

Index of 2026 Tour Aotearoa Routes

Composite Route Alternate

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Book	Page in Book	Section	Start	End	On Main TA Route (most climbing)	Seal (km)	Gravel (km)	Track (km)	Water (km)	Sand (km)	Book Total	GPX km	Climb (m)	Descent (m)	File Name
North	8	1	Cape Reinga	Ahipara	Y	17	3				84	104	169	309	01 104 169 Cape Reinga to Ahipara
North	10	2	Ahipara	Broadwood	Y	36					36	36	422	361	02 36 422 Ahipara to Broadwood
North	11	3	Broadwood	Rewene	Y	22	7		2		31	31	554	623	03 31 554 Broadwood to Rewene
North	12	4	Rewene	Omapere	Y	25					25	25	265	260	04 25 265 Rewene to Omapere
North	14	5	Omapere	Kauri Coast Holiday Park	Y	44.5	5				49.5	50	1012	935	05 50 1012 Omapere to Kauri Coast Holiday Park
North	16	6	Kauri Coast Holiday Park	Dargaville	Y	6	26				32	32	221	241	06 32 221 Kauri Coast Holiday Park to Dargaville
North	17	7	Dargaville	Pouto Point	Y	59	10				69	68	522	531	07 68 522 Dargaville to Pouto Point
North	21	07A1	Dargaville	Paparua (Alternate)		39	23				62	61	528	486	07A1 61 528 Dargaville to Paparua (Alternate)
North	22	07A2	Paparua	Te Hana (Alternate)		30	14				44	45	560	548	07A2 45 560 Paparua to Te Hana (Alternate)
North	23	07A3	Te Hana	Waimauku (Alternate)		40	49				89	89	1273	1269	07A3 89 1273 Te Hana to Waimauku (Alternate)
North	21	07A1-3	Dargaville	Waimauku (Alternate)		109	86				195	193	2361	2303	07A1-3 193 2361 Dargaville to Waimauku (Alternate)
North	20	8	Pouto Point	Helensville	Y	3			46		49	49	23	10	08 49 23 Pouto Point to Helensville
North	25	9	Helensville	Mt Eden, Auckland	Y	57					57	57	690	511	09 57 690 Helensville to Mt Eden, Auckland
North	28	10	Mt Eden, Auckland	Clevedon, via Onehunga	Y	39	9				48	50	353	529	10 50 353 Mt Eden, Auckland to Clevedon, via Onehunga
North	32	10A	Mt Eden, Auckland	Clevedon, via ferry	Y	21	7	21			49	50	271	445	10A 50 271 Mt Eden, Auckland to Clevedon, via ferry
North	35	11	Clevedon	Kaiaua (Weekdays)		45					45	46	350	358	11 46 350 Clevedon to Kaiaua (Weekdays)
North	36	11A	Clevedon	Kaiaua (Weekends)	Y	15	31				46	44	1061	1069	11A 44 1061 Clevedon to Kaiaua (Weekends)
North	38	12	Kaiaua	Paeroa	Y	2	71				73	73	90	84	12 73 90 Kaiaua to Paeroa
North	41	13	Paeroa	Te Aroha	Y	21					21	21	43	37	13 21 43 Paeroa to Te Aroha
North	42	14	Te Aroha	Cambridge	Y	47	18				65	67	440	390	14 67 440 Te Aroha to Cambridge
North	46	15	Cambridge	Near Arapuni	Y	26	9				35	35	426	354	15 35 426 Cambridge to Near Arapuni
North	47	16	Near Arapuni	Mangakino	Y	21	10	24			55	52	1123	1065	16 52 1123 Near Arapuni to Mangakino
North	49	17	Mangakino	The Timber Trail	Y	14	35				49	49	892	476	17 49 892 Mangakino to The Timber Trail
North	51	18	The Timber Trail	Ongarue	Y	3	7	70			80	78	963	1382	18 78 963 The Timber Trail to Ongarue
North	54	19	Ongarue	Taumarunui	Y	11	13				24	25	167	190	19 25 167 Ongarue to Taumarunui
North	55	20	Taumarunui	Whakahoro	Y	15	52				67	66	874	909	20 66 874 Taumarunui to Whakahoro
North	56	21	Whakahoro	Mangapurua Landi	Y			40			40	41	898	948	21 41 898 Whakahoro to Mangapurua Landi
North	58	21A	Whakahoro	Pipiriki (Winter Alternate)		51		35			86	87	1302	1357	21A 87 1302 Whakahoro to Pipiriki (Winter Alternate)
North	58	21B	Mangapurua Landi	Pipiriki	Y				33		33	33	50		21B 33 50 Mangapurua Landi - Jet Boat to Pipiriki
North	59	22	Pipiriki	Whanganui	Y	72	5				77	76	713	758	22 76 713 Pipiriki to Whanganui
North	60	23	Whanganui	Hunterville	Y	59		1			60	60	646	382	23 60 646 Whanganui to Hunterville
North	61	23A	Whanganui	Durie Elevator (Detour)		2					2	2	83	8	23A 2 83 Whanganui to Durie Elevator (Detour)
North	62	24	Hunterville	Rangiwahia	Y	31	11				42	41	658	372	24 41 658 Hunterville to Rangiwahia
North	64	25	Rangiwahia	Apti	Y	23					23	23	227	319	25 23 227 Rangiwahia to Apti
North	65	26	Apti	Ashhurst	Y	19	32				51	51	537	920	26 51 537 Apti to Ashhurst
North	66	27	Ashhurst	Pahiatua	Y	37					37	37	530	493	27 37 530 Ashhurst to Pahiatua
North	68	28	Pahiatua	Eketahuna	Y	35					35	35	268	158	28 35 268 Pahiatua to Eketahuna
North	70	29	Eketahuna	Masterton	Y	28	15				43	43	237	355	29 43 237 Eketahuna to Masterton
North	72	30	Masterton	Martinborough	Y	48	1				49	49	337	413	30 49 337 Masterton to Martinborough
North	73	31	Martinborough	Te Marua	Y	28	27				55	54	630	565	31 54 630 Martinborough to Te Marua
North	75	32	Te Marua	Wellington	Y	6	38				44	44	166	259	32 44 166 Te Marua to Wellington
North	77	32A	Wellington	Wellington (Blue Bridge)							0	2	4	7	32A 2 4 Wellington to Wellington (Blue Bridge)
North	78	33	Wellington	Picton (Cook Strait)	Y				97		97	97	0	0	33 97 0 Wellington to Picton (Cook Strait)
South	3	34A	Link Track Detour	Ngakuta bay				5			5	5	132	269	34A 5 132 Link Track Detour to Ngakuta bay
South	3	34B	Picton (Blue Bridge)	Picton		1					1	1	7	2	34B 1 7 Picton (Blue Bridge) to Picton
South	3	34	Picton	Havelock	Y	35					35	35	576	571	34 35 576 Picton to Havelock
South	5	35	Havelock	Pelorus Bridge	Y	19					19	19	150	121	35 19 150 Havelock to Pelorus Bridge
South	6	36	Pelorus Bridge	Nelson	Y	26		13			39	40	1225	1261	36 40 1225 Pelorus Bridge to Nelson
South	7	36A	Pelorus Bridge, Cycle Tourist	Nelson on Major Road		54					54	54	845	882	36A 54 845 Pelorus Bridge, Cycle Tourist to Nelson on Major Road
South	8	37	Nelson	Mapua	Y	3	29	0	1		33	32	246	246	37 32 246 Nelson to Mapua
South	10	38	Mapua	Tapawera	Y	32	10	2			44	44	697	548	38 44 697 Mapua to Tapawera
South	12	39	Tapawera	Lake Rotorua	Y	36	27				63	63	886	574	39 63 886 Tapawera to Lake Rotorua
South	14	40	Lake Rotorua	Murchison	Y	18	15				33	32	369	669	40 32 369 Lake Rotorua to Murchison
South	15	41	Murchison	Springs Junction	Y	28	50				78	77	1284	1024	41 77 1284 Murchison to Springs Junction
South	16	42	Springs Junction	Reefton	Y	44					44	44	398	639	42 44 398 Springs Junction to Reefton
South	17	43	Reefton	Ikamatua	Y	8	15	33			56	54	1466	1552	43 54 1466 Reefton to Ikamatua
South	18	43A	Reefton Tourist Bypass	Ikamatua		26					26	26	97	184	43A 26 97 Reefton Tourist Bypass to Ikamatua
South	20	44	Ikamatua	Greymouth	Y	54					54	51	494	596	44 51 494 Ikamatua to Greymouth
South	21	45	Greymouth	Kumara	Y	2	3	25			30	30	209	126	45 30 209 Greymouth to Kumara
South	23	46A	Floodwater Detour	Cowboy Paradise		4					4	4	135	356	46A 4 135 Floodwater Detour to Cowboy Paradise
South	23	46	Kumara	Cowboy Paradise	Y	1	4	30			35	34	509	356	46 34 509 Kumara to Cowboy Paradise
South	24	47	Cowboy Paradise	Hokitika	Y	8	12	16			36	36	280	539	47 36 280 Cowboy Paradise to Hokitika
South	26	48	Hokitika	Ross	Y	13	17				30	30	259	230	48 30 259 Hokitika to Ross
South	27	49	Ross	Harihari	Y	32	12				44	44	373	354	49 44 373 Ross to Harihari
South	28	50	Harihari	Fox Township	Y	85		1			86	86	1335	1205	50 86 1335 Harihari to Fox Township
South	30	51	Fox Township	Fox Glacier	Y	2	6	1			9	5	150	36	51 5 150 Fox Township to Fox Glacier
South	31	52	Fox Glacier	Lake Paringa	Y	69					69	72	526	780	52 72 526 Fox Glacier to Lake Paringa
South	32	53	Lake Paringa	Haast	Y	53					53	51	730	744	53 51 730 Lake Paringa to Haast
South	33	54	Haast	Makarora	Y	78					78	78	1111	783	54 78 1111 Haast to Makarora
South	34	55	Makarora	Lake Hawea	Y	49					49	49	703	652	55 49 703 Makarora to Lake Hawea
South	35	56	Lake Hawea	Albert Town	Y	3	10				13	13	104	192	56 13 104 Lake Hawea to Albert Town
South	36	57	Albert Town	Cromwell	Y	25	37				62	62	521	594	57 62 521 Albert Town to Cromwell
South	57A	Albert Town	Queenstown, via Crown Range	Queenstown, via Crown Range		60	39				99	99	1428	1399	57A 99 1428 Albert Town to Queenstown, via Crown Range
South	38	58	Cromwell	Queenstown		3	75				78				
South	41	58A1	Cromwell	Garston, via Nevis	Y	7	67	8			82	80	2112	2005	58A1 80 2112 Cromwell to Garston, via Nevis Valley
South	44	58A2	Garston	near Lumsden	Y	2	59				46	46	398	492	58A2 46 398 Garston to near Lumsden
South	46	59	Queenstown	Mossburn		103					103	116	887	904	59 116 887 Queenstown to Mossburn
South	46	59A	Queenstown	Walter Peak (Boat)					12		12	12	0	0	59A 12 0 Queenstown to Walter Peak (Boat)
South	48	60	Mossburn	Winton		56		13			69	67	133	377	60 67 133 Mossburn to Winton
South	48	60A	near Lumsden	Winton	Y	54					54	54	126	289	60A 54 126 near Lumsden to Winton
South	50	61	Winton	Wallacetown	Y	20	2	1			23	23	55	94	61 23 55 Winton to Wallacetown
South	51	62	Wallacetown	Bluff	Y	30	15				45	45	163	172	62 45 163 Wallacetown to Bluff
BOTH	All	1-62	Cape Reinga	Bluff								3025	33496		TA 2026 01-62 3025km 33496m climb
North	All	1-33	Cape Reinga	Picton								1696	16041		TA 2026 North Island 01-33 1696km 16041m climb
South	All	34-63	Picton	Bluff								1329	17455		TA 2026 South Island 34-62 1329km 17455m climb
BOTH	All	34-63	Photo Control Points	Bluff											Photo Control Points