



DON'T CROSS THE LADIES

ITINERARY



Don't Cross the Ladies - Tongariro Crossing

Be treated to a diverse wilderness experience as you travel in the North Island. Discover the underground world at Waitomo, explore the geothermal delights of Rotorua and hike the shores of the gorgeous lakes in this region. Be awed whilst exploring the dual listed World Heritage Area of the Tongariro National Park. Experience one of New Zealand's best day hikes, the Tongariro Alpine Crossing. This stunning natural playground is bursting with diverse landscapes for you to discover. With arid badlands, crater and alpine lakes, sparkling rivers, breath-taking lunar landscapes, lush rainforest and alpine meadows to be explored, a summer hiking vacation is an utterly unique experience no to be missed.

Challenge yourself with the hiking as you connect with likeminded women and share a laugh or two along the way.

LENGTH	5 days
GRADE	C - Day hikes only, some uneven terrain, you need to be reasonably fit and enthusiastic
START	Auckland, 7am
FINISH	Auckland
ACCOMMODATION	Lodges
INCLUDED ACTIVITIES	All accommodation, DoC thermal park entry, spa (hot pools soak only - see below for upgrade options) and water taxi
OPTIONAL ACTIVITIES	Rotorua spa upgrade - facials, massage, mud therapy packages on the evening of day 4 in Rotorua

This is a sample itinerary of what we can offer for custom groups. If you have a group of four or more, we can craft a trip that suits your group.

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DAY 1 AUCKLAND - TONGARIRO

10 km/3 hour hiking

We drive south from Auckland, with a café halt for those who missed breakfast. The first hike for the day is at Waitomo to see the Ruakuri limestone cave system and enjoy a 30-minute walk through the amazing gorge. Waitomo is world-renowned for its labyrinth of underground rivers, sink holes and caves. After our picnic lunch in this magical valley we drive 2 hours south to Tongariro National Park. Check into the hotel before heading out on a late afternoon hike. A traverse of sweeping tussock lands leads us to the toe of an old lava flow where a waterfall plumes into the bushy valley below. The trail follows the stream down through beautiful mountain beech forest before looping back to our accommodation. With great views across the tussocks to the active volcanoes. Dinner in the hotel restaurant is the perfect opportunity to get to know your companions. *Accommodation: Skotel, twin rooms with ensuite. Includes lunch and dinner.*

DAY 2 TONGARIRO ALPINE CROSSING

20 km/7 hours hiking

Today we do a full days hiking, traversing the famous Tongariro Alpine Crossing, widely regarded as one of the best day walks in the world. The track is extremely well built and even a novice hiker will handle the gradual ascent up to the top of this series of volcanoes. Your guide will set a pace that lets you stop and admire the views of the Red Crater, Emerald Lakes and steaming vents that make this hike so iconic. If the weather is below par we explore a number of other short walks and stunning spots in this magical volcanic National Park - and save the crossing until tomorrow. Our guide prepares dinner in the communal kitchen tonight - with the odd bit of help!

Accommodation: Skotel, twin rooms with ensuite. Includes breakfast, lunch and dinner.

DAY 3 TONGARIRO SHORT WALKS

2-12 km/1-6 hours hiking

Today we either hike the Tongariro Crossing (if it's a better weather day than yesterday) or we will be exploring some of those great walks and secret spots. If your legs are too tired there is also the option for a shorter hikes or no walking at all today for those that have discovered muscles they didn't realise existed! Those up for the challenge can head to Upper Tama lakes. This track traverses undulating tussock and alpine herb expanses before climbing steeply to the upper lake at 1314 metres above sea level. If your legs are tired from the crossing yesterday there are plenty of other shorter walks to do.

Accommodation: Skotel, twin rooms with ensuite. Includes breakfast, lunch and dinner.

DAY 4 LAKE HIKES

5 km/2 hour hiking

Today we start the journey north stopping after 30-minutes for a 1-2 hour walk around the stunning Lake Rotopounamu, a little gem of a lake surrounded by mixed southern beech and rainforest. We continue on towards Rotorua, passing the huge Lake Taupo on route. This is the largest lake in New Zealand - a 600 sq km volcanic caldera crater created when the largest volcanic explosion known to human-kind erupted in 186 AD. As we near Rotorua we explore one of the extraordinary Department of Conservation (DoC) thermal parks (price included). Wander at your own pace beside sinister terraces, lakes of unimaginable colours and black bubbling mud pools. Once checked into our accommodation we stroll down to the jetty and take a swim, or just sip a wine and gaze



across this beautiful lake. We get together for an early BBQ dinner and afterwards head to the local natural spa baths for a soak or even a restorative mud bath!

Accommodation: Cedarwood. Includes breakfast, lunch and dinner.

DAY 5 ROTORUA - AUCKLAND

7 km/3 hours hiking

There is more to Rotorua than just thermal areas. The stunning wilderness lakes and rivers, and lush tree fern forests with a backdrop of distant volcanoes make Rotorua quite unique. The area is also rich in Maori and early European history including the tragedy of the 1886 Mount Tarawera eruption that buried a Maori village. This morning we drive a few kilometres up to the most amazing lake and volcanoes wilderness area and take a 30-minute water taxi ride to begin a bush walk beside this splendid lake. The swimming spots are plentiful and we have time to soak in a natural hot river that flows out of the surrounding bush. After a picnic lunch and a swim at the trail end, we drive the three hours back to Auckland, arriving late afternoon.

Includes breakfast and lunch.



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LIFE ON THE TRAIL

GRADE C

- Up to 7 hours of physical activity on the hardest day
- At times carrying a backpack of 5-6kgs (11-13 lbs)*
- Tracks generally in good condition
- Altitude gains of up to 800m on hardest day
- No hiking experience necessary
- Reasonable standard of fitness required

* The full Tongariro Alpine Crossing on day 2 takes 6-8 hours and has an altitude gain of 750m.

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. The trip will be flexible around the weather; we will use the advantage of small group travel to make door 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. The trip will be flexible around the weather; we will use the advantage of small group travel to make the most of conditions. the most of conditions.

FOOD

As well as being the time to rest, refuel and recharge, meal times are also a great time to get to know your fellow travellers better, sit back and enjoy the amazing surroundings and enjoy some great food!



ACCOMMODATION

Lodges - You will stay in lodge type accommodation, the lodges are often conveniently located near the start or end of a hike and have multi-share and sometimes twin/double rooms.



BOOKING CONDITIONS

Payment

For bookings four or more months in advance of the departure a 25% deposit can be paid with the remainder due 95 days prior to your trip. For bookings within four months of the departure, full payment is required.

Cancellations

95 days or more prior to departure – 80% refund of the deposit paid OR your full deposit is transferable to a future trip booked directly with Hiking New Zealand
94 to 21 days prior to departure – 80% refund of the 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

It is suggested that clients take out comprehensive travel insurance.

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PACKING LIST

Items shown in bold can be hired from us (see the rate table below).

EQUIPMENT

- Flashlight/headlamp
- Drink bottle or camel back – 1 litre
- Day pack
- Sunscreen
- Insect repellent
- Personal toiletries, medication and first aid
- Walking Poles** (optional)

RECOMMENDED BUT NOT ESSENTIAL

- Rain Trousers
- Motion Sickness tablets (if you require them)
- Currency converter and outlet adapter
- Travel alarm clock
- Binoculars
- Dry bag for clothes/valuables

CLOTHING - one set for walking, one set for evenings

WALKING CLOTHES: a thermal and a fleece is great as it gets cold and damp. Cotton is fine but gets cold when wet and is difficult to dry.

- Raincoat** (goretex or similar)
- Hiking boots/shoes
- Thermal underwear top & bottom**
- Spare lightweight shoes or sandals
- Shorts or lightweight trousers (preferably quick-dry)
- Short-sleeved shirt (quick-dry thermal is good)
- Warm fleece/wool jacket** (not cotton)
- Socks
- Warm hat, sunhat and sunglasses
- Towel (lightweight travel towels are great)
- Casual clothing for travel and evenings

SPARE CLOTHING: 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. Outside November to March a thermal layer and a warm hat is required. Note: there are only limited opportunities to do laundry during a tour, so quick drying clothing is an advantage. Weather can change rapidly in the locations we hike so layers of clothing is ideal.

Hire gear (NZ\$)	5-7 days trip	8-11 days trip	12+ days trip
Backpack (60 litres)	\$35	\$50	\$70
Sleeping bag and liner	\$40	\$60	\$80
2 x Fleece	\$30	\$30	\$30
Thermal top and bottom	\$20	\$20	\$30
Raincoat	\$30	\$50	\$65
Walking pole (one pole)	\$15	\$15	\$15
Full set (all of above)	\$130	\$190	\$250

Requests for hire equipment must be made at least 5 days before the departure date.

Sometimes it's hard knowing what to take - or what not to!
Feel free to drop us a line if you have any questions.

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

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