



ADVENTUREWOMEN®, INC.

FIRST AND STILL THE BEST! SINCE 1982

300 Running Horse Trail Bozeman, Montana 59715

TOLL FREE 800 804-8686 OUTSIDE USA 406 587-3883 FAX 406 587-9449

trips@adventurewomen.com | www.adventurewomen.com

Hiking New Zealand – 2016 revised 9/9/2015

The Magical South Island

Trip Summary

Dates

April 2 - 17, 2016

Cost

\$5,995 from Nelson, South Island, NZ (\$800 deposit)

Rating

Moderate

Activities

- Hiking
- Sea Kayaking
- Glacier Exploration
- Walking
- Jetboating
- Sightseeing
- Boat Cruising
- Wine Tasting
- Photography
- Cultural Exploration
- Natural History

New Zealand's South Island is the perfect setting for a hiking vacation through its awe-inspiring national parks, regions, and wilderness areas: Kaikoura, Arthur's Pass National Park, Paparoa National Park, Abel Tasman National Park, Central Otago and Wanaka, just to name a few.

Called a walker's paradise, the South Island of New Zealand is blessed with stunning natural beauty and great diversity: alpine glaciers flowing into the sea; unspoiled aquamarine blue lakes and rivers; temperate rainforests with abundant bird life; plus miles and miles of dramatic coastline teeming with marine life. This gorgeous natural environment is home to prolific wildlife such as sea lions, seals, dolphins, albatross and rare penguins.

It is doubtful that any country of comparable size to New Zealand can boast such a diversity of magnificent scenery. With clouds clinging to its long mountain backbone, New Zealand stretches north and south for over 900 miles. This "world in miniature" has sandy beaches that sweep for hundreds of miles, glaciated and snow-capped mountains, steaming volcanoes, wild rivers, fiords, crystal clear lakes, rich and rolling farmlands, vast rainforests, and 50,000,000 sheep (about 15 sheep for every New Zealander!)

For fourteen fun-filled days, AdventureWomen participants will experience the best hiking and outdoor adventure for women that the South Island of New Zealand has to offer. From sandy beaches to snow-capped mountains, Nelson to Queenstown, and from New Zealand's rolling farmlands to its vast rainforests, our guides will show us why hiking in this "world in miniature" is incomparable.

In addition to hiking, we've added some adventurous activities and exciting explorations that are a MUST DO in New Zealand! We'll get up close and personal around the Franz Joseph Glacier, sea kayak to a seal colony in beautiful Abel Tasman National Park, experience the thrill of jet boating in Wanaka, and sample premier New Zealand wines at vineyard wine tastings throughout our trip. Kiwi hospitality and wonderful New Zealand accommodations in hotels, inns, and in custom- designed lodges, round out this

spectacular, active New Zealand hiking vacation for women.

PLEASE NOTE: This trip is for women who are *active, in shape, and LOVE to hike!* We expect all participants to be in *excellent hiking condition*, and that you have read the description of the Activity Level that you need to be in to take part in this adventure.

Main Attractions

- Hike in the South Island's awe-inspiring national parks, regions, and wilderness areas: Kaikoura, Arthur's Pass National Park, Paparoa National Park, Abel Tasman National Park, Central Otago and Wanaka, just to name a few.
- Drive in comfort through the spectacular scenery of the South Island with our knowledgeable and professional New Zealand guides.
- Enjoy warm Kiwi hospitality in delightful accommodations in the finest hotels, resorts, and historic lodges.
- Get up close and personal to the Franz Joseph Glacier, sea kayak to a seal colony in Abel Tasman National Park, experience the thrill of jet boating in Wanaka, and sample premier New Zealand wine at tastings throughout our trip.
- Experience the BEST of the South Island's outdoor fun and activities during this special time of the year, as summer turns to autumn.

What's Included:

- 14 days/13 nights (from arrival into Nelson, and departure from Queenstown) in twin-bedded, double occupancy accommodations in hotels, inns, and custom-designed lodges, all with private baths.
- All breakfasts and meals specified in the itinerary, including 13 Breakfasts, 5 Lunches, 9 Dinners.
- The services of 2 professional New Zealand hiking guides throughout, and local guides for various activities.
- All ground transportation in a modern, air-conditioned mid-sized bus.
- Tips and gratuities for meals included for wait staff.
- Special activities including: one day fully guided scenic cruise and sea kayaking experience in Abel Tasman National Park; 2 wine tastings; jetboat trip in Wanaka; plus guided walks around Franz Joseph Glacier.

What's Not Included:

- Airfare to Nelson, New Zealand, and departure from Queenstown.
- Meals not specified in the itinerary.
- Expenses of a personal nature such as wines and beverages with meals (except when specified as included), laundry charges, telephone calls, etc.
- Recommended tips and gratuities:
 - To your main guide and co-guide: approximately \$200 USD/person (for them to share).
 - To any local guides: \$5 USD/person/day.
- Any optional activities you might choose during the trip.
- Any additional nights in Nelson (before) or in Queenstown (after) (see Arrival and Departure section for details).

Our Guides

There's nothing better than having the people who live in the country as our guides! We will have New Zealand guides throughout, a lead guide and a co-guide, as well as local specialist guides depending on the activity.

Passports and Money

Citizens of the U.S. must possess a valid passport to travel to New Zealand, which must be valid 6 months beyond your intended stay. There is no visa required. If you do not have a passport, APPLY NOW! You should always carry two extra photos, just in case of emergency (i.e., if your passport is stolen).

Current exchange rates (April 2015) are:

- 1 New Zealand Dollar (NZD) = 0.60286 US Dollar (USD)
- 1 US Dollar = 1.65876 New Zealand Dollars

*Credit cards are widely accepted in France and ATM machines are accessible in many towns (see the next paragraph!). You should bring a few hundred dollars in cash, which you can exchange into Euros, for your spending money and tips. Tips are also accepted in U.S. Dollars.

***Important information about credit cards! Please note:** You should bring **at least one smart card, usually referred to as a chip card, or chip-and-PIN credit card** for travel to Europe and to other overseas destinations. These new cards are more secure and you are more protected from credit card fraud.

These so-called smart cards have embedded microchips in them. You will see the silver or gold microchip on the front of your card. They also have the traditional magnetic stripe, so can be used the same as your regular credit/debit card. You'll either sign for purchases, or enter a 4 digit PIN into a terminal. (Confirm with your bank that your PIN, or 4 digit number, will be the number that you use the FIRST time that a PIN is required for use with your new card. So just make sure you remember it for all future transactions!)

It is best to have your chip card as a VISA or MasterCard, since American Express is often not accepted in many places. In Europe and in parts of Asia, they simply don't acknowledge magnetic-stripe cards anymore unless they are chip-and-PIN enabled. In addition, in any automated transactions such as train stations and gas stations, ONLY chip-and-PIN cards are accepted.

Chip-and-PIN cards have become standard in many European countries because of their superior fraud-prevention abilities. Now countries in Asia, North America and South America, and Canada are doing the same.

Health Requirements and Physical Condition Required

This AdventureWomen trip is rated as **Moderate** and requires that you be in very good physical condition, and be able to hike 5-8 miles a day in rolling terrain. Sea kayaking experience is not necessary.

Some of the landscape is quite mountainous. We have tried to have options for hikes (or parts thereof) that are less strenuous. Many of the hikes are on footpaths through the woods or on old stone staircases, while others are on well surfaced roads. The most you will carry is a small day pack with your rain gear, camera, water, etc. Paths are through rolling terrain and can be rough and uneven, so good hiking boots are recommended, as well as a walking stick if you prefer to hike with one. A typical day consists of 3 to 5 hours of leisurely hiking, with stops that include plenty of time for lunch, and exploring villages, cultural, and historical sites.

You MUST have your own health insurance, and not have any physical problems or conditions that would be adversely affected by participating in any of the planned trip activities and the rigors of international travel.

How To Register

First, call (800-804-8686) or email (trips@adventurewomen.com) the AdventureWomen office to determine space availability. As a courtesy, we will hold your space for 5 days while you are completing the registration process, and making personal and travel arrangements.

Next, complete and sign the Trip Registration and International Passenger Information forms on our Web site by clicking "Sign Up for this Trip" on the trip page. We can also fax or email them to you. Include, with your forms, the required deposit that can be made by credit card (Visa, MasterCard, or Discover), personal check, money order, or cashier's check. You can also give us your credit card number over the phone. Once we receive **your deposit and BOTH forms**, we will mail you a trip confirmation/information packet verifying your registration.

Traveling to New Zealand's South Island: Arrival and Departure

It is important you work with **Ciretta Green at Travel Café (800-247-3538)** in Bozeman, MT to coordinate your flights with our group pick-up and drop-off times in New Zealand. Arriving in New Zealand, you most likely will fly into Auckland (the North Island), then connect with a short flight to Nelson (the South Island), and transfer to the Rutherford Hotel in central Nelson, Trafalgar Square.

Our trip begins when we meet in the lobby of the Rutherford Hotel in Nelson, NZ, at 2 pm on Monday, April 4. If you choose to arrive a day early (there is a LOT to do in Nelson!), you can explore the beautiful city of Nelson, its charming streets and manicured parks. A stroll through the Botanical Gardens will introduce you to some of the native flora, much of it unique to the island. A 20-minute walk will take you to the "center of New Zealand" at the top of the hill, for panoramic views of the city and across Tasman Bay.

Getting from the Nelson Airport to the Rutherford Hotel:

The hotel does not have a shuttle service, but recommended the super shuttle website which is www.supershuttle.co.nz. When you look at their website, put in that you will be at the Nelson Airport, traveling to Nelson Central. You can also use Nelson City Taxis, which is about \$30 (NZD) to get to the hotel from the airport.

If you are at the Nelson Airport at 1 pm on April 4, our outfitters will pick you up right out front of the airport (details sent in the final letter). However, if you arrive a day or two early, or you don't want to sit around at the Nelson Airport till 1 pm on April 4, it is easy and fast to get to the hotel on your own.

Our adventure ends in Queenstown on the morning of Sunday, April 17. You can choose to stay longer in the adventure city of Queenstown, or book your air departure for any time during this day. Queenstown Frankton Airport is an easy 5 mile taxi ride from our last night's hotel (St. Moritz Hotel) in downtown Queenstown.

Making Travel Arrangements to New Zealand

We suggest you book your air reservations with our travel consultant soon after registering for this trip!

On this AdventureWomen **Hiking in New Zealand** adventure we ask that you work directly with our travel consultant at **Travel Café, Montana's Travel Agency**, to make your travel arrangements. After booking your trip, please call Ciretta Green to discuss your air schedule based on the arrival and departure times we have set for the group pick-up and departure.

1-800-247-3538 OR FAX 1-406-586-1959
email: ciretta@travelcafeonline.com
CANADIAN RESIDENTS, please call 406-587-1188

When calling, please identify yourself as an AdventureWomen traveler. If you leave a message on Ciretta's voice mail, she will return your call promptly. She will be happy to discuss your travel plans and help you decide when to purchase your ticket for the best rate. If you purchase your ticket through her, she can also help you with hotels, should you want to come early, stay longer, or share a hotel room with another participant. If you do not purchase your air ticket through Travel Café, you are responsible for making your own arrangement for hotels, rental cars, trip extensions, transfers, etc.

NOTE: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last minute registrants, we must often relinquish hotel space and air reservations up to 6 – 12 weeks prior to departure!

Please keep this in mind when making your travel plans.

Liability Form and Final Payment

Part of what AdventureWomen, Inc. hopes to foster is the taking of more self-responsibility for our own lives, health, and safety. Please read the LIABILITY FORM carefully, return it with the remainder of your balance due by **JANUARY 3, 2016.**

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and 50% of the registration deposit is non-refundable.

For cancellations received 60-89 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-59 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. A brochure will be sent to you in your registration packet.

Switching Trips

Before your final balance due date, you may change your deposit to another trip within the same calendar year by paying a \$75 fee to switch. You may not switch your deposit to a trip in another calendar year.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Trip Itinerary

DAY 1

Saturday, April 2, 2016

Depart the USA for New Zealand

This evening your adventure begins as you board your flight for New Zealand.

Meals enroute

DAY 2

Sunday, April 3

Lost en Route

The second day of the trip is taken up by the time difference as you cross the International Dateline and lose one day.

Meals enroute

DAY 3

Monday, April 4

Haere Mai! (Your Maori Greeting) Welcome to Aotearoa New Zealand – “Land of the Long White Cloud”

We'll meet in the lobby of the Rutherford Hotel at 2 pm on April 4. After a short afternoon walk and orientation, we have our first night's dinner together.

Nelson was established in 1841 and designated a city by royal charter in 1858. The second-oldest settled city in New Zealand and the oldest in the South Island, Nelson was named in honor of the British hero of the Battle of Trafalgar, Admiral Nelson. Maori settlement of the region dates to about 700 years ago. Raids from aggressive northern tribes in the 1820s, led by Te Rauparaha and his Ngāti Toa, decimated the local population and quickly displaced them.

Nelson has retained the Victorian character of its historical center, notably the Christ Church Cathedral towering above Trafalgar Street.

Dinner

Overnight at **Rutherford Hotel**

Trafalgar Square, PO Box 248, Nelson 7010

Phone: +64 3 548 2299

reservations@rutherfordhotel.co.nz

<http://www.rutherfordhotel.nz/>

Only 15 minutes from the airport, the Rutherford Hotel Nelson is Nelson's only 24-hour fully-serviced hotel, offering luxurious rooms and suites. The central location of Rutherford Hotel Nelson makes it the ideal starting point to explore the many outdoor, cultural and culinary delights in the area. Many galleries and City attractions are just a stone's throw away. It's just a few minutes walk from Nelson's landmark cathedral and main shopping district (including just a block away from Jens Hansen Goldsmiths, creators of the ring in The Lord of the Rings film trilogy)! All rooms have a view of the harbor, city, historic South Street or Nelson's beautiful cathedral.

DAY 4

Tuesday, April 5

Sea Kayaking in Abel Tasman National Park: Beaches, Bays and Seals, a Scenic Cruise and Kayak Trip between Torrent Bay and Bark Bay to a Fur Seal Colony at Pinnacle Rock

After breakfast we travel a short distance to Kaiteriteri, where we meet our guides for a fabulous 1-day guided sea kayaking and cruising experience in Abel Tasman National Park. This sub-tropical paradise includes thousands of acres of native forest, beaches of golden sand, clear coastal waters, and the best climate in the country! A diversity of plant life makes a wonderful habitat for New Zealand's native birds. The coastal areas are home to a wide variety of seabirds, penguins, occasional dolphins, and seals.

Boarding our Vista Cruiser, we depart Kaiteriteri for a scenic cruise past the islands and golden coves of the Astrolabe Roadstead to Anchorage Beach. Arriving on the golden beach sands in front of Torrent Bay Lodge, our expert guides settle us into a stable double kayak, after full instructions and a safety briefing about sea kayaking. Then it's on to the water to paddle among the wondrous headlands, coves and islands of the granite coast. Paddling along the coast, we discover the pristine bays and beaches named in 1827 by French explorer, Du'mont Durville.

Our guides ensure that we make the most of our day, depending on the tides, weather conditions, and our interests and abilities. We'll keep our eyes peeled for resident Blue Penguins and other sea birds along the coast, and reaching Pinnacle Island, we'll enjoy watching the antics at the resident fur seal colony. After a stop for lunch in a protected bay, we have time to relax and swim in clear blue waters from beaches of golden sand. After lunch, and winds permitting, we hoist a sail in our

kayaks to ride the breeze on the return journey to rejoin the Vista Cruise. Returning to Kaiteriteri in the late afternoon, our bus takes us back to the Rutherford Hotel where we are free for dinner tonight.

Breakfast and Lunch

Overnight at **Rutherford Hotel**

Cruise and Kayak trip with Wilson's Abel Tasman Experience
www.abeltasman.co.nz

DAY 5

Wednesday, April 6

Maori Heritage Gallery, Hike Pelorus Scenic Reserve, and Coastal Walk Along Picton Harbor

This morning we travel to Picton, stopping along the way at Havelock. A small town famous for green lipped mussels and art galleries, it is most famous for the Maori Heritage Art Gallery, which houses the world's largest "private" collection of contemporary and traditional Maori carvings. After visiting the gallery and gathering up ingredients at a local market for our picnic lunch, we take a short walk (1 hr) to explore the Pelorus Scenic Reserve. This reserve offers visitors the opportunity to relax and enjoy refreshing forest and river scenery, in one of the last stands of river flat forest in Marlborough. The vegetation in the reserve provides an excellent example of the type of fertile lowland forest which extended through the valleys of the region before European settlement. A mosaic of beech, podocarp and broadleaf species make up the forest, their distribution reflecting local variations in environmental conditions.

In the afternoon we arrive in the town of Picton, nestled at the head of Queen Charlotte Sound in the beautiful Marlborough Sounds. Boasting one fifth of New Zealand's coastline at its door and the best climate in New Zealand, makes this charming little fishing village a world class destination for visitors to New Zealand.

Picton is all about the Marlborough Sounds, with its relaxed island feel, secluded bays and crystal clear waters. The waterfront has one of the world's best water views, known for its ever-changing colors, and its marinas show the importance of boats to this charming waterside village.

Fresh, Marlborough Sounds seafood cooked simply, and world class wines produced in Marlborough's world famous wine region, are very much on the menu. Independent restaurants owned by passionate foodies serving internationally influenced dishes can be found alongside traditional Kiwi eateries serving hot pies, "fush n chups" and custard squares.

After settling into our hotel, the Beachcomber Inn, we take a relaxing coastal walk along Picton Harbor's eastern side to Bob's Bay, continuing along the Snout Walkway ridge, which offers superb views of Queen Charlotte Sound.

2 hr walk - Both walks Easy to Moderate
Driving time Nelson to Picton - 1 hr 40 mins

Breakfast, Lunch and Dinner

Overnight at Beachcomber Inn

27 Waikawa Road,
Picton, Marlborough
Phone: 0800 66 22 99 (in NZ)
<http://www.pictonhotel.com>

Picton Beachcomber Inn is located right on the waterfront of Picton, just 2 minutes from the main street. The township is surrounded by the bush-fringed beauty of the Queen Charlotte Sound and is full on interest and history. The sheltered waters of the Sounds are a boaties paradise, while others who prefer to explore the Sounds on foot will find many scenic walks. This area is also well known for many world famous wineries.

DAY 6**Thursday, April 7****Hike on the Queen Charlotte Track**

Queen Charlotte Track in the Marlborough Sounds has rapidly become known as the finest and most diverse coastal track in New Zealand. It is located at the top of the South Island, accessed by boat from Picton to its beginning at the scenic and historic reserve of Ship Cove in Queen Charlotte Sound. This is an area steeped in both Maori and European history. Today the stunning Marlborough Sounds are known as a maritime and eco-tour haven, popular all year round with sailors, hikers, trekkers, mountain bikers, adventure seekers and eco-tourists.

We begin our adventurous day by taking a water taxi from Picton Harbor track to Mistletoe Bay, where we follow the Queen Charlotte Walkway to Anakiwa, home of the Outward Bound Training facility for New Zealand. The walk takes us high on the dividing ridge between Kenepuru and Queen Charlotte Sounds, where we are able to see the panoramic views of both Sounds, simultaneously. The track drops down to native forests where the birdsong of tuis, bell birds and fantails can be heard.

3.5 hour walk - 7.8 miles - Moderate

Breakfast and Lunch

Overnight at **Beachcomber Inn**

DAY 7**Friday, April 8****Savignon Blanc Wine Tasting to Kaikoura**

Today we travel south from the Marlborough Sounds, between the borders of the Southern Alps and the eastern coastline. Stopping at a vineyard along the way, we have a wine tasting of New Zealand's world renowned Sauvignon Blanc, the grape which put New Zealand firmly on the wine map, and it has never looked back.

Our lunch stop is at a country cottage in Kekerengu, located right on the coast before our next stop, Kaikoura. Arriving in Kaikoura we have time to explore, with a walk on the Kaikoura Peninsula Track. Jutting out from the rugged east coast of the South Island, with a backdrop of steep mountains, Kaikoura is a major attraction for visitors. Its wildlife, including whales, dolphins, seals, birds and crayfish, provides a unique experience. It is also an area rich in history and scenic beauty.

The Kaikoura Peninsula Walkway provides easy access to explore the Kaikoura Peninsula. An impressive collection of information panels located along the Walkway enables us to journey into the fascinating history of the people, and to learn of the geology, animals and plants that make the area so special.

In the evening, we sample the local fish caught fresh from the sea at The Pier Hotel, a restaurant near our hotel.

3 hour walk - Easy to Moderate
 Driving time Picton to Kaikoura - 2 hours
Breakfast and Dinner

Overnight at **Kaikoura White Morph Hotel**
 92-94 The Esplanade,
 Kaikoura, New Zealand
 Tel: +64 3 319 5014 / 0800 803 666
 Fax: +64 3 319 5015
 info@whitemorph.co.nz
<http://www.whitemorph.co.nz>

The White Morph Heritage Boutique Collection offers some of the best accommodation in Kaikoura. Set on the Esplanade in iconic Kaikoura, The White Morph enjoys commanding views of the ocean right to the distant horizon and mountains, and gives you access to all of the region's many experiences.

DAY 8

Saturday, April 9

Arthur's Pass National Park. Hike to Devil's Punchbowl Waterfall

We depart Kaikoura for the mountains, stopping along the way for our second wine tasting and lunch at the vineyard. Riesling is on the menu this time around, and the best examples come from Waipara. After lunch we continue west towards the magnificent Southern Alps and our destination for the next two days, Arthur's Pass National Park. Here there are a variety of alpine tracks to explore and an opportunity to learn from natural history experts about the flora and fauna of this area.

Before arriving at our accommodation, we'll hike to the Devil's Punchbowl, a spectacular 431 foot high waterfall in the heart of the Southern Alps.

Our base for the next two nights is **Flock Hill Station**.

90 minute walk - Easy
 Driving time Kaikoura to Arthurs Pass - 6 hours
Breakfast, Lunch and Dinner

Overnight at **Flock Hill Station**
 The Great Alpine Highway
 Craigieburn Valley, Cass, New Zealand
 mail@flockhill.co.nz

Tel: +64 3 318 8196
www.flockhill.co.nz

Flock Hill Station is a 36,000 acre working sheep station that farms fine wool sheep, beef cattle and red deer. It has many interesting historical and geological features. Established in 1857 Flock Hill Station is nestled in the heartland of the Southern Alps of New Zealand, and is the ideal place to experience New Zealand's legendary high country setting. The beautiful and spacious landscapes (scenes from Narnia were filmed here!), its picturesque gardens, warm hospitality, and cozy cottage accommodations make our time here a memorable experience.

DAY 9

Sunday, April 10

Hiking in Arthur's Pass

This morning we depart for Castle Hill, a popular stop along the Great Alpine Highway and the perfect contrast to the lush beech forest of Arthur's Pass. This part of the Canterbury high country was once home to forest life also, but over centuries the bush was cleared by both Maori and European settlers. The huge limestone boulders provided shelter for Maori food gathering and greenstone parties. This area is called Kura Tawhiti, which means "the treasure from a distant land," referring to the precious food source, the kumara (sweet potato), which was cultivated here. European history dates back 150 years, when the first Canterbury settlers spread out from the plains into the high country in search of land to graze their stock. The history to neighboring Castle Hill station is a whole encyclopaedia in itself.

What will take your breath away, however, are the extraordinary limestone rock formations, which can be seen in the distance from the high points on the highway, as they keep getting bigger and bigger the closer we get. We take an easy flat walking track up to the boulders, then follow the trail through the maze and into the center of the rocks. It's easy to imagine groups of early travelers resting under the rock overhangs and preparing food around cooking fires. There's an energy here that is almost tangible, and it was recognized in 2002 by the Dalai Lama when he christened Castle Hill as a "Spiritual Center of the Universe"! We'll have a picnic lunch among the boulders, and see if we can catch that energy!

After dinner we discover the southern sky and its most distinctive constellation, the Southern Cross.

2 hr walk - Easy

Breakfast, Lunch and Dinner

Overnight at **Flock Hill Station**

DAY 10

Monday, April 11

West Coast Drive to Punakaiki

Leaving Arthur's Pass Lodge, we descend from the high country to the coast along the Otira River. Traveling to the legendary west coast, we begin to notice a huge change in the landscape, from the rugged upland forest to temperate coastal rainforest. We'll stop at Arthur's Pass visitor's center, which has excellent informative displays of flora and fauna.

We'll have lunch in Greymouth, an old gold-mining town with phenomenal seascapes, before beginning our hike on the Point Elizabeth Walkway. With superb views over the wild coastline, seals are often spotted along this walk. Descending to the beach for a drink at the local watering hole, we continue our drive into Punakaiki, our base for the next two nights.

Punakaiki is a stunning coastal village known as the "jewel of the west coast." Surrounded by magnificent coastal forest and craggy mountains, the town was an important stopping place for the Maoris on their oceanic adventures.

Our hotel for the next two nights is the **Punakaiki Resort**, with panoramic views of the ocean.

2 hour walk - Easy

Driving time Arthurs Pass to Punakaiki - 1 hour 40 minutes

Breakfast and Dinner

Overnight at **Punakaiki Resort**

State Highway 6,

Punakaiki, NZ

Tel: (NZ): 03 731 1168

(International): + 64 3 731 1168

Fax: + 64 3 731 1163

<http://www.punakaiki-resort.co.nz>

Situated on New Zealand's wild West Coast, 30 minutes north of Greymouth and less than 200 feet south of the famous Pancakes Rocks and Blowholes, the Resort is surrounded by the Paparoa National Park and is only a stone's throw from the beach. The rooms are designed in harmony with the local environment to maintain a sense of privacy and seclusion and have either ocean or rainforest views.

DAY 11

Tuesday, April 12

Explore Pancake Rocks at Punakaiki and Hike in Paparoa National Park

In the morning we walk to and explore the famous Pancake Rocks, stratified limestone rock formations which become dramatic blowholes at high tide. We then walk in the Paparoa National Park along the Inland Pack Track, a trail built by the town's earliest settlers. This park has a very tropical feel due to its many nikau palms, tree ferns and subtropical forest. The trail follows the Pororari river, peat colored and littered with huge boulders and sculpted caverns and canyons. We trek inland through the forest before crossing the glacial blue Punakaiki river.

This evening you'll have time to relax before dinner, or take a walk on the beach.

3 to 4 hour walk - Moderate

Breakfast and Dinner

Overnight at **Punakaiki Resort**

DAY 12

Wednesday, April 13 **Franz Joseph Glacier Walks**

With some 140 glaciers making their way down from the Southern Alps, this area is fittingly known as glacier country. Few sights equal the spectacle of two of these giant frozen rivers (Franz Joseph and Fox Glaciers) imperceptibly grinding their way down through temperate rain forest to just 820 feet above sea level. We'll spend most of the day near Franz Joseph Glacier hiking up through the forest to either Alex Knob or Roberts Point, both of which give incredible views of the ice. These hikes can be inaccessible in wet weather, so we many opt to hike close to the terminal face of Fox Glacier, around Lake Matheson and to the Blue Pools near Haast Pass instead.

Returning to our hotel in late afternoon, you are free to enjoy one of the numerous cafes and restaurants in town.

Hike - Moderate

Driving time Punakaiki to Franz Joseph Glacier - 3 hours

Breakfast

Overnight at the **Rainforest Retreat**
46 Cron Street, Franz Josef, West Coast
South Island, New Zealand
Tel: +64 3 752 0220
Email: comestay@rainforestretrat.co.nz
<http://www.rainforestretrat.co.nz/>

Rainforest Retreat is located in the Franz Josef Glacier village, in the heart of New Zealand's Glacier Country, on the South Island's West Coast and is part of the Te Wahipounamu World Heritage Area. Nestled in six acres of native bush and surrounded by lush punga groves, Rainforest Retreat was built to embrace the natural environment. A temperate rain forest area containing beautiful punga groves, it is almost squashed by the immense Franz Josef Glacier inland and the wild Southern Ocean that relentlessly batters the coast creating some of the wildest scenery in New Zealand.

DAY 13

Thursday, April 14 **From Franz Joseph Glacier to Central Wanaka, Hike and Jet Boat Ride**

From the verdant rainforest we travel to Central Otago, one of Gillian's (our guide) favorite New Zealand regions. The landscape is a complete contrast to the rainforest: a dramatic moonscape with dry, barren mountains, rugged rock formations and magnificent rushing glacial rivers and lakes. The color of the water is quite extraordinary, a vivid blue-green which is the result of glacier melt. This area was originally settled by gold miners and subsequently abandoned when the gold ran out. However, the new industry of winemaking has developed, and it has brought a breath of life to the dry interior. Winemaking and tourism are now the mainstays of this economy, and Central Otago has become internationally recognised for its wine.

Arriving in Wanaka, there will be time to settle into the hotel and have lunch before our afternoon walk along the mighty Clutha River. At the end of this leisurely walk, we'll take an exhilarating

hour-long jet-boat ride back to Wanaka, powering across the surface of water channels that weave through the shingle banks of braided rivers and lakes. What a ride!

Our base for the next two nights is the centrally located **Te Wanaka Lodge**.

2 hours walk - Easy

Driving time Fox Glacier to Wanaka - 3 hours

Breakfast and Dinner

Overnight at **Te Wanaka Lodge**

23 Brownston Street

Wanaka, New Zealand

info@tewanaka.co.nz

Tel: +64 3 443 9224

Fax: +64 3 443 9246

<http://www.tewanaka.co.nz/>

Te Wanaka Lodge is a contemporary European-style 13-room bed and breakfast lodge, located in the heart of Wanaka Village. Te Wanaka Lodge has a great reputation as a fun and friendly place to stay. A delicious breakfast is served around a huge antique dining table and features a continental buffet and daily changing cooked option. Enjoy the delicious home baking for afternoon tea each day.

DAY 14

Friday, April 15

Wanaka Glendhu Bay Track

Otherwise known as the Glendhu Bay Track, this walking trail connects Wanaka township to Glendhu Bay via the Waterfall Creek Track. The track offers some of the best views in Wanaka, without huge climbs. Part way along we climb to Roy's Peak (which really does offer the best views of Wanaka). Here we'll have a picnic lunch overlooking spectacular views of the lake.

On our return we'll stop at Rippon, one of Wanaka's best known wineries for a tasting. It certainly has one of the best settings in the world!

Tonight you are free for dinner to sample one of Wanaka's many restaurants.

4 hour walk - Moderate

Breakfast

Overnight at **Te Wanaka Lodge**

DAY 15

Saturday, April 16

Queenstown, the Adventure Capital of the South Island

Today's drive takes us through yet more vineyards on our way to Queenstown. You might be thinking that vineyards have replaced sheep paddocks, and you are correct! Although vines have been planted here for over a century, it is only quite recently that the wine industry has hit its

stride. Until the 1950s, virtually no one in New Zealand drank wine except European immigrants, since the national drink was considered to be tea.

However, times have changed and Central Otago is now one of the most successful areas for Pinot Noir in New Zealand, if not the world, and commands prices accordingly! And, if you're a Lord of the Rings fan maybe you'll recognize many of the locations of Middle-earth here in Central Otago! We drive through some wild and starkly beautiful scenery before our arrival in Queenstown, New Zealand's adventure capital, just before lunch.

This afternoon is at leisure to explore the town. Queenstown is one of New Zealand's top visitor destinations and once you are here, you'll understand why. Captivated by the majestic beauty of the surrounding mountains and rivers, it's rumoured that gold prospectors gave this now cosmopolitan town its name. Queenstown sits on the shore of crystal clear Lake Wakatipu among dramatic alpine ranges.

There is never a shortage of things to do in Queenstown, the home of the ultimate adventure bucket list. There's skiing in the winter and activities such as bungee jumping, sky diving, canyon swinging, jet boating, horse trekking and river rafting all year round. Some AdventureWomen on our last trip took the ultimate challenge and went bungee jumping. Will you?

Driving time Wanaka to Queenstown - 1 hour

Breakfast and Farewell Dinner

Overnight at **Crowne Plaza Hotel**

Crowne Plaza Queenstown

93 Beach Street

Queenstown 9300, New Zealand

Tel: +64 3 450 2674

E-mail - crowneplaza.queenstown@ihg.com

<http://www.crowneplazaqueenstown.co.nz>

The Crowne Plaza Queenstown is idyllically located in the heart of Queenstown and with breathtaking views across Lake Wakatipu to The Remarkables mountain range. It combines the best in location, service and comfort. Just across the road is Steamer Wharf where you will find great dining, bars and entertainment. Alternatively, you can depart here for a cruise on the TSS Earnslaw Vintage Steamship. Skyline Gondola is also just 5 minutes on foot. This is a wonderful hotel in which to end our New Zealand adventure, and if you choose to stay longer in Queenstown, you may want to stay here on your own!

DAY 16

Sunday, April 17

Departure for Home, OR Stay in Queenstown for a Few More Days of Adventure!

Queenstown Frankton Airport is an easy 5 mile taxi ride from the hotel.

Breakfast

What to Bring

Since this adventure incorporates everything from hiking in New Zealand's Alps, jet boat rides, sea kayaking, and more, the list of what to bring is varied—to say the least!

Weather in New Zealand's Alps, as in any mountainous terrain, can be unpredictable. To be comfortable and safe in this environment, a wide variety of clothing is needed so that you can “layer” for cold weather (i.e., near glaciers and in the mountains), or take off “layers” if it is warm (i.e., sea kayaking in Abel Tasman.) This list tries to incorporate everything you should bring to be comfortable for any of the activities in which you participate.

The beginning of April is the beginning of Fall, which is perhaps one of the best times of the year for outdoor activities! Days can be sunny and warm, and nights can be cool.

Ideally, you should bring one soft-sided suitcase or duffel bag, and your daypack should act as your carry on bag. Your carry on bag should contain one change of clothing, your camera equipment, all medications and your important travel documents. **PACK LIGHTLY!**

- Medium-weight womens hiking boots. It is best NOT to wear shoes, even if they are walking shoes, because ANKLE support is absolutely essential, as is a good Vibram hiking boot sole. You do not need to buy heavy, leather boots as there are numerous, medium-weight, quality hiking boots on the market. Asolo, Garmont, Merrell, Vasque, and other makes are widely available and designed especially for women. Since they are waterproof, Gore-tex boots, although a bit more expensive, are our first choice. Other boots should be waterproofed with one of the excellent waterproofing products available such as Nikwax. **MAKE SURE** your boots are well broken-in and that they fit properly. **PLEASE DO NOT COME ON THIS TRIP WITH A PAIR OF BOOTS YOU HAVE NEVER WORN BEFORE!**
- Comfortable hiking socks (Thorlo's or similar). It is best to wear two pairs of socks while walking, a thin liner sock and a thicker wool or hiking sock.
- Rain gear: You should be well prepared for whatever conditions occur. Therefore, it is very important to bring a good waterPROOF (not just waterREPELLENT) rain suit (jacket and pants). A rain parka or poncho will not keep your legs and feet dry, and it is important that your entire body is covered in a downpour. Many outdoor stores carry inexpensive rain suits, but beware of cheap VINYL gear that may tear easily at the seams. Your rain parka can also act as a lightweight wind jacket.
- Comfortable shoes for the evening in lodges/inns/hotels.
- Medium-weight jacket, fleece jacket, or sweater for cool mornings and evenings. Maybe a pair of lightweight gloves and hat.
- Day pack 1,200-2,000 cubic inches/20-30 liters:: this should be large enough to carry a spare jacket, rain gear, camera, lunch, and a drink (or water bottle), and have comfortable, padded waist and shoulder straps.
- Money belt, waist pouch, or a way to carry your money, passport, and airline tickets. You can leave these valuables at the hotels while day hiking.
- One-quart water bottle. We recommend the 24 oz. Nalgene Everyday OTG Tritan Bottle. Made of Eastman Tritan™ copolyester, the bottle is completely BPA-free. Tritan™ copolyester provides excellent impact resistance and is suitable for both warm and cold beverages.
- Pants (loose and comfortable for walking) and two pairs of walking shorts (if you like to wear shorts). Zip off pants are often the most versatile.
- Shirts (long- and short-sleeved) and a few T-shirts.
- Underwear, sleepwear.
- Extra clothes for evenings. Nice, casual clothes for relaxed dinners out. Hat for sun and rain protection.

- Swimsuit.
- Three bandannas (100% cotton) for uses too numerous to mention.
- Swiss Army knife or equivalent (for picnics, opening wine bottles, cutting cheese, etc.). Be sure to pack this in your checked luggage.
- Sun hat and sunglasses with securing strap.
- A spare pair of glasses (if you wear glasses).
- Sunscreen, lip balm with sunscreen.
- Small flashlight with spare batteries and bulb to use if you need to get up at night and don't want to wake your roommate by turning on the lights.
- Earplugs. We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs, which you can buy at most drug stores, or at www.earplugstore.com. Good to 22 decibels!
- Small travel alarm clock.
- Toiletries, prescription medications, and a washcloth (sometimes not provided in Europe).
- Ziploc bags in various sizes for dirty boots and dirty clothes, etc.
- A collapsible walking stick (to fit into your suitcase) if you prefer to hike with one.
- One or two collapsible walking stick(s), which fit into your suitcase. Assists on uneven terrain, and protects knees on famous Kiwi descents and ascents.
- Optional: Lightweight binoculars, journal, a relaxing book, and field guides to New Zealand wildflowers, mammals, and birds.

Electricity

A New Zealand power plug and outlet looks like this:



Most outlets in New Zealand are grounded and have switches on them for extra safety. The standard New Zealand power plug has two flat pins that form a V-shape, as well as an earthing pin. Although you can use both grounded and ungrounded plugs in those outlets, we still recommend that the plug adapter you take with you is a grounded one, as it can be dangerous to use the grounded plug of one of your appliances into an ungrounded plug adapter.

Camera Equipment

For many women, photography will be a VERY LARGE part of this trip. The opportunities are endless, and the scenery spectacular! We suggest that you bring many more memory cards and batteries than you think you could ever use!

- Digital camera, memory cards, battery chargers. You will be able to charge all of your batteries in hotels.
- Any camera gear you carry during the trip should be in a backpack or in a bag that will leave your hands free. It is also recommended that a tight sealing camera bag be used to protect your camera equipment from moisture, dust, sand and dirt. Large Ziploc bags are especially handy.

Personal First-Aid Kit (bring in small amounts in small containers)

- Foot powder for moisture absorption; cloth, not plastic Band-aids; about 10 individually wrapped alcohol pads; and a small tube of Neosporin or other antibiotic cream.
- Aspirin/ibuprofen, etc.
- Cold-symptom relief tablets, antihistamine, cough drops.
- Tweezers.
- Ace bandage.
- Systemic antibiotic (prescription)/optional (but not a bad idea to always take this on international trips.)
- Prescription medicines in their original bottles.
- Acidophilus enzyme (available in capsules in health-food stores). This often helps your digestive system get in shape for "new" flora.
- Immodium, Lomotil, or similar anti-diarrhea medicine.
- Pepto-Bismol tablets and/or liquid (in leak-proof bottle).
- Laxative tablets.
- Visine or similar eye drops.

Last Minute Reminders

- Make photocopies of your airline tickets and the first two pages of your passport, and put them in different locations (suitcase, carry-on bag, etc.).
- Bring 2-3 extra passport size photos to use in emergencies.
- Your valuables should be insured for the duration of the trip, but better yet, leave them at home.
- Remove extra credit cards, driver's license, and personal items from wallet or purse.
- Make sure passport and airline tickets are valid and in the correct name.
- Check with airline to reconfirm reservations and departure time.

Some Extra Items to Add to your "What to Pack" List

We are always updating and adding items for all international trips. With over 32 years of experience flying around the world, we think these items help make your long airline flights much more comfortable and even more bearable:

- Neck pillow - Inflatable neck pillow for blissful support and deep sleep. For packing, it folds into itself. Self-sealing valve means nothing to close. Soft microfleece cover removes for washing.
- Sleep mask /Comfort eye shade - Ultra lightweight and comfortable, the Comfort Eye Shade screens out light and distractions for a cozier flight. Ultra-soft micro fleece for comfort. Adjustable elastic strap for a perfect fit. Made of Molded Polyester Micro Fleece.
- Travel compression socks - Reduce ankle and leg swelling and reduce the risk of deep vein thrombosis. These doctor-designed socks stimulate circulation through gradual compression that stops swelling and guards against (DVT). Made of coolmax®-lycra®-nylon. The TravelSox® cushion Walk Socks have extra-padded soles and are made of moisture wicking SoftPrim®.
- Noise canceling headphones - Block out unwanted sounds of children crying and airplane engine drone, and/or enjoy great audio sound. Reduce distortion and increase perceived loudness so you can enjoy sound at a lower volume. Get the around the ear design, which is very comfortable.

About Adventure Travel Today - Please Read Carefully!

At AdventureWomen, we would like to ensure that all participants understand that our excursions are *adventure travel vacations*, and not "tours." We define "adventure travel" as travel in which one *actively participates*, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an *active, out of the ordinary vacation, and meet new friends*. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a *good-natured realist* and have a *sense of humor!* *Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist*, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. *Being on time is important*, and contributes to the congeniality, success and well being of both individuals and the group!

Thank you for choosing to travel with AdventureWomen! *If you have any questions or concerns, please don't hesitate to call, write or email us.*

AdventureWomen, Inc.
300 Running Horse Trail
Bozeman, MT 59715
800-804-8686
406-587-3883 (outside the U.S.)
trips@adventurewomen.com