NEW ZEALAND
From an Insider’s Perspective

February 26 - March 9, 2018
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TRIP HIGHLIGHTS
- Travel with Judi Wineland, AdventureWomen owner
- Explore the Great Barrier Island, a remote area rarely even visited by New Zealanders
- Enjoy a lunch with local New Zealand women at Judi Wineland’s home on the Great Barrier Island
- Swim, kayak, paddleboard, surf, and explore on foot throughout your trip
- Walk segments of the dense forests of the Routeburn, Kepler, and Milford Tracks
- Sip exceptional New Zealand wines with your new AdventureWomen friends

TRIP ROUTE
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QUICK VIEW ITINERARY
Day 1: Fly to the Great Barrier Island, spend a morning at the beach, welcome dinner
Day 2: Kayak, paddle board, swim, or take a yoga class, Kaitoke Hot Springs walk
Day 3: Walking tour of Glenfern Sanctuary, enjoy a private boat cruise
Day 4: Fly to Auckland, explore Waiheke Island and local vineyards
Day 5: Fly to Queenstown, drive to Wanaka, relax at your hotel
Day 6: Full-day kayak experience on Lake Wanaka, hike to a lake on an island in a lake
Day 7: Visit a glass gallery, bungee jump, skydive, or zipline in Queenstown
Day 8: Drive to Te Anau, visit a local farm and learn about how they keep animals
Day 9: Go heli-hiking on the Kepler Track, have a picnic with panoramic views
Day 10: Hike on the Milford Track, afternoon boat cruise on Milford Sound
Day 11: Tramping on the Routeburn Track, drive to Queenstown, farewell dinner
Day 12: Depart for the US

TRIP PRICE
Main Trip: $6,990
Internal Air: $390
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We rate this trip as moderate. You should be able to hike for three to five miles and kayak for a few hours at a time. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you to ensure that you are prepared for the trip. Visit https://fitfortrips.com/partners/adventure-women/ for more information.

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.
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Forms and Final Payment:
Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before November 28, 2017.

Passports and Visas:
Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Health Considerations:
Make an appointment with a travel clinic. There are no immunization requirements for travel to New Zealand, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about New Zealand.

Money:
The currency of New Zealand is the New Zealand Dollar. As of May, 2017, US$1 = NZD 1.45. ATMs are accessible in major cities, but not on Great Barrier Island. Credit cards are generally accepted, but you should have a Visa or Mastercard with a security chip.

Suggested Gratuities:
- Guide: $8-10 per day
- Driver: $5-8 per day

Tipping is not required at restaurants.
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Arrive: Arrive in Auckland, New Zealand (AKL) on February 26, 2018 before 7:00am. We recommend Air New Zealand.

Depart: Depart Queenstown, New Zealand (ZQN) on March 9, 2018.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you’d like to do anything prior to or following the AdventureWomen trip, we’d be delighted to help you arrange any trip extensions you’re interested in.

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 release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.
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Packing Considerations: New Zealand has a fairly laid-back outdoor lifestyle. When you pack for New Zealand, you should be prepared for hot weather during the day, cool temperatures in the morning and evenings, windy days and potentially wet days too. This is true any time of year. Layering is important.

There is a strict weight limit for your luggage on your internal flights. Your checked bag and carry on combined cannot weigh more than 39lbs.

Clothing and Gear:
- Duffel bag or small suitcase
- Daypack
- Rain cover for daypack
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Comfortable walking shoes
- Water shoes/sandals
- 4-5 pairs hiking socks
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of nicer clothes for dinner
- 1-2 bathing suits
- Gore-Tex jacket
- Gore-Tex pants
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras
- Sleepwear
- Small, quick-dry towel

AdventureWomen Essentials:
- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Your AdventureWomen insulated bottle (good for hot or cold drinks!)
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
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is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

your adventure in depth

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Essentials Continued:
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack’s Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:
- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don’t forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.
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Cancellations and Refunds
Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 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. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips
If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

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.

Health Insurance
You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today
At AdventureWomen, we want everyone to 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!
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DAY 1
Monday
2/26/18

Arrive on the Great Barrier Island

Great Barrier Island, also known by the Maori as Aotea, lies 60 miles off the coast of Auckland. As you fly from Auckland, there will be dolphins and whales below and the jagged mountains of the Barrier ahead. Beautiful white sandy beaches, regenerating native bush and forest, rare plants, and birdlife are just some of what you will see on the island. The Barrier is off-the-grid for the 850 locals who collect rain water, use solar panels, and live off the land and sea, with supplements from the local store. Artists, Iyengar yogis, fishermen, and conservationists live here and are working together to protect this beautiful wild place.

**Fly to Great Barrier Island**
After you clear customs you will be met and transferred via a walkway to the domestic terminal for your flight to the Great Barrier Island, one of New Zealand’s last wilderness areas. You have a strict weight limit for this flight, so pack carefully!

**Morning at the Beach**
After you land, head to Medland’s Beach for the morning. Take a long walk along the ocean, go for a swim, and take a moment to reflect and relax after your long flights from the US.

**Lunch at a Local Café**
Enjoy a leisurely lunch at a local restaurant. Visit the art gallery nearby.

**Milk, Honey, and Grain Museum**
This quaint and quirky museum has an extensive array of old photographs from the Island and a number of old artifacts.

**Welcome Dinner**
Have a dinner and orientation with your group.

Accommodations
Tipi and Bob’s Waterfront Lodge
Meals Included
lunch, dinner
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DAY 2
Tuesday
2/27/18

Great Barrier Island
Far from traffic and city lights, Aotea is the ultimate place to get away from it all. The clear warm waters around the island are perfect for a swim or kayak, the lowland bush trails through beautiful coastal forests provide the perfect canopy for a gentle walk, and the local hospitality is evident during your exclusive visits on the Island.

Optional Morning Activities
Begin your morning with an array of activities to choose from: kayak, paddle board, or swim in the ocean, take a private yoga class with Linda Powers who studied under BSK Iyengar, or enjoy a massage or time in the sauna at the Cossum Park Retreat.

Lunch at Judi’s Home
Walk to Judi’s home for a lunch with a group of local women. Karen, a conservationist who has dedicated her life to protecting the birds on the island will tell you about her gallant efforts to save the Kaka parrots, Tuis, fantails, and wood pigeons that bedeck the forests throughout the Barrier. Local artists will also share their stories of life on the Barrier.

Kaitoke Hot Springs Walk
Head to the Kaitoke Hot Springs on foot. The walkways in New Zealand are famous for their architectural design, sturdiness, and beauty. This path follows an ancient shoreline traversing the Kaitoke wetlands and regenerating Kanuka forest. In this dense forest you will hear the call of the fantails, see the orchids, sun dew flowers, and native carnivorous plants, and end at the hot pools surrounded by the umbrella ferns. Going into the hot pools is not for the faint of heart - these pools are hot and murky, but soothing for all bodies.

Dinner
Head to the local Irish pub after the hot springs for a New Zealand beer, a glass of Sauvignon Blanc, or a good Pinot Noir and dinner. Dinner is on your own.
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DAY 3
Wednesday
2/28/18

Great Barrier Island
Travel across the length of the Barrier today, stopping to hike, to walk on the empty white sand beaches, and to visit the Island’s Organic Vegetable Farm, Okiwi Passion. Okiwi Passion operates on eight acres in the small northern settlement of Okiwi on the east coast of Great Barrier Island. They are very fortunate to have incredibly fertile alluvial soil with excellent structure, created by millennia of soil building in the Okiwi basin, and a very warm microclimate assisted by 30 year old bamboo shelterbelts (essential for the extraordinary winds on the Island).

Glenfern Sanctuary
Walk on the trails of the Glenfern Sanctuary after an informative talk on what they are doing to protect the wildlife. Glenfern Sanctuary is a predator controlled forest, where threatened and endangered species are able to thrive once more. From its humble inception over 20 years ago, the epic story of Glenfern has evolved throughout the years to become a center of rare biodiversity and pride for this remote island community. Bordered by a predator-proof fence and the waters of the Hauraki Gulf, Glenfern is a very special place.

Private Boat Cruise
Board a private boat to travel along the rugged west coast, cruising around the Broken Island, looking for dolphins, whales, blue penguins, diving gannets, black petrels, and dropping a line in to fish for Snapper. Enjoy lunch on board.

Dinner
Enjoy dinner on your own at Tipi and Bob’s tonight - maybe fish and chips from the afternoon’s catch!
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DAY 4
Thursday
3/1/18

Great Barrier Island to Auckland
Tantalizingly close to Auckland and blessed with its own warm, dry microclimate, blissful Waiheke Island has long been a favorite escape for city dwellers and visitors alike.

Morning Flight
Fly back to Auckland this morning.

Ferry to Waiheke Island
After a 35 minute ferry ride from downtown Auckland, arrive on Waiheke Island, which is filled with vineyards, olive groves, and artisan galleries.

Vineyards and Galleries of Waiheke
Spend the day visiting world renowned vineyards and exploring the many art galleries on the island. Enjoy lunch at Peacock Sky Vineyard on your own where you will taste their estate-grown wines accompanied by sample-sized portions of chef-inspired dishes designed to enhance your appreciation of their wines; each tasting is designed to celebrate the intimate relationship between wine and food.

Return to Auckland
Return to Auckland, the City of Sails, home to 32 percent of the population. Check into your hotel and begin to explore the Viaduct Harbor, which is home to more than 30 bars and restaurants and a great place to just sit and relax and watch the ships go by. Enjoy dinner on your own this evening along the harbor.

Accommodations
Sofitel Auckland Viaduct Harbor
Meals Included
breakfast
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DAY 5
Friday
3/2/18

Auckland to Wanaka

Fly from Auckland to Queenstown and head to Wanaka, the mecca for outdoor adventurers, for the next two nights. The town of Wanaka is situated at the southern end of New Zealand’s fourth largest lake, Lake Wanaka, and is bedecked by the Southern Alps. It is the gateway to Mount Aspiring National Park. If you love the great outdoors and you enjoyed exploring the Barrier, you’ll love the natural beauty of Wanaka. The sheer majesty of New Zealand’s landscapes and the hospitality of the Kiwis continues on the South Island: crystal clear lakes, striking landforms, soaring mountains, clean air, and a great sky for stargazing.

Fly to Queenstown this morning.

Drive to Wanaka
Stop along the way for a coffee and lunch on your own or visit the Cardrona Distillery for a tour.

Lunch
Enjoy lunch along the way.

Relax at Your Hotel
Check into your hotel and relax this evening.

Accommodations
Edgewater Hotel

Meals Included
breakfast, lunch, dinner
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DAY 6
Saturday
3/3/18

Wanaka

Visitors from around the world come to Wanaka for the energy, a feeling that sets Wanaka apart, and makes it an incredible base for outdoor activities. In the Maori language, Wanaka means “renewal of the soul”, just what you will enjoy during your stay here.

Lake Wanaka by Kayak

Head out on Lake Wanaka in kayaks today, with Mt. Aspiring Park towering over you. You will paddle through some of the region’s most iconic, remote, and beautiful landscapes as you head to ‘Mou Waho island. Walk to the summit of the island to find a true natural wonder of the region, a secret of the great walks of Wanaka - a lake on an island on a lake. Head back to the beach for a gourmet picnic lunch. To top it all off, take a scenic boat cruise back to Wanaka, relaxing on board this afternoon.
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DAY 7
Sunday
3/4/18

Wanaka to Queenstown

If you are an Adventure Woman, you will love Queenstown. Surrounded by the magnificent Remarkables and framed by the meandering coves of Lake Wakatipu, Queenstown is considered to be the Adventure capital of the world.

Hoglund Art Glass Gallery and Shop

Before heading out of Wanaka, stop at the Hoglund Art Glass Gallery and Shop. Glass artists Ola and Marie welcome visitors to their new gallery showing paintings, blown glass, and fused glass jewellery. It is set amongst wineries and vineyards in the midst of the tranquil Central Otago countryside. Their art is internationally renowned and sought after by both public and private collectors - it is hard to leave without a Dichroic glass pendant.

An Extreme Afternoon

Now is the time to do things you’ve never done before: bungee jump, skydive, zipline, or take a wild swing and enjoy views of Queenstown from atop the Skyline Gondola. You could also spend the afternoon at the Queenstown Gardens. Late this afternoon, head back to your luxurious hotel in the center of town on Lake Wakitipu.

Dinner

Enjoy dinner on your own this evening.

Accommodations
Novotel Queenstown Lakeside
Meals Included
breakfast
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DAY 8
Monday
3/5/18

Queenstown to Te Anau

The township sits on the edge of Lake Te Anau, lying on the border of Fiordland National Park and Te Wahipounamu World Heritage Area. The night sky here is famous. The Maori used it not only to navigate to the island but also made astronomy and star lore a part of their culture and daily lives.

Morning Drive to Te Anau
From Queenstown, follow the road to Te Anau as it winds around the gentle curves of Lake Wakatipu. The scenery here is stunning - lakeside vistas are framed by the rugged face of a magnificent mountain range appropriately named The Remarkables. Easy rolling countryside soon leads you to the shores of Lake Te Anau, the biggest of the South Island’s many lakes. On the western side, the long arms of the lake disappear into the looming, densely forested Murchison Mountains.

Lunch
Enjoy lunch along the way.

Farm Visit
Wending your way deeper into the southern forests and beautiful farmlands. Unique native birds such as the Kak, Tui, Kea, and the Parakeet are plentiful. A trip to New Zealand must include a visit to a working farm. Often the farms run ewes, hinds (deer), cattle, and a handful of Scottish Highland Cattle along with hens and working farm dogs. Enjoy a ride around the farm with plenty of opportunities to ask questions. Enjoy tea at the farm.

Dinner
Enjoy dinner with the group this evening.

Accommodations
Distinction Te Anau Hotel

Meals Included
breakfast, lunch, dinner
Te Anau

Unlike many other multi-day walks, which evolved from Maori greenstone trails or pioneer exploration routes, the Kepler Track was custom-made - built for pleasure, rather than necessity. Opened in 1988, the track was carefully planned to show walkers all the best features of Fiordland - moss-draped beech forest, prolific bird life, tussock high country, huge mountain ranges, cascading waterfalls, vast glacier-carved valleys, luxuriant river flats, and limestone formations. Vast tussock-covered ridgelines and spectacular alpine vistas contrast with peaceful lakeside and valley beech forest in this wilderness area.

Heli-Hiking on the Kepler Track

Departing from Te Anau Airport, your day will start with a wonderful scenic flight over Lake Manapouri and the Fiordland Mountains. Land at Mount Luxmore and enjoy glorious panoramic views during a picnic lunch. After lunch, visit the Luxmore caves before beginning the hike down the Kepler track to Lake Te Anau. Finish by walking back to Te Anau township via the lakeside walking track.

Dinner

Dinner is on your own this evening.
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DAY 10
Wednesday
3/7/18

Te Anau
Experience what is considered one of the nicest walks in the world as you retrace the steps of early explorers on the world-renowned Milford Track. Walk along valleys carved by glaciers, wander through ancient rainforests, and admire cascading waterfalls.

- **Walk the Milford Track**: Go on a 7-mile walk on the Milford Track this morning to the Giant Gate Waterfall. Enjoy a picnic lunch in this spectacular setting along the way.
- **Boat Cruise**: Experience this majestic landscape from the water. This two-hour boat cruise in Milford Sound will give you a different perspective on the area.
- **Dinner**: Enjoy dinner after an exciting day exploring this remarkable landscape.

Accommodations
Distinction Te Anau Hotel

Meals Included
breakfast, lunch, dinner
**Te Anau to Queenstown**

The Routeburn Track is a world-renowned hiking track on the South Island of New Zealand. The track is usually completed by starting on the Queenstown side of the Southern Alps, at the northern end of Lake Wakatipu, and finishing on the Te Anau side, at the Divide, a few miles from the Homer Tunnel to Milford Sound.

- **Explore the Routeburn Track**
  - Explore the Routeburn Track on a guided walk. In New Zealand, you go “tramping” instead of hiking. This adventure is complete with a scenic picnic lunch.

- **Drive to Queenstown**
  - Drive to Queenstown. Check in to your hotel and enjoy the afternoon on your own.

- **Farewell Dinner**
  - Enjoy a farewell dinner this evening and celebrate the end of an exceptional trip.

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**Accommodations**

Novotel Queenstown Lakeside

**Meals Included**

breakfast, lunch, dinner
Queenstown and Depart

Enjoy one last morning in Queenstown before departing for the US.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport in Queenstown for your flights home.

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.
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Accommodation Details

Tipi and Bob’s Waterfront Lodge
You know you’ve gotten away from it all when you’re relaxing on the deck looking out over breathtaking sea views, watching dolphins frolic in a sun-kissed sea. Enjoy fresh-from-the-ocean seafood and kick back in the bar.

Sofitel Auckland Viaduct Harbor
Relish in the sophisticated ambiance and exquisite surroundings of your elegant guest room or suite. Floor to ceiling windows allow an abundance of natural daylight while private Juliet balconies open up to the views of the city or the marina.

Edgewater Hotel
Step into Edgewater’s spacious guest rooms and you’ll be mesmerised by views of the magnificent Southern Alps, deep blue Lake Wanaka and the surrounding lush lawns.

Novotel Queenstown Lakeside
Centrally located on the shores of Lake Wakatipu, treat yourself to tranquility at Novotel Queenstown Lakeside. Start your day fresh with a breath of mountain air on your balcony and a delicious buffet breakfast in the airy restaurant. Your welcoming room awaits you to soak up Queenstown’s natural beauty at the end of a great day at Novotel.

Distinction Te Anau Hotel
Distinction Te Anau Hotel and Villas offers chic, elegant accommodation for the perfect Fiordland getaway. Surrounded by extensive, colourful gardens and overlooking spectacular Lake Te Anau and the Fiordland ranges, this hotel sets the tone for your stay in one of the world’s most breathtaking regions.
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Included/Not Included

Included:
- All hotel accommodations throughout the trip
- All meals as listed in the itinerary
- All ground transportation
- Fully-guided sightseeing as indicated in the itinerary
- Guides throughout the trip
- One AdventureWomen Associate

Not Included:
- International airfare to and from New Zealand
- Optional activities as listed in the itinerary
- Meals not specified in the itinerary
- Alcoholic beverages
- Fees for passports, visas, or immunizations
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities for guides and drivers