



SECTION 4: Lake Ohau Lodge to Omarama

FITNESS: Intermediate . SKILL: Intermediate . TRAFFIC: Low . GRADE: 3



Starting from the Lake Ohau Lodge driveway, the trail traverses the lower slopes of the Ruataniwha Conservation Park, with stunning views back across the basin to the Benmore Range. 6.3kms of easy cycling will take you to Freehold Creek. From here the track narrows and it's a steady climb to the high point on the trail, 900m above sea level [10.8km]. Please allow plenty of time for this section, and take frequent breaks if you are feeling tired. It is advised to bring some high energy food, as you may require a boost. There is plenty of clean drinking water available from the various streams that flow down from the mountains. Once at the high point it is a rolling

descent to Quailburn Road [18.3km]. From the Quailburn Road intersection you can detour 2km to the historic woolshed at the end of Quailburn Road (where toilets are located). On the way down Quailburn Road you can take a side trip

to see the Clay Cliffs (14km return). When Quailburn Road meets the highway [35.6km], the off-road trail winds alongside below the highway edge. A short ride from here brings you to the town of Omarama.

Highlights:

- Ruataniwha Conservation Park
- Native Beech Forests
- Quailburn Historic Woolshed
- Clay Cliffs (side trip)
- Freehold Creek Track
- Winkly Rams Sheep Shearing Show
- Omarama Gliders
- Hot Tubs Omarama
- Ladybird Hill Winery
- Totara Peak Gallery & Museum
- Ohau Moraines Wetland Complex

Trail route and weather conditions subject to change. Please check website before daily departure.

Trail Surfaces:



Smooth Shingle (27%)



Dirt (less than 1%)



Rough Shingle (16%)



Grass (14%)



Gravel Road (28%)



Sealed Road (15%)

FOR MORE INFORMATION PLEASE GO TO: www.alps2ocean.com