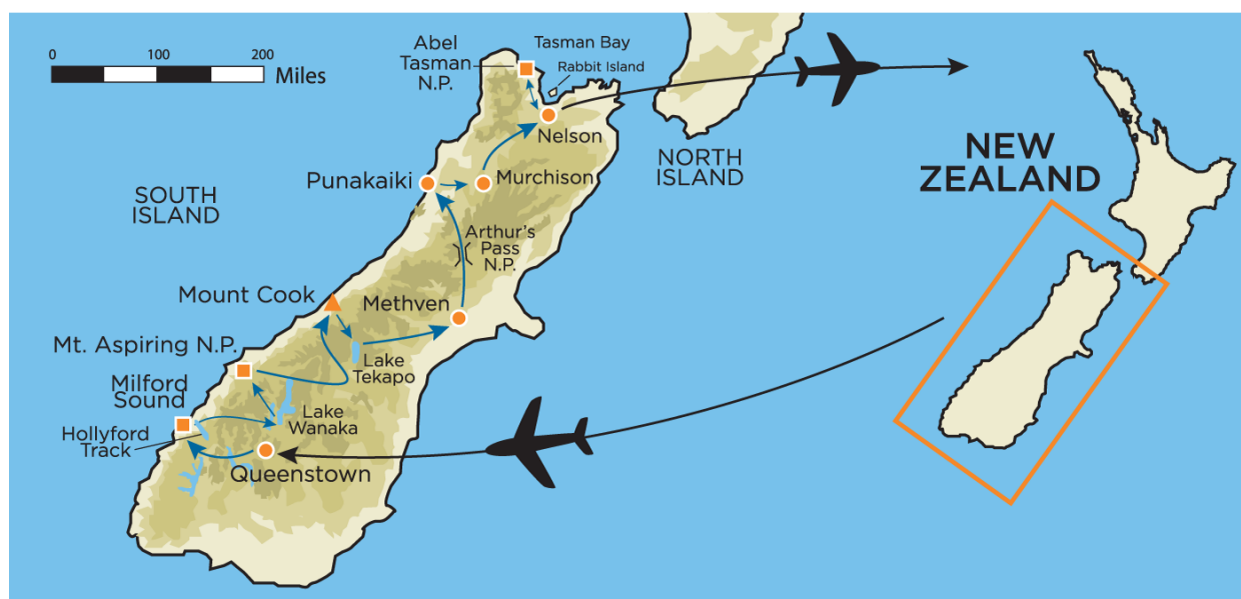


New Zealand: Hike, Cycle, and Paddle South Island

TRIP HIGHLIGHTS

- ▶ Enjoy an unforgettable blend of natural splendor, hiking, cultural immersion and adventure.
- ▶ Hike up the majestic Matukituki Valley meandering through virgin beech forest and emerging into a splendid alpine basin.
- ▶ Stroll around the enchanting limestone outcrops of Castle Hill, an important meeting place for early Māori people.
- ▶ Cycle part of the Great Taste Trail on e-bikes, stopping to sample some local wines.
- ▶ Try paddling a waka off the beach at Kaiteriteri and learn traditional harakeke weaving skills with local women.

TRIP ROUTE



New Zealand: Hike, Cycle, and Paddle South Island

QUICK VIEW ITINERARY

Day 1	Arrive in Queenstown (ZQN) from the US, welcome dinner in Queenstown
Day 2	Hiking on the Hollyford Track, helicopter flight over Milford Sound, jetboat ride
Day 3	Hiking on the Hollyford Track, jetboat ride
Day 4	Hike to a spectacular viewpoint of a glacier in Mt Aspiring National Park
Day 5	Boat cruise on a terminal lake amongst icebergs in Aoraki Mt Cook National Park
Day 6	Hiking in Aoraki Mt Cook National Park
Day 7	Hiking in Aoraki Mt Cook National Park and Lake Tekapo
Day 8	Drive through the Southern Alps and hike in rainforest in Paparoa National Park
Day 9	Visit the Pancake Rocks, hike through a forest of tree ferns to the Natural Flames at Murchison
Day 10	Cycle a section of The Great Taste Trail on e-bikes, Nelson, finishing at a local winery
Day 11	Paddle a waka (Māori canoe) at sunrise in Abel Tasman, hike a section of the Abel Tasman Coastal Walk. Finale dinner in Nelson
Day 12	Depart Nelson (NSN)

ACTIVITY LEVEL

High Energy

TRIP PRICE

Main Trip: \$9,295

Optional Single Accommodations: \$3,500

TRIP DATES

January 26 - February 6, 2025

New Zealand: Hike, Cycle, and Paddle South Island



DAY 1
Sunday
1/26/25

Arrive in Queenstown, New Zealand

Embark on an extraordinary tour that will take you on an adventure through the stunning landscapes of New Zealand's South Island. Embrace the thrill of exploration, the serenity of untouched wilderness, and the warmth of Māori traditions as you create lifelong memories in this captivating corner of the world.

Arrival Information

Arrive in Queenstown, New Zealand (ZQN) today before 4pm. Please note: connecting flights from the U.S. can be over 24 hours including layovers. Plan to depart the U.S. at least a day prior to the start of the trip.

Transfer to Hotel

Taxi cabs and Uber are readily available outside the Queenstown Airport. The ride to the Heritage Hotel (91 Fernhill Road) is around 15 minutes and will cost approximately NZ\$30-\$40 (\$18-\$25).

Welcome Dinner

After checking into the hotel and relaxing, meet your guide in the hotel lobby at 6:30pm. Enjoy a lively welcome dinner and drink as you get to know your fellow travelers this evening. Share stories and learn about why each woman in your trip is excited to explore New Zealand!

Accommodations

Heritage Hotel

Meals Included

dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 2
Monday
1/27/25

Queenstown to Milford

Milford Sound is a fiord in the southwest of New Zealand's South Island within Fiordland National Park. Formed by a process of glaciation over millions of years, the Milford Sound fiord is one of New Zealand's most famous tourist destinations and has been called the eighth Wonder of the World. The mouth of the fiord is surrounded by sheer rock faces that rise 3,900 feet on either side. Among the peaks are The Elephant and The Lion, while dozens of temporary waterfalls and two permanent waterfalls, Lady Bowen Falls and Stirling Falls, cascade down the cliff faces.

Milford Sound Depart at 7:30am for a 4-hour drive to Milford where you'll meet your guide for the Hollyford Track and board a helicopter for a spectacular and dramatic flight from Milford Sound to Martins Bay.

Safari-Style Lunch and Hike Enjoy a delicious lunch in a safari-style tent, and then set off on a walk into a dense coastal forest, rich with bird song. Along the way, your guide will bring to life the unique ecosystems and stories of early Māori and later Europeans that settled in this environment. Thunderous surf is a prelude to a bay of boulders where the rare Fiordland crested penguin is a seasonal visitor. A little further on, Long Reef plays host to a rookery of native New Zealand fur seals.

Return to Martins Bay via Jet Boat You will return via jet boat to Martins Bay for a hot shower, before enjoying a delicious three-course dinner. Then, sit back and relax with a drink while reflecting on a great first day.

Today's Hike 4 miles, 2-3 hours

Accommodations

Martins Bay Lodge

Meals Included

breakfast, lunch, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 3
Tuesday
1/28/25

Fiorland National Park and the Hollyford Valley

Located in Fiordland National Park, the Hollyford Valley is home to a spectacular landscape and rich history. The Hollyford Track, which runs in a south-north direction, is a largely flat walking track that follows the Hollyford River.

Jet Boat to the Hollyford River

Wake up to the most beautiful and raucous birds dawn chorus you have ever heard, then enjoy a hearty breakfast before you board your jet boat for a captivating scenic ride up Lake McKerrow to the Hollyford River. As you travel up the river the mountains rise dramatically until you reach the Pyke River confluence.

Hollyford Valley Walk

Begin your 18-km walk heading up the Hollyford Valley. You will be required to carry your main pack for the duration of the day. Once over Little Homer Saddle, you will make a brief stop at Hidden Falls, before arriving at your lunch spot. Shadowing the Hollyford River and beneath the gaze of the peaks of the mighty Southern Alps, you will retrace footsteps of early Māori explorers. The track undulates gently through native beech forest and beside tumbling waterfalls. Enjoy a captivating interpretation of the forest and bird life on the way to the Hollyford Road end.

Today's Hike

11 miles, 6-8 hours, elevation 143 m/470 feet

Accommodations

Distinction Te Anau
Hotel and Villas

Meals Included

breakfast, lunch, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 4
Wednesday
1/29/25

Hiking in Aspiring National Park

The Rob Roy Glacier is a small hanging glacier in the Southern Alps of New Zealand's South Island. It is located within the Mount Aspiring National Park. 20,000 years ago, the Rob Roy Glacier flowed into the large Matukituki Glacier. This glacier later combined with another to form a continuous river of ice all the way down the Clutha Valley. Now all that remains is a hanging glacier at the valley head. The valley is now covered with lush beech forest, ferns and mosses.

Lunch on Lake Wanaka

Depart Te Anau this morning and drive three hours through to Wanaka. Indulge in a delightful picnic lunch by the shores of Lake Wanaka. Then drive a further hour to the start of the afternoon hike.

Hike to Rob Roy Glacier

Hike up the majestic Matukituki Valley before turning towards the Rob Roy Glacier. This gorgeous trail meanders through virgin beech forest and then emerges into a splendid alpine basin below the fractured ice of the glacier. Watch water tumble off the vertical rock walls as you relax. Retrace your steps back to the vehicle.

Dinner

Enjoy dinner on your own tonight.

Today's Hike

6 miles, 4-5 hours, elevation 398 m/1,305 ft

Accommodations

Oakridge Resort Wanaka

Meals Included

breakfast, lunch

New Zealand: Hike, Cycle, and Paddle South Island



DAY 5
Thursday
1/30/25

Aoraki/Mount Cook and Boat Ride

An early name for the South Island translates to "Aoraki's Canoe." Many believed the name meant "Cloud Piercer." The English name of Mount Cook was given to the mountain in 1851 by Captain John Lort Stokes to honor Captain James Cook who circumnavigated the islands of New Zealand in 1770. Captain Cook did not see the mountain during his exploration. In 1998, the name of the mountain was officially changed to Aoraki/Mount Cook to incorporate its historic Māori name.

Tasman Glacier Drive through the Lindis Valley and arrive at the breathtaking region of Aoraki/Mt Cook. Travel up the Tasman Valley towards the Tasman Glacier, the longest glacier in New Zealand.

Explore The Lake by Boat Take a short walk-through glacial moraine and board a custom-built boat for a unique spin around the terminal lake. Like most glaciers in the world the Tasman Glacier is retreating, and the terminal lake increases in size every year. This dynamic environment is dotted with icebergs of all shapes and sizes from the collapsing terminal face of the glacier. The Glacier Explorer experience offers a rare opportunity to witness the raw power and delicate beauty of a glacier up close.

Today's Hike 1-2 miles, 1 hour

Accommodations

Hermitage Hotel

Meals Included

breakfast, lunch, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 6
Friday
1/31/25

Aoraki/Mount Cook National Park

Aoraki/Mount Cook is the highest mountain in New Zealand. It consists of three summits: the Low Peak, the Middle Peak, and the High Peak.

Hiking Aoraki/Mount Cook

Hike up to Sealy Tarns and enjoy the awe-inspiring views of Mt. Sefton, Mueller Glacier and the Hooker Valley to Aoraki/Mt Cook. If you're feeling energetic, join the guide for an extended ascent beyond the tarns to the crest of Mueller Ridge for even wider views of this spectacular alpine landscape. For those seeking a more relaxed option, spend the day exploring the charming alpine village and expand your knowledge of the national park's wonders by visiting the world-class visitor center.

Today's Hike

3-5 miles, 4-6 hours, elevation Sealy Tarns: 516 m/1,692 ft, Mueller Ridge: 946 m/3,100 ft, walking poles recommended

Accommodations

Hermitage Hotel

Meals Included

breakfast, lunch, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 7
Saturday
2/1/25

Aoraki/Mount Cook to Methven

Methven is a charming rural town located on New Zealand's South Island, in the Canterbury region. It is situated at the foothills of the Southern Alps, approximately 90 kilometers (56 miles) southwest of Christchurch, the largest city on the South Island.

Hike the Hooker Valley Track

Enjoy views of the Mueller and Hooker Glacier terminal lakes and the towering south face of Aoraki/Mt Cook in the morning before departing Aoraki/Mt Cook National Park.

McKenzie Basin and Lake Tekapo

Drive through the sweeping McKenzie Basin to Lake Tekapo and her shimmering blue waters. Enjoy lunch by the lake then take an optional 3-hour hike to the summit of Mt John for 360-degree views of Patagonia-like landscape before returning via the lake shore.

Dinner in Methven

Transfer to Methven, a ski town by winter and a laid-back rural town the rest of the year, for dinner and a comfortable night's sleep.

Today's Hike

3-9 miles, 4-6 hours, elevation 115 m/370 ft

Accommodations

Ski Time Resort

Meals Included

breakfast, lunch, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 8
Sunday
2/2/25

Methven to Punakaiki

Punakaiki is a small, picturesque coastal community located on the South Island of New Zealand, known for its unique natural attractions and stunning coastal scenery.

Castle Hill

After a 1.5 hour drive, head over to the West Coast with a chance to stretch your legs and stroll around the enchanting limestone outcrops at Kura Tawhiti (Castle Hill). This area was an important meeting place and food gathering area for early Maori people. It was named “Spiritual Centre of the Universe” by the Dalai Lama when he visited in 2002.

Arthurs Pass

Pass through the alpine village of Arthurs Pass, and if the weather behaves, you can hike to Punchbowl Falls or enjoy the Centennial Hike (1-hour hike approx.).

Inland Pack Track

Once you arrive on the West Coast (after another 2-hour drive), hike the Inland Pack Track from Punakaiki River to Pororari passing through deep limestone canyons and Nikau Palms.

Today's Hike

7 miles, 3-4 hours, elevation 293 m/960 ft

Accommodations

Scenic Hotel Punakaiki

Meals Included

breakfast, lunch, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 9
Monday
2/3/25

Punakaiki to Nelson

The most famous and iconic feature of Punakaiki is the Pancake Rocks, which are limestone formations shaped like stacked pancakes. Nelson is a vibrant and picturesque city located on the northern coast of New Zealand's South Island. It is the administrative center of the Nelson region and is known for its stunning natural beauty, artistic community, and outdoor activities.

Pancake Rocks Indulge in a leisurely stroll through the world-renowned Pancake Rocks, marveling at their unique geological formations. As you traverse the pathways, witness nature's artistry etched into the rock formations, creating a sight unlike any other.

Murchison Embark on a scenic drive through to Murchison where you join a local guide and hike through lush forests adorned with majestic tree ferns, creating a verdant canopy overhead to the mesmerizing natural flames which have been burning since the 1920's. You access this through a privately owned deer farm.

Arrive in Nelson Drive 4 hours to Nelson and enjoy dinner on your own.

Today's Hike 2 miles, 3 hours

Accommodations

Tides Hotel

Meals Included

breakfast, lunch

New Zealand: Hike, Cycle, and Paddle South Island



DAY 10
Tuesday
2/4/25

Cycling Abel Tasman National Park

Abel Tasman National Park is a pristine and stunning coastal national park located at the northern tip of New Zealand's South Island. Known for its golden beaches, crystal-clear waters, lush forests, and diverse wildlife, the park is a popular destination for outdoor enthusiasts and nature lovers.

Drive Around Tasman Bay

After breakfast, take a short 30-minute drive around the scenic Tasman Bay and into the hills of the historic village of Moutere, where your bike ride on the Great Taste Trail begins.

Scenic e-Bike Ride

Ride through a patchwork of rural and coastal landscapes. You will pass by sheep and cattle farms, with spectacular views down to the coastline. On the ride you'll visit the town of Mapua. This is a great little village to have a snack and stroll around visiting a cluster of boutiques, cafes, and galleries.

Ferry Ride to Rabbit Island

A short ride on the ferry brings you to Rabbit Island where the trail continues. You will then cycle through to Seifried winery, where there is the opportunity to taste and buy some local wines. Here you will be met by your guide and driven back to the hotel in Nelson.

Dinner

Enjoy dinner as a group tonight.

Today's Cycling

16 miles, 4 hours

Accommodations

Tides Hotel

Meals Included

breakfast, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 11
Wednesday
2/5/25

Hiking and Paddling in Abel Tasman National Park

Abel Tasman National Park is a true gem on New Zealand's South Island, offering a perfect blend of outdoor adventure, natural beauty, and tranquility.

Paddle a Waka

What better way to experience Abel Tasman National Park than paddling a waka (double-hulled outrigger canoe) off the beach at Kaiteriteri into the sparkling blue waters of the national park for sunrise. After a karakia (blessing) you will learn the etiquette (tikanga) associated with waka before becoming familiar with the boat and embarking on an unforgettable journey with our local host. You'll stop along the way for some kai (breakfast) and to learn some traditional harakeke weaving skills with local wahine (women) in paradise.

Hiking the Abel Tasman Coastal Track

After the waka experience and the Poroaki (finishing off ceremony), take a water taxi further into the park for a hike on the famous Abel Tasman Coastal Track from Bark Bay to the Falls River suspension bridge. There is time for a swim in the Bay before boarding the water taxi again and returning to Kaiteriteri and on to the accommodation in Nelson.

Farewell Dinner

Enjoy a delicious farewell dinner and toast to your new AdventureWomen friends and prepare for flights home in the morning.

Today's Hike

5 miles, 2-3 hours, elevation 200 m/650 ft

Accommodations

Tides Hotel

Meals Included

breakfast, lunch, dinner

New Zealand: Hike, Cycle, and Paddle South Island



DAY 12
Thursday
2/6/25

Depart Nelson

Depart Nelson Airport for flights home

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the Nelson airport (NSN) after breakfast. There will be one group transfer to the airport early morning. You can book your return flight anytime after 12:00 PM.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

New Zealand: Hike, Cycle, and Paddle South Island

Accommodation Details

Heritage Hotel

The Heritage Hotel in Queenstown is a ski lodge style building on the shores of Lake Wakatipu. The main lodge building holds leisure facilities, a bar and a restaurant which is open for breakfast, lunch and dinner

Amenities include: Air conditioning, TVs, free WiFi, swimming pools, refrigerators, gym, safes, and irons.

Martins Bay Lodge

Located on the lowland flats near the mouth of the Hollyford River, this unique wilderness lodge is well-appointed with dining and lounge areas, open fires and drying rooms. The lodge runs on battery bank powered electricity, and conserves energy by turning off some electrical facilities overnight. However, lighting is available throughout the night, and 24-hour power is available in the lounge area.

Amenities include: lodge bedrooms are all ensuite with bedding, towels, hot water bottles, soap, shampoo, conditioner and hair dryers. There is no cell phone service at this lodge and limited access to internet.

Distinction Te Anau Hotel and Villas

Surrounded by extensive, colorful gardens and overlooking spectacular Lake Te Anau and the Fiordland ranges, this Hotel and Villa accommodation sets the tone for your stay in one of the world's most breathtaking regions.

Amenities include: free WiFi, seasonal swimming pool, and TVs.

New Zealand: Hike, Cycle, and Paddle South Island

Accommodation Details

Oakridge Resort Wanaka

Situated just 3 kilometers (approx. 1.8 mile) from New Zealand's 4th largest lake, this relaxing hotel is surrounded by beautiful nature and is a great starting point for outdoor activities. With Lake Wanaka only a short drive away, Oakridge Resort Wanaka enjoys a convenient location for outdoor activities, including bushwalking, mountain climbing, and golf. In winter, the snow covered slopes of Treble Cone and Cardrona awaits you. Among the fine facilities of Oakridge Resort Wanaka are heated pools with poolside bar and a day spa. The hotel also comes with an excellent restaurant serving creative New Zealand cuisine prepared with the best local ingredients.

Amenities include: free WiFi, cable/satellite TV, and tea/coffee makers.

Hermitage Hotel

Since the late 1800's, the Hermitage has been an iconic hotel located in a world-class destination. Offering the facilities and services of a global chain while being local, the Hermitage provides breathtaking views of the surrounding landscapes and impeccable service.

Amenities include: Air conditioning, TVs, free WiFi, safes, irons, and hair dryers.

Ski Time Resort

A comfortable lodge featuring a lounge, terrace, and garden.

Amenities include: free WiFi and toiletries.

Scenic Hotel Punakaiki

A breath-taking oceanfront sanctuary featuring modern and comfortable rooms, ocean views, and sounds of the Tasman Sea.

Amenities include: free WiFi, TVs, hair dryers and coffee makers.

Tides Hotel

Located just a few minutes' walk from Nelson's main shopping area, Tides Hotel is a stylish and contemporary hotel.

Amenities include: free WiFi, seasonal pool, lounge, irons, TVs, and coffee makers.

New Zealand: Hike, Cycle, and Paddle South Island



Accommodation Details

New Zealand: Hike, Cycle, and Paddle South Island

Included:

- ▶ Accommodations as per itinerary based on double occupancy
- ▶ All meals as listed in the itinerary
- ▶ All ground transportation
- ▶ Airport transfer on scheduled departure day
- ▶ Guided sightseeing and activities as indicated in the itinerary
- ▶ Tea, coffee, juice, and soda water at breakfast and lunch
- ▶ Entrance fees for sites listed in the itinerary
- ▶ Drinking water available in large jugs to refill personal bottles
- ▶ Snacks in vehicles
- ▶ Gratuities for hotel staff, luggage porters, and waitstaff

Not Included:

- ▶ International airfare to and from New Zealand
- ▶ Airport transfer on arrival day
- ▶ Optional activities
- ▶ Meals not specified in the itinerary
- ▶ Soft drinks, tea, and coffee at dinner
- ▶ Alcoholic beverages (unless otherwise specified)
- ▶ Fees for passport, visas, immunizations, or travel insurance
- ▶ Cost of hospitalization or evacuation
- ▶ Items of a personal nature
- ▶ Gratuities for guides

New Zealand: Hike, Cycle, and Paddle South Island

Cancellations and Refunds

Notification of cancellation must be made in writing to AdventureWomen, LLC (email will be accepted). Full payment is due 90 days prior to departure date.

- For cancellations received 89-60 days prior to the trip departure date: 50% of the package price is non-refundable and non-transferable.
- For cancellations received 59-0 days prior to the trip departure date: 100% of the package price is non-refundable and non-transferable.

You are highly encouraged to purchase **trip cancellation insurance** to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

You can transfer your deposit to another trip with no additional fee if you notify us within 120 days of the original trip departure date. We can hold your deposit for up to six months as a credit. Failure to book a new trip within this timeframe will result in the forfeiture of your deposit.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen trips.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

We define “adventure travel” as travel in which one actively participates, as opposed to a “tour,” in which one is more or less a passive observer. AdventureWomen designs and organizes trips all over the world for women who want an active, out of the ordinary experience, and meet new friends. **Most of all, we want our trips to be fun!** In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure trips, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!