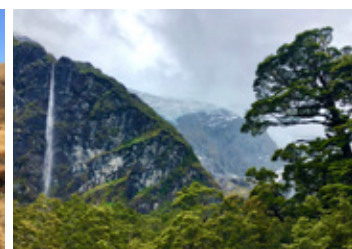




SOUTHERN ALPS HIKE AND BIKE

ITINERARY



Immerse yourself in the breathtaking beauty of landscapes reminiscent of Middle-earth, as you embark on a remarkable journey through New Zealand's awe-inspiring natural wonders. Be awed by the ice-carved peaks of Aoraki/Mt Cook National Park, explore the rugged high country near Lake Ohau, and hike amidst the majestic grandeur of Mt Aspiring National Park. This exceptional multi-activity adventure seamlessly blends exhilarating day hikes with unforgettable cycling along the renowned Alps 2 Ocean Cycle Trail. Prepare to be captivated by the splendor of these remarkable destinations as you create unforgettable memories.

LENGTH	6 days
GRADE	C some uneven terrain, river crossings, you need to be reasonably fit and enthusiastic
START	8:00am, Canterbury Museum, Rolleston Ave, Christchurch
FINISH	5:00pm (approx.) Queenstown
ACCOMMODATION	Hotels and Lodges
DEPARTURE	2024: 12 Feb
PRICE	NZ\$3,500 per person



ITINERARY



DAY 1 CHRISTCHURCH TO METHVEN

10km / 5-6 hours hiking

From Christchurch we drive across the Canterbury Plains to our first hike at Mt Somers. Of volcanic origin, this mountain and the adjoining range stand out from the neighbouring mountains with stunning rocky tors and a deep canyon. The hike climbs through beech forest and traverses high tussock slopes with a distinctly "Middle-earth" feel. Stop for lunch at the well-placed Woolshed Creek Hut before returning on the Rhyolite Ridge Track, with spectacular views down into the canyon as we climb high above on the slopes of Mt Somers. Accommodation is nearby in the village of Methven, a ski town in the winter and a chilled rural Canterbury town the rest of the year – comfortable, with an on-site restaurant and bar. *Accommodation: Ski Time Methven. Includes lunch and dinner.*



DAY 2 METHVEN TO AORAKI/MT COOK

10km / 3-4 hours hiking

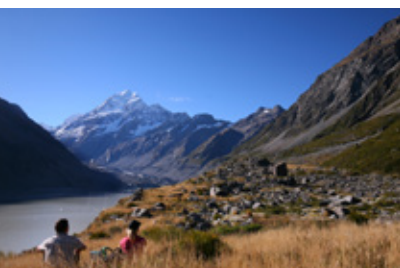
The drive south follows the edge of the Canterbury Plains at first, then into the Mackenzie Country and Lake Tekapo, famous for its stunning turquoise waters and the quaint Church of the Good Shepherd perched daintily by the lake. On arrival at Aoraki/Mt Cook we stretch our legs on a relatively flat hike up the Hooker Valley where we get to marvel at views of glaciers looming above on Mt Sefton and The Footstool, and the imposing south face of Aoraki beyond our turnaround at Hooker Lake. For the next two nights we stay in a lodge in the village with stunning views of Aoraki. *Accommodation: Mt Cook Lodge. Includes breakfast, lunch and dinner.*



DAY 3 AORAKI/MT COOK NATIONAL PARK

10km / 6-7 hours hiking

Today's hike takes us up the famous steps (2,200 of them) to Sealy Tarns, with time to soak up the vista of the Hooker and Mueller glaciers and the ice carved summits of Aoraki, Mt Sefton and The Footstool. If conditions permit, the hike continues from here up on to the Sealy Range and along to Mueller Hut. Before our descent rest for a while and enjoy the reward of the climb - 360 degree views of the glaciers, ice cliffs, and vertical rock faces of New Zealand's highest mountains. There is also the option this afternoon to join the Glacier Explorers boat tour on the Tasman Glacier Lake. A remarkable experience where you can get close to New Zealand's longest glacier. Please advise at the time of booking if you would like to join this tour. *Accommodation: Mt Cook Lodge. Includes breakfast and lunch.*



DAY 4 AORAKI/MT COOK - LAKE OHAU

38km / 3 hours biking and 5km / 2-3 hours hiking

Today we continue our journey south to make the most of the outdoor opportunities on offer. We drive to nearby Twizel and get fitted out with bikes to ride a section of the impressive Alps 2 Ocean Cycle Trail. Cycle along the quiet canal roads before crossing the Lake Ohau weir and weaving your way around the lake on a purpose-built cycle track. The views are amazing and there will be plenty of time to stop, take photos and admire the mountains and the amazing blue of the glacially fed Lake Ohau. We leave the bikes at Ohau Lodge and reunite with our vehicle before taking an afternoon hike - a great opportunity to enjoy more of the majestic mountains, lakes and rivers. Our accommodation and dinner is at the Lodge tonight. *Accommodation: Lake Ohau Lodge Includes breakfast, lunch and dinner.*

DAY 5 LAKE OHAU - LAKE WANAKA

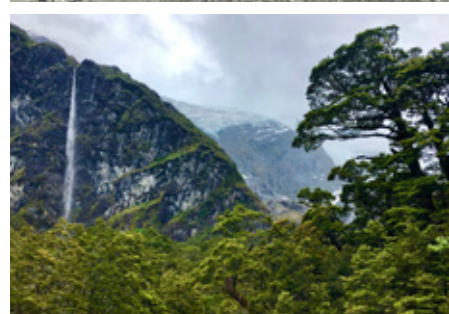
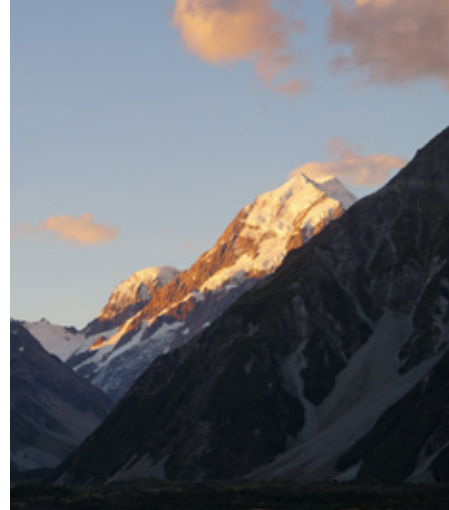
8km / 3 hours hiking

After a hearty breakfast we drive over Lindis Pass into the Central Otago region and on to Wanaka, a resort town set alongside its namesake lake. Wanaka is the gateway to a vast wilderness area of beech forests, glaciers, pristine rivers and spectacular lakes. We'll arrive late morning, which allows you time to relax and enjoy lunch and a quick stroll along the lakefront before heading off on the Arriving in the late morning, we have time to relax and enjoy lunch and a quick stroll along the lakefront before heading off on our afternoon hike along Sawyer Burn Track. Following a well-marked trail, we veer off to the Kidds Bush Nature Walk and initially zigzags up through the forest to the bushline before sidling across to the Sawyer Burn Hut. From the summit, the views of Lake Hāwea and the surrounding mountains are spectacular. *Accommodation: Oakridge Resort. Includes breakfast, lunch and dinner.*

DAY 6 LAKE WANAKA TO QUEENSTOWN

10km / 4 hours hiking

We have saved a very special hike for the last day - the Rob Roy Track. We start off with a beautiful drive up the Matukituki Valley, passing through large sheep, cattle and deer farms along the way. Our hike starts from Raspberry Flat and crosses a suspension bridge across the Matukituki River before climbing through beech forest alongside the raging boulder strewn Rob Roy Stream. Eventually the track emerges above the tree line in a delightful alpine meadow with a superb view of the Rob Roy Glacier. We take lunch here before wandering back down the valley to the vehicle. Our afternoon drive takes us over the Crown Range and down into Queenstown where the tour ends. The Queenstown region is famous for its majestic vistas, vineyards and adventures activities and is a great place to stay for a few extra days. *Includes breakfast and lunch.*



LIFE ON THE TRAIL

GRADE C

- Some uneven track surfaces and stream crossings
- At times carrying a backpack of 4-5kgs (8-10 lbs)
- You need to be reasonably fit and enthusiastic



TRANSPORT

The average driving time per day varies; we have some days where we hardly drive at all. On a typical day we might be in the vehicle for 2-3 hours. But some days we will drive for longer. The driving time is a chance to rest and enjoy the fantastic scenery that is forever changing. We travel in a minibus towing a custom-built trailer with food, equipment and your luggage. We carry a library box with some natural history reference books for you to peruse too. There will be a range of roads - sealed and unsealed. The guides are easily convinced to stop the vehicle if there is a great photo opportunity, vineyard or notable ice cream shop!

ACCOMMODATION

The Southern Alps Hike and Bike uses a range of lodges chosen for their wonderful locations. Accommodation is queen or twin share with ensuite bathrooms.

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

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. Dinner on night 3 is not included. Specific dietary requirements can be catered for. Please advise us at the time of booking if you have any special requirements.



TRAVEL INSURANCE

It is highly recommended that clients take out comprehensive travel insurance.



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HIKING
New Zealand

PACKING LIST

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

What to take

New Zealand's weather is very changeable and cold weather can be experienced at any time of year, especially in the mountains. We recommend wearing lightweight and breathable fabrics while hiking. Merino or polypropylene underwear is great in cold weather and will still keep you warm when it gets wet, unlike cotton. Jeans are not suitable for hiking.

WALKING

- ☐ Hiking boots or shoes
- ☐ Daypack (25-30 litres)
- ☐ Drink bottle – 1L
- ☐ Waterproof raincoat (gore-tex or similar)
- ☐ Warm fleece/wool jersey (not cotton)
- ☐ Thermal underwear (top and bottom, wool or polypropylene)
- ☐ Socks (we suggest 3 pairs)
- ☐ Warm hat or balaclava
- ☐ Long sleeve shirt (for sun protection)
- ☐ Shorts for hiking (or lightweight hiking trousers)
- ☐ Gloves or mittens (wool or fleece)

GENERAL

- ☐ Spare lightweight shoes or sandals
- ☐ Bike shorts (if you have them)
- ☐ Insect repellent
- ☐ Casual clothing for travel and evenings
- ☐ Dry bag for clothes/valuables

RECOMMENDED ITEMS

- ☐ Sunscreen, sunhat and sunglasses
- ☐ Rain trousers
- ☐ Camera
- ☐ Togs (swimming costume)
- ☐ Towel (lightweight travel towels are great)
- ☐ **Walking poles**

SUPPLIED

- ☐ Emergency First Aid kit
- ☐ Drinking water
- ☐ Safety equipment
- ☐ Maps

ADDITIONAL COSTS

Meals

Meals that are included in the trip price are detailed above.

Optional activities

Glacier Explorers, in Aoraki Nt Cook National Park.

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 11 days prior to departure – 50% refund of the full ticket price

10 days or less prior to departure – NO REFUND.

Travel Insurance

It is suggested that clients take out comprehensive travel insurance.

Hire gear (NZ\$)	5-7 days trip	8-11 days trip	12+ days trip
Backpack (60 litres)	\$50	\$60	\$80
Sleeping bag and liner	\$50	\$60	\$80
Walking pole (per one pole)	\$20	\$20	\$20

It's not always easy packing - feel free to drop us a line if you have any questions.