

best of south island's great rides



trip highlights

Cycle five spectacular Great Rides of the South Island all in one trip!

Take in the pristine lakes, stunning river valleys and alpine landscapes of the South Island

Cycle the best sections of the spectacular Alps to Ocean Cycle Trail from Tekapo

Complete the Lake Dunstan and the Roxburgh Gorge Trails, tracing the footsteps of gold mining pioneers

Experience a historic journey along a section of the Otago Central Rail Trail

Finish the tour following the Queenstown Trails into the adventure capital of New Zealand

Have expert local guides deliver world class service which allows you to relax and ride



Trip Duration	8 days	Trip Code: SIC
Grade	moderate	
Activities	8 days cycle trails	
Accommodation	7 nights hotel/motel	

Kia ora from Adventure South

Thank you for your interest in our South Island by Bike adventure. 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 NZ 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 are 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 NZ 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; 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, 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 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 Queenstown domestic airport later than 7pm. 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 Queenstown on the final evening your guide will drop you in central Queenstown at the end of the tour.

trip dates

2026 20 Oct - 27 Oct
16 Nov - 23 Nov H
04 Dec - 11 Dec

2027 19 Jan - 26 Jan
19 Feb - 26 Feb H
16 Mar - 23 Mar H

important notes

HS - Holiday Season
H - High Season

NB: - See more dates on South Island Great Rides - 15 days check out trip code USI

the trip

This unique itinerary has been designed to showcase the very best trails the South Island has to offer. New Zealand has a vast network of cycle trails throughout the country offering a range of diverse landscapes; 23 have been awarded the Great Rides status. We have selected the finest sections of the best FIVE trails for this epic 8 day tour.

We begin in the garden city of Christchurch with a warm up ride along the spectacular Summit Road following the rim of an extinct volcano. Then we head to glimmering Lake Tekapo to spend 3 days riding the Alps to Ocean trail near Aoraki/Mt Cook, New Zealand's highest peak. We cycle past the snow-capped peaks of the Southern Alps, turquoise glacier-fed lakes and lush pastures dotted with sheep, as far as Lake Aviemore. We then travel into Central Otago to take on the stunning Lake Dunstan Trail which winds through a deep gorge and past world class Pinot Noir vineyards.

Next up is New Zealand's original 'Great Ride', the Otago Central Rail Trail, followed by the Roxburgh Gorge trail through another remote gorge which includes a scenic jet boat transfer. Our final ride explores the trails of Queenstown within the beautiful Lakes District, taking in the historic gold mining town of Arrowtown and the stunning Arrow River Bridges Trail.

Character-filled towns, comfortable accommodation and friendly welcomes are all part of the package, as is the passion and local knowledge of your guides.

*For the 2026/27 season, on Day 8, we'll be tackling the newest Great Ride, the Kawarau Gorge Trail, assuming it has been completed on time. This trail has opened up previously inaccessible segments of the stunning Kawarau Gorge, winding around the Nevis Bluff with bluff bridges along the Kawarau River, past rapids, and offering spectacular views up the Nevis River mouth.

about your leader/escort

Our guides are one of our biggest assets and we pride ourselves on their level of quality and high standards. Once the trip reaches 8 people, we provide you with two of our expert guides to maximise your enjoyment and overall experience. You'll know you're in safe hands as all of our guides are certified in first aid and CPR and many of them are trained bike mechanics. They come from all walks of life but our guides have a common desire to give you the best possible experience, fun and lots of fond memories to take home with you.

at a glance

DAY 1	CHRISTCHURCH PORT HILLS CYCLE
DAY 2	CHRISTCHURCH TO TWIZEL - GREAT RIDE #1 ALPS TO OCEAN TRAIL
DAY 3	TWIZEL TO OMARAMA - ALPS TO OCEAN TRAIL
DAY 4	OMARAMA TO CROMWELL - ALPS TO OCEAN TRAIL
DAY 5	CROMWELL TO CLYDE - GREAT RIDE #2 LAKE DUNSTAN TRAIL
DAY 6	CLYDE TO CLYDE - GREAT RIDE #3 OTAGO CENTRAL RAIL TRAIL
DAY 7	CLYDE TO ALEXANDRA - GREAT RIDE #4 ROXBURGH GORGE TRAIL
DAY 8	QUEENSTOWN DAY - GREAT RIDE #5 THE KAWERAU GORGE TRAIL

what's included

- Tasty cafe breakfasts (x7), gourmet picnic or cafe lunches (x7), two course restaurant dinners (x5) catered to all dietary requirements
- 7 nights comfortable hotel/motel ensuite accommodation on twin share basis
- Professional qualified driver/guides who handle all the hard bits and share epic stories (2 guides on groups of 8 or more)
- Full vehicle support along the trail including trailer for luggage
- Wine tasting at a Central Otago vineyard



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fast facts

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

- Scenic Roxburgh Gorge jet boat transfer
- Tasty nutritious snacks, drinks and treats plus our famous morning and afternoon teas
- Pre Departure Information Kit to help you plan and prepare
- Department of Conservation fees and rider fees paid to Trail Trusts for ongoing maintenance and improvements

what's not included

- Bike Hire (including helmet)
- International or domestic flights and taxes
- Group arrival and departure airport transfers
- Meals not mentioned in the itinerary
- All beverages, other than with breakfast
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Optional activities (e.g. Omarama Hot Tubs, activities in Dunedin and Queenstown)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)

detailed itinerary

DAY 1 Christchurch Port Hills Cycle

Your South Island adventure starts in central Christchurch at 8am. We start with a short drive to the top of the Port Hills where we will begin to cycle along the crater rim of an extinct volcano. From Dyers Pass we cycle the undulating and almost traffic-free Summit Road, which offers amazing vistas across Christchurch and the Canterbury Plains to the snowy peaks of the Southern Alps. We can also look into the bright blue water of Lyttelton Harbour on the inside of the crater. Riding out to Godley Head, home to a WWII coastal defence battery that sits atop sheer 120m cliffs, we stop and walk to see the views from the peninsula out to the Pacific Ocean.

Back on the bikes, it's a short ride back to Evans Pass and then a sweeping downhill to the port town of Lyttelton. There are some cool cafes and colourful stores to explore, as well as quirky historic buildings along a heritage walk. We drive back to Christchurch in the afternoon and have free time to rest up before we meet for our first group dinner.

Cycle Distance: Dyers Pass to Lyttelton - 30km

Accommodation: Christchurch

meals: L,D

DAY 2 Christchurch to Twizel - Great Ride #1 Alps to Ocean Trail

After breakfast at the hotel, your guides will be waiting in reception at 8am. We drive south crossing the Canterbury Plains towards Geraldine, then over the scenic Burke's Pass to the famous Mackenzie Country, where Lake Tekapo soon appears as a bright blue jewel. We will visit the iconic Church of the Good Shepherd perched on the edge of the shimmering lake with a panoramic mountain backdrop.

After lunch, we join the first of the trip's Great Ride Cycle Trails - the Alps to Ocean Cycle Trail. This is NZ's longest cycle path, travelling 300km from the highest mountain Aoraki/Mt Cook all the way to the ocean at Oamaru. We spend the next 3 days riding the best sections of this trail. Initially we

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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 moderate

This cycle tour is graded moderate. You will need a good level of fitness and we suggest 90 minutes of cycling three times a week for the three months leading up to your trip. You will need to be able to cycle 50-60km each day and as much as 95km on the longest day. The trail surfaces vary from hard packed to loose gravel yet all are purpose built for off-road cycling and are well maintained. We recommend training on 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 tour is fully supported and if at any stage you feel like having a rest from cycling you will be able to ride in the support vehicle.

Follow quiet roads alongside the turquoise blue waters of a hydro canal system through to Lake Pukaki. With amazing mountain views, we ride around the lake shore before crossing the extensive tussock-lands of the Pukaki flats to the small town of Twizel.

Twizel is in the heart of a dark sky reserve so be sure to take a walk outside after dark to see the incredible stary skies. Dinner by own care tonight.

Cycle Distance: Tekapo to Twizel - 54km

Accommodation: Twizel

meals: B,L

DAY 3 Twizel to Omarama - Alps to Ocean Trail

The stunning scenery keeps coming as we ride alongside the Pukaki and Ohau canals with a vast mountainous backdrop, through to Lake Ohau where we stop for lunch. Confident riders can continue on the trail to Tarnbrae Saddle (900m), the highpoint of the A20. The vast Mackenzie Country views are just reward for the climb. Alternatively, riders can transfer to the historic woolshed at Quailburn for a much easier ride down to Omarama, our stop for the night. Translating from Maori as 'place of light', Omarama is known for its extraordinarily clear skies, offering incredible star gazing opportunities at night. This evening we enjoy a meal at a typical small town pub and experience real Kiwi hospitality.

Cycle Distance: Twizel to Lake Ohau - 38km, Lake Ohau to Omarama via Tarnbrae Saddle - 44km

Short Option: Quailburn to Omarama - 26km

Accommodation: Omarama

meals: B,L,D

DAY 4 Omarama to Cromwell - Alps to Ocean Trail

Today's Alps to Ocean ride follows the Waitaki river down the picturesque Waitaki Valley, known for its hydro lakes and dams.

First, we follow the narrow trail along the shores of Lake Benmore to Sailors Cutting where we join the lake shore to traverse around the shoreline of rocky outcrops, little beaches and even tree covered islands. There is an easier option for less confident riders who would prefer to avoid this more technical section. Regrouped, it's a fun downhill cycle towards Aviemore Dam, where we'll enjoy a picnic by the lake.

We'll finish our Alps to Ocean experience at the dam, load up the bikes and then drive towards Central Otago over the Lindis Pass. We head to Cromwell where next up is the Lake Dunstan trail, which we will tackle tomorrow. There will be time to have a wander around Cromwell old town, a small historic precinct dating back to the gold rush days of the 1800s, with a number of galleries, cafes and boutique shops.

Cycle distance: Omarama to Aviemore Dam - 51km

Accommodation: Cromwell

meals: B,L,D

DAY 5 Cromwell to Clyde - Great Ride #2 Lake Dunstan Trail

Today we ride the full length of the newest Great Ride, the Lake Dunstan Trail, a spectacular ride through unique and fascinating landscapes so characteristic of Central Otago. Our journey starts at Smith's Way with an easy ride following the shores of Lake Dunstan. We pass back through Cromwell's old town, and continue along the Kawarau arm of Lake Dunstan to the Bannockburn Bridge. We wind our way through old mine tailings, wineries and olive groves and from Cornish Point head into the dramatic Cromwell Gorge. The track winds around sheer rockfaces and over lake inlets on impressively engineered platforms and bridges rising above the lake to Clyde. For those

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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.

riders who wish to avoid the more demanding section through the gorge, there will be an option to drive to Clyde and ride all or part of the easier river trail to Alexandra, or explore the small historic town. We stay in Clyde for the next 2 nights.

Cycling Distances: Smith's Way to Cornish Point – 30km

Cornish Point to Clyde via Lake Dunstan (Moderate) – 25km

Clyde to Alexandra River Trail (Introductory) – 12km each way

Accommodation: Clyde

meals: B,L,D

DAY 6 Clyde to Clyde - Great Ride #3 Otago Central Rail Trail

Great Ride number three is the famous Otago Central Rail Trail, NZ's original cycle trail.

After breakfast, a short transfer takes us inland to Ida Valley. Here we join what we consider to be the best section of the rail trail passing through tunnels and over bridges that once were the secret preserve of railway workers. We witness the natural beauty and look in awe at some early feats of the first settlers of this region. The ever changing landscape includes rugged mountains, crystal clear rivers, and steep winding gorges. We cycle through the 229m Poolburn tunnel over the impressive Manuherikia Bridge and Poolburn viaduct.

From Lauder we continue towards Chatto Creek taking in views of the Dunstan Mountains and Raggedy Range, making a short detour to see the Ophir township and its historic bridge. The ride back to Clyde is mostly downhill. In the evening we are free to sample one of the restaurants in town.

Cycle Distance: Ida Valley to Clyde - 60km

Accommodation: Clyde

meals: B

DAY 7 Clyde to Alexandra - Great Ride #4 Roxburgh Gorge Trail

Next up, Great Ride number four, is the striking Roxburgh Gorge Trail. Leaving from Clyde we pedal along the wooded River Trail linking Clyde to the Roxburgh Gorge Trail alongside the mighty Clutha Mata-Au river.

The trail journeys through a remote barren, treeless landscape, flanked by bluffs up to 350 metres high, following stone walled water races and other remnants of gold mining activity. We arrive at Doctor's Point to meet a jet boat to take us on a scenic historical journey for the next 13km through the gorge to Shingle Creek. Back on our bikes, it's a gradual climb to Elbow Creek, then through a small, secluded valley with regenerating Kanuka (tea tree) scrubland and into sweeping hill country farmland. A series of switchbacks lead us to the impressive Roxburgh Hydro Dam lookout. It's then a further 9km along the river to reach Roxburgh, where we load up the bikes and drive to our accommodation in Alexandra. If there is time we can visit a local vineyard before our final dinner to celebrate new friendships and world class riding.

Cycling distance: Clyde to Roxburgh - 40km

Accommodation: Alexandra

meals: B,L,D

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DAY 8 Queenstown Day - Great Ride #5 The Kawerau Gorge Trail

Today we cycle the newest Great Ride, the Kawerau Gorge Trail, which has opened up previously inaccessible segments of this stunning gorge.

The trail starts from the historic Bannockburn Bridge and continues with the history lesson with incredible stories of early gold mining days, ingenious power generation projects, tales of rabbit hunting, and the ancient routes traversed by early Maori as you navigate your way around bluff bridges on the edge of the Kawerau River.

Passing rapids and a spectacular view up the mouth of the Nevis River in between crossing two stunning suspension bridges, you eventually meander around the Nevis Bluff and emerge into the Gibbston Valley, Central Otago's premier wine-growing region. Here you'll join the Gibbston River Trail winding its way high above the Kawerau River through multiple vineyards to the Historic Kawerau Bridge, the inaugural home of bungy-jumping!

Our last ride is on the picturesque Arrow River Bridges Trail which crosses five bridges over the willow-lined Arrow River before finishing in the historic gold mining town of Arrowtown, a delightful location for a farewell drink to conclude our spectacular journey, before being delivered into Queenstown town centre in the late afternoon.

Cycling distance: 54k

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.

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.

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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.

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



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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. If you wish to reserve a room to yourself a single supplement is available at extra cost, however are limited to 2 per departure.

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.

joining instructions

On the first morning of the tour, you will meet your group at one central city location in Christchurch. 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).

equipment provided

MOUNTAIN BIKE (Additional Charge)

Our new fleet of Avanti Discovery 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, forestry tracks and shingle. 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 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 80kms 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.

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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.

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what you carry

The tour is fully supported and guided so you won't have to worry about anything! If hiring one of our bikes it will have a small rear saddle bag. 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.

equipment required

A comprehensive gear list will be provided on confirmation of your trip.

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.

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

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. 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 ask us for a booking form. On completion, scan/email 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 contact your nearest World Expeditions office or travel agent for assistance with your



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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

Email: 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