



PURE SOUTH ADVENTURE

ITINERARY



Enjoy the very best of the South Island distilled into one incredible seven-day adventure.

Hike among the Southern Alps on New Zealand’s legendary Great Walks and jetboat into the remote wilderness of Mt Aspiring National Park. Cruise and kayak Milford Sound, walk a section of the iconic Milford Track, and explore the high-mountain wilderness of Aoraki/Mt Cook National Park.

With expert guides handling every detail, the stresses of everyday life fade into the background, and all you need to do is relax and enjoy the journey. End each day in comfortable accommodation and enjoy delicious meals celebrating fresh local flavours.

If you’re short on time the Pure South Adventure is the trip for you. It delivers everything you’ve heard about and hoped to see in the South Island, all in a single week.

LENGTH	7 days	
GRADE	B (“Soft adventure” with an element of challenge)	
START	8.30am lobby of Millennium Hotel Queenstown, 9.00am lobby of La Quinta Queenstown, 9.15am from the Queenstown Airport	
FINISH	5.00pm at Queenstown Airport, 5.15pm at La Quinta Queenstown, 5.45pm at Millennium Hotel Queenstown	
DEPARTURES	2026 - 2027 October 2026: 26 November 2026: 9, 23 December 2026: 7, 21 January 2027: 11, 25 February 2027: 8, 22 March 2027: 8, 22 April 2027: 5	2027 - 2028 October 2027: 25 November 2026: 8, 15, 29 December 2026: 6, 27 January, 2028: 3, 10, 24, 31 February, 2028: 21, 28 March, 2028: 13, 20
PRICE	Adult	NZ\$9,899.00
	Single supplement	NZ\$1,600.00
	*NZ\$ price at time of printing	

“ABSOLUTELY WONDERFUL”

One of the best trips I have taken. I could not have asked for a better trip or better guides. The guides made us all feel welcome and knew a lot about everything. I am not sure there was a question asked that they did not have an answer to. Your country is simply beautiful and I really enjoyed getting to experience it.

~ Jane Sinclair - Pure South Adventure, January 24 ~

“ADVENTURE OF A LIFETIME!”

We had such an amazing trip. I wasn’t prepared for how much I would laugh, and learn, with our incredible guides Megan and Georgia. I honestly am not sure how they did it so well. We were so lucky to share our tour with a wonderful family who now feel like close friends. It was an absolutely magical trip. I wish I could put it on repeat for every vacation. As the Kiwis say, sweet as!

~ Natalie Gustafson - Pure South Adventure, November 23 ~

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DAY 1 QUEENSTOWN - KEPLER TRACK

11.2km (7 miles), 4 hours hiking, elevation +150m (492 ft)

After meeting your guides and fellow travellers in Queenstown, we'll travel to the the gateway to Fiordland National Park; Te Anau.

Our first hike of the trip is on one of New Zealand's Great Walks - The Kepler Track, renowned for its vivid green moss, native beech forest, and stunning mountain ranges. We'll explore one of our favourite sections, meandering beneath the beech canopy and tracing the shoreline of stunning Lake Te Anau. Along the way, enjoy panoramic lake views set against the dramatic Fiordland mountains. Keep an eye out for some of our local birdlife too. The Kepler Track beech forest is home to New Zealand's smallest bird the Tītipounamu Rifleman, the inquisitive Kakarūwai South Island Robin, and the elusive Kākāriki Yellow-crowned Parakeet.

Afterwards, we'll head to our accommodation in Te Anau for a delicious home-cooked meal. Don't forget that New Zealand is known for its long days - in the height of summer the sun sets around 10pm down here, so this evening you'll have the chance to relax at your accommodation and get to know your guides and fellow travellers, take a wander along the shores of lake Te Anau for an extra leg stretch, or check out the quaint township if you're keen for a bit more exploring. *Accommodation: Parkland Apartments, Te Anau. Includes lunch and dinner.*

DAY 2 MILFORD SOUND

10 km (6.2 miles), 4 hours hiking, elevation + 80m (242 ft) , 3km (1.8mi), 1 hour kayaking
Today, we'll tick off our second Great Walk, with a section of the famous Milford Track and explore the breathtaking beauty of Milford Sound from both boat and kayak. After a day packed with epic scenery and fresh air, you'll sleep soundly back in Te Anau tonight.

After a hearty breakfast to fuel the day, we'll drive the spectacular Milford Road, winding past towering peaks, lush rainforest and crystal-clear lakes. Once at Milford Sound, we'll hop aboard our scenic cruise and soak it all in. Thundering waterfalls, sheer rock faces, and the magic of the fiord all around you. Keep your camera close. These are the kind of photos to share far and wide.

This afternoon, we'll explore Fiordland both on foot and by paddle. First, we'll walk a beautiful section of the Milford Track, arguably New Zealand's most iconic Great Walk. We'll be surrounded by ancient rainforest, rushing rivers, and the dramatic scenery that makes this corner of Aotearoa New Zealand so special. Then it's time to hop into kayaks and paddle out onto the still waters of Milford Sound. From the water, the scale of the fiord really comes to life, with Mitre Peak towering above and snow-capped Mt. Tūtoko rising in the distance.

Afterwards, we'll return to Te Anau for a relaxed evening, reflecting on a day you won't soon forget. Includes breakfast, lunch and dinner. *Accommodation: Parkland Apartments, Te Anau. Includes breakfast, lunch and dinner.*

DAY 3 QUEENSTOWN TRAIL - WĀNAKA

10.6km (6.5mi), 3 hours hiking, elevation +/- 31m (101ft)

Today we leave the rainforests of Fiordland behind and head for the high-country lakes of Central Otago. Our first stop is a hidden trail tucked along the shore of Lake Wakatipu, a local's haunt and one of our best kept secrets.



You'll hike alongside the shoreline of the impressive Lake Wakatipu, the longest lake in New Zealand. You'll be met with sweeping views across the Remarkables mountain range and the high country station Cecil Peak. Ask your guides to point out Hidden Island if you can't quite spot it!

This afternoon we'll head over the tussock-covered Crown Range, through the tiny alpine village of Cardrona onto the peaceful mountain resort town of Wānaka. Known as Queenstown's more relaxed sister, the lakeside town of Wānaka is the gateway to Mt Aspiring National Park. We'll spend the next two nights here exploring the area. *Accommodation: Edgewater Wānaka. Includes breakfast, lunch and dinner.*

DAY 4 MOUNT ASPIRING NATIONAL PARK

5.4km (3.4 miles), 2-3 hours hiking, elevation +218m (715 ft)

Today, we'll begin the day by boarding a Squirrel Helicopter to take a flight into the heart of the 355,000ha Mount Aspiring National Park. Look out across winding rivers, virgin beech forest, glaciated valleys, alpine lakes, glaciers and the towering Southern Alps, before emerging over Lake Wānaka and landing on a private high country sheep station, not open to the public. This is a very special area that is only accessed by boat or helicopter!

We'll walk along an old mustering trail beneath the slopes of Mount Burke, through native bush and along the glacier-carved edge of Lake Wānaka and be treated to sweeping alpine views across the lake and find a sense of isolation that's getting hard to find these days. We'll then be met by a boat on the shore of Lake Wānaka to be whisked back to Wānaka township for a delicious meal. *Accommodation: Edgewater Wānaka. Includes breakfast, lunch and dinner.*

DAY 5 WĀNAKA - AORAKI MT COOK

Up to 7km (4.1mi) 2-4 hours hiking, elevation +/- up to 622m (2040ft)

We'll start our day exploring another local favourite - Rocky Mountain. The track offers sweeping views out over the Southern Alps, Mt Aspiring National Park and Lake Wānaka. With each passing step, the scenery just gets better and better, it's a steady climb, but well worth the effort - and there's certainly no rush to the top. As always, your guides will have several options for you to choose on the day, depending on how much activity you'd like.

This afternoon, we'll head north through a land of wide-open skies, braided rivers, turquoise lakes, and snow-capped peaks. This is Mackenzie Country where we'll spend the next few nights in the largest dark sky reserve in the Southern Hemisphere. Recognised for its exceptionally clear, unpolluted night skies, the reserve offers some of the best stargazing in the world, with minimal light pollution and breathtaking views of the southern night sky.

We'll have the next two days here as our base to explore the very best hiking trails that Aoraki Mount Cook National Park has to offer. *Accommodation: A lodge in the National Park, Aoraki Mt Cook. Includes breakfast, lunch and dinner.*

DAY 6 AORAKI MOUNT COOK NATIONAL PARK

8km (5 miles), 3-4 hours hiking, elevation + 120m (394 ft) or, 4.3 km (2.7 miles), 2.5 hours hiking, elevation +450m (1476 ft)

New Zealand is home to 24 peaks over 3000m tall - your destination for the day, Aoraki Mt Cook National Park, boasts 19 of them. Home to its namesake (known to Māori as "the Cloud Piercer", standing at 3724 metres tall), the National Park offers some of the best hiking trails in New Zealand and a rich mountaineering history.

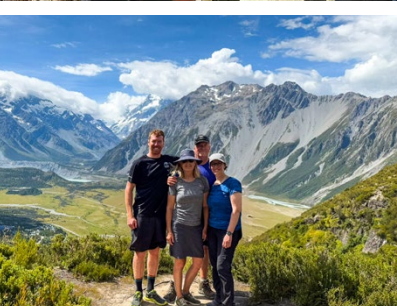


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These stunning mountains were the training ground of Sir Edmund Hillary before becoming the first to successfully summit Mount Everest with Tenzing Norgay in 1953. Today they'll be our playground, to take at whatever pace suits you.

Get up close to the icebergs on a glacier boat tour, or even splurge on a heli-hike. Check out the many hiking tracks and trails, or simply explore the village. Whatever you decide, it's an incredible place to spend the day.



After a full day of activities, we'll meet up and return to our accommodation for a tasty meal and a chance to trade stories from the day as well as gaze up at the impressive night sky in this internationally recognised Dark Sky Reserve. *Accommodation: A lodge in the National Park, Aoraki Mt Cook. Includes breakfast, lunch and dinner.*

Choice 1 - Hooker Valley Track & Kea Point

This morning, we'll walk the Hooker Valley Track and Kea Point, taking in spectacular alpine scenery and sweeping views of New Zealand's highest peak. In the afternoon, we'll head up to the Red Tarns, a hidden gem of the national park. On a clear day, you'll enjoy incredible mirror-like reflections of Aoraki/Mt Cook.

Choice 2 - Explore Mount Cook Village

Today is a great opportunity to explore on your own. Visit the museum and planetarium at the Sir Edmund Hillary Alpine Centre. Take some short walks around the area or just soak in the views with a coffee and good book.



Optional Extras

Glacier Heli-Hike (NZD\$945),

Take a helicopter up to land high on the Tasman, New Zealand's longest glacier, and in the company of an experienced guide, don crampons to explore the dramatic ice caves of this frozen wonderland. If you book this additional activity, it will replace the hike to Red Tarns.

Glacier Lake Boat Tour (NZD\$209)

Hop aboard a Zodiac boat and set off across the iceberg-filled lake for an up-close encounter with the Tasman Glacier's terminal face. If you book this scenic boat tour, it will replace the hike to Red Tarns.



DAY 7 MT COOK - QUEENSTOWN

5.4km (3.3 miles), 1-2 hours hiking, elevation 6m (19ft)

Today we leave the mountains of Aoraki Mt Cook and travel into the high-country landscapes of Central Otago, where we'll explore the rich history and character of Arrowtown. A bustling gold mining settlement during the Otago gold rush of the 1860s, Arrowtown remains one of New Zealand's best-preserved historic towns, with restored cottages, tree-lined streets and stories of the miners who once searched the Arrow River for gold.

This morning we'll walk the scenic Arrow River Trail, following dramatic rocky gorges and peaceful willow-lined pathways once frequented by early prospectors. Along the way, you'll also have the opportunity to plant a native seedling to leave a small legacy of your own here in New Zealand.

This afternoon we finish our adventure in Queenstown. It's time to say goodbye to your guides, travel companions, and new-found friends as we drop you at the airport or your accommodation. We hope to see you again soon in the Land of the Long White Cloud. *Includes breakfast and lunch.*



LIFE ON THE TRAIL

GRADE B

- Up to 4-5 hours of physical activity per day
- At times carrying a backpack of 4-5kgs
- Tracks generally in good condition
- Altitude gains of up to 600m (2000ft) on harder days
- No hiking experience necessary

The Pure South Adventure is designed for people who want to experience New Zealand's incredible array of outdoor adventures with the flexibility to explore at a pace that's right for you. With your two New Zealand guides you'll always have easier or more challenging options available so you can scale your activity level up or down to suit your preference. On the Pure South trip, you will walk between 3 to 5 hours each day on well-formed tracks. The average distance walked each day is 9km.



GUIDES AND SAFETY

Safety is always our top priority. We take great pride in our impeccable safety record and our safety management plans. Your guides are highly experienced outdoors professionals who are first aid qualified and fully equipped with a satellite phone, personal locator beacon ;and first aid kit. Our trips have direct access to our highly experienced operations team and other outside services 24 hours a day.

FOOD

Over the last few years a real food culture has developed in New Zealand and introducing you to this side of our country is just as important as the stunning outdoors. All breakfasts and lunches are included in the tour, as are most dinners. On a few nights dinner is not included to give you a chance to explore for yourself or relax in your room after your day's activity. Breakfasts are at your accommodation before heading off for the day's activity. Healthy Kiwi breakfasts are accompanied by lots of fresh fruit. Lunches are either in the best little cafes or restaurants en route or a wholesome packed lunch is prepared to last you all day on your activity. Dinners are in fabulous local restaurants using the best regional produce.

Generally, as long as we have advanced notice we can cater for any special dietary requirements you may have. If you have any concerns please don't hesitate to contact us.

TRANSPORT

Each day we'll drive between 0.5 and 3 hours to reach our next destination. Our trips are carefully planned to give you the most time exploring the outdoors and any travel is always broken up with hikes, activities and coffee/bathroom breaks. You'll bring your small day pack with you inside the vehicle, with just your hiking essentials (jacket, water bottle, sun hat etc) and will be all you will need to carry with you when you are out exploring. Your luggage will stay in the vehicle until we reach our accommodation for the evening.



ACCOMMODATION

On the Pure South Adventure tour, you'll sleep soundly in comfortable accommodations that we have chosen specifically for their fantastic locations. You'll meet friendly hosts and have a private ensuite room each night. Rooming is based on twin-share, although single room upgrades are available on request.



INCLUSIONS AND ADDITIONAL COSTS

What is included in the price?

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

What additional costs can I expect?

90 days or more: loss of deposit, or transfer to a future departure date should you elect to change your booking in place of cancellation.

89 to 60 days: 50% of tour price forfeited.

59 days or less: 100% of tour price forfeited.

There will be no partial refunds or credits for unused services within a tour. Any unpaid forfeited amount may be pursued as a debt.

LIFE ON THE TRAIL

Payment

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

Cancellations:

90 days or more: loss of deposit, or transfer to a future departure date should you elect to change your booking in place of cancellation.

89 to 60 days: 50% of tour price forfeited.

59 days or less: 100% of tour price forfeited.

There will be no partial refunds or credits for unused services within a tour. Any unpaid forfeited amount may be pursued as a debt. Please indicate when booking if you would like to participate in the Glacier Heli Hiking or the Glacier Lake Boat Tour (Day 6). For logistical reasons, there may be small changes to our itineraries or accommodation from time to time.

The nature of our trips and travelling in the outdoors means that itineraries are subject to change and should be treated as indicative only. The operator reserves the right to amend itineraries before or during any trip. This is sometimes necessary due to the nature of the New Zealand great outdoors and weather events, for example. Some trips are dependent on external suppliers for some activities, and the cancellation or substitution of any given activity does not give rise to a breach of contract and is not considered a cancellation by us.

Travel Insurance

It is suggested that clients take out comprehensive travel insurance.

Disclaimer

The safety of guests and guides is our number one priority, and we have a robust and independently reviewed Safety Management System to manage risks, dangers and hazards on our trips. As our trips operate in the outdoors, they do include an inherent element of risk, along with potential exposure to dangers and hazards. Those risks, dangers and hazards include, but are not limited to: slips, falls, varied terrain, changing weather conditions, physical and mental fatigue, acts or omissions of the public or other participants, accident, or illness in remote areas without the possibility of immediate evacuation or availability of medical suppliers or facilities, natural events such as earthquake, avalanche, or landslides, and accidents during travel on the trip, including travel in vehicles, boats and aircraft operated by us or third parties. Encountering these risks, dangers and hazards could result in physical or mental injuries, damage to personal property, or death. You understand that it is impossible for us to list in this agreement every possible inherent risk, danger or hazard, but you understand and accept you may encounter these and any other inherent risks, dangers, and hazards not specifically listed in this agreement at any time.

This trip is run in conjunction with another operator.

PACKING LIST

ESSENTIAL ITEMS

- A good waterproof rain jacket and pants (Gore-tex or similar)
- 2-3 non-cotton base layers (top and bottom); polypropylene, or merino. We use and recommend Merino wool
- Long sleeve polypropylene or merino
- Polar Tec or similar windproof fleece jacket / sweater
- Down jacket
- Waterproof rain pants (optional)
- 2 lightweight, quick dry long pants or shorts (no denim)
- 1 pair hiking boots or strong walking shoes (waterproof, with ankle support)
- 3 pairs thick walking socks
- Warm hat (beanie/toque) and Gloves
- Sunhat/cap
- Water bottle or camelbak - minimum 2 litres (1 or 2 bottles)
- Dry bag for clothes / valuables
- Midsized backpack - You can bring one large suitcase or duffel bag (15kg (33lb) - 30kg (66lb)) that will go in the vehicle when we travel between locations - this will be whatever bag you check in for your flight. You should also bring a day pack, this is a small hiking pack around 25L - 30L. It should fit your water bottle, camera, wallet, suncream, medication, warm layers, rain protection, lunch &

anything else you may want to take on your day hikes.

- Walking poles (if you use them)

CASUAL CLOTHING

- 1 pair jeans or other casual trousers
- 1 pairs shorts (or a skirt)
- 2 tops/shirts and 2 button up front long sleeve shirts
- 1 sleep shirt; sleep shorts (or whatever you sleep in)
- 1 light sweat shirt or long-sleeve t-shirt
- 1 swimming suit
- 3 pairs socks both thin and thick
- Underwear
- 1 pair sport sandals (like Teva's) and 1 pair casual trainers
- Toiletries/medications
- Sunscreen, insect repellent and lip balm
- Sunglasses
- Camera and binoculars
- Spare bootlaces
- Reuseable coffee cup

This clothing will keep you warm and comfortable during outdoor activities - cotton clothing is not suitable for hiking in.