



ADVENTURES
in good company



EXPLORING NEW ZEALAND

Trip Summary

HIGHLIGHTS

- Experiencing the breathtaking beauty of New Zealand on foot, on a bike, and in a kayak
- Hiking in Lake Nelson National Park on some of New Zealand's most beautiful trails with spectacular views
- Exploring the Punakaiki Rainforest on foot
- Biking along the Hawae River trail
- Sea Kayaking in Milford Sound
- Hiking in Mt Cook National Park
- Overnight at a sheep ranch in a renovated shearer's cottage

Phone: 877-439-4042

Outside the US: 970-833-3132

Email: info@goodadventure.com

TRIP AT A GLANCE

Location:	South Island, New Zealand
Activities:	Multisport
Arrive:	Met at a downtown Christchurch hotel at 10:30am or 11:00am at Christchurch airport (CHC)
Depart:	We will arrive in Christchurch in time to fly out after 3pm on the last day

Trip Overview

New Zealand is world famous as a paradise for those who love the outdoors. The South Island is divided by a mountain range, the Southern Alps, which are responsible for the islands' unique climate zones that include high alpine and glaciers, lush rainforest, beech forests, and plains. We will hike from hut to hut on one of the locals' favorite tracks, staying in a cozy hut overlooking the mountains and an alpine lake. We will kayak in the Milford Sound, visit the Te Wahipounamu World Heritage area with its incredible fjords and lagoons, cycle on one of New Zealand's legendary bike trails, visit with fur seals, and taste the local wines that reflect its unique climate. Maximum group size: 14

Rating

This trip is designed for women in very good physical condition who enjoy hiking and other activities and want to explore New Zealand. Hiking is generally 3 - 7 hours on dirt trails, rocky paths, and occasionally uneven footing. **Please note that Day 3 includes an optional hike with over 3,000 feet elevation gain and is more typical for trips that are rated 4.** The biking and kayaking are suitable for novices. A rating of 3 requires aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. For this trip you should be working out at the upper end of these ranges. **Rating:** 1 2 [3](#) 4 5.

What's Included

- Two local New Zealand guides. There will not be an Adventures in Good Company guide on this trip.
- Thirteen nights in twin/double room or shared bunk room with shared bathroom
- All meals as described on the itinerary
- All transportation within New Zealand
- All entrance fees and activities as described in the itinerary

Not included: Transportation to or from the Christchurch airport, alcoholic beverages, guide gratuities and trip insurance (mandatory).

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

After meeting at the Christchurch airport on the South Island we'll start our adventure with a 2.5 hour drive up the coast to the seaside town of Kaikoura. Kaikoura is known for its marine mammals, especially its local colony of fur seals. Passing weathered limestone cliffs we'll watch a colony of fur seals basking on the rocks and playing in the eddies, on a stretch of rugged coastline that was uplifted in the Kaikoura earthquake - it's amazing to see this brand new land! Today is a relaxed introduction to New Zealand. Overnight in Kaikoura. (L, D)

DAY 2

From Kaikoura, we'll travel along spectacular coastline for a couple of hours to Blenheim, in the Marlborough wine region. We'll visit Forrest Estate Winery to sample some of their fantastic wines and have a picnic lunch. Then we head off to Nelson Lakes National Park, known as being wilderness country, with incredible views and marvelous solitude. The park straddles the upper Southern Alps, an area composed of beech forests, big lakes, and even bigger mountains. Our 3 day tramp starts on a relatively gentle trail through the forest alongside Lake Rotoiti to Lakehead Hut, a small mountain cabin at the head of the lake and our home for the night. We'll each carry a backpack with sleeping bag, a few spare clothes, and a share of our food. To protect this beautiful and fragile environment, we always keep our group sizes small and our exact route flexible. Overnight [Lakehead Hut](#) Approx 7 miles mostly flat terrain carrying an overnight backpack (B, L, D)

DAY 3

Today we'll split the group in two based on your desire for challenge and desire for a 2nd night at a hut. The first option is to hike to an alpine hut, Bushline Hut. This group will follow the Travers Valley through the beech forest to the swing bridge and up to the hut. This is a very steep hike with an elevation gain of 2,100 ft up to the ridgeline. The other option is to hike back to St Arnaud on the other side of the lake. Although it is relatively flat, a significant stream crossing (weather permitted) makes it no less adventurous. This group will spend the night in St Arnaud at a local lodge. Because reservation need to be made at the lodge and the hut has a limited number of spaces we will ask you for your hiking choice a few months prior to the start of the trip. Overnight: Bushline Hut or hotel in St Arnaud. (B, L, D)

DAY 4

After breakfast, those who stayed in Angelus Hut will hike out along the barren Robert Ridge with dramatic views of Tasman Bay and the mountainous Kahurangi National Park in the distance. Those who stayed in St Arnaud will hike up Robert Ridge, meeting those descending from Angelus Hut. Together we'll descend below the treeline again into native beech forest, completing the circuit on the shores of Lake Rotoiti. After arriving back in Saint Arnaud, we'll head across the Southern Alps to New Zealand's iconic West Coast - a dramatic and rugged coastline stretching 372 miles, with a population of only 40,000 people. From the high mountains to the sea - indeed, this is a day of the contrasts that make New Zealand such an amazing country. We'll spend tonight in the seaside village of Punakaiki, recounting tales of our adventures over fish and chips at the local pub! From Angelus Hut, it's 7 miles with 450 ft elevation gain and 2,900 ft loss. From St Arnaud it's an out and back so the distance depends on when the other group is met. Overnight Punakaiki. (B, L, D)

DAY 5

We'll spend the morning hiking the Inland Pack Track through temperate rainforest and limestone canyons, following in the footsteps of gold miners who established this trail over a century ago. While we're in Punakaiki, we'll also check out the famous Pancake Rocks and blowholes - aptly named limestone formations that have been sculpted through the relentless pounding of the Tasman Sea. Travelling along the scenic coastline, we'll stretch our legs in Hokitika and check out local art galleries and pounamu-carving workshops (pounamu is Maori for jade), before carrying on to the township of Franz Josef where we'll stay for the next couple of nights. Nestled in the rainforest-clad foothills of the Southern Alps, Franz Josef is the heart of New Zealand glacier country. Approx. total for day is a mostly flat 4 miles hiking. Overnight [Rainforest Retreat](#) (B, L, D)

DAY 6

This morning we'll take a short journey over to Okarito, a little-known beach community on the coast. We'll take to the water in sea kayaks and glide along a picturesque lagoon, set against a stunning backdrop of snow-capped peaks. Okarito is home to the only native white heron colony in New Zealand, as well as a host of other interesting birds. Later we'll hike through lush coastal forest to Three Mile Lagoon, and wander along the beautiful stony beach next to crashing waves. Later we'll head back to Franz Josef where you'll have the option to take another hike or relax in the hot tub, before enjoying a traditional Kiwi roast dinner. Kayak 2-4 hours and hike 4.5 miles Overnight [Rainforest Retreat](#) (B, L, D)

DAY 7

With some 140 glaciers making their way down from the Southern Alps, this area is fittingly known as glacier country. Few sights equal the spectacle of two of these giant frozen rivers (Franz Josef and Fox Glaciers) imperceptibly grinding their way down through temperate rainforest to just 250 metres (820 feet) above sea level. We'll spend most of the day near Franz Josef Glacier hiking up through the forest to either Alex Knob or Roberts Point, both of which give incredible views of the ice. These hikes can be inaccessible in wet weather, so we may opt to hike close to the terminal face of Fox Glacier, around Lake Matheson and to the Blue Pools near Haast Pass instead. From Franz Josef, we'll travel down the coast through lush forest and then inland to Makarora, a small village bordering Mt Aspiring National Park, with incredible views of the snow-capped mountains. Hiking Approx. 4.5 miles Overnight Makarora (B, L, D)

DAY 8

We'll hike the Rocky Mountain track today, a spectacular circuit through an area carved out by ice-age glaciers, with stands of native forest and shrub land. We'll enjoy lunch after our hike in Wanaka before a short but dramatic journey over the Cardrona Saddle to Queenstown on the shores of Lake Wakatipu, our base for the next couple of days. You'll sleep sweetly tonight at a lakefront hotel located in the heart of Queenstown. Hiking Distance: 4.5 miles, 2-3 hours Elevation Gain/Loss 1,230 feet. (B, L)

DAY 9

Queenstown is the adventure capital of New Zealand (if not the world!) and all the comforts of civilization are packed into this tiny resort town: restaurants galore, sidewalk cafes, stylish lounge bars, day spas, and boutiques. There is an endless variety of incredible optional activities here: horse trekking, a gondola, kayaking, fishing, winery tours, hang gliding, mountain biking, bungee jumping, jet boating, skydiving, as well as some great hiking opportunities. Or you can just soak up the atmosphere or lounge about reading a book. The guides will happily share their favourite haunts and point you in the right direction for anything you want to do on your free day today. Overnight Crowne Plaza Hotel, Queenstown (no meals)

DAY 10

Arriving at Lake Hawea, we'll be fitted with a 21-speed front-suspension specialized mountain bike for a scenic ride along the Hawea River Trail. This gently undulating track follows the Hawea and Clutha Rivers through the rugged Central Otago landscape to the charming lakeside town of Wanaka. Then we set off for New Zealand's largest and perhaps most spectacular national park, Fiordland. We'll hike a short section of the famous Routeburn Track with unsurpassed views of the Hollyford Valley, as well as Lake Marian and Mt Christina. We'll then drive through the Homer Tunnel, emerging at the top of a spectacular glacier-carved valley for a memorable descent to the shore of Milford Sound. Rudyard Kipling rated this fiord as the eighth natural wonder of the world and it is truly breathtaking, with steep granite walls plunging over a thousand metres to the Tasman Sea and waterfalls cascading into deep inky water. Tonight we'll stay at Milford Lodge, to make the most of our wonderfully remote location. Hiking approx. 3 miles with an elevation gain and loss of 1,300 ft. Overnight Milford Lodge Chalets, Milford Sound (B, L, D)

DAY 11

Most people see Milford Sound from the deck of a ship, but not us! Gliding along in sea kayaks causes very little disruption and gives us the best chance of getting up close and personal with the friendly fur seals and dolphins that are sometimes in the area. It's an early start this morning, but the calm waters and peaceful solitude are ample reward. Fully kitted out in double sea kayaks and lead by a specialist kayak guide, the paddling is equally suitable for beginners and experts alike. After kayaking, we'll enjoy a tasty lunch before heading out to explore more of Fiordland's wilderness on foot. This afternoon we'll take a hike on the famous Kepler Track, another of New Zealand's Great Walks. Beginning at Rainbow Reach, we follow the track through mountain beech forest and along the Waiu River. It's an awesome hike with spectacular views! Tonight we'll stay on the edge of Lake Manapouri, enjoying the scenery and the delicious local fare. Kayak 4-5 hours and hike 4.5 miles (a shorter option is available) Overnight: Lake Manapouri Inn (B, L, D)

DAY 12

Carefully relocated and lovingly reconstructed, the buildings of Cromwell Old Town represent the character of Cromwell's gold-mining history. We'll explore the intriguing buildings and eat lunch here together. Afterwards we'll drive through the tussock-country of Lindis Pass to Lake Pukak, where we stay on Hamish and Julia McKenzie's 5000 hectare high-country sheep farm, Braemar Station (station is the New Zealand word for a big ranch). While we're here, we'll stay in a farm cottage that was built for the sheep shearers. It's a rustic little place with views that will knock your socks off - the biggest mountains in New Zealand piercing the sky on the far side of a gorgeous cobalt-blue lake. With no lights for miles around, the stars on a clear night are like nothing you've ever seen. (B, D)

DAY 13

Mt Cook, named Aoraki or 'cloud piercer' by South Island Maori, is the highest mountain in New Zealand. Directly opposite the mountain, we have a stunning day hike to the main ridge above Mueller Glacier. It's a bit of a hike, but you'll remember the view of the glacier and the surrounding peaks forever! The weather conditions are very important in this area, as it's a true alpine climate notorious for sudden weather shifts. If we aren't able to do the Mueller hike, or you'd like to take it a little easier, there's an impressive hike up to a glacial lake (complete with icebergs!) at the base of the Hooker Glacier. Then we head back to Braemar Station for the last night of the 'Rimu'. We'll enjoy a celebratory dinner as we sit outside and watch the sun set on Aoraki/Mt Cook. (B, L, D)

DAY 14

After breakfast we'll head to Christchurch, arriving in time for afternoon flights. It's a 4-hour drive but we will stop for a picnic along the way. You will leave refreshed and invigorated from the good food, exercise, rest, and great times you'll have had with us in New Zealand! You can fly out any time after 3pm. (B, L)

ADDITIONAL TRIP INFORMATION

Getting There

We will meet at the Christchurch airport at the i-Site Travel and Info Center desk at 11am. Pickup at in town hotels may also be possible. There are a number of flights that leave from Los Angeles; Air New Zealand has regular direct flights between San Francisco and Auckland. Also, Qantas offers direct flights between New York and Sydney, which will have numerous connections. Most flights to New Zealand leave the states in the evening and arrive in the morning two days later as they cross the international dateline, so you will need to leave North America 2 days before to arrive on Day 1. Conversely, flights back to North America from New Zealand usually arrive on the same date as they left, so you likely can be back in North America on the last day.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

Most of our accommodations are locally owned small lodges or hotels, 2-bed rooms with private bathrooms. We'll also spend 1-2 nights in the in back-country huts. These cozy huts will have bunk beds (platform-shared bunks with mattresses) with outside compostable toilets. There are no showers or hot water. The water supply is good for drinking and washing. One night will be at the Crown Plaza in Queenstown, a large modern hotel. There is not a single supplement available for the entire trip. There is an option at an additional cost to get a single room at the Crown Plaza in Queenstown.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)

