

# Milford and Stewart Island Trails



## Trip Highlights

- Experience the splendour of Milford Sound before the crowds
- Trek some of the lesser known valleys of Fiordland with their spectacular viewpoints and towering rocky walls
- Explore Stewart Island, NZ's newest national park and one of the last remaining wilderness areas
- Discover the small communities and rugged coast of the Catlin region
- Learn of Otago's rich gold mining history that led to the settlement of Central Otago
- Be part of a small group exploration with numerous points of interpretation



<b>Trip Duration</b>	7 days
<b>Grade</b>	Introductory level
<b>Activities</b>	7 day hike
<b>Accommodation</b>	6 nights motel/hotel accommodation

## Kia Ora from Adventure South

Thank you for your interest in our Milford and Stewart Island Trails 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.

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## Trip Dates

**2011** 20 Nov - 26 Nov  
04 Dec - 10 Dec

**2012** 29 Jan - 04 Feb  
26 Feb - 03 Mar  
11 Mar - 17 Mar  
01 Apr - 07 Apr **HS**

## Trip Cost

Joining Queenstown: NZD\$2485 / AUD\$1995

## Options & Supplements

**HS - Public Holiday Supplement:** NZD\$50 / AUD\$40

**Single Supplement:** NZD\$639 / AUD\$513

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.

## The Trip

This superb walking itinerary takes in the very best of the southern regions of the South Island. Your adventure begins in the 'adventure capital' of Queenstown from where you'll take the gondola ride high above the town for the best views of the region revealing an extensive panorama. You then travel to Te Anau and onto Milford Sound in time to beat the crowds to cruise the Sound beneath the imposing walls of Mitre Peak, followed by 'off the beaten path' walks accessed from Milford Road. After a walk on the Kepler Track, you'll travel further south to the wildlife sanctuary of Stewart Island, where life is quieter even still. Here you can enjoy some free time to explore this remote island and there is the potential for sightings of New Zealand's flightless bird - the Kiwi - in its natural habitat. You will then return to the mainland to explore the native forests and dramatic seascapes of the windswept Catlins Coast on foot. Enroute to Queenstown, walk through the rolling hills of Central Otago, an area steeped in gold-mining history, which will provide a wonderful contrast to the previous day walks.

## 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 advanced mountain guides. To check out more about our guides see our 'Who are we' page on our website ([www.advsouth.com](http://www.advsouth.com)).

## At a Glance

DAY 1	QUEENSTOWN TO KNOBS FLAT, TE ANAU
DAY 2	KNOBS FLAT, TE ANAU - MILFORD SOUND - KNOBS FLAT
DAY 3	KNOBS FLAT, TE ANAU TO STEWART ISLAND
DAY 4	STEWART ISLAND
DAY 5	STEWART ISLAND TO CATLINS
DAY 6	CATLINS
DAY 7	CATLINS TO QUEENSTOWN

## What's Included

- 6 breakfasts, 6 lunches, and 5 evening meals
- A great guide and transport
- Packs and poles if required - please let our staff know pre tour
- Accommodation as detailed based on a twin share basis with private bathroom facilities
- Ferry Crossing to and from Stewart Island
- Boat cruise on Milford Sound
- Access and Concession fees paid to the Department of Conservation
- NZ Goods and Service Tax (GST)

## Detailed Itinerary

### DAY 1 Queenstown to Knobs Flat, Te Anau

Important: The night before your tour is to depart your guide will call your pre tour accommodation to advise what time 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



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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).

From Queenstown we can start our first trek almost immediately after meeting, as we take the gondola to above the township and then access the walking track as it climbs to Ben Lomond saddle. With the amazing 360 degree views from the nearby summit, this start is hard to top, but we descend to the coach and then drive to Te Anau, on the edge of the World Heritage national park. After a welcome evening meal we continue our drive to our remotely based accommodation for the next two nights.

**meals: L,D**

## DAY 2 Knobs Flat, Te Anau - Milford Sound - Knobs Flat

Benefiting from our location, we have a short drive into Milford Sound beating the crowds to enjoy a cruise down the sound beneath the sheer rock walls that tower above the launch. By late morning we are back through the Milford tunnel and on a nearby track that takes us into the upper basin and its amazing quiet. Other trails provide equally spectacular views and eventually we return to our coach and back to our accommodation and a BBQ dinner.

**meals: B,L,D**

## DAY 3 Knobs Flat, Te Anau to Stewart Island

Off the southern coast of NZ lies Stewart Island, home of our latest national park and the remote community of Oban. Before we get there, we firstly hike part of the Kepler track through to Lake Manapouri – passing through wetlands and mosses and ancient native forests. The drive around the windswept coast to Bluff is spectacular and the 1hour crossing gets us on shore with a full day of activity to follow tomorrow.

**meals: B,L,D**

## DAY 4 Stewart Island

Stewart Island is very diverse and this is a free day to allow you to wander. The options range from a visit to the unique Ulva Island, sea kayaking the interior coastline around Patterson Inlet or a hike on the many coastal walkways. Whatever the option, this is a magic day in the magic location.

**meals: B**

## DAY 5 Stewart Island to Catlins

Departing on the 8.00am ferry back to the mainland, we then follow the coast en route to the Catlins Conservation Park. This region is the most unexplored of our conservation regions and the trails on the rugged coast are unbelievable. Over this and the following day, we walk the trails to empty beaches, beautiful waterfalls and even a petrified forest revealed on the beach.

**meals: B,L,D**

## DAY 6 Catlins

From our base we venture forth to explore and walk the regions trails as we hike out to a remote lighthouse, occasionally encountering seals and even dolphins if we are lucky. Our activities will be tailored to the weather and individual interest to make this a special day.

**meals: B,L,D**

## DAY 7 Catlins to Queenstown

We depart the Catlins and head back towards Queenstown via the huge Clutha River valley. Travelling via quiet backcountry roads we enter the Otago historical goldmining region and for our trail today, we explore the gold mining past that links NZ to Australia and California as miners

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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

\*Ask our staff for more information

followed one elusive dream after another. The Clutha became the passageway to Central Otago and we follow this through the rugged Kawarau Gorge to eventually return to Queenstown and the journeys end.

**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.

## 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

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## responsible travel

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

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

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

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

## trip grading

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.

Trails on this itinerary are largely formed paths and tracks which can involve hiking for 2-3 hours at a time. Often information panels are available to provide more information but the Catlins region is more remote. This tour is ideal for those looking to explore a region without engaging in too much trekking at one time. For you to be able to really enjoy this trip we recommend that you are to walk comfortably for a few hours at a time (with breaks included).

We recommend 60 minutes of aerobic type exercise, (either cycling, jogging or power walking) three times a week for the three months leading up to your trip.

-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.

## 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

Each of the walks are day walks and you will only have to carry a day pack with personal essentials.

## what's not included

- 1 lunch and 1 evening meal
- Alcohol and soft drinks with included meals
- Personal expenses
- 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](http://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.

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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.

## 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](http://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](mailto:guide@advsouth.co.nz)