

Table of Rides

AUCKLAND & THE NORTH	DURATION	DISTANCE	DIFFICULTY
MURIWAI BEACH	3–4 HOURS	62.8KM	EASY–MODERATE
SEABIRD COAST & HUNUA RANGES	2 DAYS	133.5KM	MODERATE
NORTHLAND CIRCUIT	7 DAYS	462.1KM	MODERATE–DEMANDING
THE COROMANDEL	5 DAYS	259.8KM	MODERATE–DEMANDING
WAIKATO & KING COUNTRY	DURATION	DISTANCE	DIFFICULTY
RAGLAN & THE FOUR BROTHERS	2½ –4 HOURS	46.9KM	MODERATE
WAITOMO CIRCUIT	3–4 DAYS	254.3KM	DEMANDING/VERY–DEMANDING
CAMBRIDGE CIRCUIT	5–8 HOURS	99.8KM	MODERATE–DEMANDING
EASTERN NORTH ISLAND	DURATION	DISTANCE	DIFFICULTY
CENTRAL PLATEAU	2 DAYS	133KM	EASY–MODERATE
EAST CAPE CIRCUIT	6 DAYS	473KM	MODERATE–DEMANDING
SOUTHERN NORTH ISLAND	DURATION	DISTANCE	DIFFICULTY
AROUND MT TARANAKI	3 DAYS	145KM	EASY–MODERATE
STRATFORD CIRCUIT	7 DAYS	447.9KM	MODERATE–DEMANDING
WELLINGTON SCENIC CIRCUIT	3 HOURS	38KM	EASY
BARING HEAD COAST	4 HOURS	37KM	MODERATE
MARLBOROUGH & NELSON	DURATION	DISTANCE	DIFFICULTY
MARLBOROUGH CIRCUIT	5 DAYS	331KM	MODERATE
FAREWELL SPIT	3 DAYS	153KM	MODERATE
CANTERBURY	DURATION	DISTANCE	DIFFICULTY
CHRISTCHURCH PARKS & GARDENS	1½ –2½ HOURS	15.8KM	EASY
CHRISTCHURCH BEACHES & HILLS	2½ –3½ HOURS	45.9KM	EASY–MODERATE
KAIKOURA COAST & HANMER SPRINGS	6 DAYS	512.8KM	MODERATE
BANKS PENINSULA CIRCUIT	4 DAYS	168.4KM	DEMANDING
CANTERBURY HINTERLAND	4 DAYS	285KM	MODERATE
MACKENZIE COUNTRY	4 DAYS	315.6KM	MODERATE–DEMANDING
SOUTHERN ALPS CIRCUIT	8 DAYS	692.4KM	DEMANDING
OTAGO & SOUTHLAND	DURATION	DISTANCE	DIFFICULTY
OTAGO PENINSULA	3–4½ HOURS	68.6KM	EASY–MODERATE
CENTRAL OTAGO CIRCUIT	4 DAYS	242.1KM	DEMANDING
THE CATLINS COAST	3 DAYS	269.1KM	DEMANDING
TO BLUFF & BACK	3½ –5½ HOURS	60KM	EASY
SOUTHERN SCENIC ROUTE	3 DAYS	307.7KM	DEMANDING
WESTERN OTAGO CIRCUIT	3 DAYS	205.5KM	MODERATE–DEMANDING
WESTLAND	DURATION	DISTANCE	DIFFICULTY
THE WEST COAST	6 DAYS	563.7KM	DEMANDING
RIDING THE LENGTH OF NEW ZEALAND	DURATION	DISTANCE	DIFFICULTY
RIDING THE LENGTH OF NEW ZEALAND	30 DAYS+	2448KM	DEMANDING

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The Author



SCOTT KENNEDY

Scott Kennedy grew up in Western Canada and for as long as he can remember, cycling has been a huge part of his life. Scott has ridden his bike on six continents – over the spine of the Canadian Rockies, down South American roads of doom and through the North African desert. But it's the riding in his adopted home of New Zealand that really gets him going.

When Scott isn't penning guidebooks for Lonely Planet he works as a freelance writer and photographer with a focus on adventure. He lives in Queenstown, NZ where he seeks out fresh singletrack and headwind-free back roads. Visit Scott's website: www.adventureskope.com.

MY FAVOURITE RIDE

If I was forced to pick just one ride in New Zealand I'd have to go with the Otago Peninsula ride (p219). In Dunedin, on a warm sunny day the draw of the open road is nearly irresistible. From urban beginnings you soon shed the trappings of the city – leaving only sea and scenery to keep you company. The road follows a twisting, serpentine route along the seashore, before taking a sharp turn to the right and gaining altitude like a climbing fighter-jet. The first half of the ride is decidedly laid back, the second portion is anything but, with steep climbs, fast downhill and the odd albatross to keep you company. Pure cyclonic bliss.

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