



# cycle peru: canyons, condors & machu picchu



## trip highlights

- Cycle through the spectacular landscapes of the Colca Canyon and the Peruvian Andes
- Observe Andean condors soaring above one of the world's deepest canyons
- Visit the floating reed islands of the Uros people on Lake Titicaca
- Explore the colonial city of Arequipa and Santa Catalina Monastery
- Discover Cusco and the Sacred Valley of the Incas
- Explore the UNESCO World Heritage-listed citadel of Machu Picchu
- Travel aboard the scenic train between Aguas Calientes and Ollantaytambo



<b>Trip Duration</b>	12 days	<b>Trip Code:</b> PCCM
<b>Grade</b>	introductory	
<b>Activities</b>	Cycling	
<b>Accommodation</b>	11 nights hotel	

## Kia ora from Adventure South

Hola from Adventure South NZ

Experience Peru off the beaten track – easy cycling at its best! We are excited to introduce the itinerary for our cycle tour in the Southern Andes of Peru, ending in the Inca citadel of Machu Picchu. Tours are timed for the dry season when it is warm and sunny during the day, and cool but still comfortable at night. This tour caters for all levels of cyclists – distances are great enough to challenge strong riders but are also suitable for recreational cyclists, combined with our full sag wagon support system.

The cycling is superb, at any moment there is a multitude of unique sights to see & we have included many off-the-bike experiences for you to enjoy.

Enjoy delicious meals, Peruvian cuisine is world renowned and there is always the choice to stick to western inspired options or get daring and try some of the local delicacies; and we have carefully chosen restaurants with a high standard of hygiene.

Above all you will experience the essence of Southern Peru, with its proud, friendly people and their vibrant traditional customs; you will leave with this unique corner of Peru occupying a special place in your heart.

## why travel with Adventure South?

This journey combines Peru's most celebrated cycling routes with its most significant cultural and natural attractions. Travelling with experienced local guides, dedicated

vehicle support and quality equipment, you'll experience remote Andean landscapes, traditional communities and iconic sites including Lake Titicaca, Cusco and Machu Picchu. The itinerary balances rewarding rides with cultural exploration, creating an immersive and achievable adventure through the heart of the Peruvian Andes.



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If you are travelling alone, we will arrange for you to share accommodation with another traveller of the same gender. However if we are not able to find you a rooming partner by 60 days prior to the trip departure date, you will be required to pay a single supplement for the trip.

## trip dates

**2026** 14 Sep - 25 Sep  
28 Sep - 09 Oct

**2027** 10 May - 21 May  
24 May - 04 Jun  
23 Aug - 03 Sep  
06 Sep - 17 Sep

## fast facts

**Countries Visited:**  
Peru

**Visas:**  
Please check visa requirements with your reservations consultant\*

**Vaccinations:**  
Please consult a travel vaccination specialist for up to date information

**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.

**Brochure Reference:**  
The Americas

\*Ask our staff for more information.

## the trip

Discover Peru by bicycle on a journey that combines high-altitude landscapes, ancient cultures and some of South America's most iconic destinations. Beginning in the colonial city of Arequipa, the route traverses the Andes through remote mountain valleys, traditional villages and the dramatic landscapes of the Colca Canyon, where soaring Andean condors can often be seen riding the thermals above one of the world's deepest canyons.

Continuing across the Altiplano, visit Lake Titicaca and the floating reed islands of the Uros people before exploring Cusco and the Sacred Valley of the Incas. The journey culminates with a spectacular descent from Abra Málaga through cloud forest and subtropical landscapes before reaching the legendary Inca citadel of Machu Picchu. Combining rewarding cycling with cultural immersion, vehicle support and expert local guides, this is an outstanding way to experience the highlights of southern Peru.

## about your leader/escort

Enjoy the trip in the company of your fully trained and experienced Peruvian guide Rudy Vargaya Conza and his New Zealand born wife Louise, along with their local support staff, who will provide the local interpretation as well as looking after you're every need. You will learn so much from all our local English speaking guides who take great pleasure and pride in introducing you to their region. We pride ourselves on the standard and quality of these great people who you will be spending your holiday with.

Our Peruvian team share our desire to give you the best possible experience, heaps of fun and lots of fond memories to take home with you. Here in Peru we provide you with the services of two guides on every trip, as well as a driver, who will be with the support van (which is also equipped with Oxygen for your piece of mind in the high altitude areas) and your belongings constantly while you are out enjoying your ride. All are certified in first aid, CPR and have years of experience guiding at altitude and your guides are experienced bike mechanics.

## at a glance

DAY 1	JOIN AREQUIPA
DAY 2	CYCLE AREQUIPA COUNTRYSIDE (UP TO 20KM / 12MI)
DAY 3	CYCLE PATAPAMPA TO COLCA VALLEY AND CHIVAY (UP TO 50KM / 31MI)
DAY 4	CYCLE COLCA CANYON (UP TO 40KM / 25MI)
DAY 5	CYCLE COLCA VALLEY TO PUNO (UP TO 50KM / 31MI)
DAY 6	LAKE TITICACA AND CYCLE TO SICUANI (UP TO 50KM / 31MI)
DAY 7	CYCLE TO CUSCO VIA THE SACRED VALLEY (UP TO 60KM / 37MI)
DAY 8	EXPLORE CUSCO
DAY 9	CYCLE MARAS AND MORAY TO OLLANTAYTAMBO (35KM / 22MI)
DAY 10	CYCLE ABRA MÁLAGA TO SANTA MARIA (75KM / 47MI)
DAY 11	EXPLORE MACHU PICCHU AND RETURN TO CUSCO
DAY 12	TRIP CONCLUDES IN CUSCO

## what's included

- 11 breakfasts, 10 lunches, 6 dinners
- 11 nights hotel and lodge accommodation on a twin-share basis
- Quality 24-speed mountain bike with disc brakes
- Professional bilingual cycling guide and bike mechanic
- Private support vehicle and dedicated driver
- Airport arrival transfer in Arequipa and departure transfer in Cusco
- Machu Picchu entrance and guided tour



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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 which monitors tourism businesses based on quality, safety and sustainable experiences.

We're very proud to have received a Gold Qualmark rating, having met standards designed to protect what makes New Zealand unique and special.

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 although we are not perfect, we are striving to continually learn and improve.

## trip grading introductory

To determine the grade of a particular adventure we consider a number of factors.

These include the condition of the terrain, the altitude, the number of pass crossings and the length of the trip. The Canyons, Condors and Machu Picchu is graded introductory. You will need a reasonable level of fitness and we suggest 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trip. You will need to be able to comfortably cycle at least 30km per day. Please remember the fitter you are the more you will enjoy your holiday.

- Lake Titicaca boat excursion
- All sightseeing and entrance fees as listed
- Drinking water available from the support vehicle throughout the trip

## what's not included

- International and domestic airfares
- Airport taxes
- Travel Insurance (compulsory)
- Meals not specified in the itinerary
- Alcoholic beverages and soft drinks
- Optional activities
- Personal expenses
- Visa costs if required
- Tips and gratuities
- Any items not listed as included

## detailed itinerary

### DAY 1 Join Arequipa

Join the trip in Arequipa, one of Peru's most attractive colonial cities. Airport transfers are included for those arriving today. After lunch, enjoy a guided visit to the remarkable Santa Catalina Monastery, a vast complex of colourful streets, courtyards and chapels often described as a city within a city. Later, meet your fellow travellers for a welcome dinner.

Accommodation: Hotel  
meals: L,D

### DAY 2 Cycle Arequipa Countryside (up to 20km / 12mi)

Today provides an opportunity to acclimatise to the altitude and ensure your bike is correctly fitted before the journey ahead. Transfer to the countryside surrounding Arequipa for a relaxed introductory ride through rural landscapes beneath the backdrop of the region's volcanic peaks. After a picnic lunch there is the option to visit San Camilo Market, one of the city's most colourful and vibrant local markets.

Accommodation: Hotel  
meals: B,L

### DAY 3 Cycle Patapampa to Colca Valley and Chivay (up to 50km / 31mi)

An early transfer brings us to Patapampa Pass (4800m / 15748ft), where expansive views stretch across the surrounding volcanoes and high-altitude landscapes. After warming up with a cup of coca tea, begin a long descent by bicycle towards Chivay in the Colca Valley. Following lunch, continue cycling through traditional farming communities and terraced landscapes before transferring to our accommodation beside the Colca River.

Accommodation: Lodge  
meals: B,L,D

### DAY 4 Cycle Colca Canyon (up to 40km / 25mi)

This morning visit Cruz del Condor, one of the best viewpoints in the Colca Canyon. Here, powerful thermals often attract Andean condors, providing opportunities to observe these magnificent birds

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## adventure travel

By its very nature adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.

If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

## 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.

soaring above the canyon. Throughout the day, combine cycling and vehicle support while visiting local villages, scenic viewpoints and markets. In the afternoon, ride quiet roads on the opposite side of the canyon before returning to enjoy the thermal springs.

Accommodation: Lodge

meals: B,L

### DAY 5 Cycle Colca Valley to Puno (up to 50km / 31mi)

Begin the day cycling through high-altitude landscapes dotted with lakes, alpaca herds and traditional grazing lands. A support vehicle is used to bypass busier sections of road while allowing time to stop at scenic viewpoints and places of interest along the way. By late afternoon, arrive in Puno on the shores of Lake Titicaca, the world's highest navigable lake.

Accommodation: Hotel

meals: B,L,D

### DAY 6 Lake Titicaca and Cycle to Sicuani (up to 50km / 31mi)

Take a boat excursion to the floating reed islands of the Uros people, whose unique communities have existed on Lake Titicaca for generations. Returning to the mainland, continue across the Altiplano by vehicle and bicycle through traditional Andean settlements including Lampa and Pucará. Arrive in Sicuani for the night.

Accommodation: Hotel

meals: B,L,D

### DAY 7 Cycle to Cusco via the Sacred Valley (up to 60km / 37mi)

Leave the main highway behind and cycle the scenic Cuatro Lagunas route through a series of high mountain lakes and traditional villages. A rewarding descent returns us to the valley floor before continuing by vehicle to Huacarpay. From here, cycle through the eastern reaches of the Sacred Valley towards the colourful market town of Pisac before transferring to Cusco

meals: B,L,D

### DAY 8 Explore Cusco

Today is free to explore Cusco at your own pace. Once the capital of the Inca Empire, Cusco is a fascinating blend of Inca and colonial architecture. Visit museums, churches, markets and archaeological sites, or simply relax and enjoy the atmosphere of this historic city.

Accommodation: Hotel

meals: B

### DAY 9 Cycle Maras and Moray to Ollantaytambo (35km / 22mi)

Ride through the Sacred Valley to visit Moray, the remarkable circular agricultural terraces believed to have been used by the Incas for crop experimentation. Continue to the ancient salt pans of Maras, where thousands of salt pools continue to be worked today. After lunch, transfer to Ollantaytambo. There is also the option for a challenging ride towards Abra Málaga for those seeking additional cycling.

Accommodation: Hotel

meals: B,L,D

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## DAY 10 Cycle Abra Málaga to Santa Maria (75km / 47mi)

Transfer to Abra Málaga Pass (4315m / 14157ft), where one of Peru's most celebrated cycling descents begins. Ride from the high Andes through cloud forest and increasingly lush vegetation, descending more than 3200m / 10499ft into subtropical landscapes. After lunch, continue by vehicle to Santa Teresa before taking the train to Aguas Calientes, gateway to Machu Picchu.

Accommodation: Hotel

meals: B,L,D

## DAY 11 Explore Machu Picchu and Return to Cusco

An early start allows time to explore Machu Picchu before the larger crowds arrive. Enjoy a guided tour of this extraordinary Inca citadel, learning about its history, architecture and significance. There is free time to further explore before returning by train to Ollantaytambo and continuing by vehicle to Cusco. Celebrate the completion of the journey with a final group dinner.

Accommodation: Hotel

meals: B,D

## DAY 12 Trip Concludes in Cusco

The trip concludes after breakfast. Airport transfers are included according to your departure arrangements.

meals: B

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

## suggested extensions

- Galapagos Islands Cruise
- Nazca and Ballestas Islands
- Amazon Rainforest Extension
- Iguazu Falls
- Buenos Aires

## country information

Peru - has a population of 28 million, made up of pure-blooded Indians (biggest group are the Quechuas, whose forebears were the "Incas") and Mestizos, who are a mixture of Indian and European backgrounds. More than half the population lives in the largest cities, namely Lima, Arequipa and Trujillo. Peru has an area of 1,300,000 square kms, and is located on the Pacific coast of South America. Its capital, Lima, located 12 degrees south of the equator, was the capital of Spanish South America from its founding in 1535 until the early 19th Century. The old central part of the city with its impressive commercial section, whose architecture was greatly influenced by the English, contrasts sharply with the more modern office blocks, shopping centres and suburbs and especially the ever expanding shanty towns or "pueblos juvenes" where the poorer country cousins, who move to the city to try and find work and live. Official languages are Spanish and Quechua.

Geographically, Peru is made up of the three distinct regions. Firstly the arid coastal strip, mainly desert and up to 60 kms wide. Down the centre of the country runs the great range of snow peaks and highlands that make up part of the immensely long chain of mountains known as the Andes, running from Colombia in the north all the way to the southern tip of Chile. The third region is the jungle - from the "eyebrow of the jungle" in the Andean foothills to the pristine jungles of the great Amazon rain forest.

The coastal area is the economic heartland of Peru, and the coastal waters with the cold Humboldt Current running north up the coast contain some of the richest fishing grounds

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in the world. The highlands or “sierra” contain more than a third of the population - mostly the Quechua- or Aymara-speaking Indians engaged mainly in pastoral farming. This is a high, very often lush and fertile land of gentle slopes and valleys surrounded by the high peaks of the Cordilleras Vilcabamba, Vilcanota and Blanca. Cusco, once the capital of the great Inca Empire, stands at 3400 metres (11,200’) in the heart of the southern sierra. It is remarkable for the perfect stonework of its Inca ruins, its many beautiful colonial churches and palaces, and of course the world-renowned ruins of the lost city of the Incas at Machu Picchu.

The roads we cycle on in Peru are mostly sealed roads with small sections of gravel and/or hard packed dirt roads (on days 1 and 4). The Peruvians are rapidly improving their road infrastructure so you may encounter some construction. We have chosen the best cycling on quiet rural roads, which take you through fantastic scenery and give you the chance to experience firsthand the day to day life of the rural villages. You will however always expect to see a bit of local transport between villages and taxis, motor-taxis and cycle-taxis in the villages. It is always possible to use the support van in the areas you prefer not to cycle but we do not use any busy or main roads for cycling for your safety and to give you the best overall riding experience.

Our guides all speak English & will be close at hand to interpret for you. Apart from isolated rural areas, basic English is widely spoken, especially among the younger people & most service staff will speak some English. It is however very important that you speak slowly to be understood.

We recommend that you do not drink any tap water in Peru, even for brushing your teeth in the hotels. Bottled water is available everywhere and is quite cheap. In the support van bulk water is provided for you, bring along with your own water bottle, we encourage you to use this to reduce the number of plastic bottles being used in Peru, as there are few facilities to recycle them. Restaurants are more aware of the issue of ice and in most places it is made with purified water but always check with staff or your guides first. We choose our restaurants for their local character, great cuisine and hygiene standards. Meals are based around rice, meat and potatoes, but there are limited vegetarian options available in all places. There are usually both western options and local classics on the menu if you are brave (even Guinea Pig!!). We eat at a few buffet restaurants which are a great opportunity to try a little of some of the more exotic local dishes. Peruvian food is rarely very spicy, they tend to have a Salsa made from local chillies that can be added to taste. Breakfasts at the hotels are buffets of cereal, fresh fruit, bread, meats and cheese as well as great local coffee.

Peru is very safe to travel in; tourism is a very important part of the economy & the authorities crack down heavily on people who transgress against foreigners. However, it pays to take the usual precautions with your valuables when travelling in a foreign country.

Most nationalities can enter Peru without a visa; you will be issued a 30-90 day visa on arrival. It is your responsibility to arrange visas before you travel if you do need one, your travel agent can assist. Passports are required by all visitors to Peru. Passports must be valid for a period of not less than six months beyond the date the visitor intends leaving Peru.

## climate

The climate in Peru is dry and has large fluctuations in temperature between night and day. In many areas it will be very hot during the day (around 25 degrees Celsius), but early in the morning and when the sun goes down in the afternoon you will notice a dramatic change (it may drop as low as 5 degrees Celsius). When we drop into the high jungle behind Cusco, it changes to a more humid, hot climate. It pays to be prepared with a variety of layers, including some very warm clothes for both riding and casual wear.

## a typical day

A typical day sees us cycling an easy 50km, with options for more distance for strong riders. By late afternoon we are enjoying the comfort of our lodgings or out exploring the local attractions

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in the company of your local guides. The local food is a highlight and your guides will introduce you to an array of great local dishes.

## 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

During the tour we stay at a high standard of accommodation, mostly three star hotels, and a resort with its own private hot pools. All rooming is based on a twin/double share with en-suite facilities. If you would prefer to be guaranteed a room to yourself, a single supplement is payable.

## pre and post tour accommodation

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

## joining instructions

If you are flying into Arequipa, you will be met at the airport by your English speaking guide. Please let us know your arrival time, date and flight number. If you are arriving overland, the tour meets at the Maison d'Elise Hotel after breakfast on the first morning. If you would like any extra pre-tour accommodation booking at this hotel, please let us know.

## equipment provided

We use KHS Six Fifty 300 mountain bikes on all our tours, as travel is on both sealed and unsealed roads. Mountain bikes offer the extra comfort of suspension and have nice low gearing to make your job easier on any climbing we do. Our bikes have 24 speed gearing, 27.5" wheels and have mechanical discs brakes.

Please be aware that from time to time we may use different bikes to those listed due to availability and sizing, but they will be of the same quality specs.

We can fit flat pedals and toe clip/cages, if you would like SPD pedals please bring your own and your guide will fit them for you. Please bring your own helmet.

## what you carry

The tour is fully supported so you won't have to carry anything! The bikes will have a small rear carry bag on a rack system. Enough space to put your camera, wallet, phone etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. We urge you to keep your luggage to a minimum. As the trip starts and finishes in different locations it is not possible for us to offer luggage storage.

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## equipment required

A bicycle helmet is compulsory on this trip, please bring your own to use. A comprehensive gear list will be provided on booking.

## acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## 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. 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.

## 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

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## 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 Peruvian 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 NZ holiday, you can book directly online at [www.adventuresouth.co.nz](http://www.adventuresouth.co.nz) or you can download a copy from [www.adventuresouth.co.nz/Contact/How-to-Book](http://www.adventuresouth.co.nz/Contact/How-to-Book).

On completion, please fax or post the form to Adventure South NZ or your nearest World Expeditions office, along with your non-refundable deposit. If you're coming from outside New Zealand call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on [info@adventuresouth.co.nz](mailto:info@adventuresouth.co.nz)