

WHO	WHAT	PHONE	WEBSITE
Bike Culture	Specialised service	07 343 9372	www.bikeculture.co.nz
Bike Fix	Hire, service, gear	07 347 2232	www.bikefix.co.nz
Bike Vegas	Hire, service, gear	07 347 1151	www.bikevegas.co.nz
Cycle Zone	Service, gear	07 348 6610	www.cyclezone.co.nz
Kiwi Bikes	Hire, service, gear	07 348 2929	www.kiwibikes.co.nz
MTB Skills Clinics	Riding skills clinics	021 865 454	www.mtbskillslclinics.co.nz
Multi-Day Adventures	Hire, guided tours	07 362 4399	www.multidayadventures.co.nz
Outdoorsman HQ	Hire, service, gear	07 345 9333	www.outdoorsman.co.nz
Planet Bike	Hire, guided tours, service	07 346 1717	www.planetbike.co.nz
RideRotorua.com	Individual trail descriptions, ratings, information		www.riderotorua.com
Rotorua Cycle Centre	Hire, service, gear	07 345 6588	www.rotorua-cyclecentre.co.nz
Rotorua Mountain Bike Club	Complete, up to date, trail information and more		http://rotorua.mtbclub.org.nz
Southstar Shuttles	Shuttle service to downhill tracks	027 654 3038	www.southstaradventures.com

TOURISM ROTORUA INFORMATION AND TRAVEL OFFICE

OPEN 7 DAYS 8AM - 5.30AM (Except Christmas day)

Corner of Fenton and Arawa Streets, Rotorua

Phone: +64 7 348 5179

NZ Freephone: 0800 ROTORUA (768 678)

www.rotoruaNZ.com

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CAPERS

Capers is the place to go for breakfast, lunch, dinner, coffee to go or a take home meal with a huge range of food available from the display cabinet or the menu board. Cafe of the Year Regional Winner 2007.

Address: 1181 Eruera Street, Rotorua
Phone: 07 348 8818
W: www.capers.co.nz



PIG AND WHISTLE

Come on in and enjoy the atmosphere of one of the most popular bars in Rotorua. Centrally located in a classic piece of bold 1940's architecture, the Pig and Whistle is a local landmark. Refreshing drinks, hearty pub food, live entertainment every Friday and Saturday night.

Address: Corner of Haupapa and Tutanekei Streets, Rotorua
Phone: 07 347 3025
W: www.pigandwhistle.co.nz



PLANET BIKE

Mountain Bike in Whakarewarewa Forest - Mountain Bike Capital of New Zealand.

A magnificent mountain bike trail network offers riding for all levels of ability, whether a child or adult.

Planet Bike is based onsite at the Waipa MTB carpark, at the trail head.

We offer bike hire/guided tours.

Address: Waipa Carpark, via SH5 South Rotorua
Phone/Fax: 07 346 1717
E: ride@planetbike.co.nz
W: www.planetbike.co.nz



RIDEROTORUA.COM

The one stop website for mountain biking in Rotorua. Click through to the latest info, trail updates, forest maps, MTB events and news, and Rotorua weather. Also included is information on Rotorua, MTB friendly accommodation and a photo gallery. See you on the trails.

E: info@RideRotorua.com
W: www.riderotorua.com

SOUTHSTAR SHUTTLES

Provides uplifts for mountainbikers to the top of Whaka forest weekends/ public holidays year-round. Daily December 27 – February 1. Timetable: 9.30am, 1pm Waipa carpark and every 15 minutes corner Pipeline and Hill Roads. Daylight savings, Tuesday 5.15pm from Burgerfuel. No bookings required. Call for mid-week bookings.



Address: Waipa Carpark, Rotorua
Phone: 027 654 3038
W: www.southstaradventures.com

THE PHYSIOTHERAPY CLINIC

We can help optimise your performance and treat your mountain biking injuries. Using state-of-the-art video analysis our mountain biking physios offer injury treatment, performance analysis and coaching advice. Saturday and late night appointments available. No ACC surcharge.



Address: 1325b Eruera Street, Rotorua
555 Te Ngae Road, Rotorua
Phone: 07 347 8380 or 07 345 6915
W: www.physiotherapyclinic.co.nz

TORPEDO 7

NZ's largest on-line retail store. Up to 80% off your favourite brands, with extreme delivery times. How? We don't pay for expensive retail stores, we buy in bulk and we pass these savings directly on to you.

It's about getting you to the edge faster. Torpedo7 – right here in your own backyard.



NZ Freephone: 0800 86 77 33
W: www.torpedo7.co.nz

TREKS ROTORUA

Treks is a purpose-built, upmarket hostel located in the central city, close to restaurants, bars and cafes. Accommodation ranges from share rooms to private rooms with ensuites. Off-street parking and plenty of secure bike storage available.



Address: 1278 Haupapa Street, Rotorua
NZ Freephone: 0508 487 357
W: www.treks.co.nz

ROTORUA

mountain biking



ROTORUA
feel the spirit
Manakitanga



mountain biking heaven

Rotorua is a mecca for mountain bikers. Just minutes from the city centre is an adventure playground comprising thousands of hectares of forest awaiting exploration.

Entry to the Whakarewarewa Forest and tracks is free. The purpose-built trail network caters to riders of all skill levels, from beginners and families to experts looking for extreme action. The forest's fast-draining volcanic soil means most tracks drain quickly after a downpour.

Trails weave their way through lush native ferns beneath soaring forest canopies of Redwood, Radiata, Douglas Fir, Eucalyptus and Larch trees. Riders can catch glimpses of Rotorua's beautiful lakes, geothermal activity and brooding Mt Tarawera through the trees.

The impressive mountain biking network means enthusiasts can easily fill an hour, a day, a weekend or longer with action-packed adventure, whether cross-country or downhill.

After a mountain biking experience, what better way to rejuvenate the spirit than by soaking in the healing waters of a renowned natural spa?

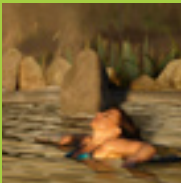
HISTORY

A 288ha section of the Whakarewarewa Forest known as The Redwoods has been set aside for the purpose of recreation.

The Whakarewarewa Forest is recognised for its diverse range of exotic trees, much of which is managed primarily as a productive plantation forest. Today the forest, with its flourishing native undergrowth, is also managed as an extensive resource for recreation and enjoyment.

The first of the breathtaking Californian Redwoods were planted in 1901 and provide a stunning entrance to the forest. These towering trees are 60m tall and up to 163cm in diameter.

The first mountain bike trails were built by local mountain bike enthusiast Fred Christianson and community service workers in 1993. Over the years these tracks, with the assistance of the local club and community, have developed and grown into a vast network of trails that makes the forest popular with all levels of mountain bikers.



BEGINNERS AND FAMILIES

Whether it's your first time or you want to take the family, Rotorua's Whakarewarewa Forest provides the perfect introduction to mountain biking. Its gentle beginner trails provide a relaxing ride in the forest with friends and family.

Entry to the trail network can be easily accessed from The Redwoods on Long Mile Rd or Waipa State Mill Rd – refer to the forest entry points map in this brochure. Both entry points have car parking facilities and the Redwoods Gift Shop and Visitor Centre is an excellent source of advice and forest information including trail maps and picnic and toilet facilities.

Bikes and equipment can be hired from a range of shops around Rotorua and staff members at these places have great local knowledge. Take a guided tour, learn how to ride a bike correctly with a skills clinic or simply explore at leisure with a detailed trail map.

Each trail has its grading signposted at the start, making it easy to identify the best courses to ride in relation to skill levels. The wide, sweeping beginners' tracks with gentle climbs and descents are fantastic fun. With a mix of track grades available it is easy for everyone to find a trail to suit. Riders can move on to more challenging tracks as their confidence and ability increases.

TRAIL NETWORK

Check out two of our most popular mountain biking trails:

THE DIPPER - Grade 2, length 2.8kms

Starts off Pohaturua Rd near the intersection of Nursery Rd. A great start for beginners and a quick work-out for more experienced riders. The mature Douglas Firs create a magnificent back drop to a flat and fast track. The actual dipper at the end of the first long section is amazing.

GENESIS - Grade 3, length 3.1km

The original trail that spawned mountain biking in Rotorua, Genesis is a well-thought-out flowing trail under the biggest pines that you'll find in Whakarewarewa Forest. There are a few short hills, but all easy grades.

These are just a couple of the many tracks on offer within this non-smoking forest. For further information and detailed maps on where to ride, The Redwoods Gift Shop and Visitor Centre on Long Mile Rd should be the first port of call.

EVENTS

Rotorua hosts many national and international mountain biking events each year. Many of these are held in the world-renowned Whakarewarewa Forest. Regular events include:

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- N-Duro Mountain Biking Series
- Cateye Moonride
- Xterra
- Rats Duathlons

For more information, or to check out the latest events visit www.rotoruaNZ.com/events

FOREST ENTRY POINTS MAP

