

SMALL
EXCLUSIVE
GROUP
TOURS

Cook to Kupe 5 Night E-Bike Tour

Embark on a picturesque coast-to-coast cycling adventure along one of New Zealand's Great Rides; the Pou HerengaTai – Twin Coast Cycle Trail.

Accessible year-round, this journey is designed for riders of varying abilities, guiding you from the shimmering shores of the Bay of Islands to the pristine, unspoiled landscapes surrounding the Hokianga Harbour.

Northland Experience's tours go beyond the trail, inviting you to experience the very best of the Far North. Discover charming villages and quirky art galleries, wander through ancient kauri forests, enjoy scenic ferry and boat rides, and take part in optional cycling and walking excursions. Along the way, experience iconic New Zealand landmarks alongside hidden gems known only to locals.

With boutique accommodation, exceptional cuisine, and warm, personalised service, this tour has been described by our guests as truly world-class.

Why we chose Northland Experiences

- Rich Culture & History - European and Māori.
- Coast-to-Coast Diversity – Experience ever-changing scenery as you ride from the East Coast to the West.
- Boutique Accommodation – Carefully selected stays offering comfort and character.
- Exceptional Cuisine – Dine at award-winning restaurants and relax in unique, locally loved eateries.
- Quality E-Bikes – Enjoy smooth, reliable rides suited to a range of abilities.
- Experienced Local tour leaders who bring the region to life
- Personal & Flexible – No two tours are ever the same. We go the extra mile to tailor each journey, embracing every moment, whether blue skies or a refreshing Northland rain shower.





Tour duration – 5 nights. Tours start every Monday
This trip is designed for most abilities.

Approximately 145km cycling over the 5 days. You can choose to ride as much or as little as you like. The support vehicle is available whenever you feel like a break.

The majority of the cycling is on the Pou Herenga Tai Twin Coast Cycle Trail – which is graded under the NZ Great Rides as easy with a very small section that is a steep switchback downhill. Other cycling is quiet back roads (sealed and unsealed).

A daily overview		Approx Daily Distances	What is included each day	Accommodation
Day 1	Visit iconic Waitangi Treaty Grounds. Cycle the Twin Coast Cycle Trail from Kaikohe down to the West Coast and the Hokianga Harbour.	42km	<ul style="list-style-type: none"> • Lunch, Dinner • Entry to the Waitangi Treaty Grounds 	Horeke
Day 2	Explore the area, Wairere Boulders walk, Mangungu Mission, Ferry rides across to the villages of Kohokohu and Rawene. A mix of cycling, walking and boating.	29km	<ul style="list-style-type: none"> • Breakfast, Lunch, Dinner • Wairere Boulders • Ranui Boat 	Omapere
Day 3	Cycle to South Head and Waiotemarama Falls, ending up at Manea Footprints of Kupe. Visit the Waipoua Forest and the mighty Kauri, Tāne Mahuta and Te Matua Ngahere.	23km	<ul style="list-style-type: none"> • Breakfast, Lunch, Dinner • Footprints Waipoua Twilight tour • Manea Footprints of Kupe entry 	Omapere
Day 4	Back on the Twin Coast Cycle Trail travelling back to the East Coast and Russell.	39km	<ul style="list-style-type: none"> • Breakfast, Lunch, Dinner 	Russell
Day 5	Travelling from Russell to Kerikeri via Paihia and Waitangi. Some great scenic view points on your journey – Flag Staff hill, Mount Bledisloe and Haruru Falls.	12km	<ul style="list-style-type: none"> • Breakfast, Lunch, Dinner • Pompallier Mission & Printery 	Kerikeri



What is included in the tour price:

- 5 nights quality accommodation – twin/double share. Single supplement available.
- Meals – Breakfast, lunch, dinner. From lunch on your first day to dinner on the 5th night
- The minibus carries coffee, tea, hot chocolate, juice, water and snacks.
- E-Bikes – we have a new fleet of quality Sinch (Jaunt 2) e-bikes that are kept in peak condition, and serviced after every tour.
- All minibus transfers during the tour.
- The Ranui Boat ride on the Hokianga Harbour.
- Ferry rides in Hokianga and Bay of Islands
- Fully Supported Tour – with Tour leader escorting you with a luxury minibus – Tours are not guided whilst cycling, but our tour leader is nearby if you need a hand, meeting you along the way and at the end of the day.
- Entry and tours;
 - Waitangi Treaty Grounds
 - Footprints Waipoua Twilight Forest
 - Manea Footprints of Kupe
 - Wairere Boulders
 - Pompallier Mission and Printery

Tour Price

Price per person NZ\$3,450 (incl GST) - Single Supplement NZ\$600 (incl GST)

Exclusions: Not included flights, alcohol, extra drinks etc.

Accommodation may change subject to availability.





The Cook to Kupe Journey

The Cook to Kupe Tour was named this to connect two pivotal moments in New Zealand's history.

In 1769, Captain James Cook sailed into the Bay of Islands, giving the region its English name. Centuries earlier, the legendary Polynesian navigator Kupe made landfall at the majestic Hokianga Harbour, arriving by waka and shaping the earliest stories of Aotearoa.

Travelling from East Coast to West, this tour traces that powerful historical arc — immersing you in culturally significant sites, rich storytelling, and the enchanting natural beauty of Northland.

Day 1

Paihia, Bay of Islands to
Horeke, Hokianga Harbour

Your journey begins in the beautiful Bay of Islands with a visit to the award-winning Waitangi Treaty Grounds, a treasured national site where the story of Aotearoa unfolds.

From Paihia, travel by minibus to Kaikohe, where you'll begin your cycling adventure along the Twin Coast Cycle Trail, riding west toward the majestic Hokianga Harbour.

The day concludes in Horeke with charming accommodation overlooking the harbour, home-cooked cuisine, and unforgettable Northland sunsets.

Day 2

Horeke to Omapere

We begin with a gentle pedal to a hidden gem, home to internationally renowned geological formations and a beautiful bushwalk through native forest. From there, we ride to historic Māngungu Mission House before boarding the MV Ranui, and cruising across tranquil harbour waters before continuing along quiet country roads in Omapere.

Today combines cycling, walking and a scenic boat crossing as we explore the quieter side of the Hokianga Harbour.

We then settle into our accommodation for a relaxing two-night stay.





Day 3

We set off along quiet back roads toward Arai te Uru (South Head), where sweeping views reveal the dramatic entrance to the Hokianga Harbour, the legendary landing place of Kupe some 1,000 years ago. From there, we continue to the cascading beauty of Waitemarama Falls.

Our ride concludes in Opononi, arriving in time for lunch at Manea, Footprints of Kupe Cultural Centre, internationally recognised as one of Time Magazine's World's Greatest Places.

In the evening, we journey into Waipoua Forest for the Footprints Twilight Tour, standing beneath the towering presence of Tāne Mahuta and experiencing powerful storytelling that brings the spirit of the forest to life.

Day 4

We return to the East Coast along the Twin Coast Cycle Trail, riding through peaceful forestry, rolling farmland and across suspension bridges to the vibrant town of Kawakawa. From here, a short vintage train journey connects us to the final section of trail before we cycle beside the river into the marina village of Opuā.

A ferry crossing brings us to the charming seaside village of Russell, once a thriving Māori settlement and later a bustling 19th-century trading port known as the "Hell Hole of the Pacific."

Tonight, we stay at the iconic Duke of Marlborough Hotel on the waterfront, enjoying an exceptional dining experience as the sun sets over the Bay of Islands.





Day 5

Russell to Kerikeri

After breakfast, we prepare for our final day of exploration.

In Russell, we visit key landmarks including Flagstaff Hill and Long Beach, before enjoying a guided tour of Pompallier Mission & Printery, a beautifully restored French colonial building rich in early New Zealand history.

The afternoon offers flexibility, to suit the group. You may choose to ride from Waitangi Estate Road to Mount Bledisloe, taking in panoramic views before continuing to Haruru Falls. Alternatively, you may wish to revisit the Waitangi Treaty Grounds to explore its two world-class museums and cultural attractions in greater depth.

The journey concludes in Kerikeri with a celebratory dinner at the riverside Plough & Feather, set within the historic Stone Store Basin, the perfect setting to reflect on an unforgettable coast-to-coast adventure.

Day 6

While the tour officially comes to an end, there's no need to rush away.

For those enjoying a slower pace, the Old Packhouse Market and the renowned Makana Chocolate Factory are just a short stroll from your hotel. The Packhouse Market offers local produce, artisan crafts, plants, live music and inviting eateries, a wonderful way to soak up the flavour of Kerikeri before departing.

Ready for your next adventure?





Why choose Northland Experiences for your travels?

They are proud Northland locals with extensive global travel experience - and they often asked ourselves, why isn't there a truly world-class cycling experience in this extraordinary part of New Zealand?

So they created one.

Beginning on the East Coast in the iconic Bay of Islands - a bucket-list destination for travellers worldwide - Northland Experience will journey across to the far less travelled West Coast, revealing a side of New Zealand many visitors never see. Here, wide open landscapes, fresh coastal air and quiet country roads replace crowded routes and well-worn tracks.

This is an experience that embraces simplicity without sacrificing comfort. Thoughtfully chosen accommodation, exceptional locally sourced cuisine and our premium, well-maintained fleet of e-bikes ensure every detail is considered.

With a dedicated tour leader by your side and small group sizes that allows you to go beyond the obvious, you'll enjoy a journey that feels personal, authentic and exclusive.

Their tour guests consistently describe the tour as "the best trip we've ever done" and "truly world-class."

We invite you to read their five-star reviews and discover why.

<https://www.northlandexperiences.co.nz/customer-reviews/>

Northland Experience aims to make a difference

Their vision is to strengthen the economic and social fabric of the Mid and Far North by building world-class boutique biking and hiking experiences that deliver meaningful benefits across the region.

They proudly collaborate with small, independent tourism operators — supporting them to elevate their products and meet the high standards required to be part of our tours. It is incredibly rewarding to see the talented locals of the Far North thrive and shine within the tourism industry.

They are committed to local employment, with our entire team — from administration and marketing to bike mechanics and tour leaders — proudly based here in Northland.

Email - damon.rusden@msnz.org.nz
Free phone within NZ - 03 366 2581

Please read their terms and conditions <https://www.northlandexperiences.co.nz/terms-conditions/>

As with all travel we advise you to take out travel insurance at the time of booking.

