

# best of south island hike and kayak



## trip highlights

Experience the Routeburn and Kepler Great Walks

Explore the outstanding beauty of some of NZ's stunning National Parks

Trek to the wild west coast beach and amongst the rainforest of the Paparoa National Park.

Kayak on the largest unmodified estuarine lagoon, feeding ground for thousands of wading birds

Admire the majesty of NZ's highest peak, Aoraki/Mt Cook

Hike up the Rob Roy Track and get face to face with active glaciers

Enjoy an unforgettable kayak excursion on Lake Wanaka

Overnight cruise on the spectacular Milford Sound out to the Tasman Sea

Stay at Aoraki Mt Cook Village and hike up the Hooker Valley and Tasman Glacier



<b>Trip Duration</b>	12 days	<b>Trip Code:</b> SHK
<b>Grade</b>	Introductory to Moderate	
<b>Activities</b>	Day walks & introductory kayaking	
<b>Accommodation</b>	10 nights motel/hotel, 1 night cruise boat cabin	

## Kia ora from Adventure South

Thank you for your interest in our Best of South Island Hike and Kayak trip. We are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. We hope you will join us for a life changing experience.

## why travel with Adventure South?

We've been operating quality active trips in New Zealand since 1992. Our unrivalled range of active holidays across the North and South Islands has helped travellers to journey to the very heart of these wild and mysterious landscapes.

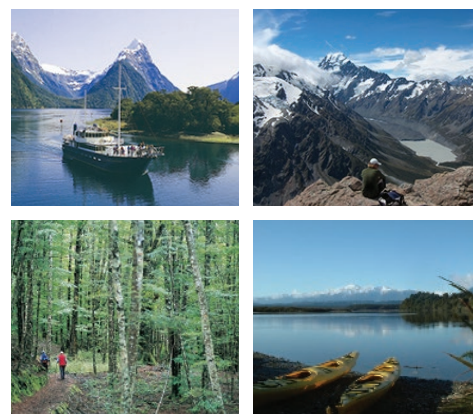
Our unique range of guided small group active holidays travel well beyond the standard popular trails to help you discover the true essence of New Zealand's famous wilderness.

On our adventures in New Zealand 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; that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness, not from a guide book recommendation.



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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. Please refer to our website for the additional cost.

You will need to fly into Christchurch the day prior to the tour departure. Your guide will collect you from central Christchurch 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 Christchurch domestic airport later than 5pm. You can get a taxi, shuttle or public bus to the airport from the city centre. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Christchurch on the final evening your guide will drop you at a central drop off point around 4pm.

## trip dates

**2026** 14 Nov - 25 Nov **H**

**2027** 21 Jan - 01 Feb  
12 Mar - 23 Mar **H**

## important notes

**HS** - Holiday Season  
**H** - High Season

## the trip

This tour is packed full of stunning scenery with the jaw-dropping backdrops of the Southern Alps and several of New Zealand's National Parks. We start with our first traverse of the Alps as we head across from Christchurch to the West Coast, stopping along the way for a trek to the first of many beautiful waterfalls. Reaching the West Coast at Punakaiki, in the shadow of the Paparoa National Park, we'll enjoy 2 of the Park's highlights, the Truman Track and the uniquely formed Pancake Rocks.

Heading down the Coast, our next 2 days are spent in Glacier County, kayaking amongst 70 species of wading bird and hiking in the rainforest of the Westland National Park, all the while surrounded by mountains and glaciers. Next stop is Lake Country where our home will be Lake Wanaka, gateway to Mount Aspiring National Park. The Rob Roy Glacier Track will bring us face to face with active glaciers and we'll get up close and personal with Lake Wanaka on an unforgettable kayak adventure.

From the Lakes we head to the Fjords and visit Milford Sound, where we stay overnight on a purpose-built cruise boat and cruise out to the Tasman Sea surrounded by towering peaks, waterfalls and dense bush with time to hop in a kayak and view sealife and bird life up close.

A rest day in Queenstown follows which can be spent truly resting in the many cafes or engaging in one of the multitude of adventure activities on offer.

Our last 2 nights will be spent in the close company of Aoraki Mt Cook and its surrounding National Park. Hiking up the Hooker Valley and, weather permitting, up the 2,200 steps to the Sealy Tarns will be a memorable end to this scenic journey.

## 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 advanced mountain guides.

## at a glance

DAY 1	CHRISTCHURCH TO PUNAKAIKI VIA THE DEVIL'S PUNCHBOWL WATERFALL
DAY 2	PAPAROA NATIONAL PARK; SCENIC DRIVE TO GLACIER COUNTRY
DAY 3	OKARITO LAGOON HIKE & KAYAK ADVENTURE
DAY 4	EXPLORING GLACIER COUNTRY BEFORE HEADING TO LAKE COUNTRY
DAY 5	HIKING THE ROB ROY GLACIER TRACK
DAY 6	KAYAKING ON SNOW-MELT FED LAKE WANAKA
DAY 7	CRUISE OVERNIGHT ON THE SPECTACULAR MILFORD SOUND
DAY 8	HIKE THE RAINBOW REACH TRAIL, KEPLER GREAT WALK
DAY 9	FREE DAY TO EXPLORE QUEENSTOWN
DAY 10	DESTINATION AORAKI MT COOK NATIONAL PARK
DAY 11	HIKE IN AORAKI/MT COOK NATIONAL PARK
DAY 12	TRANSFER TO CHRISTCHURCH
DAY 13	

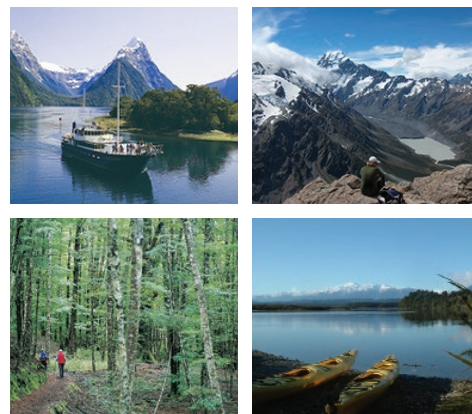
## what's included

- Tasty cafe breakfasts (x10), gourmet picnic or cafe lunches (x10), two course restaurant dinners (x9) catered to all dietary requirements
- 10 nights hand picked hotel/motel ensuite accommodation on a twin share basis
- 1 night cabin on a Fiordland cruise boat on a double or twin share basis



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## fast facts

### 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

- Experienced guides who handle all the hard bits and share epic stories (2 guides on groups of 8 or more)
- Private vehicle transport with trailer for luggage
- Kayak expeditions on Okarito Lagoon and Lake Wanaka
- Entry to Franz Josef hot pools and Sir Edmund Hilary Visitor Centre
- Tasty nutritious snacks, drinks and treats plus our famous morning and afternoon teas
- Transport from Christchurch (return)
- Poles on request if required - please let our staff know in advance
- Pre departure information kit to help you plan and prepare
- Access and concession fees paid to the Department of Conservation

## what's not included

- International or domestic flights and taxes
- Arrival and departure transfers
- Meals not mentioned in the itinerary
- All beverages, other than breakfast
- Water bottle (help us save the environment and bring your own drink bottle or hydration system)
- Optional activities not mentioned in the itinerary
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)

## detailed itinerary

### DAY 1 Christchurch to Punakaiki via the Devil's Punchbowl Waterfall

We will meet in a central city location in Christchurch around 08:00am and after a short tour briefing we'll head straight out of town towards the West Coast. We'll break the journey for lunch and the delightful Devil's Punchbowl walk through beech forest, zigzagging up 240 steps to one of New Zealand's most stunning waterfalls.

We'll reach Punakaiki, a small community on the West Coast nestled on the edge of the Paparoa National Park, in late afternoon. There may be time to visit a nearby cavern and check out the glowworms that glow through bioluminescence, thereby enticing prey to the sticky silk threads they make which hang like fishing lines.

Our accommodation tonight is situated just 2 minutes from the Punakaiki beach at the Punakaiki Resort, where we'll also enjoy our first group dinner.

Hiking : 1 hr return including 240 steps

Driving Time : 5 hours

meals: L,D

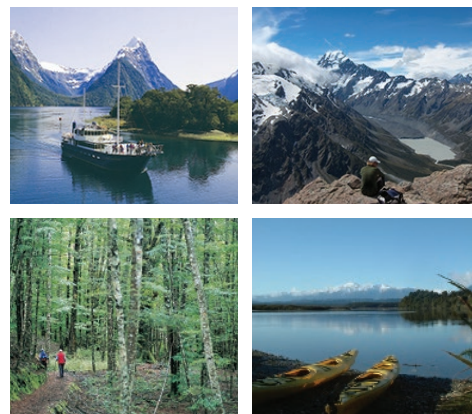
### DAY 2 Paparoa National Park; scenic drive to Glacier Country

The boundaries of the Paparoa National Park were carefully established to encompass a complete range of landscapes and ecosystems running all the way inland from the coast to the rugged ice-carved Paparoa Ranges. This morning we'll explore 2 of the Park's highlights.

The Truman Track is a short, easy, but stunning, walk through beautiful sub-tropical rainforest to a secret beach! From there we'll head to a limestone landscape of pancake-shaped rock formations, blowholes and surge pools. The Pancake Rocks were formed 30 million years ago from minute fragments of dead marine creatures and plants landed on the seabed about 2 km below the surface.

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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 Moderate

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.

While part of this itinerary does utilise formed tracks, some days the hikes involve untracked scree and tussock. Some of the walking involves gradual climbing without a formed track to follow. The sense of isolation and wilderness is a strong feature of this trip. For you to be able to really enjoy this trip we recommend that you are confident walking across uneven terrain and are able to walk comfortably for up to 4 hours at a time (with breaks included) and enjoy walking uphill, with some steep sections.

Immense water pressure caused the fragments to solidify in hard and soft layers. Gradually seismic action lifted the limestone above the seabed. Mildly acidic rain, wind and seawater sculpted the bizarre shapes.

After lunch we transfer further down the West Coast to the village of Franz Josef, arriving in time for a wander.

Hiking : Truman Track 1.2km return ;Pancake Rocks 1.1km loop

meals: **B,L,D**

### DAY 3 Okarito Lagoon Hike & Kayak adventure

Okarito is New Zealand's largest unmodified estuarine lagoon - home to more than 70 bird species, including the beautiful kotuku/white heron and royal spoonbills. The lagoon is surrounded by lush native rainforest, above which rise the towering snow-capped peaks of the Southern Alps. The area is an important feeding ground for thousands of wading birds and there's a huge area of shallow open water and tidal flats perfect for sheltered water kayaking. We'll spend the morning following a self-guided kayak trail which will bring us up close (but not too close) and personal with this amazing colony of birds.

After lunch you can either return to Franz Josef for a leisurely afternoon or stay in Okarito and hike to the Okarito Trig Viewpoint. This walk initially winds through bush before crossing the estuary on a curving broadwalk and then winding gently uphill to the Trig. On a clear day, the view is unbeatable overlooking Westland National Park from the snow-capped Southern Alps extensive native forest to the lagoons and beaches of the coast.

Heading back to Franz Josef there'll be time to soak in the hot springs before dinner which the legs should appreciate!

Kayaking : 3.5 hrs

Hiking : Optional 4.2km 1.5 hrs

meals: **B,L,D**

### DAY 4 Exploring Glacier Country before heading to Lake Country

The heart of Glacier Country, the Fox Glacier and Franz Josef Glacier, offer the most accessible rivers of ice in the world, plunging down through rainforest almost to sea level. This morning, depending on the weather, we'll pick from one of several hikes in the area to experience this dynamic, glacial environment.

After lunch we'll experience one of the best scenic drives in New Zealand from the Glaciers to the Lakes. Tracking down the West Coast through the breath-taking Haast Pass, into the heart of the Southern Alps, we'll travel past coastal scrub, rain forest and native bush, alpine tussock lands, lakes and mountains - this road showcases the best of South Island scenery all in one go.

Ending the day at a central motel within walking distance of Wanaka and its lakefront which will be our base for the next 2 nights.

Hiking : upto 3 hours, distance 8-10kms

Scenic Drive : 5 hours

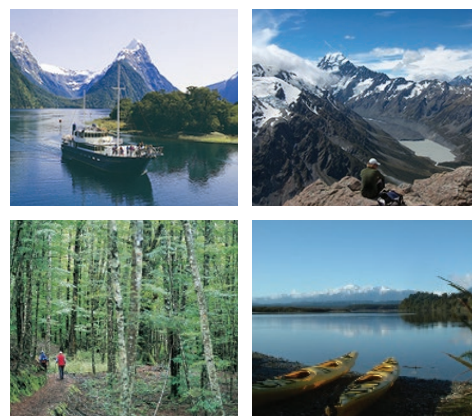
meals: **B,L,D**

### DAY 5 Hiking the Rob Roy Glacier Track

After breakfast, and to continue with our glacier theme, a local guide will collect & drive us for approximately 90 minutes to the trail head of the Rob Roy Glacier Track. The trail leads into Titieta Mount Aspiring National Park following Rob Roy Stream through beech forest with waterfalls and a luxuriant understorey of ferns and mosses. At the tree line, the forest gives way to alpine vegetation

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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.

and spectacular views of the hanging glaciers beneath Mount Rob Roy. The walk to the viewing point is mostly uphill, but the incline gradual. The cheeky kleptomaniac Kea (mountain parrots) are fond of anything edible or not that you may leave unattended on a rock – just saying!

Returning to Wanaka in the late afternoon, the evening is yours - for the coming season, dinner tonight is no longer included. Your Adventure South guide will have pointed out our local favourites for you last night, so you can hunt these down at your leisure.

Hiking : 10km, 3-4 hours

Driving : 1 hr each way

meals: **B,L**

### DAY 6 Kayaking on snow-melt fed Lake Wanaka

Lake Wanaka is one of New Zealand's largest lakes situated in a glacier carved basin and is surrounded by the majestic snow capped mountains of the Southern Alps. This makes it the ideal location for an unforgettable kayaking adventure exploring the beautiful coastline whilst enjoying the outstanding scenery.

After lunch we are rejoined by our Adventure South guide, and we get to sit back and enjoy another stunning drive, starting with a spectacular 69km between Wanaka and Queenstown on the Crown Range Road. Renowned for its beautiful views and epic scenery the road traverses New Zealand's highest sealed alpine pass at 1076m. From there we hug the scenic shores of Lake Wakatipu to Kingston and then cross through several small farming settlements before finishing up in the township of Te Anau on the shores of another stunning lake.

Kayaking : 4 hours

Scenic Drive : 3.5 hours

meals: **B,L,D**

### DAY 7 Cruise overnight on the spectacular Milford Sound

The drive to Milford Sound this morning is every bit as impressive as the destination. Climbing through the Southern Alps, the Milford Road is one of the highest and most scenic roads in New Zealand traveling through lush beech forest and vast valleys, past mirror-like lakes, towering mountains and impressive feats of roading engineering in the form of the Homer Tunnel.

The beautiful Milford road tracks through the wilderness and we stop to enjoy some of the short walks and views on the way, before arriving at The Divide. From here we walk to Key Summit, a 3 hour return hike which forms part of the Routeburn Track, gives spectacular views of the Hollyford Valley and Humboldt and Earl mountain ranges.

Milford Sound itself is arguably the most stunning fiord in Fiordland National Park, a World Heritage Area. It's lined by sheer rock faces that soar 1,200m or more from the sea. At 1692 metres, the iconic Mitre Peak is a spectacular sight and New Zealand's most photographed mountain.

Visiting Milford Sound you will be in the heart of a rainforest, which creates walls of temporary waterfalls. Glorious on a fine day, the ethereal, moody beauty in the rain is equally spectacular.

The Milford Mariner is a purpose-built vessel designed to replicate a traditional trading scow and is perfect for cruising the fiord with private ensuite cabins, an onboard specialist nature guide and delicious food prepared by the onboard chef. During our time on the boat, there are options to kayak, explore the shoreline and even take a swim, weather permitting.

Hiking/ Kayaking options

Scenic Drive : 2.5hrs

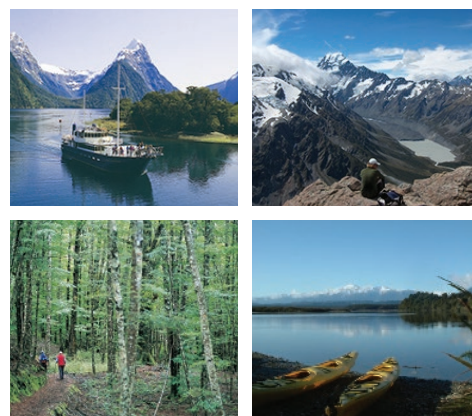
meals: **B,L,D**

### DAY 8 Hike the Rainbow Reach Trail, Kepler Great Walk

After farewelling our overnight cruise, we'll head back South along the Milford Road, so a second opportunity to take in the extraordinary sights on this stunning drive. We'll stop just beyond Te Anau

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to experience a delightful section of another of NZ's Great Walks, the Kepler. The track follows the terraces of the Waiau River through red and mountain beech forest to Rainbow Reach and is on easy terrain.

Then we continue onto Queenstown for the next 2 nights, with a rest day tomorrow which can be spent relaxing or otherwise!

Hiking : 9km 2.5hrs

Scenic Drive : 4 hours

**meals: B,L,D**

## **DAY 9 Free day to explore Queenstown**

Today there's the option of a very long lie-in and spending the rest of the day cruising Queenstown's many cafes and outdoor shops or you can stick with the active theme of the tour and choose one of the myriad of activities offered by NZ's adrenaline capital! Bunji jumping, jet boating, rafting, ziplining, off-road driving, mountain biking, hiking...the list is almost endless.

Surrounded by mighty mountain ranges, glistening lakes and swooping trails there is literally something for everyone to enjoy in Queenstown.

**meals: NIL**

## **DAY 10 Destination Aoraki Mt Cook National Park**

Today we head to Aoraki/Mount Cook National Park, a rugged land of ice and rock, with 19 peaks over 3,000 metres including New Zealand's highest mountain, Aoraki/Mount Cook.

Leaving Queenstown, we pass through the Gibbston Valley wine growing region before entering the historic gold mining district of the rugged Kawarau River Gorge. Next up the famous fruit growing region of Cromwell followed by a drive up the shores of Lake Dunstan that leads us to the dramatic Lindis Pass. Crossing the Pass we enter the high-country landscape of the MacKenzie Basin and then the final stretch takes us up the shores of the stunning Lake Pukaki to the Aoraki/Mt Cook village.

The afternoon is free to stretch your legs on one of the short walks in the Park or perhaps explore the Edmund Hillary Centre or the highly recommended DOC centre and keep the legs fresh for tomorrow.

Hiking : 1+ hours

Scenic Drive : 3.5 hours

**meals: B,L,D**

## **DAY 11 Hike in Aoraki/Mt Cook National Park**

Aoraki/Mount Cook National Park is a rugged land of ice and rock. Walking one of the tracks is the best way to experience this ancient landscape.

The Hooker Valley track leads up the Hooker Valley and along the Hooker River, ending at the glacier lake, where there are amazing views of Aoraki/Mount Cook and the Mueller Glacier on a clear day. Along the way we'll cross the Hooker River via three swingbridges and encounter picturesque icebergs, glaciers and majestic mountains.

For those keen to experience more of this special environment, we may take on the famous Sealy Tarns hike, known as the "Stairway to Heaven," with 2,200 steps to spectacular views as your reward. For those feeling adventurous, the guided option to Mueller Hut may be available, depending on the group's enthusiasm and weather. Alternatively, return to the village having achieved an epic feat, and enjoy further exploration at your own pace. Not feeling a big hike to Sealy Tarns today? You have the option to remain local in the village, exploring short walks on foot. Your guide will be able to advise must do hikes and locations to visit close by.

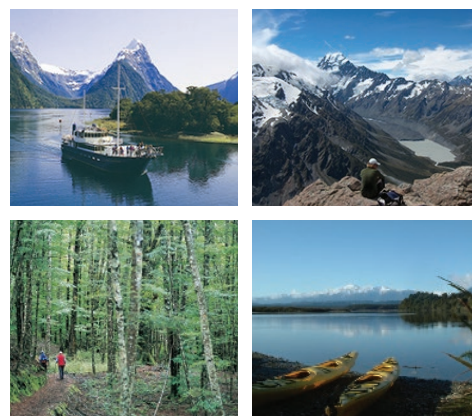
Returning to our lodge accommodation we'll gather for a final trip dinner and enjoy reliving all the great experiences we've had!

Hiking : Hooker Valley 10km rtn, 3hrs; Sealy Tarns 3-4 hrs, 2200 steps +600m

**meals: B,L,D**

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## DAY 12 Transfer to Christchurch

The drive back to Christchurch offers more great views as we head back down Lake Pukaki and continue through the MacKenzie Basin via Lake Tekapo to the pretty country towns of Fairlie and Geraldine. We then cross the vast canterbury plains to arrive back into Christchurch in the late afternoon.

**meals: B**

## DAY 13 NIL

NIL

**meals: NIL**

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

## 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 (3754m / 12,316 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.

With a population of 4.0 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.



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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, including on the cruise boat where we stay in cabins.

If you wish to reserve a room to yourself a single supplement is available at extra cost, the single supplement does not include the night on the cruise boat, which is twin share.

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.

## 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

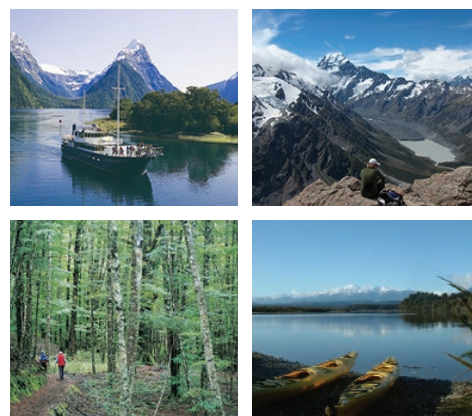
On the first morning of the tour, you will be met by your guides at your pre-tour accommodation in Christchurch. If you miss your flight or are unable to reach the meeting point on time, please call us at the Adventure South office (Free phone in NZ 0800 00 11 66 or international +64 3 942 1222).

## what you carry

All of the walks on the tour are day walks so a small pack with personal essentials is all you will need to carry. The support vehicle will then take the rest of the equipment.

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## equipment required

Day pack of sufficient size to carry personal items and a change of clothes for overnight on Day 7. Hiking poles are recommended but not essential. Sturdy walking boots with good ankle support that are well broken in are essential. A comprehensive gear list is included with your trip confirmation.

## 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.

## webinars & events

We invite you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

## 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.adventuresouth.com](http://www.adventuresouth.com), [www.worldexpeditions.com](http://www.worldexpeditions.com) or [www.greatwalksofnewzealand.co.nz](http://www.greatwalksofnewzealand.co.nz). All companies are part of the World Expeditions Travel Group.

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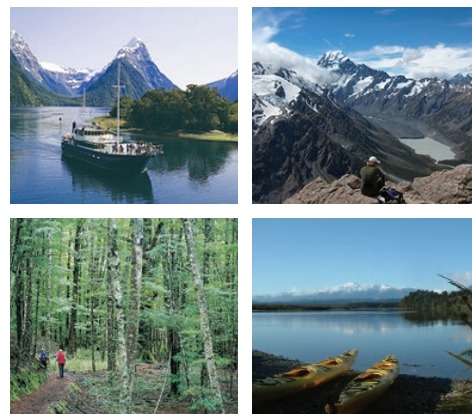
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# best of south island hike and kayak

*Explore the magical environment of the Southern Alps and National Parks,  
highlighted with a range of stunning walks and easy kayaking*



## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your 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 (found at the back of our brochure). You can also download a copy from [www.adventuresouth.co.nz/Contact/How-to-Book](http://www.adventuresouth.co.nz/Contact/How-to-Book). On completion, please scan/email or post the form to Adventure South or your nearest World Expeditions office, along with your non-refundable deposit. If you're coming from outside New Zealand contact your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation or just for some information in your time zone.

### 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 9421 222

Australian Travel Agents: 1300 904 454

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

### WORLD EXPEDITIONS WORLDWIDE OFFICES

UK: Toll free within UK 0800 0744 135 or + 44 (0)20 8545 9030

North America: Toll free 1800 567 2216 or 613 241 2700

Australia: 1300 904 454