

Welcome *Nau mai, haere mai.*

Welcome to your next adventure in Nelson Tasman – Te Tauihu-o-Te-Waka-ā-Māui – where sharing and manaakitanga (hospitality) are at the heart of everything we do and where natural beauty, rich history, and vibrant culture come together in harmony.

Whether you're an international visitor, domestic visitor from New Zealand or a local, you'll always discover something new to explore in our stunning region. Let us guide you to the best experiences, from hidden gems to iconic attractions.

This map is your guide to discovering the best of our region. Whether you're exploring the path of 'Makers, Creators & Curators', treading lightly on the 'Light Footprint' journey, or journeying through 'Wellness & Trails', there's something here for everyone. Take your time to truly experience this place we call home.

Embrace the Spirit of Te Tauihu

where every visitor is welcomed with open arms, and the environment is cherished and protected. Join us in celebrating the unique blend of natural splendor, cultural richness, and hospitality that makes Nelson Tasman a truly special place.

Nau mai haere mai. Welcome.

nelsontasman.nz



Explore more – **nelsontasman.nz**



Wellness & Trails

Take some time to rejuvenate your mind, body and soul. Unwind at one of our secluded luxury lodges or cozy B&Bs surrounded by the sound of birds, waterways and native forest. Explore our region on foot or bike on one of our Great Walks, Great Rides, and world-class mountain bike parks. Relax and unwind, knowing you're in a place where comfort meets natural beauty and manaakitanga (hospitality) ensures a warm welcome.



1 Abel Tasman Coast Track
 ‡ Multiday Hiking, Māhau, 60 km
 Abel Tasman Coast Track, a Great Walk, showcases golden beaches, lush native bush, and crystal-clear waterways along the granite coastline. Explore secluded coves, islands, inlets, and hidden beaches throughout the park.



2 Canyoning Aotearoa
 ‡ 32 Main Road, St. Arnaud ‡ 027 259 2117
 ‡ canyoningaotearoa@gmail.com ‡ canyoningaotearoa.com
 After crossing the pristine Lake Rotiti by water taxi, you jump, slide, swim, zip-line and abseil off waterfalls, as we take in the magnificent surrounding lush and untouched native bush. It really does have to be seen to be believed!



3 Centre of New Zealand
 ‡ Short Walk, Nelson, 2 km
 This central survey point, vital for 1870s geodetic surveys, is reached by a brief uphill trek through poplar and kauri trees. The viewing platform, marked by a giant white survey pin, offers scenic views from the hills behind Nelson City.



4 Codgers Mountain Bike Park
 ‡ Mountain Biking, Nelson
 Explore the region's popular mountain bike park with trails for all levels, from easy grade 2 tracks to thrilling grade 5 descents. The network offers spectacular city centre views.



5 Coppermine Trail
 ‡ Alpine Mountain Biking, 43 km ‡ heartofbiking.org.nz
 A backcountry alpine cycle that departs from the Nelson CBD. This technical Grade 3-4 downhill section makes the full loop best suited to fit experienced single-track riders.



6 Farewell Spit Tours
 ‡ 6 Tasman Street, Collingwood, ‡ 0800 808 237
 ‡ enquiries@farewellspit.co.nz ‡ farewellspit.com
 Our Hand-picked local guides at Farewell Spit Tours have been sharing the Farewell Spit Nature reserve with visitors from all over the world for more than 75 years. Bookings essential.



7 Golden Bay Air
 ‡ Takaka ‡ 0800 588 885
 ‡ info@goldenbayair.co.nz ‡ goldenbayair.co.nz
 Golden Bay Air flights, shuttles and rental cars – Stunning scenic flights from Nelson, Motueka or Takaka. Abel Tasman and Heaphy Track scheduled flights and shuttles.



8 Great Taste Trail
 ‡ Leisure Biking, New Zealand Great Ride, 200km
 ‡ heartofbiking.org.nz
 Enjoy spectacular views, coastline, art, local food, wine or brews, and wildlife. This loop trail can be enjoyed over several days or tasted for a couple of hours.



9 Grampians Reserve
 ‡ Intermediate Hiking, Nelson
 The Grampians Reserve captivates with its scenic beauty. Explore well-maintained trails through native flora, leading to panoramic viewpoints showcasing the city and surrounding landscapes.



10 Helicopters Nelson
 ‡ 8 Dakota Street, Nelson Airport ‡ 0800 FLY NELSON
 ‡ fly@helicoptersnelson.co.nz ‡ helicoptersnelson.co.nz
 For the flight of a lifetime, let our experienced pilots take you to some of the most remote and breathtaking places that prove New Zealand is one of the most beautiful countries in the world.



11 Interislander
 ‡ 0800 802 802 ‡ interislander.co.nz
 Interislander connects the North & South islands of New Zealand, traveling between Wellington and Picton. Cruise through the stunning Marlborough Sounds in just over three hours.



12 Kiwi Journeys
 ‡ 188 Parapara Road, Nelson
 ‡ Māpua Wharf, 8 Aranui Road, Māpua Wharf
 ‡ 0800 292 536 ‡ info@kiwijourneys.co.nz ‡ kiwijourneys.co.nz
 The region's most extensive range of quality e-Bikes, trail bikes, mountain bikes and family equipment. Including the Māpua Ferry, transport, luggage transfers, accommodation, support, personal advice and tips. Book online.



13 Lake Rotoiti Circuit
 ‡ Intermediate Hiking, Saint Arnaud, 23km (river crossing)
 Located in Nelson Lakes National Park, Lake Rotoiti, surrounded by mānuka and kānuka trees, is easily reached from St Arnaud. Explore its walking tracks, suitable for all ages and abilities.



14 Mount Arthur / Wharepapa
 ‡ Intermediate Hiking, Motueka Valley, 18.4 km
 Mount Arthur, at 1795m, is Kahurangi National Park's highest peak in the Wharepapa / Mount Arthur Range. The challenging 9.2km day walk to the summit offers well-marked tracks; overnight stays in DOC huts are available.



15 Nelson Cycle Hire and Tours
 ‡ Airport House, Nelson Airport ‡ 03 539 4993
 ‡ info@nelsoncyclehire.co.nz ‡ nelsoncyclehire.co.nz
 Cycle the Great Taste Trail with the experts. We will design a tour to best suit you and all you have to do is enjoy the magic of our nature and savour the tastes of our region on your super comfortable bike or ebike.



16 Rameka Track
 ‡ Mountain Biking, Takaka Hill, 6.9 km
 Explore Middle Earth's stunning scenery on a grade 3+ trail, navigating rocky ridges, river crossings, and steep descents. Starting in the limestone landscape from Peter Jackson's The Hobbit movies.



17 Rawhiti Caves
 ‡ Short Walk, Motupipi, 2.9 km
 An expansive cave entrance is uniquely adorned with diverse limestone features, including green and pink plants, moss, algae, and striking phytokarst formations. Inside, discover unparalleled twilight zone flora.



18 Redstone Golf and Disc Golf Park
 ‡ 334 Wai-iti Valley Road, Wakefield ‡ 03 541 8452
 ‡ redstonegolf@nelson@gmail.com ‡ redstonegolfpark.co.nz
 Enjoy a round of golf or disc golf on a peaceful, flat, tree lined course with creeks, dams and an island green to keep you on your toes.



19 Riuwaka Resurgence
 ‡ Short Walk, Riuwaka, 0.6km
 Te Puna o Riuwaka, or The Resurgence, sacred to Te Ātiawa and Ngāti Rārua, holds healing waters. A carved waharoa signifies cultural significance, welcoming visitors to respectfully experience clear turquoise waters and lush forest.



20 Te Wairopupū Springs
 ‡ Short Walk, Takaka, 1 km
 The largest freshwater springs in New Zealand, with some of the clearest water ever measured. A taonga (treasure) to local Māori, it is considered Wāhi tapu (sacred), and holds high cultural and spiritual regard.



21 The Gentle Cycling Company
 ‡ 70 Beach Road, Tahunanui, Nelson ‡ 03 929 5652
 ‡ info@gentlecycling.co.nz ‡ gentlecycling.co.nz
 Come and explore this wonderful region on two wheels with people who care. Providing bike hire and many single day cycle tour options, you'll love a Gentle Cycling experience with Chris and Dierle.



22 Wainui Falls
 ‡ Short Walk, Wainui, 3.4 km
 Stroll along Wainui River's shaded banks, surrounded by lush native flora and the soothing sounds of cascading falls. Experience nature's beauty as birds flutter among treetops and falls plunge 20 metres into deep blue pools.



23 Whispering Falls
 ‡ Intermediate Hiking, Richmond Forest Park, 7.7 km
 Richmond's hidden gem, Whispering Falls, unveils enchanting beauty. A series of waterfalls cascades from great heights, their drops patter on limestone rocks, creating a halo of spray as you gaze up.



Explore a wealth of award-winning wineries, craft breweries, artisan makers and creators who are ready to enjoy to share their unique creations with you. Set some time aside to enjoy our artists and artisans displaying a wealth of creative and talented work in their studios and galleries.



24 Dancing Sands Distillery

46A Commercial Street, Tāhaka ☎ 03 525 9999
 info@dancingsands.com • dancingsands.com
 Dancing Sands is one of NZ's most awarded, and well known distilleries, praised for its unconventional Gin and Vodka flavours. Their Tasting Room is open for free tastings Mon – Sat.



25 Founders Heritage Park

07 Atawhai Drive, Nelson ☎ 03 540 2040
 founderspark@noc.govt.nz • founderspark.co.nz
 Embark on an enchanting family day! Stroll through a village with character buildings and lush gardens. Immerse in Nelson's heritage, ride the train, and savour Founders Cafe's delights.



26 Harvest Kitchen

168 Redwood Road, Appleby ☎ 03 265 6082
 bookings@harvestkitchen.co.nz • harvestkitchen.co.nz
 Harvest Kitchen offers exceptional dining experiences in their delightful restaurant with a charming outdoor area! Enjoy scrumptious seasonal menus – surrounded by the beautiful Selfried Estate vineyards. Opening hours Wednesday – Sunday 11am – 4pm. Walk-ins welcome.



27 Höglund Art Glass Studio

52 Lansdowne Road, Appleby 7081, Nelson ☎ 03 544 6500
 artglass@hoglund.co.nz • hoglundartglass.com
 World-renowned art glass and glass jewellery blown and handmade by glass artists Ole and Marie Höglund and family. The gallery displays a wide range of colourful glass vases, bowls, platters, jewellery and much more. Visitors welcome. Open Daily 10am – 4pm.



28 Hop Federation – New Taproom!

627 Main Road, Riwaka (next to Riwaka Hotel) ☎ 03 528 0637
 brew@hopfederation.co.nz • hopfederation.co.nz
 We've moved! Just two minutes' drive away from our old brewery, come in and buy our full craft beer range, Tohu wines and delicious deli treats.



29 Jens Hansen

320 Trafalgar Square, Nelson ☎ 03 548 0640
 support@jenshansen.com • jenshansen.com
 Visit Jens Hansen, creator of The One Ring for The Lord Of The Rings. Explore our acclaimed artisan jewellery workshop for handcrafted originals and custom pieces.



30 Katie Gold Clay Art & Owen Bartlett Pottery

1380 Moutere Highway, Upper Moutere Village ☎ 03 543 2544
 katiegoldclayart@gmail.com • bartlettandgoldgallery.co.nz
 In a historic house and garden setting, you will find Katie's limited edition ceramic sculptural works and Owen's contemporary designer tableware and art pieces.



31 Little Beehive Co-Op

263 Hardy Street, Nelson
 littlebeehivecoop@gmail.com • littlebeehive.coop
 NZ art and design store with 10 local artisan members and a focus on Nelson made.



32 Michael MacMillan Sculptor & Country Homeware

252 Neudorf Road, Upper Moutere ☎ 03 543 2252
 studio@michaelmacmillan.co.nz • michaelmacmillan.co.nz
 Discover two galleries full of sculpture, bronze works, French oak homeware, coffee, photography, painting, and jewellery too. We're open most days from 11am – 5pm.



33 Moutere Inn

1406 Moutere Highway, Upper Moutere ☎ 03 5432 759
 info@mouterein.co.nz • mouterein.co.nz
 The Moutere Inn is New Zealand's Oldest Pub, in its original building. Craft beers, very local wines, quality pub meals. Open Wednesday – Sunday from midday.



34 Mussel Inn

Onakaka, Golden Bay ☎ 03 525 9341
 havesbeer@musselinn.co.nz • musselinn.co.nz
 Laid-back, family friendly pub making our own beers, ciders, soft drinks and wholesome simple fare. Live music features regularly.



35 Nelson Classic Car Museum

1 Cadillac Way, Anniesbrook ☎ 03 547 4870
 info@nccm.nz • nelsonclassicmuseum.nz
 New Zealand's Classic Car Collection. Over 150 cars, 115+ years of motoring history - the place to see sleek Jaguars, stylish Cadillacs, trusty Triumphs, and more. A visit is an absolute must!



36 Neudorf Vineyards

138 Neudorf Road, Upper Moutere ☎ 03 5432 643
 cellar@neudorf.co.nz • neudorf.co.nz
 Organic, dry-farmed wines of purity. Drop in for a glass of wine or to top up your cellar. We're open most days, but check Google to be sure.



37 NZ Textile Experiences

Location Varies ☎ 0274 296 344
 info@nztextileexperiences.co.nz • nztextileexperiences.com
 NZTE invite visitors to the region to indulge in original hands-on fibre craft or art textile workshops to create unique artworks to take away. Location varies see www.textileexperiences.co.nz for more info.



38 Ruby's Espresso

Akersten Street, Port Nelson ☎ 027 226 8434
 rubyscoffee@gmail.com • facebook.com/rubysespresso
 Espresso Bar. Est. 2020. Serving the best brews with the best views. Akersten Street: The Gateway to the Nelson Marinas.



39 Selfried Estate Cellar Door

168 Redwood Road, Appleby ☎ 03 544 1600
 wines@selfried.co.nz • selfried.co.nz
 Beautifully crafted wines from the South Island's oldest winery. Family friendly with children's playground and non-alcoholic grape juice available. Join us for a hosted tasting.



40 The Apple Shed Kitchen and Bar

Shed 3, Māpua Wharf, Aranui Road, Māpua 7005
 ☎ 03 540 3381 • info@theappleshed.nz • theappleshed.nz
 Located over the water on Māpua Wharf, with unrivalled views across the Waimea Inlet, The Apple Shed offers a simple and seasonally driven menu, with a carefully selected range of local wine and beer. Open for lunch, afternoon platters, dinner & drinks.



41 The Free House

95 Collingwood Street, Nelson ☎ 03 548 9391
 info@thefreehouse.co.nz • thefreehouse.co.nz
 Hops hold summer's taste, gift riches to newborn ale, sip savour repeat.



42 The Jellyfish

Shed 1, Māpua Wharf, Aranui Rd, Māpua 7005
 ☎ 03 540 2028 • info@thejellyfish.nz • thejellyfish.nz
 The Jellyfish boasts a large north-facing deck that offers uninterrupted views of Māpua Wharf, water and surrounding wharf landscape. Open for breakfast, lunch, dinner and drinks.



43 The Junction Shop

151 McShane Road, Appleby ☎ 03 544 1911
 shop@thejunctionshop.co.nz • thejunctionshop.co.nz
 Family owned and showcases many of Nelson's finest artisan food producers including multi-award-winning Thorvald & Little River Estate Cheese. Open 7 days, FREE cheese tastings daily.



44 The Suter Art Gallery

209 Bridge Street, Nelson ☎ 03 548 4699
 info@thesuter.org.nz • thesuter.org.nz
 Discover art and culture at The Suter, the region's public art gallery. Enjoy the café, store, theatre and more. Open daily from 9.30am – 4.30pm.



45 Two Thumb Brewing Co.

32c New Street, Nelson ☎ 03 777 0300
 bookings@twothumb.co.nz • twothumb.co.nz
 Purveyor of good company, great times and fine ales. Sustainably brewed award-winning craft beer. Seasonal menu. Great vibey atmosphere.

Light Footprint

Follow the light footprint trail to care for our region as much as we do. Take a trip by plane, boat, kayak, or on foot in one of our three national parks, experience the richness of the area, and leave with your luggage packed full of beautiful memories.



Abel Tasman Canyons

275 Sandy Bay-Mārahau Road, Mārahau ☎ 0800 86 34 72
 info@abeltasmancanyons.co.nz @abeltasmancanyons.co.nz
 Abel Tasman Canyons provides guided canyoning adventures. Slide down water-polished chutes, jump into crystal-clear pools, abseil through showering waterfalls, and soar down ziplines.



Abel Tasman Eco Tours

Departs from Mārahau ☎ 03 391 0010
 info@abeltasmanecotours.co.nz @abeltasmanecotours.co.nz
 Specialising in small group personalised eco boat tours in the Abel Tasman National Park, exploring inlets, beaches and islands, and experiencing wildlife. Suitable for all ages and fitness levels.



Abel Tasman Kayaks

273 Sandy Bay-Mārahau Road, Mārahau ☎ 03 527 8022
 info@abeltasmankayaks.co.nz @abeltasmankayaks.co.nz
 We offer seamless kayak and walk products ranging from half to multi day adventures. Our extensive range of trips will suit however you want to explore the Abel Tasman.



Abel Tasman Sailing Adventures

Ticket office: 2 Kaiteriteri-Sandy Bay Rd, Kaiteriteri ☎ 03 527 8375
 info@sailingadventures.co.nz @sailingadventures.co.nz
 Join a scheduled day tour or plan an exclusive day tour or multiday sailing holiday. Small group tours exploring the National Park from a large comfortable sailing catamaran.



Abel Tasman Sea Shuttle

2 Kaiteriteri-Sandy Bay Rd, Kaiteriteri ☎ 0800 732 748
 cruise@abeltasmanseashuttles.co.nz @abeltasmanseashuttles.co.nz
 Your Abel Tasman day trip specialists for either Full or Half Park Cruises or Walk & Cruise trips. We have options for everyone.



Better Bus

Various Pickup Locations ☎ 027 577 6975
 bookings@betterbus.co.nz @betterbus.co.nz
 The Better Bus runs between Nelson and the Abel Tasman National Park's southern access points of Kaiteriteri and Mārahau, stopping at Richmond and Motueka. Book ahead to lock in your trip.



Cable Bay Adventure Park

194 Cable Bay Road, Cable Bay ☎ 03 545 0304
 info@cablebayadventurepark.com @cablebayadventurepark.com
 Nelson's adventure destination, 15 minutes from the CBD and set amongst pristine native forest. Fly our Skywire, quad biking, paintball, MTB park, petting zone & licensed Cafe.



Skydive Abel Tasman

Get up here, it's epic!
 16 College Street, Motueka ☎ 03 929 5564
 jump@skydive.co.nz @skydive.co.nz
 Experience NZ's highest jump over mountains, beaches, and the ocean, with views of both the North and South Island.



Toad Hall Store & Cafe

502 High Street, Motueka ☎ 03 528 6456
 info@toadhallmotueka.co.nz @toadhallmotueka.co.nz
 Explore Toad Hall Store & Cafe in Motueka! Discover fresh local produce and savour our award-winning menu in the sunny outdoor area while the kids play in the tree house. Voted NZ's Best Cafe 2023.



The Brook Waimārama Sanctuary

651 Brook Street, Brook Valley, Nelson ☎ 03 539 4920
 info@brooksanctuary.org.nz @brooksanctuary.org.nz
 Located on the doorstep of Nelson city, The Brook Waimārama Sanctuary is the largest fenced Eco-Sanctuary for endangered native plants and animals on the South Island.



Waka Abel Tasman

Kaiteriteri-Sandy Bay Road, Kaiteriteri ☎ 0800 925 228
 kiora@wakaabeltasman.nz @wakaabeltasman.nz
 To travel across water is to connect across time and space. We feel the motion and te mauri o te wai, just as our tūpuna did. To do it in a group, connects you in a way nothing else does. All ages and abilities welcomed, join our daily departures. Nau mai ki Kaiteriteri.



Wilsons Abel Tasman

1 Kaiteriteri-Sandy Bay Road, Abel Tasman National Park
 ☎ 0800 223 582 info@abeltasman.co.nz @abeltasman.co.nz
 Wilsons: The Pioneers, welcoming visitors since 1841. Combos from 2 hours to 5 days - Kayak, Walk, Boats and Beachfront Lodges. One Call All Options! Guided and Self Guided.



Wine, Art & Wilderness

Nelson ☎ 0800 326 868 info@wineartandwilderness.co.nz
 wineartandwilderness.co.nz
 Indulge in our luxury small group tours. We offer stunning Wine & Art tours of the Nelson region and day tours into Abel Tasman, Kahurangi and Nelson Lakes National Parks.

Accommodation



Abel Tasman Lodge

LIGHT FOOTPRINT
 295 Sandy Bay-Mārahau Road, Mārahau ☎ 03 527 8250
 info@abeltasmanlodge.co.nz @abeltasmanlodge.co.nz
 Abel Tasman Lodge - rated in Top 10 best Small Stays in the world, 2022 by TripAdvisor. Just 400m from Abel Tasman, cafes, beaches, water taxis and kayaking.



Abel Tasman Ocean View Chalets

LIGHT FOOTPRINT
 305 Sandy Bay-Mārahau Road, Mārahau ☎ 03 527 8232
 info@accommodationabeltasman.co.nz
 accommodationabeltasman.co.nz
 Private accommodation perfect for your Abel Tasman Holiday. Nestled among native bush with stunning ocean views, we have a range of accommodation to suit all needs.



Admirals Motor Inn

26 Waimea Road, Nelson ☎ 0800 745 755
 stay@admiralsmotorinn.co.nz @admiralsmotorinn.co.nz
 Family owned and operated. Ideally located near Nelson Centre, Nelson hospital, and local colleges. 22 units offering a variety of options. Unlimited high speed wifi. Off street car parking. Rooms serviced daily.



Awaroa Lodge

WELLNESS & TRAILS
 Awaroa Bay, Abel Tasman National Park ☎ 03 528 8758
 info@awaroalodge.co.nz @awaroalodge.co.nz
 Only accessible via water, air or on foot, the lodge offers peace and tranquility. Accommodation carefully complements the environment. Restaurant/bar welcomes day visitors. Open seasonally October to April.



Maruia River Retreat

WELLNESS & TRAILS
 2314 Shenandoah Highway, Tasman ☎ 027 563 3143
 reservations@maruia.co.nz @maruia.co.nz
 Maruia River Retreat is a private luxury wellness resort by the Maruia River in a 500-acre native rainforest. One of NZ best wellness retreats for relaxed luxury holidays.



Ratanui Lodge

WELLNESS & TRAILS
 838 Abel Tasman Dr, Pōhara, Tākaka ☎ 03 525 7998
 stay@ratanuilodge.com @ratanuilodge.com
 Newly refurbished, contemporary rooms, includes welcoming restaurant and lounge bar open to the public 7 days for breakfast and dinner. Open seasonally Oct to April.



Rutherford Hotel Nelson - A Heritage Hotel

27 Nile Street West, Nelson ☎ 0800 437 227
 reservations@rutherfordhotel.co.nz @rutherfordhotel.nz
 Offering luxurious rooms and suites, located in the heart of Nelson with galleries and city attractions on your doorstep. With a restaurant, cafe and bar on-site, come and experience the best of NELSON at Rutherford Hotel Nelson.



Tāhuna Beach Holiday Park

WELLNESS & TRAILS
 70 Beach Road, Tāhuna ☎ 0800 500 501
 tahuna@tahunabeach.co.nz @tahuna.nz
 The classic kiwi holiday awaits by the sea: broad range of comfortable accommodation, a variety of on-site activities and many family attractions within easy walking distance.



YHA Nelson

LIGHT FOOTPRINT
 59 Rutherford Street, Nelson ☎ 03 545 9988
 stay@yhanelson.nz @accentshostelnz
 Great value accommodation in the centre of Nelson and beside the Saturday Market. Our hostel accommodates singles, couples, families, and groups and is an ideal base for exploring Abel Tasman and The Great Taste Trail.

Nelson Tasman

NEW ZEALAND



NELSON CITY / WHAKATŪ MAP INSET

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KAHURANGI NATIONAL PARK

ABEL TASMAN NATIONAL PARK

NELSON LAKES NATIONAL PARK

Driving Times from Nelson

Richmond	20 min
Māpua	35 min
Upper Moutere	35 min
Motueka	45 min
Kaiteriteri	1 hr
Mārahau	1 hr 10 min
Tākaka	1 hr 45 min
Wainui Bay	2 hr 10 min
Collingwood	2 hr 15 min
Pūpunga	2 hr 40 min
Cable Bay	30 min
Blenheim	1 hr 45 min
Picton	2 hr
St Arnaud / Lake Rotoiti	1 hr 15 min
Murchison	1 hr 45 min
Westport	3 hr

Please keep to the left and drive carefully.

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