



# secret south



## trip highlights

- unique 11-day itinerary is enriched by camping out
- take on the challenge of the Key Summit walk
- kayak out into the Fiords with stunning views of cascading waterfalls and abundant wildlife
- traverse through beautiful rain forest along the tops of the Hunter Range to Mt Burns
- explore the most unspoilt scenic region of the Catlins, rich in its history and wildlife. Maybe view playful Hector dolphins surfing the waves
- camp along Cannibal Bay as you enjoy some traditional cultural cooking, the Maori Hangi
- enjoy the old gold mining route in the high country landscape of Central Otago
- climb up onto the Ohau range with views of basins filled with tarns and alpine plants
- hike up to Sealy tarns and Mueller Hut to see New Zealand's highest peak Mt Cook, surrounded by stunning icefalls and impressive glaciers



<b>Trip Duration</b>	11 days
<b>Grade</b>	Moderate level
<b>Activities</b>	11 days hiking
<b>Accommodation</b>	10 nights 11 days

## Kia Ora from Adventure South

Thank you for your interest in our Secret South adventure. It's a superb adventure and we hope you can join us. We have been operating guided tours for a long time! 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. One of our holidays 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 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?

As New Zealand's hiking and outdoor adventure holiday specialist we offer adventures to suit everyone. Established in 1993, we began running our unique hiking safaris. Since then we have expanded to offer what we believe are the best guided walks, hiking tours and adventure vacations in New Zealand and now some beyond New Zealand. Our customers share our passion for active travel, wild places and conservation. 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. We have been awarded the Qualmark Enviro-Gold Award as recognition for our commitment to supporting conservation and environmental projects.

On one of our tours you can 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**  
04 Sep - 14 Sep  
02 Oct - 12 Oct  
23 Oct - 02 Nov  
30 Oct - 09 Nov  
06 Nov - 16 Nov  
20 Nov - 30 Nov  
27 Nov - 07 Dec  
04 Dec - 14 Dec  
18 Dec - 28 Dec  
25 Dec - 04 Jan

**2012**  
01 Jan - 11 Jan  
15 Jan - 25 Jan  
29 Jan - 08 Feb  
05 Feb - 15 Feb  
12 Feb - 22 Feb  
26 Feb - 07 Mar  
04 Mar - 14 Mar  
11 Mar - 21 Mar  
25 Mar - 04 Apr  
08 Apr - 18 Apr  
22 Apr - 02 May  
06 May - 16 May

## trip cost

Joining Queenstown Base cost: NZD\$2025 / AUD\$1620

## options & supplements

## the trip

Discover some of the best-kept secrets of the South Island by hiking and kayaking into the remote depths of the South Island of New Zealand. This itinerary travels from the bushland of Fiordland, down to the rugged coast of the wind scaped Catlins into the valleys of the MacKenzie basin to the peaks of the Southern Alps. Come face to face with some of the worlds rarest species such as the yellow-eyed penguin, Hector dolphins and New Zealand's Sea Lions. Enjoy the mixture of camping or staying overnight in an alpine hut where evenings are spent creating fine meals while reliving the day's adventures.

## about your leader

An excellent guide can make the difference between a trip of a lifetime and just an ordinary trip. That is why we work hard to make sure we hire the best guides. Our handpicked professionals come from a range of backgrounds. Each has extensive outdoor and hiking experience and a passion for New Zealand's wild and beautiful backcountry. Our guides will ensure that your time with us is truly inspiring, a huge amount of fun and safe. All guides are trained in Mountain Safety First Aid.

Please be gentle with your guide - good guides are hard to find!

## at a glance

DAY 1	JOIN TOUR IN QUEENSTOWN
DAY 2	MILFORD SOUND
DAY 3	FIORDLAND NATIONAL PARK
DAY 4	CATLINS COAST
DAY 5	CANNIBAL BAY
DAY 6	CENTRAL OTAGO
DAY 7	OHAU RANGE
DAY 8	OHAU RANGE
DAY 9	MT COOK NATIONAL PARK
DAY 10	MT SOMERS
DAY 11	TOUR ENDS IN CHRISTCHURCH

## what's included

- Professional guide and transport
- 10 nights accommodation, mix of camping/backcountry hut, NZ summer house (crib) and homestead
- All breakfasts, lunches and dinners
- Therm-a-rest sleeping mat
- Tents
- Cooking equipment, plates/cutlery
- First aid kit, safety equipment and maps
- NZ Goods and Services Tax (GST)

## detailed itinerary

### DAY 1 Join tour in Queenstown

Note: You will need to make your own way to Queenstown I-site Visitor Centre, Cnr Camp and Shotover Sts by 8:00am on day one of the tour. Here you will meet up with your guide and the rest of your group.

Meet at the Queenstown Visitor Centre at 8:00am and after a briefing by our guide, head south into Fiordland National Park. This spectacular World Heritage Site is the largest national park in the



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country and one of the largest in the world. The huge glacial lakes of Te Anau and Manapouri border the spectacular inland coastline that is Fiordland. The area is dominated by water, either in the form of lakes or as falling rain, which has enabled the establishment of temperate rainforest. We prepare for our first hike to Key Summit on the renowned Routeburn track – a great hike of around three hours. From here there are fantastic views across to the Darran Mountains. We return to the vehicle and make our way to the historic “Gunns Camp” in the Hollyford Valley. 6km/3 hours hiking

**meals: L,D**

## DAY 2 Milford Sound

Rise early and drive through the Homer Tunnel and down to Milford Sound itself. Here we hire kayaks (\$110\* - optional) and kayak out into the fiord with its cascading waterfalls and views of Mitre Peak (1722 metres straight out of the sea). Fiordland crested penguins and New Zealand fur seals often play near our kayaks. This is the ideal way to experience the fiord. While kayaking we make lots of stops to view the wildlife and take photos. After returning to shore we drive back over the divide to our campsite on the shores of Lake Monowai. 8km/4 hours kayaking

**meals: B,L,D**

## DAY 3 Fiordland National Park

This morning we drive to Borland Saddle (at 1000 metres) in Fiordland National Park where we have lunch and organise food for our first overnight hike. The visual impact of this park is stunning; during the Ice Age, the glaciers gouged the fiords and lakes, hollowed out the rounded valleys, and shaped the granite mountain peaks. There are different forest types all over the park; on the eastern side red, silver and mountain beech fill the valleys, and in the northern sections, podocarp forests of matai, rimu, and totara can be found. From Borland Saddle we hike above the bush line onto the Hunter Range with great views over Fiordland. We traverse along these tops to Mt Burns (1634 metres – optional climb) and descend to Green Lake to a backcountry hut, or to camp nearby. 12km/7 hours hiking

**meals: B,L,D**

## DAY 4 Catlins Coast

A leisurely breakfast in this most idyllic site, before hiking out through beech forest and across tussock basins to the road. Have lunch and then drive through to Invercargill for a food shop. This is the southernmost city in New Zealand and its roots, as reflected by its name, are from Scottish settlers who came here in the late 1800's. Many of the city's tree-lined streets bear the names of Scottish rivers. We carry on to Curio Bay in the Catlins, an unspoiled scenic region of coast, rivers and podocarp forest – once an area inhabited by the giant moa (largest bird in the world - now extinct). We relax here and stay in a cosy crib (a New Zealand summer house). There is a chance to enjoy a swim in the sea and then a hot shower to complete our day. 7km/3 hours hiking

**meals: B,L,D**

## DAY 5 Cannibal Bay

This morning we explore Curio Bay and often see Hector's dolphins, which sometimes surf on the waves. We walk to a nearby tidal platform that contains tree stumps from a fossilised forest 180 million years old – it is one of the most extensive fossil forests in the world. The platforms are a palaeontologist's dream. The fossils are evidence of New Zealand's location in the ancient Gondwanaland; plant species identified here are similar to those found in South America. We drive along the coast and reach our next destination of Cannibal Bay. The bay takes its name from human bones discovered here last century that were possibly part of a Maori feast. We have a chance to see New Zealand sea-lions and yellow-eyed penguins, the rarest breeds of sea-lions and penguins in the world. We camp near the beach and prepare a hangi feast (Maori earth oven). 6km/2 hours hiking

**meals: B,L,D**



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## fast facts

### Countries Visited:

New Zealand

### Private Groups:

Private group options are available for this trip\*

### Singles:

A single supplement is not available for this trip

### Leader:

Expert local leader

\* As our staff for more information

## DAY 6 Central Otago

Today is an optional rest day in the picturesque town of Alexandra in the heart of Central Otago. We arrive in Alexandra late morning. If you are feeling energetic, you can join a cycle tour (\$90\* - optional) on the historic rail trail that winds its way through the vast and mountainous landscape of Central Otago through tunnels and across many viaducts. Alternatively you can relax in Alexandra, visit the local cafes or vineyards. We take a night off cooking tonight, as there are some excellent local restaurants to choose from. Rest day/optional cycling

meals: B

## DAY 7 Ohau Range

After a leisurely breakfast we continue our drive through the high country. This part of the South Island is home to some of New Zealand's largest sheep stations, many measuring many tens of thousands of hectares. After crossing Lindis Pass into Mackenzie Country we arrive at Lake Ohau. Time to relax and have a swim at this spectacular setting before packing for our next overnight hike. We head up through beech forest to a camp beside Freehold Creek, just below the bush line. 7km/3 hours hiking

meals: B,L,D

## DAY 8 Ohau Range

Up early, we leave our camp and head off with day-packs to explore a beautiful basin filled with tarns (small alpine lakes). The basin contains an incredible variety of alpine plants, including Spaniards (prickly), and the world's largest buttercup, named Mount Cook Lily (*Ranunculus lyalli*), because of its large round lily-like leaves. The fit can climb up onto the Ohau range (1915 metres) to enjoy the views of the Southern Alps, including Mount Cook, and the Mackenzie Basin. We return to pack up our camp, and hike back to the vehicle. Tonight we stay at "Buscot Station" a high country sheep station. There is the option of camping or staying in the homestead. 14km/7 hours hiking

meals: B,L,D

## DAY 9 Mt Cook National Park

After a short drive we set off with day-packs to hike up to Sealy Tarns and Mueller Hut in Mount Cook National Park. Spectacular views of the Hooker and Mueller glaciers, Mount Sefton icefall and New Zealand's highest peak, Aoraki/Mount Cook – 3754 metres (the Maori name translates to 'Cloud Piercer'). On our walk we learn about glaciers, mountain building and the New Zealand climate. We descend back down to our vehicle and drive to the southern end of Lake Pukaki – artificially raised 30 metres for hydroelectric power generation. This lake is a beautiful turquoise colour caused by the fine glacial silt suspended in the water. We camp on its shores, with beautiful views across to New Zealand's highest peaks. 8km/5 hours hiking

meals: B,L,D

## DAY 10 Mt Somers

Continuing through the Mackenzie Basin, an area named after a legendary sheep rustler, we pass Lake Tekapo before reaching our destination, Mt Somers. We hike up a river canyon and climb out to a Trig Point with great views into the Rakaia Basin. There are several altitudinal plant sequences during our hike, along with regenerating beech forest. We frequently see the New Zealand falcon flying in this area. Tonight we stay in a grand backcountry hut. 5km/4 hours hiking

meals: B,L,D

## DAY 11 Tour ends in Christchurch

We spend our final day together exploring water caves (you get a bit wet!), Tri-falls Stream and swims in Emerald Pool or under a pounding waterfall known as the 'Spa'. Hike back along the canyon rim to an abandoned coal mine to explore some relics. It's then a short drop back to the car

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## responsible travel

Our whole business is based around our natural environment, our rivers, mountains, lakes, coastlines, forests and wildlife. These are our assets and our futures depend on them. No doubt you will have high expectations of what you are going to see and experience in New Zealand and we want to ensure that those expectations are met and exceeded, not just now but in the future too. Your children and grandchildren (and generations to come) should also be able to experience that raw and pristine beauty that New Zealand has to offer. To this end we have developed our own environmental plan and welcome your support for this initiative.

## trip grading

Average 4-5 hours physical activity per day, up to 8-9 hours on longer days. Pack weights of 12-15kgs on some days. Altitude gains of up to 800m. Some uneven track surfaces and river crossings. No hiking experience necessary. Agility and fitness required. You need to be reasonably fit and enthusiastic. Terrain mostly tracks. Some may be slippery or rough; some off-track hiking and river crossings.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote areas and other countries do not expect the standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may need to be altered as a result. 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.

park. Before leaving this beautiful park we'll have lunch. After cleaning up the vehicle and sorting our gear we drive across the Canterbury Plains to Christchurch. We arrive in the early evening. 5km/4 hours hiking

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 in 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.



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## 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.

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 Hiking Safaris use a range of accommodation: camping, backcountry huts, cribs (summer house), hostels and cabins. You will generally camp if the weather is fine, so you get to enjoy the outdoors more and it costs you less. In less pleasant weather your guide will arrange accommodation for the group.

**Camping** - We will camp as much as possible in a range of locations; under natural rock overhangs, on the beach, Department of Conservation campsites, established campgrounds with showers. You are provided with 2-person hiking tents to share and therm-a-rest sleeping mats. You may have a small campfire if fires are permitted.

**Huts** - Your guide will make use of excellent Department of Conservation huts. They are equipped with mattresses, running water and an outside toilet. Cooking is done on a portable stove. We do not have sole rights to huts and so must share with other hikers. Please be respectful of other hut users.

**Cabins/Cribs** - When the weather is bad your guide will seek out alternative accommodation. This can be anything that is available, from a private crib (summer house) to a cabin at a campground.

You must be prepared to go for three days (sometimes more) without a hot shower. There is always a river or lake for you to wash in. Some campsites/huts have natural hot pools!

## non exclusive trips

Please note that this trip is not exclusive to Adventure South clients and is operated by our partners in Queenstown. You will be joining a group of 4 – 12 adventurers from around the world.

## what's not included

- **Personal expenses**
- **Sleeping bag, backpack, thermal top and long-johns, rain jacket, fleece jacket, gaiters and walking poles - all can be hired if needed. Speak to our sales team pre tour**
- **Gratuities, tipping is not expected in NZ but gratefully received**

## private groups

The adventures featured in our brochures, and on our website, are just a starting point. Adventure South can custom design an itinerary for groups of friends, clubs, charities, schools or even work colleagues. 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.adventuresouthnz.com.au](http://www.adventuresouthnz.com.au). Or why not view past travellers images and join in on the conversation at [facebook.com/AdventureSouthNZ](https://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

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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](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)