

# volcanoes and rainforest trekking



## trip highlights

- Hike through Jurassic like podocarp rainforest & follow a river through the beautiful Whirinaki Park
- Kayak across the enchanting Lake Tarawera & soak in thermal streams surrounded by lush New Zealand native bush
- Explore the spectacular volcanic wonderland in Tongariro National Park
- Camp along the aqua blue waters of the Waikato river & relax and swim in the clear waters of Lake Taupo
- Hike across alpine grassland and native beech forest to overnight in an alpine hut
- Climb the summit of an active volcano!
- Find glow worms, waterfalls and limestone formations in hidden caves
- Enjoy spectacular views from Mt Egmont



<b>Trip Duration</b>	10 days	<b>Trip Code:</b> VRF
<b>Grade</b>	Moderate level	
<b>Activities</b>	10 days hiking	
<b>Accommodation</b>	6 nights camp or hut, 3 nights basic lodge	

## Kia Ora from Adventure South

Thank you for your interest in our Volcanoes and Rainforest Trekking adventure. It's a superb adventure and we hope you can join us. We have been operating guided tours for a very 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

**2012**

- 11 Jul - 20 Jul
- 08 Aug - 17 Aug
- 05 Sep - 14 Sep
- 03 Oct - 12 Oct
- 17 Oct - 26 Oct
- 31 Oct - 09 Nov
- 14 Nov - 23 Nov
- 28 Nov - 07 Dec
- 12 Dec - 21 Dec
- 26 Dec - 04 Jan

**2013**

- 09 Jan - 18 Jan
- 23 Jan - 01 Feb
- 06 Feb - 15 Feb
- 20 Feb - 01 Mar
- 06 Mar - 15 Mar
- 20 Mar - 29 Mar
- 03 Apr - 12 Apr
- 17 Apr - 26 Apr
- 01 May - 10 May

## trip cost

Joining Auckland: NZD\$2190 /

## options & supplements

## the trip

This 10-day active trekking adventure takes you to the impressive volcanic areas of the North Island. Hike through New Zealand's mature Jurassic rainforest, along riversides and across alpine grassland. Kayak on an ancient crater lake, soak in natural hot rivers in native bush and discover hidden beaches. Campfires are lit in the evenings, while enjoying homemade meals and great views.

## 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 AUCKLAND
DAY 2	WHIRINAKI
DAY 3	ROTORUA
DAY 4	ROTORUA LAKES 15KM/5 HOURS KAYAKING
DAY 5	TAUPO
DAY 6	TONGARIRO WORLD HERITAGE AREA
DAY 7	TONGARIRO NATIONAL PARK
DAY 8	WAITOMO
DAY 9	MOUNT EGMONT NATIONAL PARK
DAY 10	TOUR ENDS WELLINGTON

## what's included

- Professional guide and transport
- 6 nights camping, 3 nights basic lodge accommodation
- 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 Auckland

Joining instructions: You will need to make your own way to Auckland – Atrium pick up zone, 20m from Sky Tower base, corner Federal and Victoria Sts by 7am on the first day of the tour.

Your guide gives a briefing before driving south to Rotorua. Stop beside a forest lake for a picnic lunch and to organise and pack your backpack for the hike into Whirinaki Forest Park. This park covers an area of 60,000 hectares and is famous for its Jurassic-like rainforest - these podocarp trees are an ancient off-shoot of the conifer family and evolved before the flowering plants. It is thought that forests like this once covered the super-continent of Gondwanaland over 150 million



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years ago. Your first hike is an easy one, on a track through native beech forest, to a simple forest hut beside a river. While dinner is prepared there is time to relax. Laze around a campfire, share travel stories and later fall asleep to the sounds of the river. 10km/2 hours hiking

**meals: L,D**

## **DAY 2 Whirinaki**

This morning continue along the valley track for about 1.5 hours. Hike up a side river through a beautiful gorge (learning river crossing techniques) to the next hut/camp. Stop for lunch on the way and often there is a chance for a quick swim in the cold cascades - crystal clear water you can drink. This remote wilderness is completely off the tourist trail. Rare blue ducks and robins can be seen, and kakas (a large bush parrot) heard. There is time to enjoy the surrounds by the light of an evening campfire. 14km/6 hours hiking

**meals: B,L,D**

## **DAY 3 Rotorua**

Today's hike takes you over a small pass into the world-renowned Whirinaki rainforest of weeping ferns and forest giants. Meet the bus at the track exit on the other side of the park around midday before driving to the Rotorua area. This amazing area is festooned with thermal activity. On the way have a swim in a natural hot river hidden in bush - complete with a small waterfall. Arriving at the accommodation there is time for a shower before turning in for the night. 10km/5 hours hiking

**meals: B,L,D**

## **DAY 4 Rotorua Lakes 15km/5 hours kayaking**

Up early to kayak (optional - \$99\*) on Lake Tarawera, an ancient crater lake with beautiful sand beaches surrounded by forests. This area is rich in Maori history. Paddle past the site of a Maori village that was buried under the ash from the 1886 Mount Tarawera eruption. There are numerous steaming thermal springs you will paddle through along the lake edge. At lunch you can also soak in a hot stream in the bush. Drive south to a thermal area before vehicle-camping beside the impressive blue waters of the Waikato River. 15km/5 hours kayaking

**meals: B,L,D**

## **DAY 5 Taupo**

A leisurely breakfast before heading a short distance south to the clear waters of Lake Taupo for some swimming and relaxing. Lake Taupo is the largest lake in New Zealand - a 600 sq km volcanic caldera crater created when the largest volcanic explosion known to human-kind erupted in 186 AD. After lunch continue on to Tongariro National Park. Established in 1887, it is New Zealand's first National Park, gifted to the people of New Zealand by a far-sighted Maori chief who saw this as a way of protecting the tapu (respect, sacredness, preciousness) of this land - in particular the summits of the active volcanoes. Take an afternoon hike across alpine grasslands between these volcanoes to a hut set in native beech forest beside a bubbling stream (in good weather you can use a campsite nearby). 5km/1.5 hours hiking

**meals: B,L,D**

## **DAY 6 Tongariro World Heritage Area**

Explore this area of beech forests, springs, and desert landscapes before hiking to the next hut/camp on this remote side of Tongariro National Park. The volcanoes in the park rumble from time to time: the most recent was in September 2007 when Mount Ruapehu, the highest mountain in the park at 2797 metres spewed clouds of ash and steam. Another much younger volcano, Mount Ngauruhoe is almost perfectly symmetrical and stands 2291 metres. All around this scarlet moonscape are turquoise and green-blue crater lakes, adding their surreal colours to the landscape. 7km/4 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 7 Tongariro National Park

Traverse the volcanic moonscape of contorted lava flows and ash fields before a steep climb up the last section to the emerald lakes - the usual lunch stop. Cross this diverse volcanic plateau - lava valleys, scarlet moonscapes, steaming explosion craters, before descending on the western side. In good conditions, there is an option to climb one of the volcanic peaks. A short drive takes the group to an excellent lodge in a sleepy little farming town. Relax and cook up a big meal after a well-earned hot shower. Chance to check out the classic kiwi "gumboots at the door, mate" rural pub down the road. 11km/6 hour hiking

meals: B,L,D

## DAY 8 Waitomo

After an early start, drive two hours westwards through a hill country farming region to the Waitomo Caves area. The name Waitomo comes from the Maori wai (water) and tomo (shaft). This limestone area is famous for its thousands of caves. Explore a secret river cave - glowworms, waterfalls and limestone formations. Later, drive through the remote Waitomo backcountry to the wild west coast, stopping on the way to look at rock formations in limestone scenic reserves. Camp beside the beach, swim, and cook a meal on the beach in a hangi (Maori earth oven). In the evening enjoy being beside the ocean with a beach fire. 1km/1 hour caving

meals: B,L,D

## DAY 9 Mount Egmont National Park

Spend the morning at the coast clambering through the bush and exploring the site of an ancient Maori pa (fortified village). After relaxing, swimming and exploring the cliffs and beaches drive south to Mount Egmont National Park. Its dormant volcano stands at 2518 metres and it last erupted in 1755. It was smoking when Captain James Cook (British explorer) sailed past in 1769, naming it after the Earl of Egmont. Maori know the mountain as the spirit/god Taranaki. It is considered a sacred place and the rocks represent his bones while the vegetation represents his hair. Hike in the late afternoon through twisted moss-covered forest to a cosy alpine hut high on the side of the volcano. From here there are spectacular views of Mount Egmont /Taranaki and across to Tongariro National Park - usually above the evening cloud. 2km/1.5 hours hiking

meals: B,L,D

## DAY 10 Tour ends Wellington

If the mountain conditions are reasonable, get up early to climb up the side of Mount Egmont/Taranaki to Fantham's Peak (1962m). There are commanding views from the summits of this solitary volcano. Late morning, descend on ancient lava flows covered in goblin forest back to the bus. On the way south, stop at a wild Wanganui beach for lunch, a big sort out of gear and a swim. The drive to Wellington takes you through New Zealand's flattest plains - it doesn't last long! Arrive in Wellington 5-8pm. Head out for an evening meal and farewell drink in the capital city. Your guide will drop you at a central hostel. 5km/2-5 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



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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 hrs physical activity per day, up to 7hrs on longer days.  
Pack weights of 10-12kgs on some days.  
Altitude gains of up to 800m per day.  
Terrain mostly tracks. Some uneven track surfaces and river crossings. Some may be slippery or rough; some off-track hiking.  
No hiking experience necessary, however, agility and fitness required. You need to be reasonably fit and enthusiastic.

## 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.

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 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

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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.

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 Auckland. 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 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)