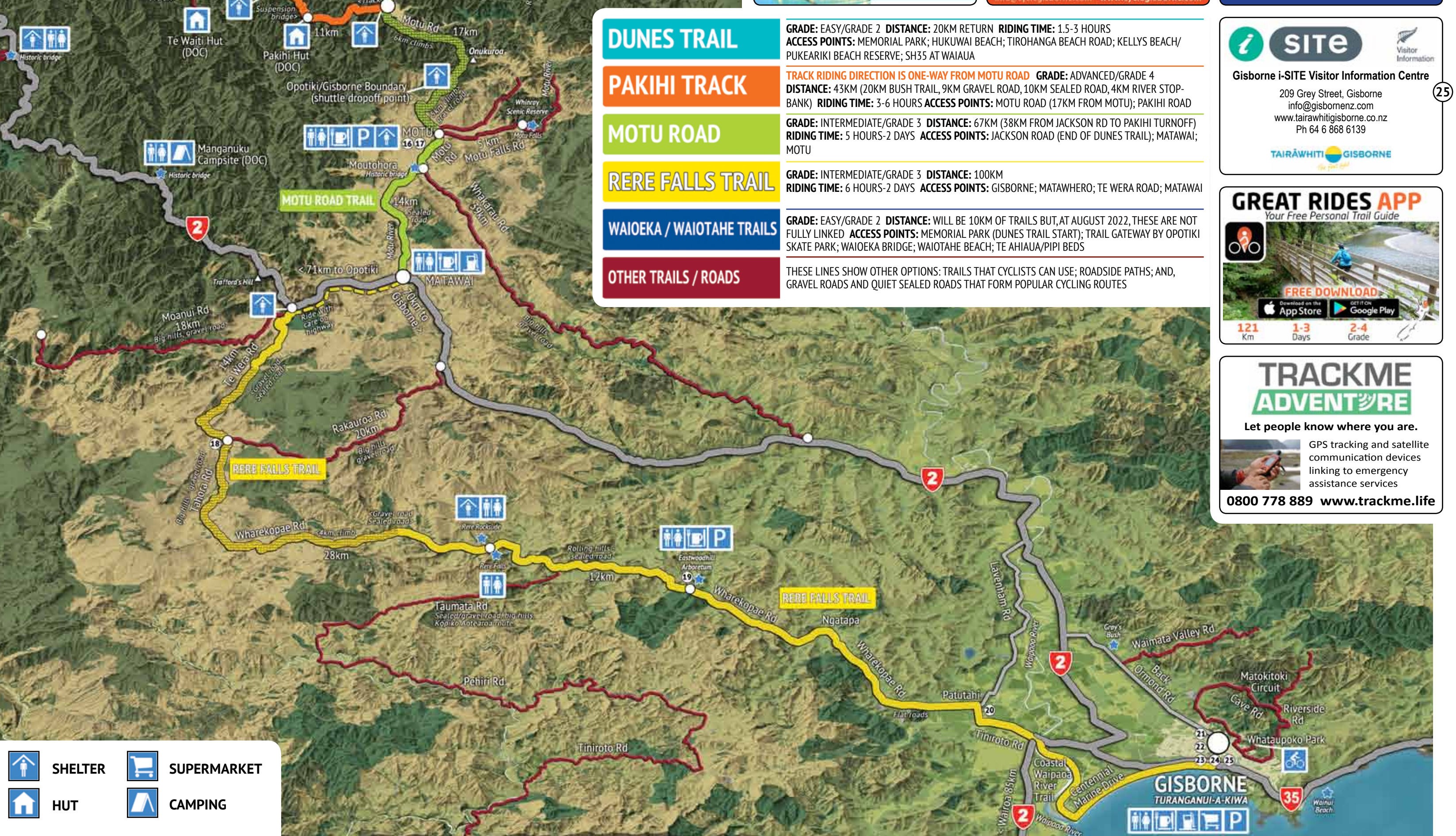
121 Km 1-3 Days 2-4 Grade

TRACKME ADVENTURE

Let people know where you are.

GPS tracking and satellite communication devices linking to emergency assistance services

0800 778 889 www.trackme.life





BE SET FREE...

...ON THE MOTU TRAILS, ONE OF 23 GREAT RIDES OF
NGA HAERENGA, GREAT RIDES OF NEW ZEALAND.

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 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.

- 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.





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 and Motu Trails Hire & Shuttle offer bike hire.

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 Motu Road hill (Gisborne/Opotiki boundary), add another 15 mins. A 4WD is advised for Motu Road north of Motu.

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 Ohiwa 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 Te Wera Homestead and Naurea Homestead.

BOOKING YOUR MOTU TRAILS EXPERIENCE

All Official Partners to Motu Trails are listed around the map (see other side). Please choose these businesses as they support the trails!

Cycle Gisborne offers superb package tours. 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@motutrails.co.nz and we can help you to make it happen.



PAKIHU TRACK / NEIL ROBERT HUTTON



RERE FALLS TRAIL / MEAD NORTON



MOTU FALLS / NEIL ROBERT HUTTON

Please Support the Trails!

After your visit, please do the New Zealand Cycle Trails survey: visit Getsmartglobal.com/nzcycletrails and click on Motu Trails. This helps us identify ways to keep improving the trails, and helps us in funding applications.

To make a donation to Motu Trails Charitable Trust, visit givealittle.co.nz/org/motutrails or donate straight into our account: 06-0637-0259896-00

Thank you!



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.

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. E-bikes can be used on any of the trails but make sure you have battery capacity for the distance and hills. On Pakihi Track you may have to lift or carry the bike.

CURRENT TRAIL CONDITIONS Check www.motutrails.co.nz or Facebook Motu Trails Cycleway, or email jim@motutrails.co.nz

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.

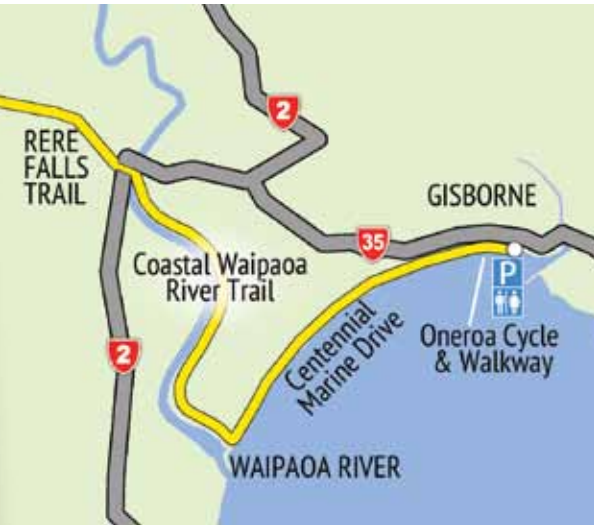
CARRY FOOD AND WATER There are limited places to stop and refuel.

SHELTERS You'll find these along the Dunes Trail and on all the hilltops of Motu Road. Pakihi Track has a shelter at both ends (the one at the top is small) and 7km from Pakihi Road end. 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 Toatua; 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. Midway along the Dunes Trail, from Tirohanga Beach, you can head back 2 km towards Hukuwai with no squeeze bars.

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 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. Most 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!

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 seats 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.

For accommodation, Tirohanga Beach Motor Camp, Opotiki Holiday Park, Eastland Pacific Motor Lodge, Oasis Central Backpackers, Island View Holiday Park, Ohiwa 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 in either direction. Be aware – it is very hilly! Motu has a shelter, toilets and accommodation.

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 shuttles. 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 and hills. 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 29km of gravel roads, plus 9km of gravel trail. This 100km route is a Heartland Ride on The New Zealand Cycle Trails. You can ride in either direction. The Gisborne end travels along the coast and beside Waipaoa river, and across the plains, home to many vineyards. 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 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).

PAKIHU 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.

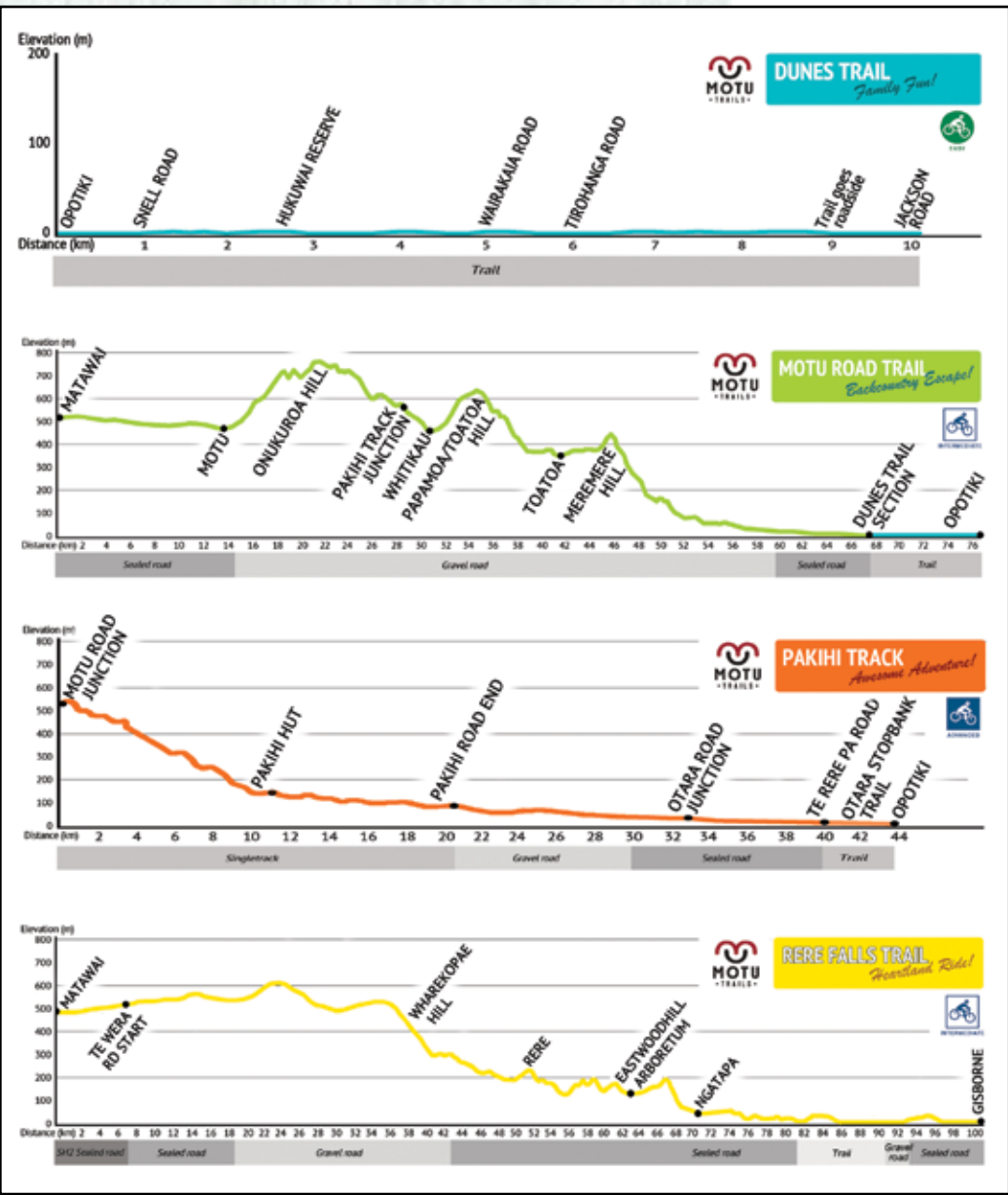
For safety, cyclists must ride from the Motu Road end only. Walkers and runners can go both ways.

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 may 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 swing bridge over the Pakihi stream, from here the lower half of the track is stunning, following the Pakihi stream. There's a shelter 2km after the swing bridge. 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 hilly 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...

Opotiki's Waioeka Trail links the Dunes Trail with the Waioeka highway bridge footpath, including 1km of concrete trail suitable for wheelchair users (access from Elliott Street).

Waioata Beach trail is coastal and flat, with fabulous views. Island View Holiday Park is ideally located.

Ohiwa Harbourside Trail stretches 5km alongside the road from Ohiwa 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, Maratetara 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 Otara-wairere 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 SH30 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 The new Rere Falls Trail route takes in Oneroa Walk and Cycleway, Centennial Marine Drive and the Coastal Waipaoa River Trail. This makes a superb ride in itself. Near the centre of town, Whataupo 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 fantastic loops. Otipi Road is much more remote, a deep backcountry out-and-back ride from Toatua, 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



COVER IMAGE: PAKIHU 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.opotikinz.co.nz

Whakatane i-SITE
Cnr Quay Street & Kakahoroa Drive, Whakatane
07 306 2030 or 0800 942 528
www.whakatane.com

Info on Great Rides of New Zealand: www.nzcycletrail.com



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.



2023 EDITION - TRAIL MAP INSIDE

MOTU TRAILS

When visiting our beautiful region, don't go anywhere without the East Cape Guide. Available from advertisers, i-SITES, AA Centres or online as an E-book: www.exploretheeastcape.co.nz

PREMIER SUPPORTER

GARTH BARFOOT

OPOTIKI COAST

Trust Tairāwhiti

Whakatōhea

Whakatane & Ohope

Seeka

THE LION FOUNDATION

HEG

This brochure is supported by

AOTEAROA GAMING TRUST

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

Motu Trails Cycleway www.motutrails.co.nz

PAKIHU TRACK / MEAD NORTON