

# around the mountains & doubtful sound overnight



## trip highlights

Enjoy the Around the Mountains trail through small settlements and lush farmland

Overnight on a luxury yacht on the majestic Doubtful Sound

Experience the “sounds of silence” of Doubtful Sound

Ride the new Lake to Lake trail from Lake Manapouri to Lake Te Anau

Cycle through the alpine landscapes of the remote Von Valley

Discover the pristine Mavora Lakes

Unique barge transport across Lake Wakatipu



<b>Trip Duration</b>	5 days	<b>Trip Code:</b> ATMD
<b>Grade</b>	Introductory to Moderate	
<b>Activities</b>	Cycling	
<b>Accommodation</b>	3 nights hotel/motel, 1 night boat cruise	

## Kia ora from Adventure South

Thank you for your interest in our Around the Mountains & Doubtful Sound Overnight adventure. It's a superb adventure and we hope you can join us. Adventure South has been operating active holidays throughout New Zealand since 1992. Thanks to our experience we're confident to say that we offer the very best cycling, trekking and adventure travel itineraries available in New Zealand today. There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. An Adventure South holiday aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience. We're here to show you that there are many, many more trails and cycling routes in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

## why travel with Adventure South?

“Small groups, Great Guides, Superb Holidays.”

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different is the quality of our professional guides. They share their humour, compassion and wilderness experience to ensure that you have a great vacation and the right degree of personal challenge.

On an Adventure South tour you can also expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; and that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness.



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If you are travelling alone, we will arrange for you to share accommodation with another traveler of the same gender and if we cannot match you up we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room, however these are limited to 2 per departure on a first comes first served basis. We will notify you at the time of booking. Please refer to our website for the additional cost.

You will need to fly into Queenstown the day prior to the tour departure. Your guide will collect you from central Queenstown on the first morning of the tour. At the end of the trip if you wish to fly home this evening please ensure your flight departs Queenstown domestic airport later than 7pm. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Queenstown on the final evening your guide will drop you at a central drop off point around 6pm.

## trip dates

**2026** 02 Nov - 06 Nov H  
05 Dec - 09 Dec

**2027** 06 Jan - 10 Jan  
28 Jan - 01 Feb  
14 Feb - 18 Feb H  
05 Apr - 09 Apr

## important notes

H - High Season

## the trip

This tour combines the best of the Around the Mountains Trail with an overnight cruise on the majestic Doubtful Sound in the heart of Fiordland. Explore secluded alpine valleys and remote lakes on our fully supported 5 day tour.

From Queenstown, we transfer alongside Lake Wakatipu to Kingston to start the Around The Mountains trail. A ride through the rural Mataura valley takes us through the small township of Lumsden and continues through Southland farmland and along the Oreti River. We then head to Manapouri to join an excursion into Doubtful Sound which takes us across the lake and over Wilmot Pass to Deep Cove. Here we overnight and cruise through the extensive deep-sided fiord which has to be the highlight of this tour.

From Lake Manapouri we ride the breathtaking Lake to Lake trail and from Te Anau, we head back to the Around the Mountains trail to explore the shimmering Mavora Lakes and secluded Von Valley. We then follow the lakeside trail to Walter Peak Station where we board a family owned barge for a unique journey across Lake Wakatipu to Queenstown, where our journey ends.

## about your leader/escort

Our guides are one of our biggest assets. We pride ourselves on the standard and quality of these great people who you will be spending your holiday with. They come from all walks of life but they all have a common desire to give you the best possible experience, heaps of fun and lots of fond memories to take home with you. We provide you with the services of two guides for many of our trips, (this may depend on the size of the group). All are certified in first aid and CPR and many are trained bike mechanics. To check out more about our guides see our 'About us' page on our website ([www.advsouth.com](http://www.advsouth.com)).

## at a glance

DAY 1	QUEENSTOWN TO MOSSBURN - UP TO 77KM CYCLE
DAY 2	MOSSBURN TO TE ANAU - 70KM CYCLE
DAY 3	DOUBTFUL SOUND OVERNIGHT CRUISE
DAY 4	LAKE TO LAKE TRAIL 28KM
DAY 5	TE ANAU TO QUEENSTOWN VIA THE VON VALLEY - 55KM CYCLE

## what's included

- Tasty cafe breakfasts (x4), gourmet picnic or cafe lunches (x5), two course restaurant dinners (x4) catered to all dietary requirements
- 3 nights comfortable hotel/motel on a twin or double share basis
- 1 night in a double or twin cabin on a Doubtful Sound cruise boat with ensuite bathroom
- Full vehicle support along the trail including trailer for luggage
- Experienced guides who handle all the hard bits and share epic stories (2 guides on groups of 8 more more)
- Entry to Ata Whenua movie at Fiordland Cinema
- Journey across Lake Wakatipu on unique, family-owned barge.
- Tasty nutritious snacks, drinks and treats plus our famous morning and afternoon teas
- Transport from Queenstown (return)
- Pre departure information kit to help you plan and prepare
- Access and concession fees paid to the Department of Conservation



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## fast facts

**Countries Visited:**  
New Zealand

**Private Groups:**  
Private group options are available for this trip\*

**Singles:**  
A single supplement is available for this trip\*

**Leader:**  
Expert local leader

**Advice for people with limited mobility**  
This trip is not suitable for people with limited mobility.

\*Ask our staff for more information

## what's not included

- Bike hire (including helmet)
- Arrival and departure transfers
- All beverages, other than with breakfast
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Optional activities from Te Anau (entry to bird sanctuary, glowworm tour etc)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel Insurance

## detailed itinerary

### DAY 1 Queenstown to Mossburn - up to 77km cycle

We will meet our guides in central Queenstown at 8:00am for a tour briefing before a transfer along the lakeshore of Lake Whakatipu to the historic railway town of Kingston where we start the Around The Mountains Cycle Trail.

After a bike sitting and safety briefing we weave our way through the pretty rural Mataura valley, surrounded by the Hector and Eyre mountains towards Garston and Athol. Crossing a number of suspension bridges called the Golden Gate bridges we end our morning ride at Five Rivers where there is a cafe and gallery for us to visit.

After lunch, our afternoon ride continues on the trail to the outskirts of Lumsden, passing through rich farm lands by the banks of the Oreti River, and then along a mix of old railway line and well-graded track, threaded between the highway and farmland to Mossburn, known as the deer capital of New Zealand. We will check into our accommodation and meet in the evening again for our first group dinner.

Cycling Distance:

ATM Trail : Kingston to Five Rivers - 48km

ATM Trail : Five Rivers to Mossburn : 29km

**meals: L,D**

### DAY 2 Mossburn to Te Anau - 70km cycle

This morning we continue to follow the Oreti River on purpose built trail, with views towards the imposing Fiordland mountains. At Centre Hill the trail meets a gravel road and we head off the trail on a gravel road back towards the Highway. There's a short 2km on the Highway to our lunch stop at the delightful Sprig & Thistle caravan, situated at the base of the Takitimu Mountain Ranges. Anna started the caravan cafe on Davaar Station which her family have been farming since 1915; the rugged hills and lush pastoral lands make it the perfect backdrop and inspiration for the food she creates.

After lunch, it's a very short hop on the Highway before a scenic gravel road ride through to the outskirts of Te Anau, our home tonight.

Cycling Distances :

ATM Trail : Mossburn to Centre Hill Shelter - 24km

Gravel section Centre Hill Shelter to Sprig & Thistle - 26km

Gravel section Sprig & Thistle to Lake Luxmore - 19km

**meals: B,L,D**

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## responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel.

Since our beginnings this has been a cornerstone of our company. The New Zealand travel industry has become a world leader in developing an external audit process to identify quality, and that process has been extended to now include a 3 level Enviro Mark based on company processes. We're very proud that we've received a Gold rating, the highest category; each year since this initiative began.

Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing.

We started this journey many years ago, and acknowledge we still have a lot to learn. We invite you to join us!

## trip grading Introductory to Moderate

The Around the Mountains & Doubtful Sound cycle is graded introductory to moderate. You will be cycling on a mix of wide designated trails, some gravel roads with traffic with some undulating hills. You will need a reasonable level of fitness and we suggest 2 hours of cycling per week for the three months leading up to your trip. We recommend training on compacted gravel trails, and completing a multi-day ride prior to your trip to get used to being in the saddle for long periods of time. The more training you have done on hills and on compacted gravel, the more enjoyable your trip will be.

### DAY 3 Doubtful Sound Overnight Cruise

This morning we have time to enjoy the township of Te Anau, where the Bird Sanctuary is a 'must visit'. Here are some of Fiordland's special birds that are difficult to see in the wild, including the Takahe, Kaka, blue duck, Parakeets and many more.

Then its another short drive to Manapouri, where we are dwarfed by the mountains looming all around us and there is no question that we are on the edge of the wonderfully remote Fiordland National Park.

At midday we join a spectacular Doubtful Sound experience beginning with a short cruise across Lake Manapouri, a drive over Wilmot Pass to Deep Cove to meet our expedition style small ship. We cruise out into the Doubtful Sound, formed by glaciers, with huge cascading waterfalls and vertical cliff faces. As we sail we are surrounded by magnificent views with a nature guide sharing their knowledge of the region, and wildlife which might include dolphins, fur seals and the rare Fiordland crested penguin. There also might be the chance to kayak from the boat.

At the end of the day we relax into an evening of entertainment, fine food and comfortable sleep in our private cabins. In the heart of the wilderness of the Fiordland National Park we are constantly surrounded by magnificent views of the mountains, the sunset is superb and we feel quite insignificant amongst this grandeur.

**meals: B,L,D**

### DAY 4 Lake to Lake Trail 28km

After a delicious on-board breakfast and the the ship located in a stunning bay the captain and crew request your attention to enjoy a period of complete silence. The "sounds of silence" is a powerful way to highlight the immensity of Doubtful Sound and an opportunity to enjoy the morning bird call.

We then have more time cruising through the fiord. We then return to Deep Cove and travel back to Manapouri over Wilmot Pass and Lake Manapouri, arriving at midday.

This afternoon, we enjoy a delightful ride on the new Lake to Lake trail connecting Lake Te Anau to Lake Manapouri, following the glistening Waiau River. In the heart of Fiordland with lake, mountain and riverside views as well as native bush, wetlands and farmland scenery.

On arriving into Te Anau in the late afternoon there will be time to relax or wander along the shores of Lake Te Anau. There is an option to join an excursion to see the glowworm caves by boat. Your guides can help with suggestions and make any bookings.

In the early evening we head to Fiordland Cinema to see "Ata Whenua" (Shadowland) a beautiful short movie showcasing Fiordland landscapes from the air before our final evening meal together.

Cycling Distance: Lake to Lake Trail - 28km

**meals: B,L,D**

### DAY 5 Te Anau to Queenstown via the Von Valley - 55km cycle

This morning we leave Te Anau and after a short drive we cycle from the hidden Mavora Lakes, a site of scenes from Lord of the Rings. We ride by the lakes and through the beech forest before continuing on to the colourful Von Valley. There is a real sense of isolation and the huge mountain and tussock landscape is vast. We farewell our supporting coach as we cycle downhill to the shores of Lake Wakatipu and Mount Nicholas station. Here we are greeted with stunning views of alpine peaks and snow covered Mount Earnslaw at the head of the lake. We then follow the lakeside trail to Walter Peak Station where we board a unique, family owned barge to transport us across Lake Wakatipu to Queenstown, which brings our journey to an end. (On occasion there may be need for an alternative transport option across the Lake)

Cycling Distance: Mavora Valley to Walter Peak Station - 55km

**meals: B,L**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

## cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route which usually means a combination of dedicated cycle trails, and quiet secondary roads, both sealed and unsealed (gravel). Our cycleway tours travel through historic and scenic countryside. With easy gradient cycling, the occasional hill, a mix of character lodgings and motels, these tours are suitable for all level of cyclists. All of this so that you can enjoy the incredible scenery and landscapes, view the well-known sights and along the way eat delicious food, stay at unique accommodation and meet the locals.

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. The Avanti Discovery hybrid mountain bike allows a relaxed upright riding style and has wide ranging 10-speed Shimano gears, 29" wheels, front suspension, hydraulic disc brakes and comfortable saddles. These bikes are available in a low rise, also known as a step-through bike frame.

We also offer quality Sinch eBikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. eBikes are simple to operate, very comfortable to ride, and are more gentle on the body than a traditional bike. You still need to pedal, however our eBikes provide up to 80kms of pedal assistance before requiring a recharge. Please see our website for the cost of bike hire. All our rental bikes can be fitted with flat pedals or MTB SPD pedals, we can also fit your own pedals and seat if you have a favourite. Bike helmets will be supplied with your rental bike, along with a 15L saddle bag for any personal items you might need in the day. All equipment and luggage will be carried by the support vehicle.

These cycling journeys are not designed to be a marathon event and no one should feel under pressure to ride, everyone is able to ride at their own pace. If at any point you do not wish to ride, the vehicle is always available for you and your bike. Remember that cycling involves some physical exertion and pre-trip preparation will make your cycle tour a more enjoyable experience. Ask us for more details or advice. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times while cycling. We also recommend wearing bright, fluoro cycle clothing to increase your visibility on the road.

## country information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3724m / 12,218 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.



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With a population of almost 4.5 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.

## climate

As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.

Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must. The West Coast Rainforest is called this for a good reason!

The temperature during the South Island summers range from 10-30 °C, with a pleasant 40-50% humidity. Higher altitudes are always considerably cooler and snowfall is not uncommon even in summer. The Southern Alps act as a barrier to the moisture laden winds coming west across the Tasman Sea, creating a wet climate on the west side of the mountains and a drier climate on the east side. The geography also creates a wind pattern, which can in summer be very hot, dry and fierce. Maximum temperatures we may encounter range up to 30°C. Minimum temperatures expected in the Southern Alps in Summer time are around -5°C. Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will make you more prepared for your tour – any questions about what to expect on your tour talk to one of our sales team.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## accommodation on the trip

The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. The accommodation is on a twin share or double room basis with private facilities where possible. On the first night we stay in a historic hotel where most of the rooms have shared bathrooms. If you wish to reserve a room to yourself a single supplement is available at extra cost, which excludes the night on the Doubtful Sound. It is possible to pay an additional supplement for a single cabin on the boat, subject to availability. Please note: although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.



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## pre and post tour accommodation

If you would like some help booking pre/post tour accommodation in Queenstown, speak to our staff as they can help with different suggestions.

## joining instructions

On the first morning of the tour, you will meet your group at one central city location. The place and time will be emailed to you with your booking confirmation. If you miss your flight or are unable to reach the meeting point on time, please call us at the Adventure South office (Free phone in NZ 0800 00 11 66 or international +64 3 942 1222). Once you meet the group, you will have a bike fit, where any saddles and pedals you have brought with you can be fitted, followed by a short briefing before setting away on your cycle tour.

## equipment provided

### MOUNTAIN BIKE (Additional Charge)

Our new fleet of Avanti Discovery hybrid mountain bikes combines the best characteristics of a hybrid bike and a mountain bike to give you a great ride and comfort on gravel cycle trails. This bike has a more upright riding style meaning you can still take in the amazing scenery you'll encounter along the way.

These bikes have 29" wheels, suspension forks and suspension seat posts to iron out the bumps and hydraulic disc brakes give responsive braking.

They are also available in a low rise, also known as a step through bike frame, please specify on your booking form.

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### ELECTRIC BIKE (Additional Charge)

Our Sinch ebikes are perfect for cyclists that may require a little assistance on their travels. Pedalling our ebikes is easier on knees and joints than riding a traditional bike. They provide up to 100kms of pedal assistance before requiring recharging. Very simple to operate and they provide people with varying levels of cycling experience, health and fitness levels the opportunity to enjoy our cycling holidays.

For bicycle specifications please contact us for more details.

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### ACCESSORIES

A bicycle helmet will be included with your bike rental, along with a 15L saddle bag for personal items you might need in the day.

## what you carry

The tour is fully supported so you won't have to carry anything! If hiring one of our bikes it will have a rear saddle bag with enough space to put an extra layer, your camera, wallet, phone etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle.

## protecting the environment

In a world where more and more rubbish is produced every year we are trying to do our little bit to help the planet. We encourage you to please bring your own water bottle. If you are a keen coffee or tea drinker you might like to bring your own reusable cup, as there are a few opportunities along the tour to get take-away drinks. Also if you think you might do some shopping, it could be useful to carry small foldable reusable shopping bags to reduce the need for plastic bags.

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## private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

## subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at [www.advsouth.com](http://www.advsouth.com)

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

## follow us

Follow us on Facebook at:

<https://www.facebook.com/AdventureSouthNZ>

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. A popular reason to travel with Adventure South is because of our small group sizes. These can fill quickly so it is important to check your availability well in advance. We always need to ensure other services, like train tickets or accommodations, are also available before we can confirm your place on our tours. To ensure we can assist you onto your New Zealand adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To book an Adventure South holiday, you can book directly online or you will need to complete a booking form. On completion, please scan/email or post the form to Adventure South along with your non-refundable NZ\$400 deposit.

ADVENTURE SOUTH CONTACT DETAILS

Toll Free from New Zealand: 0800 00 11 66

Toll Free from Australia: 1800 10 70 60

Toll Free from the USA: 866 479 9827

All other countries please dial: +64 3 942 1222

Email: [info@adventuresouth.co.nz](mailto:info@adventuresouth.co.nz)

