



Tekapo to Lake Ōhau



Walking



Cycling

Difficulties

Easy , Hard

Length

87.3 km

Journey Time

2–3 days

Region

[Canterbury](#)

Sub-Region

[Mackenzie District](#)

Part of Collections

[Te Araroa - New Zealand's Trail](#) , [Te Araroa - South Island](#)

Track maintained by

[Te Araroa Trail Trust](#)

Te Araroa trail section: Skirt the glacial blue lakes of Tekapo, Pukaki and Ōhau by following canals, shoreline and other pathways.

From Pioneer Dr, continue west on SH8. You'll find shops and food/drink/accommodation along here.

Tekapo to Twizel (via Tekapo Canal)

- Note: The Tekapo Canal route may on occasion close at short notice due to high winds and/or Genesis Energy requirements. Please check the Trail Status page prior to your departure.
- There is no camping allowed along the Tekapo Canal route. It is a long stretch, but is essentially flat – if you do not think you can make this in a day, please consider hiring a bicycle, possibly to go from Lake Tekapo Village to Twizel (59km total).

From SH8, turn south onto Aorangi Crescent then after 350m right into Andrew Don Dr and follow that 2.5km to the Tekapo A Power Station, crossing the outlet flow.

From there continue on the Tekapo Canal Road for 22km (crossing SH8 after 12km, please take care). A new (2023) Te Araroa track branches away from the canal road on the left at km 2443.5. Cross over the fence using the stile, and follow the marked path through high country tussock until you reach a well formed old farm track at 2447. Follow this road until the marked route temporarily takes you off this farm track at 2451.2 to a mowed camping area near an old stock tank to provide water. The water comes from the canal, so it should be filtered. Follow the markers from here back to the formed road and follow it down to a gate onto Hayman Road on the shore of Lake Pukaki at km 2453.5. Cross the fence using the stile, and continue on the A20.

Cyclists should continue along Tekapo Canal Road to reach Hayman Road just south of Pukaki Power Station.

Head south on Hayman Road, following the A20 Cycle Trail route as it weaves on and off the strip adjacent to the lake. Further south, some 6.5km after Hayman Road leads onto SH8, toilets and drinking water are available at the (now closed) Lake Pukaki Visitor Information Centre about 1km further along.

It is a further 11.5km to Twizel – continue along the A20 Cycle Trail, crossing SH8 near the former information centre site, then the track heads south into the Department of Conservation's Pukaki Flats Reserve for a further 9km then exits to the highway at Bendrose Reserve. Turn left onto the highway for one last kilometre into Twizel. You'll see finger signs indicating the safest crosspoint just outside the town.

Lake Ōhau Track

This track traces the lower sections of the Mackenzie Basin power scheme to Lake Ōhau and then follows the lakeshore. The track also skirts Lake Ruataniwha.

The track starts on SH8 outside Twizel opposite Ruataniwha Road where Te Araroa's next section to the north is sign-posted. From here follow the gravelled walk/cycleway south for 2km past Meridian Energy's Twizel office, then continue on down the side of the road to cross the spillway and then the bridge over the Ōhau B canal.

Once across the canal bridge (i.e. before the salmon farm and Ōhau Riverside Drive) join a formed track that runs along the terrace above Lake Ruataniwha for about 3km. From the end of this track the trail joins Ōhau Riverside Drive and descends around a cove with a large patch of rushes at its head.

Beyond the cove, travel is predominantly on the road to the lake head and beyond along the Ōhau River to the Weir at Lake Ōhau. From the Weir, the Trail connects again with the Alps 2 Ocean Cycleway, skirting around the side of Lake Ōhau for 9km before joining back onto Lake Ōhau Road.

Turn right onto the road and follow the road shoulder to Lake Middleton (DOC campground here), then follow the eastern shore to the lakehead. Return to the road shoulder here and walk past the Alpine Village to a small stand of beech. From this point, there is a good track between the road and Lake Ōhau around to Glen Mary Ski Club.

Lake Ōhau Lodge is another 3km further north along Lake Ōhau Road and Ōmārama, a small tourist village, is 37km to the south, back down Lake Ōhau Road then right into SH8/Twizel-Ōmārama Road.

Conditions

Potential hazards

- Vehicles on road or track be aware of cars on road and cyclists on shared tracks
- Track exposed to sun, wind or cold
- Few water sources - please treat water before drinking








How to get here

Northern Start: Junction of Pioneer Drive and SH8, Lake Tekapo Village




Southern End: Glen Mary Ski Club, Lake Ōhau Road

Transport



Cycle Options

- As a change of pace you may wish to check out the [Official Alps 2 Ocean Cycle Trail](#)  for a list of Official Partners to the Cycle Trail including transport, bike hire and accommodation options. You can also call us on 0800 266 5226 or drop us an email at info@alps2ocean.com. The Alps 2 Ocean Cycle Trail is free to use by both cyclists and walkers and the two trails (the Te Araroa and the Alps 2 ocean Cycle Trail) follow the same route in parts over this section. Since our paths cross, we would be happy to assist you on your Te Araroa journey or suggest some interesting side trips and sights along the way.
- [Alps 2 Ocean](#)  offer cycle hire between Tekapo and Twizel/Lake Ōhau, as an alternative to the long walk. P: 0800 425772 - E: info@alps2ocean.co.nz
- Cycle Journeys offer a great deal for Te Araroa walkers wishing to cycle between Tekapo and either Twizel or Lake Ōhau. \$10 discount when booking a bike rental, bike transfer and luggage transfer package. Prior booking is essential and reservations must be confirmed by 3pm the day before your intended cycle day. Ph: +64 3 4350578 or 0800 224475 (within NZ only) E: a2o@cyclejourneys.co.nz
- Check out this link for all TA related info - www.cyclejourneys.co.nz/alps-2-ocean/packages/day-rides/#Te-Araroa 
- [Lakeland Explorer](#)  also offer cycle hire/luggage transfer between Tekapo and Twizel/Lake Ōhau. A tip to secure the cheapest rates is to time your journey so as to leave Tekapo (SOBO) on a Saturday and arrive at Twizel on Saturday or Lake Ōhau on Sunday or Monday - this ties in with their regular runs to those locations. P: 027 7788993 - E: explorer@lakelandmackenzie.co.nz
-  [BeSpoke BikeTours](#)  - offers bike hire and a scheduled shuttle service between Tekapo, Twizel and Ohau. You must contact in advance with Annie on +64 (0) 21 151 3742 or annie@bespokebiketours 
 - Southbound; Tekapo - Twizel - Ohau.
 - Daily to Twizel
 - One and two day rides to Lake Middleton, the Trailhead and/or Lake Ohau Lodge: Tuesday, Thursday, Saturday. Two days riders will overnight in Twizel, and end their rides on Wed. Friday and Sundays.
 - Shuttle from Roundhill Ski Road, or the exit point of the Richmond Trail at Boundary Stream, on Lilybank Road. Next day bike hire.
 - Northbound; bike hire and pack transfer: Wednesday, Friday, Sunday from Ohau - Twizel - Tekapo (northbound). Next day shuttle to Richmond Trail, or Roundhill Ski Road (as above in reverse).




Twizel

- Daily buses to Queenstown and Christchurch
- [InterCity](#)  - P: 03 365 1113
- [Atomic Shuttles](#)  - P: 03 349 0697
- [Cycle Journeys](#)  - For those preferring to cycle this route, cycle hire is available from Cycle Journeys who can shuttle luggage and collect bikes as needed - Twizel Depot - P: 03 4350578 M: 027 4350578 - Christchurch Office - P: 03 3772060 - (Note the Twizel depot is closed May-September, arrangements can still be made via Chch office)

Omārama


- Daily buses from Christchurch and Queenstown
- [InterCity](#)  - P: 03 365 1113 - W: www.intercity.co.nz
- [Atomic Shuttles](#)  - P: 03 349 0697 - W: www.atomictravel.co.nz

Accommodation



- [High Country Lodge and backpackers](#)  - 23 Mackenzie Drive, Twizel - P: 03 435 0671 - E: info@highcountrylodge.co.nz
- [Twizel Holiday Park](#)  - 122 Mackenzie Drive, Twizel - P: 03 435 0507 - cabins, backpackers and campsites
- [Mountain Chalets](#)  - Wairepo Rd, Twizel (Close to trail head) - P: 03 435 0785 - E: info@mountainchalets.co.nz

Other accommodation options are also available.


Lake Ōhau

- There is a DOC campsite on the north shoreline of Lake Middleton, adjacent to Lake Ōhau and immediately before the small Lake Ōhau settlement. Flush toilets and water supply available. No booking required however an \$8pp charge payable onsite.
- [Lake Ōhau Lodge](#)  - 2295 Lake Ōhau, Twizel. Rd - P: 03 438 9885 - E: reservations@ohau.co.nz - Hotel style accommodation (varying from cabins to hotel style rooms), restaurant and bar. There is some cell-phone coverage from high points along Lake Ōhau Rd.

Omārama

- Omārama Top 10 Holiday Park - Located at the junction of Chain Highway (Route 83) and Omārama Ave (Highway 8), Omārama - P: 0800 662 726 - W: www.omaramatop10.co.nz/ 
- Omārama Hotel - Main Road, Omārama - P: 03 438 9713 - E: rmkelman@xtra.co.nz - older pub style accommodation
- [Heritage Gateway Hotel](#)  - State Highway 8, Omārama - P: 0800 809 805 - E: heritagegateway@xtra.co.nz - W:

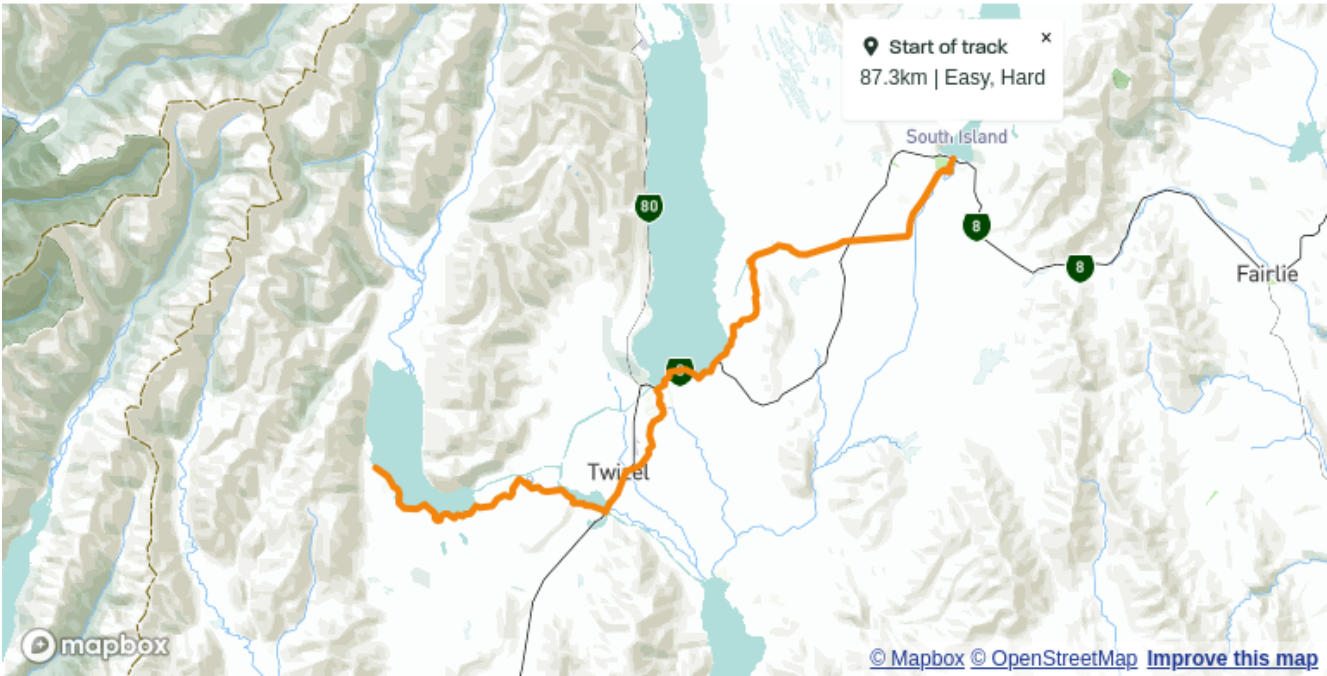
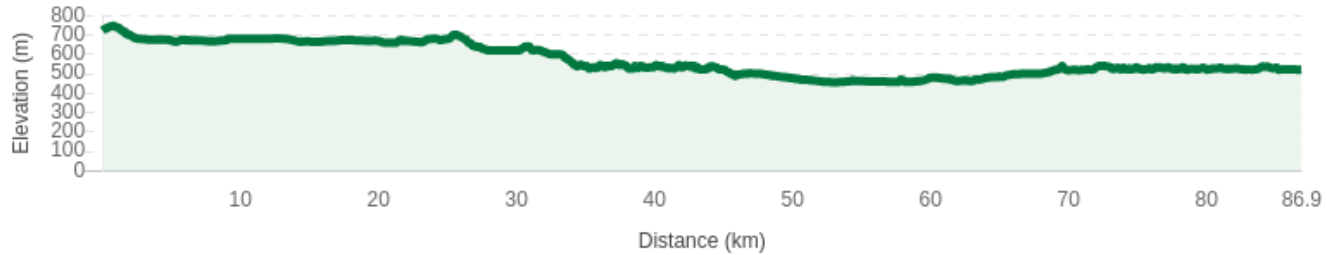
Food And Supply

- Note: Water must be treated if picked up en route, carry plenty of drinking water if you cannot treat water.
- [4 Square Supermarket](#)  - 27 Market Place, Twizel - P: 03 435 0875
- [Twizel Shopping Mall](#) - 3-18 Market Place, Twizel (Various stores)

Omārama

- Omārama 4 Square Supermarket - 10 Chain Hills Highway, Omārama - P: 03 438 9895 - W: www.foursquare.co.nz

Track Elevation and Map



More information

[Te Araroa Canterbury trail notes, including information about accommodation, transport and resupplying](#) [↗](#)

- [Map 125](#) [↗](#)
- [Map 126](#) [↗](#)
- [Map 127](#) [↗](#)
- [Map 128](#) [↗](#)
- [Map 129](#) [↗](#)
- [Map 130](#) [↗](#)

[Twizel Information Centre](#) [↗](#) Market Place, Twizel - P: 03 435 3124 -
E: twizelinfo@gmail.com

Before starting Te Araroa either as a through-walker of the whole country or a section walker, [please register on Te Araroa website](#) [↗](#). Please also [visit the website](#) [↗](#) or [download the app](#) [↗](#) for detailed maps, trail alerts and other relevant information.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz [↗](#).

We recommend trying these online learning tools:

- [Trip Planning](#) [↗](#)
- [Tramping/field Skills](#) [↗](#)
- [Basic Navigation](#) [↗](#)
- [River Safety](#) [↗](#)

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council [YouTube channel](#) [↗](#).



