



WORLD HERITAGE WANDERER

ITINERARY



Journey through the wilds of southern Westland and be reminded of the rigours early pioneers must have faced. Kayak across New Zealand's largest unmodified wetland and up the river delta among towering kahikatea trees. Help prepare and then eat a hangi meal on Okarito beach. Join a guided glacier hike on Fox Glacier and explore seracs, ice caves and crevasses. Hike up the Copland Valley and spend two nights soaking in natural hotpools, gazing at 3000-metre peaks. This amazing week ends in the adventure capital of New Zealand - Queenstown.

LENGTH	7 days
GRADE	D - River crossings, some uneven terrain, you need to be reasonably fit and enthusiastic
START	Greymouth – 1:00pm Railway Station, 164 Mackay Street If taking TranzAlpine from Christchurch – 8:00am Christchurch Railway Station, Troup Drive (off Clarence Street, Addington, 10-15 minutes from city centre by taxi)
FINISH	Queenstown – 5:00-7:00pm (approx.)
ACCOMMODATION	Backcountry huts, Cabins, Camping
OPTIONAL ACTIVITIES	Kayaking, Heli Hike
PRICE	On demand

**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.**

“THE ADVENTURE”

I have just had an epic holiday. I completed four treks, the Volcanoes and Rain-forest, the World Heritage Wanderer, the Secret South and the Far North. The company and its people were great from first contact to last hand shake, the guides were knowledgeable and were flexible enough to get the best from the weather. There was a wonderful mix of remoteness, stunning scenery, physical activity and satisfaction from seeing the parts of New Zealand that most people miss. I will have difficulty finding a better holiday.

~ Eric L - UK, March 2014, Trip Advisor

“HOT POOLS HIGHLIGHT”

The hike into Welcome Flat was very challenging but a highlight once we got there – hot pools!

~ Rachel - USA, February 2014

ITINERARY

DAY 1 GREYMOUTH

Arriving in Greymouth, you will meet fellow hikers who have just finished the northern part of the West Coast Wilderness. The drive in the afternoon travels through the quirky towns of the West Coast, each loaded with history and stories. Our home for the next two nights is the sleepy little village of Okarito. After pitching tents in the quaint campground, feel free to stretch your legs before dinner along Okarito's wild beach. *Includes breakfast and dinner.*

DAY 2 OKARITO

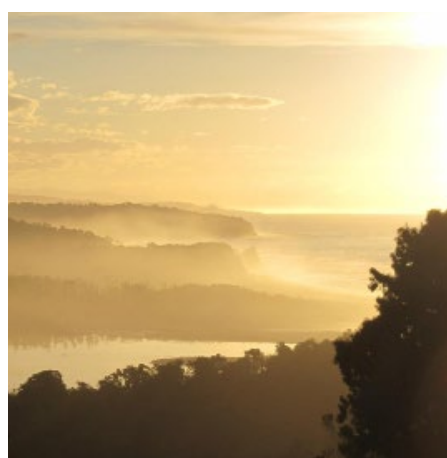
10 km/4 hours kayaking

Start the day by exploring the area's main attraction – the exceptional Okarito Lagoon. Here you can observe some of New Zealand's famous native birds, including white herons and tui, all from the comfort of your sea kayak. Paddle up secluded river channels where 60m native Kahikatea trees tower above you, and admire the snow capped Southern Alps in the distance. After lunch, feel free to walk one of the easy tracks nearby that wind through coastal rainforest and up to great viewpoints, walk along the beach, or simply relax around camp. Dinner tonight is cooked underground in a hangi – a traditional Maori method of cooking. This process is enjoyed by the whole group, from preparation to consumption! Let the night take hold with a bonfire on the beach. *Includes breakfast, lunch and dinner.*

DAY 3 FOX GLACIER

10 km/4 hours hiking

This morning we make the short drive to the tourist village of Fox Glacier. One of the only glaciers in the world that descends into rainforest. Either join the guide for a hike up through the rainforest to a spectacular viewpoint of the glacier, then afterwards we hike up to the terminal face of the glacier itself, a chance to see close up the effects rapidly advancing and retreating glaciers have had on this amazing landscape. If you want to get onto the ice, take the option of a guided heli hike with a local guiding company. Get kitted out with crampons for your boots before flying up onto the mid section of the glacier. Marvel at the ice carved landscape, towering seracs and deep crevasses. This is an incredibly unique alpine experience with incredible views (and photo opportunities) of some of New Zealand's highest mountain peaks. In the afternoon we hike around Lake Matheson, the mountains and rainforest are often mirrored in the waters of the lake, so have your camera ready. Tonight we stay in comfortable cabins near the start of the Copland Track. *Includes breakfast, lunch and dinner.*





DAY 4 WELCOME FLAT

18km/7 hours hiking

This morning we begin our three-day sojourn up the Copland Valley. The track meanders along the glacially fed Copland River, over side streams and through ancient podocarp forest. Enjoy a picnic lunch beside the river and try to spot endangered blue duck swimming in the rapids. The walk finishes at the salubrious Welcome Flat Hut. Explorers named this area Welcome Flat thanks to the natural hot pools nearby. After dinner slip into one of the pools and soak away the days efforts while admiring the jagged peaks of the Sierra Range. *Includes breakfast, lunch and dinner.*



DAY 5 WELCOME FLAT

8 km/4 hours hiking

Today you can choose to relax around the hut, take a short walk on your own up the valley or join the guide for an exploration up one of the stunning side streams above the hut. Boulder hopping up the stream, you will eventually reach a brilliant alpine waterfall where the bold can have a shower, or swim in the pool below. Have a picnic lunch as you dry out on the rocks and enjoy the views of the valley below. On a clear day the top of New Zealand's highest mountain – Aoraki/Mt Cook is clearly visible to the east. Descend back down the stream to the hut, and ease back into the hot pools whenever you fancy. *Includes breakfast, lunch and dinner.*



DAY 6 HAAST

18 km/6 hours hiking

Today we wander out of the Copland Valley and drive south once more, stopping at a local salmon farm to grab a coffee at their café and pick up our dinner! We also pull into Knights Point for the great cliff top views and Ships Creek, where the native Hector's Dolphin can sometimes be seen from the beach. The last night is spent camping in the remote town of Haast. Here we enjoy a fresh salmon dinner, cooked on the fire, before heading down to the local pub. *Includes breakfast, lunch and dinner.*



DAY 7 TOUR ENDS IN QUEENSTOWN

3-8 km/2-5 hours hiking

Finally it's time to leave the rugged West Coast and turn inland, driving over the dramatic Haast Pass, one of the last mountain routes to be opened in New Zealand. This road also borders the edge of Mt. Aspiring National Park and takes us between the edges of Lake Wanaka and Lake Hawea. We stop along the way to hike up past Diamond Lake to Rocky Mountain – a huge rock massif shaped by glaciers thousands of years ago. The summit offers stunning views of Lake Wanaka, its islands and the surrounding peaks. After our hike, we pull into a secluded bay on the shores of Lake Wanaka for lunch and one last swim. The road conveniently passes the historical Cardrona Pub where we enjoy a drink in the garden bar before we drive over the steep and stunning Crown Range and into the electric atmosphere of Queenstown. Get glammed up and hit the town for a group dinner somewhere special. *Includes breakfast and lunch.*



LIFE ON THE TRAIL

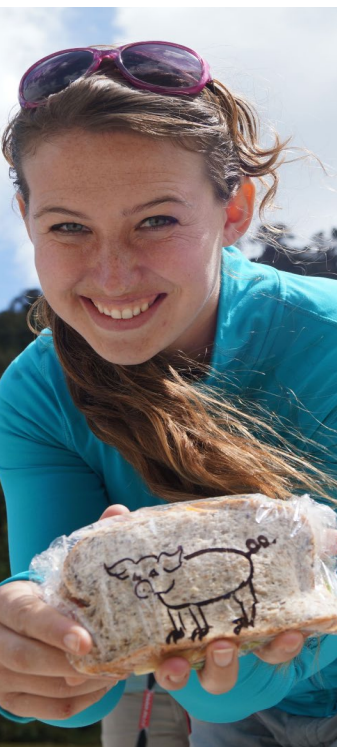
GRADE D

- Average of 4-5 hours physical activity per day, up to 8-9 hours on longer days.
- Pack weights of 10-12kgs on some days.
- Altitude gains of up to 800m.
- Some uneven track surfaces and river crossings.
- No multi-day hiking experience necessary.
- You need to be reasonably fit and enthusiastic and have good agility.
- Terrain mostly tracks. Some may be slippery or rough; some off-track hiking and river crossings.



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

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! Everybody has a turn with the preparation and cooking of meals: barbecues, salads, pancakes, curries, pasta, stir-fries, hangi... Vegetarian meals are no problem. On the "wild nights" the group will usually eat pasta and rice meals (special "secret" recipes used). There is always a lot of hiking food - chocolate, nuts, raisins, biscuits. The vehicles carry a full range of cooking equipment including gas burners, woks, frying pans and billies (cooking pot). When you go on an overnight hike the group will carry a portable stove.



TRANSPORT

The average driving time per day varies, some days you are in the wilderness and won't see the vehicle! On other days you might be in the vehicle for 2-3 hrs. The driving time is a chance to rest and enjoy the fantastic scenery which is forever changing. You will travel in a 12 seat minibus towing a custom-built trailer with camp equipment and your luggage. They are also equipped with a range of natural history reference books. There will be a range of roads - sealed and unsealed. The guide will often stop the vehicle if there is a great photo opportunity or primo ice cream shop!



ACCOMMODATION

"Wild nights" vs nights in civilization:

The kiwi-style hiking offers a combination of "wild nights", which is the nights where you are truly in the wilderness, staying in backcountry huts or camping in locations that may be several hours walk from the nearest road or populated area, versus nights in civilization where you may stay in cabins, lodges or camp by the vehicle at Department of Conservation campsites.

Some of these locations may still be relatively remote and in the wilderness but they can be reached by the vehicle.

Camping - You will camp in a range of campsites, on the "wild nights" you may camp under natural rock shelters, on remote beaches or even sleep out under the stars! On the non-"wild nights" you will camp near the vehicle in Department of Conservation campsites. If the weather is not great for camping, eg very wet, stormy or cold conditions your guide will seek out alternative accommodation, eg lodge, cabin or



LIFE ON THE TRAIL

Huts - New Zealand has an excellent network of backcountry huts and you will stay in huts on several nights. They are equipped with mattresses, running water and an outside toilet. Cooking is done on a portable stove. Huts are only accessible on foot and shared with other hikers. You also have the option of camping near the hut if that is your



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



Cabins/Cribs - some nights may be spent in private cribs (summer house) or cabins at a campground. Staying in the cribs is a real authentic New Zealand experience and you may even start to feel like a kiwi on holiday!



Bathroom facilities - on the wild nights there will be long drop (pit) toilets. There will be rivers or lakes nearby for washing, and sometimes there are even natural hot pools! The safaris are set up so after a couple of nights of "roughing it" in the wilderness, you will stay somewhere where you can enjoy a shower and a few home comforts (including laundry facilities) before the next foray into the wild!

* Just kidding! (the toilets have walls)



ADDITIONAL COSTS

Meals

Meals that are included in the trip price are detailed above as B (Breakfast), L (Lunch) and D (Dinner).

Seven evening meals, one breakfast and one lunch are not included in this trip.

Optional activities

TranzAlpine Train Greymouth to Christchurch \$109*, Okarito kayaking NZ\$110*, Heli Hike (NZ\$625*).

* Prices for optional activities correct at time of publishing.

BOOKING CONDITIONS

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

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).
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/kayaking in the wet please!** Cotton gets cold when wet and is difficult to dry.

- ☐ **Raincoat** (goretex or similar)
- ☐ **Thermal underwear** (top and bottom, wool or polypropylene)
- ☐ Hiking boots or good hiking shoes
- ☐ Spare lightweight shoes or sandals
- ☐ Shorts or lightweight trousers (preferably quick-dry)
- ☐ Short-sleeved shirt x 2 (quick-dry, polypropylene or wool)
- ☐ **Warm fleece/wool jersey** (not cotton) x 2
- ☐ Socks (we suggest 3 pairs)
- ☐ Warm hat or balaclava
- ☐ Sunhat
- ☐ Gloves or mittens (wool or fleece)
- ☐ Togs (swimming costume)
- ☐ Towel (lightweight travel towels are great)

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. 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.

EQUIPMENT

- ☐ **Backpack** (minimum 60 litres)
- ☐ **Sleeping bag** (minimum 3 season, preferably down, lightweight)
- ☐ Flashlight/headlamp
- ☐ Drink bottle or camel back - 1 litre
- ☐ Small Day pack
- ☐ Sunscreen and sunglasses
- ☐ Insect repellent (sandflies like foreign blood)
- ☐ 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
- Plates, cutlery, mugs, pots, etc.
- Tents

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

It's not always easy packing - 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. If you get separated, stop and wait until your guide finds you.
- Wait at all track junctions, huts and hazards, as well as river crossings, for the rest of the group to catch up.
- Tell someone if you are heading off the track to use "the bathroom" in case you get lost! It happens! If lost - shout or whistle!
- 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 rivers and 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.
- Snow slopes are extremely dangerous - guide leads on snow. No fooling around unless guide gives the OK.
- Wasps - be observant (especially in beech forests). If you see a nest back off SLOWLY, unless they start to sting you - then move like greased lightning.

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 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 treated 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 absorbent cloth/t-shirt with camera.
- Always stay together.
- Sun protection - the reflection off water doubles the intensity!

CYCLING & MOUNTAIN BIKING

- Always attend the safety briefing, know the meet times and 'back up' plans.
- High visibility clothes if there are 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 it's not the Tour de France!
- Helmets are compulsory in NZ.
- In NZ front and rear brakes are opposite to US and Europe.

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.
- If you get into difficulty while swimming - raise one of your hands up above your head - stay calm.
- Be careful entering the sea or body surfing, 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 and stingrays (check along water edge and don't swim if there are lots about).

HOT POOLS (NATURAL)

- Keep head above water at all times - water may contain amoebic meningitis.
- Watch out for boiling water/mud 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 generally every 1-2 days, otherwise there are rivers to swim in and freshwater to wash with.
- 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.
- 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.

ENVIRONMENTAL CARE

- 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...

- Laundry facilities are limited while on trips (every 2-3 days).
- Hypothermia - make sure you have the correct clothing! Be prepared for any weather!
- Hire gear - use the supplied liner with sleeping bags, carry all hire gear in pack not tied to outside. Please don't overextend walking poles - they will snap! 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, thanks.
- 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.
- Wild food & berries - always ask before you eat, many are poisonous to us.

Thank you for reading. Have a wonderful trip.

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