



COAST, CANYONS AND MOUNTAINS

ITINERARY



Hiking-filled days away from the hustle of mainstream tourism. Excellent overnight hikes in the alpine ranges of Kahurangi National Park and among the crystal-clear rivers and limestone canyons of Paparoa National Park. Stay at a private campsite overlooking the mighty Buller River. Hike through lush rainforest, explore glow worm caves and watch the antics of New Zealand fur seal pups at a breeding colony. Crossing the Southern Alps at Arthur's Pass and wandering among the unique limestone rock formations at Kura Tawhiti/Castle Hill offers even more diversity to this amazing trip.

LENGTH	5 days
GRADE	D - (up to 7 hours on the longest day, walking over uneven terrain, some steep ascents)
START	8:00am - Nelson - i-Site Visitor Centre, corner Halifax and Trafalgar Streets
FINISH	5.00pm (approx.) Christchurch
ACCOMMODATION	Backcountry huts, Cabins, Camping
DEPARTURES	2020: On demand 2021: On demand
PRICE	NZ\$1,450 per person (8-11 people), NZ\$1,900 per person (5-7 people), NZ\$2,900 per person (2 people). Family discounts - for families of 4 or more we offer a 20% discount on children under the age of 17.

**This is a sample itinerary of what we can offer for custom groups.
If this is not quite the trip for you, let us know we can craft a trip that suits you.**

"FANTASTIC GUIDES"

All the guides were fantastic. I enjoyed that they took the time on the hike and shared their knowledge of the plants/wildlife and culture - history of the land and its people.

~ Brendan G -

"GREAT SCENERY!"

*My favourite part of the trip was the people I met and the hike through NZ.
Great scenery!*

~ Julianna - USA -

ITINERARY

DAY 1 NELSON TO KAHURANGI NATIONAL PARK

11 km/4 hours hiking

Meet up with your guide in central Nelson before escaping to the hills via the scenic Motueka region. The first hike begins after lunch from Flora Saddle. Leaving the vehicle behind we ascend through virgin beech forest up onto sprawling tablelands in New Zealand's second largest national park, Kahurangi. An historic gold mining and grazing area, our route follows an old pack track above a stream where native blue ducks reside. Emerging onto the tussock covered tablelands gives panoramic views of the surrounding peaks and a sense of true wilderness. We spend the night in an old gold miners' rock shelter. Enjoy the evening sitting around a crackling campfire reliving bygone days, star gazing and maybe trying to spot the Ruru (morepork) you'll surely hear. *Includes lunch and dinner.*

DAY 2 KAHURANGI NATIONAL PARK TO MURCHISON

15 km/7 hours hiking

Leaving the rock shelter early, we head across the tablelands once more and spend time exploring the geologic marvels of the area. This is a karst landscape made up of limestone and marble - with large sinkholes and an intricate system of caves beneath the surface. Here your guide will describe the forces that have shaped it into its current state. Next we walk up Gordon's Pyramid (1489m) and spend time soaking up some of the best views that the park has to offer. We usually stop for lunch in the sun, amongst the rocks on the slopes of Mt. Arthur, before walking back to the vehicle. Enjoy the picturesque drive south - with ice cream in hand - through one of New Zealand's most diverse agricultural areas, the Tapawera Valley. Accommodation tonight is at a private campsite and cottage, which is superbly located overlooking the confluence of the Buller and Maruia Rivers. A scrumptious dinner with organic ingredients is prepared by our hosts. *Includes breakfast, lunch and dinner.*

DAY 3 MURCHISON TO PAPAROA NATIONAL PARK

10 km/4 hours hiking

The day begins with a relaxing drive toward the West Coast along the mighty Buller River. On the drive we get our first glimpse of the coast's impressive podocarp forest. Arriving at Cape Foulwind (aptly named by Captain Cook), your guide will drop you at the start of the easy coastal walk to the Tauranga Bay seal colony. After reuniting with your guide there we head south along the scenic coast to one of the country's best-kept secrets - Paparoa National Park. Walking up the Fox River involves multiple river crossings - no bridges here! You will be an expert at river crossings by the time you reach tonight's campsite under the Ballroom Overhang, a massive fluvial cave. Crank up the campfire and settle in for the night. *Includes breakfast, lunch and dinner.*



DAY 4 PAPAROA NATIONAL PARK TO PUNAKAIKI

8 km /3 hours hiking

Heading out from the Ballroom, we are reacquainted with the river's channel, entrenched between towering limestone cliffs covered in lush native rainforest. The scenery in this area is truly breath-taking, and unparalleled in the South Island. Take the opportunity to explore nearby caves, see stalactite formations and have a swim. A short drive gets us to the small tourist town of Punakaiki. Grab a coffee and wander through the geologic phenomenon that is the Pancake Rocks - the origin of their 'pancake' layering has been a subject of debate among scientists. If the tide is right, you will get to witness the magnificent blowholes in action. Tonight, we stay near the coast and dine at a local pub for dinner. A saunter down to the beach to view the sunset is highly recommended. *Includes breakfast and lunch.*

DAY 5 PUNAKAIKI TO CHRISTCHURCH

5 km/2 hours hiking

This morning we take the opportunity to explore the rugged coast around Punakaiki, rich in Maori and early European history. Leaving Punakaiki we head south before turning inland and driving one of New Zealand's most cleverly engineered roads through the Southern Alps at Arthurs Pass. Lush green rainforests give way to glaciated mountains and scree slopes. We take one final hike at Kura Tawhiti/Castle Hill, exploring the distinctive sculptured limestone formations. A final drive takes us across the Canterbury Plains before arriving in Christchurch in the late afternoon. *Includes breakfast and lunch.*



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HIKING
New Zealand

LIFE ON THE TRAIL

This is a facilitated adventure - we believe great trips/ adventures are a team effort. So we will need your help from time to time when it comes to cooking meals, sharing the load on hikes, and washing up - many hands make light work.

GRADE D

- Average of 4-8 hours physical activity per day.
- Pack weights of 8-10kgs*
- Altitude gains of up to 600m.
- Some uneven track surfaces and river crossings.
- Agility and fitness required.

To enjoy your Coast, Canyons and Mountains Hike you need to be fit and have good balance. The track is rough and may be wet. Sometimes the footing on loose rock is unstable so hikers need to be good on their feet and comfortable on rough or slippery ground. Hikers should be able to maintain a slow but steady pace uphill for an hour between rest stops. You will carry your own gear plus a share of the group food and equipment. Each day's walking is designed to be 4-8 hours. We are not the army, but this trip is definitely recommended for people who are regular hikers and consider themselves to be reasonably fit. It's for those who enjoy a bit of a challenge and want to extend their range off the tourist tracks and into real back country with the added security of an experienced guide.

*Will vary depending on the weight of personal discretionary items.



GUIDES AND SAFETY

An excellent guide can make the difference between a trip of a lifetime and just an ordinary trip. Our handpicked professionals come from a range of backgrounds. Each has extensive outdoor and hiking experience and a passion for New Zealand's wild and beautiful backcountry. The guides will ensure that your trip is truly inspiring, a huge amount of fun and safe. All guides are trained in Mountain Safety First Aid.



FOOD

Energy snacks and nutritious meals are an essential ingredient in helping you perform to your highest standard. Good wholesome meals are provided and plenty of it. Specific dietary requirements can be catered for. Please advise us at the time of booking if you have any special requirements.



TRANSPORT

There is an average of 2-3 hours driving per day.

ACCOMMODATION

On this tour there are two nights wilderness camping, 1 night at a private cabin and campsite and 1 night in cabins. Please note: there are no showers at DOC huts/camps and the toilets are long drop.

BOOKING CONDITIONS

Changes

Please note this is a backcountry wilderness trip where the weather and/or river conditions may mean the itinerary needs to be executed in a different order. Occasionally we may be forced to do different hikes altogether.

Payment

For bookings four or more months in advance of the departure a 25% deposit can be paid with the remainder due 65 days prior to your trip. For bookings within four months of the departure, full payment is required.

Cancellations

More than 20 days prior to departure - 80% refund of full ticket price.

20 to 10 days prior to departure - 50% refund of full ticket price.

Less than 10 days prior to departure - NO REFUND.

Travel Insurance

We strongly recommend that you have comprehensive travel insurance. We ask you to fill out a disclaimer before you begin a Hiking Tour. You must follow the instructions of your guide at all times. World Nomads Travel Insurance provides online quotes.

PACKING LIST

Items shown in bold can be hired from us
Please arrange hire at least one week prior to your departure date.

CLOTHING - one set for walking, one set for evenings

WALKING CLOTHES: Several layers of wool, polypropylene and/or polar fleece will ensure you remain a comfortable temperature regardless of the weather. No cotton shirts hiking in the wet please! Cotton gets cold when wet and is difficult to dry.

- Raincoat** (Gore-Tex or similar)
- Base layer** (top and bottom, wool or polypropylene)
- Hiking boots or sturdy hiking shoes
- Spare lightweight shoes or sandals (optional)
- Shorts or lightweight hiking trousers (quick-dry)
- Insulating layers x 2 (quick-dry, polypropylene or wool)
- Socks (2 pairs warm hiking socks)
- Warm hat or balaclava
- Sunhat
- Gloves or mittens (wool or fleece)

SPARE CLOTHING: Extra socks and polypropylene layers are always handy - ensure you have enough warm items. Comfortable clothes for non hiking days. Spare clothing can be left in the secure trailer when we are away on the hikes, so don't worry about the extra weight - ensure you have enough warm items. Weather can change rapidly in the locations we hike so layers of clothing is ideal.

We can offer quality hiking equipment for use on your tour at no additional charge. We are able to supply fleece jacket, thermal top and bottom, raincoat, gaiters and walking poles. Requests for equipment must be made at least 5 days before the departure date.

EQUIPMENT

- Backpack** (minimum 60 litres)
- Sleeping bag** (minimum 3 season, preferably down, lightweight, between 1-1.2 kg)
- Flashlight/headlamp
- Drink bottle or camel back - 1 litre
- Small day pack
- Sunscreen and sunglasses
- Sun cream and lip cream
- Insect repellent
- Personal toiletries, medication and first aid
- Walking Poles** (optional)
- Gaiters** (optional)

HOW TO PACK

We recommend that you bring two bags on your trip, a hiking backpack with an internal frame (at least 60 litres in capacity) for the overnight hikes, and a smaller day pack for the day hikes. We supply kit bags for the storage of your gear in the trailer when you are away on a multi day hike.

WE SUPPLY

- Pack-liner to keep things dry inside your backpack
- Kit bag to hold your spare gear when you are out hiking
- Emergency first aid kit
- Thermarests (3/4)
- Plates, cutlery, mugs, pots, etc.
- Tents



IMPORTANT INFO

Here is a kickstart on a few things you need to know...

WHEN HIKING

- Stay together. Wait if you have not seen the group for 10 minutes.
 - Wait at all track junctions, huts, or river crossings for everyone to catch up.
 - If you get separated, stop and wait until your guide finds you.
 - Watch out for sunburn. Remember, NZ sun burns fast, wear a hat and sun block at all times until you are familiar with its strength.
 - Drink plenty of water, it is safe to drink from most of the streams in the wilderness without treating the water but do ask.
 - Help and look out for each other on river crossings, bush bashing and rock scrambling.
 - Ensure you have correct clothing - see 'packing' list.
 - Hiking tracks in NZ can be quite muddy and sometimes rough with tree roots and rocks. But this is part of the fun.
 - Snow slopes are extremely dangerous - guide leads on snow.
- No fooling around unless guide gives the OK.

CROSSING RIVERS

- River crossing accidents are a major cause of fatalities in the NZ wilderness so learning correct techniques from your guide is imperative.
- If your pack has a quick-release hip belt keep it fastened (to prevent the pack riding over your head if you end up swimming). Chest straps and other hip belts should be undone.
- Wear shorts not long pants. If wearing a rain-coat turn up and tuck under hip belt so pockets don't fill with water.
- You must wear boots when crossing rivers.
- To prevent the spread of Didymo (an invasive algae) boots, gaiters, socks etc. must be washed and dried before entering another waterway.

KAYAKING

- Always attend the safety briefing.
- Always take spare warm clothing in case the weather turns bad.
- Go to the toilet before you get into the kayak.
- Wrap valuables and cameras securely in bags or dry bags and close PROPERLY. Put adsorbent cloth/t-shirt with camera.
- Always stay together.

CYCLING & MOUNTAIN BIKING

- Always attend the safety briefing, know the meet times and 'back up' plans.
- High visibility clothes if road sections.
- Be aware if you are in the front or back of group (otherwise you might be chasing imaginary people).
- Stop to smell the roses - you might be wearing yellow, but its not the Tour de France!
- Helmets are compulsory in NZ.
- In NZ front and rear brakes are opposite to US and Europe.

CAVING

- Does your torch/headlamp have good batteries - carry spares if you need.
- If you want to take a camera, make sure that it is wrapped securely in plastic bags or dry bags.
- Go to the toilet beforehand.
- Talk to guide if you are nervous about caving beforehand.
- Cave formations take thousands of years to form - please don't touch them unless your guide okays it.

SWIMMING & BEACHES

Many NZ beaches are too dangerous for swimming, in particular the West Coast beaches.

Where conditions are suitable....

- Talk to your guide before you go swimming and don't swim alone.
- Respect the sea - never turn your back on the sea and watch out for freak waves & rips - even when beach walking.
- If you get into difficulty while swimming - raise one of your hands up

above your head - stay calm.

- Be careful entering the sea. Don't run into the sea - there may be rocks below the water.
- For rescues, things that float are - sleeping mats, spare tyre, empty water bottles (jerry cans), thermarests and dry bags stuffed with clothing
- Look for Jellyfish - (check along water edge and don't swim if there are lots about) - treat with vinegar

HOT POOLS (NATURAL)

- Keep head above water at all times - water may contain amoebic meningitis.
- Watch out for boiling water/mud hazards around and in the pool
- Remove jewellery as it tends to turn green or black.

FIRES

- Observe all fire bans. Keep fires small, use only dead wood and completely put out with water before leaving and at night (includes wood burners in huts).
- Always have a bucket of water near fire to extinguish it and for burns (or stream/river nearby).
- Be careful when wearing synthetic clothing around fires. Sparks put holes in Gore-Tex and tents.
- Do not use axe without guide's okay - wear boots.

HYGIENE & TOILETS

- You'll get to a shower mostly every 1-2 days, otherwise there are rivers to have a wash in.
- Keep streams, lakes and rivers clean - when cleaning and washing, take water and wash well away from the water source (drain used water into soil to allow it to be filtered) - all soaps/detergents are harmful to water-life.
- Laundry facilities are limited while on trips (every 2-3 days).
- Always use toilets when they are provided even though long-drops may be a bit rustic!
- In situations where there is no toilet, bury toilet waste. No 1's (pee) off the track - No 2's (poop) in 5-10 cm deep hole 50-100m from any water (lake, river or stream), bury toilet paper, cover up hole with soil/leaf litter. Please do not burn toilet paper.
- Sanitary pads/tampons are treated as rubbish - carried out by user - ask guide for sanitary rubbish bags.

ENVIRONMENTAL CARE

- Correct hygiene and toilet practices are essential to keep water supplies (rivers, lakes) safe to drink.
- Remove rubbish - pack it in, pack it out. Please help guide to separate rubbish, recycling and compost.
- Keep to the track where there is one - protect native plants and animals
- Respect cultural heritage.
- Enjoy your visit - camp carefully and leave no trace of your visit. Will the next visitor know you have been there?

OTHER IMPORTANT THINGS TO REMEMBER...

- Hypothermia - make sure you wear & carry the correct clothing!
- Fitness - hiking all day with a backpack on is hard work, get fit before you come on a kiwi-style trip. If you are fit enough you will be able to take part in all the hikes.
- Hire gear - use the supplied liner with sleeping bags, carry all hire gear in pack not tied to outside. Please tell us if any repairs are required.
- Equipment - it is so easy to lose stuff in shared huts. Help us keep an eye on gear.
- Roads - remember kiwis drive on the left, look carefully when crossing the street for an ice-cream.
- Tipping - it is not expected in NZ to tip for service, but if you feel your guide has done an excellent job, tips will be accepted graciously.

Thank you for reading. Have a wonderful trip.

Nothing great was ever achieved without enthusiasm. ~ Ralph Waldo Emerson