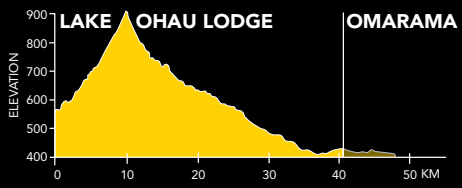
45KM

SECTION 4

LAKE OHAU LODGE TO OMARAMA



KEY:
- Onroad
- Off-road trail
- Information Centre
- Picnic Area
- Toilets
- Food
- Drinking Water
- Camping Area
- Waitaki Whitestone Geopark

Starting from the Lake Ohau Lodge driveway, the Trail traverses the lower slopes of the Ohau Range, with stunning views back across the basin to the Ben Ohau Range. **6km** of easy cycling will take you to Freehold Creek, 600m above sea level. From here the track narrows and it's a steady climb to the high point on the trail at 900m **11km**. Please be aware that there are several 'false summits' where the trail appears to reach the high point, but instead keeps winding upwards.

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 the historic woolshed at the top of Quailburn Road **19km**. Toilets and parking are available here. On the way down Quailburn Road you can turn onto Henburn Rd **36km** and take a side trip to see the Clay Cliffs (14km return).

Where Quailburn Road meets the highway, take the off-road trail which leads through the Ahuriri Camp Ground **42km**. Exit the campground and cross over the Ahuriri river using the road bridge. A short off-road trail then takes you to Omarama.

Fitness Intermediate **Traffic** Low

Skill Intermediate **Grade** 3

HIGHLIGHTS

- Native Beech Forests
- Freehold Creek Track
- Quailburn Historic Woolshed
- Clay Cliffs (side trip)
- Waitaki Whitestone Aspiring Geopark

✚ SAFETY NOTES

Sustained climb – this section involves a sustained 4km climb. It is recommended that it be undertaken in the cooler part of the day during the hot summer months. Carry some water and high energy food.

Stormy wet weather – this is where the trail reaches its highest point (900m). It can be very exposed to mountain weather. Warm and waterproof clothing is essential. If in doubt seek advice from the Lake Ohau Lodge staff.

A short section of the trail crosses an avalanche path on the climb to the summit. Minimise your time in this zone in winter.

Steep descent – the first section from the 900m summit involves some tight steep bends. Less experienced riders may want to walk this short 1km section.

Fords – beyond the first part of the descent there are a series of small fords on the trail.

Quailburn Rd – this is mostly a gravel road and can be corrugated with loose gravel. Take care and watch your speed.

Ahuriri Road bridge SH8 – there is an induction loop warning system at this bridge which switches on the cyclist warning sign for vehicles. This system can fail so be aware and take care as you cross this bridge.

This section its recommended to carry a PLB due to very limited cell coverage and it's remoteness.