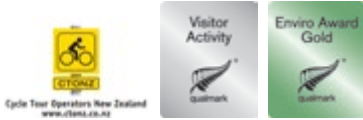


west coast and glaciers cycle



trip highlights

Experience 6 days of comfortable adventure cycling with time out for rainforest and glacier walks

Comfortable lodges and motels with your own private facilities

Exhilarate at the swoop down Haast

Pass on the quiet sealed roads

Enjoy a walk to the base of the Fox or Franz Josef glaciers to marvel at the scenery sculptured by the forces of water and ice over the centuries

Take time out for optional Franz Josef / Fox Glacier flights and guided Glacial Walks

Visit Hokitika, craft capital of the West Coast and home to the local green stone (pounamu) which is sacred to the Maori people

Experience one of the world's great train rides as you traverse the Southern Alps from Arthur's Pass to Christchurch



Trip Duration	6 days
Grade	Moderate level
Activities	6 day cycle
Accommodation	5 nights motel/hotel accommodation

Kia Ora from Adventure South

Thank you for your interest in our West Coast and Glaciers 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?

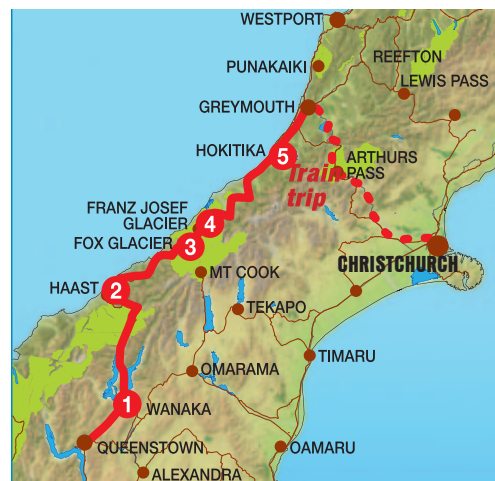
"Small Groups, Great Guides, Superb Holidays."

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.

west coast and glaciers cycle

Travel from spectacular Queenstown to the garden city of Christchurch and experience famous West Coast hospitality, high snow topped mountains, glaciers and awesome rainforests as you enjoy one of the world's top five cycling journeys.



trip dates

2011 12 Nov - 17 Nov
09 Dec - 14 Dec

2012 08 Jan - 13 Jan
04 Feb - 09 Feb **HS**
02 Mar - 07 Mar
29 Mar - 03 Apr

trip cost

Joining Queenstown: NZD\$2250 / AUD\$1795

options & supplements

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

Single Supplement: NZD\$649 / AUD\$518

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

The wild West Coast of New Zealand is not to be missed! Explore the spectacular scenery by bike, bus, train and on foot as we journey from Queenstown to Christchurch. We cycle alongside spectacular alpine lakes before an exhilarating swoop down Haast Pass takes us to the crashing seas of the Tasman Ocean, with its lush rain forest edged roads. This can only be described as cycling at its best.

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	QUEENSTOWN TO WANAKA
DAY 2	WANAKA TO HAAST
DAY 3	HAAST TO FOX GLACIER
DAY 4	FOX GLACIER TO FRANZ JOSEF GLACIER
DAY 5	FRANZ JOSEF GLACIER TO HOKITIKA
DAY 6	HOKITIKA TO CHRISTCHURCH

what's included

- All breakfasts (excluding day 1), 6 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
- All activities as detailed, including the TranzAlpine Express and hike to the base of Fox Glacier
- Access and Concession fees paid to the Department of Conservation
- NZ Goods and Service Tax (GST)

detailed itinerary

DAY 1 Queenstown to Wanaka

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 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).

Our first cycle takes us through quiet back roads to the old gold-mining town of Arrowtown for morning tea. From here strong riders can carry on biking up & over the challenging the Crown Range For the rest of us we travel by bus and bike over the Crown Range, with a lunch stop at the historic



west coast and glaciers cycle

Travel from spectacular Queenstown to the garden city of Christchurch and experience famous West Coast hospitality, high snow topped mountains, glaciers and awesome rainforests as you enjoy one of the world's top five cycling journeys.



Cardrona Hotel. We continue cycling down the Cardrona Valley into the picturesque alpine village of Wanaka. Late afternoon you have the option of cycling on an easy local trail, the Fishermans Track which follows the banks of the Clutha River or enjoying some time in vibrant Wanaka.

Riding distance – 45 to 78km / 28 to 49miles

meals: L,D

DAY 2 Wanaka to Haast

An early cycle ride takes us to Lake Hawea. We drive to the top of the Haast Pass and enter the famous West Coast forests. We cycle down through the 'Gates of Haast' on sealed roads to the flats of the Landsborough River for lunch. Our route continues down the Haast River with its rainforest clad mountain slopes and numerous waterfalls until the days spectacular journey ends on the coast at Haast. An evening walk on the beach provides a chance to watch the sun set into the Tasman sea.

Riding distance – 48 to 105km / 30 to 65miles

meals: B,L,D

DAY 3 Haast to Fox Glacier

This morning we cycle peaceful forest roads to Bruce Bay and then onto Fox Glacier. The rest of the day is available for sightseeing in the township as well as providing the chance to take a scenic helicopter flight, which is highly recommended. Maybe you would rather a trip to nearby Lake Matheson famous for its reflection views of the Southern Alps, or enjoy any of the local walks in the area.

Riding distance – 49 to 115km / 31 to 71miles

meals: B,L

DAY 4 Fox Glacier to Franz Josef Glacier

This morning we walk to the base of the mighty Fox Glacier. For those who want to challenge themselves an optional guided walk will take you onto the face of the glacier as it grinds down through the rainforest. The afternoon sees us cycling another West Coast challenge, the road between Fox and Franz Josef Glacier.

Riding distance – 25km / 15.5miles

meals: B,L

DAY 5 Franz Josef Glacier to Hokitika

The support vehicle is always nearby if needed, but a metric century (100 kms) is the challenge today on long flat roads with spectacular mountain views as a backdrop. We cycle through podocarp rainforests and over wild rivers to hidden Lake Ianthe for our lakeside picnic. The dark waters hold the sun's heat and swimming is an option. In the afternoon you can keep cycling or enjoy a ride in the support vehicle to the Tasman coast and the craft orientated town of Hokitika.

Riding distance: 63- up to 133kms/39- up to 83miles

meals: B,L,D

DAY 6 Hokitika to Christchurch

From Hokitika township we travel by bus and bike on quiet inland roads through native forests to Lake Brunner. There are stunning lakeside views and swims before more scenic quiet roads take us back to the West Coast highway. Here we stop to enjoy our final meal together at the recently restored historic Jackson's Tavern. If you can drag yourself away from the ambience in the pub,

west coast and glaciers cycle

Travel from spectacular Queenstown to the garden city of Christchurch and experience famous West Coast hospitality, high snow topped mountains, glaciers and awesome rainforests as you enjoy one of the world's top five cycling journeys.



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

there is the option to cycle some more through sweeping rural landscapes and beneath rugged mountain peaks to Arthur's Pass. Here we board the TranzAlpine Express train for a leisurely scenic trip back into Christchurch where our coach will meet and deliver you to your accommodation.

Riding distance –56km / 35miles

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.

suggested extensions

→ **This tour works really well paired with a number of our tours. Its a great pre tour to the Marlborough and West Coast Cycle (http://www.advsouth.com/cycle/recreation/Marlborough_and_West_Coast_Cycle.tour) or to follow after the Southern Lakes Cycle tour (http://www.advsouth.com/cycle/recreation/Southern_Lakes_Cycle.tour). Speak with our sales team to help extend your cycling adventure.**

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.

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

west coast and glaciers cycle

Travel from spectacular Queenstown to the garden city of Christchurch and experience famous West Coast hospitality, high snow topped mountains, glaciers and awesome rainforests as you enjoy one of the world's top five cycling journeys.



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 West Coast and Glacier Cycle is graded intermediate/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.

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.

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.

west coast and glaciers cycle

Travel from spectacular Queenstown to the garden city of Christchurch and experience famous West Coast hospitality, high snow topped mountains, glaciers and awesome rainforests as you enjoy one of the world's top five cycling journeys.



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.

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

- 2 evening meals
- Drinks with included meals
- Guided hike onto Fox Glacier
- Optional upgrade to a Trek 1.5 road bike, NZ\$30 per day
- 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

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

