

marlborough and west coast cycle



trip highlights

7 days of easy bicycle adventure with the chance to extend yourself if you wish

Luxuriate and rest tired muscles in the hot pools of Hanmer Springs

Cycle over the Southern Alps via the picturesque Lewis Pass

Experience one of the best coastal rides in the world which takes us to the amazing geology of Punakaiki and its Pancake Rocks

Travel through beautiful rain forest clad mountains and along scenic river valleys

Discover the beauty of Queen Charlotte Drive as we cycle alongside the Marlborough Sounds

Take an optional swim with the dolphins, whalewatch or pelagic bird (albatross) tour in Kaikoura



Trip Duration	7 days	Trip Code: MBW
Grade	Moderate level	
Activities	7 day cycle	
Accommodation	6 nights motel/hotel accommodation	

Kia Ora from Adventure South

Thank you for your interest in our Marlborough and West Coast Cycle adventure. It's a superb adventure and we hope you can join us. Adventure South has been operating active holidays throughout New Zealand since 1992. Thanks to our experience we're confident to say that we offer the very best cycling, trekking and adventure travel itineraries available in New Zealand today.

There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. An Adventure South holiday aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience.

We're here to show you that there are many, many more trails and cycling routes in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

why travel with Adventure South?

"Small Groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different 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 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.

marlborough and west coast cycle

Crisscross the scenic Northern region of the South Island by bike. Great wines, coastal roads, native forests and spectacular mountain lakes. From whale watching to hot pools, this is seven days not to be missed.



trip dates

2012 18 Nov - 24 Nov
17 Dec - 23 Dec

2013 16 Jan - 22 Jan
13 Feb - 19 Feb
14 Mar - 20 Mar
14 Apr - 20 Apr

trip cost

Joining Christchurch: NZD\$2590 / AUD\$2070

options & supplements

Single Supplement: NZD\$647 / AUD\$517

Adventure South does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not 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. The cost of the single supplement is listed above.

We suggest flying in the night before the tour departs, however if you plan to fly into Christchurch on the morning of the tour then you need to have landed and be in arrivals by 8:30am. Your guide will then come and collect you as the tour is leaving town. At the end of the tour if you wanted to fly home that evening as long as you catch a flight departing Christchurch domestic airport later than 7pm you will be fine. We will also drop you off at the airport on the way back into town. We don't recommend catching international flights on the same day as the tour departs or finishes.

the trip

We have selected the best cycling highlights of this region - from mountains to the coast and wineries to hot pools, this tour has a wide variety of cycling experiences. This trip travels from coast to coast via the beech forest slopes of Lewis Pass, before dropping down to Punakaiki and one of the best coastal rides in the world. Also included is a night at St Arnaud in the Nelson Lakes National Park.

about your leader

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

at a glance

DAY 1	CHRISTCHURCH TO HANMER SPRINGS
DAY 2	HANMER SPRINGS TO LAKE BRUNNER
DAY 3	LAKE BRUNNER TO PUNAKAIKI
DAY 4	PUNAKAIKI TO ST ARNAUD
DAY 5	ST ARNAUD TO NELSON
DAY 6	NELSON TO KAIKOURA
DAY 7	KAIKOURA TO CHRISTCHURCH

what's included

- All breakfasts (except day 1), 7 lunches and 3 evening meals
- A great guide and transport
- A Trek 7300 or 7500 bike with helmet and small pannier bags
- Accommodation as detailed based on a twin share basis with private bathroom facilities
- Access and Concession fees paid to the Department of Conservation
- NZ Goods and Service Tax (GST)

detailed itinerary

DAY 1 Christchurch to Hanmer Springs

Important: The night before your tour is to depart your guide will call your pre tour accommodation to advise what time (approx 8am) they will collect you the following morning. (Please make sure you have given us information as to where you are staying). If you are not around when your guide calls they will leave a message at reception – its really important that you check with reception if you have not heard from your guide directly. If for any reason you have not heard from your guide by the morning of the tour please call us in the NZ office on 0800 00 11 66 (from within NZ).

After a pick-up from your hotel we start with our first cycle on the volcanic Port Hills above Christchurch. From a set up on the summit road, we cycle towards Sumner nestled on the coast. This ride provides spectacular views north to the Kaitiaki ranges, and South to the Southern Alps.



marlborough and west coast cycle

Crisscross the scenic Northern region of the South Island by bike. Great wines, coastal roads, native forests and spectacular mountain lakes. From whale watching to hot pools, this is seven days not to be missed.



After a picnic lunch we drive and cycle the plains of Canterbury into the foothills. Edging onto the bushclad Lewis Pass and its mountain ranges is the thermal resort of Hanmer Springs. At the end of this first day the hot pools are a welcome interlude (www.hanmersprings.co.nz).

Riding distance – 45 to 99km / 28 to 62 miles

meals: L

DAY 2 Hanmer Springs to Lake Brunner

This morning the beautiful beech forests of the Lewis Pass beckon. By cycle and coach we gradually climb over the picturesque Lewis and Rahu Saddles, after each climb is a downhill rush with long sweeping corners. On beautifully sealed roads with lush temperate rainforest lining the roadside we ride until we reach the rugged beauty of the West Coast Region. We then head north for a breathtaking flat ride through the stunning scenery of Moana, nestled between the spectacular Southern Alps and tranquil Lake Brunner.

Riding distance – 54 to 91km / 34 to 56 miles

meals: B,L,D

DAY 3 Lake Brunner to Punakaiki

Heading out of Moana, we follow an undulating and winding course through the picturesque Arnold Valley to Stillwater. A flat ride beside the banks of the Grey River takes us out to the coastal township of Greymouth. One of the trips many highlights is the coastal riding as we head along the coast to the famous Pancake Rocks at Punakaiki, the riding is pure quality – with enough hills to keep you honest.

Riding distance – 59 to 102km / 37 to 63 miles

meals: B,L

DAY 4 Punakaiki to St Arnaud

We cycle the sealed roads through the impressive Buller Gorge where the upper gorge landscape provides us with snapshot vistas of the Buller River whose white water attracts many a rafting and kayak enthusiast. There are plenty of photo opportunities on this scenic and gently undulating ride, before we board our coach for a final ride into St Arnaud, nestled in the heartland of the Nelson Lakes National Park. We recommend doing one of the many short walks around nearby Lake Rotoiti, this area is known as a “mainland island” and the results of the pest eradication programme means that the native birdlife is flourishing.

Riding distance – 46 to 72km / 28 to 44miles

meals: B,L,D

DAY 5 St Arnaud to Nelson

Early risers are encouraged to take a walk into the nearby native forest at sunrise to hear the native birds & their “dawn chorus”. From behind St Arnaud we cycle the sealed forestry roads on a long mainly downhill ride towards the coast. The cycle then travels along a quiet road beside the beautiful Motueka River and through an area known for growing hops. We enter the township of Motueka and transfer by coach to nearby Nelson where we have time to explore the arts and craft capital of New Zealand.

Riding distance – 44 to 97km / 27 to 60miles

meals: B,L

DAY 6 Nelson to Kaikoura

By coach we motor over the steep outlying hills to arrive at the start of the beautiful Queen Charlotte Drive, which skirts the Marlborough Sounds into Picton. From here it is a short hop over the hill to

marlborough and west coast cycle

Crisscross the scenic Northern region of the South Island by bike. Great wines, coastal roads, native forests and spectacular mountain lakes. From whale watching to hot pools, this is seven days not to be missed.



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

*Ask our staff for more information

Blenheim, NZ's premier wine producing region. After a great lunch at one of the countries leading wineries, we head south down the dramatic East Coast to reach Kaikoura, home of NZ 's Whale Watch icon.

Riding distance – 30 to 68km / 18.5 to 42 miles

meals: **B,L,D**

DAY 7 Kaikoura to Christchurch

For the early risers, an optional chance to view one of the great natural sights as whales surface against the spectacular mountain backdrop of the seaward Kaikoura Mountains (www.whalewatch.co.nz). Swimming with or watching dolphins is also highly recommended (www.dolphin.co.nz). Due to the popularity, however, it is essential to make a booking well in advance. Following a late breakfast we head further south cycling some of the great back roads and enjoying the scenery as we eventually return to Christchurch and deliver you to your accommodation for the night.

Riding distance – 49 to 109km / 31 to 68 miles

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

Cycling is one of the best ways to see a country and our trips have been well researched to take you on the best route. This usually means a combination of tarmac and gravel roads, using quiet secondary roads wherever possible, - and sometimes even the occasional hill! All of this so that you can see the incredible scenery and landscapes, view the main sights and along the way eat delicious food, stay at unique accommodation and meet the locals. Our recreational tours follow the philosophy of "Cycling the Best and Driving the Rest". On some days it is just not possible to cycle the whole route between lodgings. Our guides often adapt the tour to allow the strong riders to cover more ground while more relaxed cyclists get to average from 50-70kms plus (30-45miles) daily using the support vehicle.

Bike hire is included in the cost of your tour and full details of our bike fleet can be found on our website: www.advsouth.com/cycle/bikes/ <<http://www.advsouth.com/cycle/bikes/>>

- you will have a choice of a Trek 7500 or a lowrise/step through Trek 7300 – both are 27 gear bikes. On some of our recreational tours you can upgrade to a Trek 1.5 road bike for NZ\$30 per day – speak to a member of our team for options on your tour.

All equipment and luggage will be carried by the support vehicle. Your bike will come with a small front and a rear pannier bag for your camera, wallet, jumper etc. It is important to remember that these cycling journeys are not designed to be a marathon event and no one needs to feel under pressure to ride – everyone rides at their own pace. If at any point you do not wish to ride, the support vehicle is always available for you and your bike. Remember that cycling involves some physical exertion, and some pre trip preparation will help towards making your cycle tour an enjoyable experience. 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 whilst cycling. We also highly recommend wearing bright/fluoro cycle clothing to increase your visibility on the road.

country information

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



marlborough and west coast cycle

Crisscross the scenic Northern region of the South Island by bike. Great wines, coastal roads, native forests and spectacular mountain lakes. From whale watching to hot pools, this is seven days not to be missed.



responsible travel

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

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

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

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

trip grading

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 Marlborough and West Coast Cycle is graded moderate. You will need a reasonable level of fitness and we suggest 60 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trip. 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.

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.

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.

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. 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.

marlborough and west coast cycle

Crisscross the scenic Northern region of the South Island by bike. Great wines, coastal roads, native forests and spectacular mountain lakes. From whale watching to hot pools, this is seven days not to be missed.



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.

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.

what you carry

Your Trek 7300 or Trek 7500 bike will be equipped with a helmet, water bottle and a small front and rear pannier bag. Each have enough space for you jumper, camera, wallet etc

what's not included

- 4 evening meals
- Entry into Hanmer Hot Springs
- Optional activities in Kaikoura
- Drinks with included meals
- Personal expenses
- Optional upgrade to a Trek 1.5 road bike, NZ\$30 per day
- Gratuities, tipping is not expected in NZ but gratefully received. It is at your discretion whether or not to reward for excellent service

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>

trip availability

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

how to book

To book an Adventure South holiday, you can book directly online (<http://www.advsouth.com/booking.aspx>) or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from www.advsouth.com . On completion, please fax 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 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 guide@advsouth.co.nz

