

wishbone relay - alps to ocean cycle



trip highlights

- Fundraising for Wishbone and promoting orthopaedic research
- Cycle the spectacular trails of the Alps to Ocean Great Ride in reverse
- Cycle the rolling countryside of the Waitaki Valley, passing natural limestone sculptures, stunning lakes and spectacular hydro dams.
- Cycle the shoreline of surreal turquoise hydro lakes
- Explore Oamaru's charming Victorian Precinct
- Stargaze across night skies of world renown



Trip Duration	6 days	Trip Code: SOG7749
Grade	Moderate	
Activities	Cycling - Suitable for ages 12+	
Accommodation	5 nights hotel/motel	

Kia ora from Adventure South

We're proud to be partnering with Wishbone who've been funding NZ based orthopaedic research for over 25 years. This local research ultimately improves NZ patient outcomes and transforms lives through increased mobility & quicker patient recovery time.

Orthopaedic surgeons and outdoor adventurers Perry Turner and Ian Galley are heading a dedicated team who have been working on these exciting plans for a journey across NZ to raise both awareness and the funds needed for orthopaedic research.

The sections hosted by Invercargill Hospital commence mid-January 2024 and the Relay finishes in late March 2024 with a gala dinner and sporting activities hosted by Auckland surgeons.

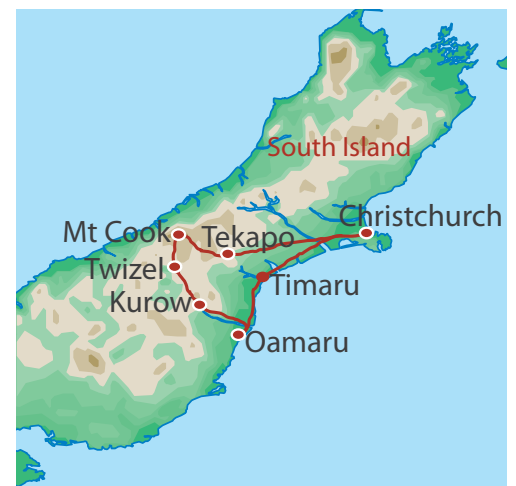
This orthopaedic odyssey is broken up into locally run and sponsored legs so the orthopaedic community from all over NZ can come together, get active & support Wishbone. Walking, biking, paddling, sailing and more! Help us bring colleagues, friends & family together to fundraise and have an unforgettable experience.

Your participation directly enables local orthopaedic research that then helps Kiwis by restoring function and quality of life.



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trip cost

Joining Christchurch from:	\$3625
All prices are per person	

options & supplements

Single Supplement:	\$795
e-Bike Hire:	\$600
Mountain Bike Hire:	\$180

You will need to fly into Christchurch the day prior to the tour departure. Your guide will collect you from central Christchurch on the first morning of the tour. At the end of the trip if you wish to fly home this evening please ensure your flight departs Christchurch domestic airport later than 7pm. You can get a taxi, shuttle or public bus to the airport from the city centre. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Christchurch on the final evening your guide will drop you in central Christchurch at the end of the tour.

trip dates

2024 17 Jan - 22 Jan

important notes

BP - Base Price

the trip

Join Wishbone's Perry Turner and Ian Galley on leg 3 of their Length of NZ relay. This is a 6 day, fully supported cycling adventure following the entire length of the Alps to Ocean Cycle Trail in reverse, from the Pacific Ocean all the way to the majestic Aoraki/Mt Cook.

Starting from the historic port town of Oamaru we ride through rolling countryside and ancient pathways along the Waitaki Valley where you'll be wowed by stunning lakes, fascinating hydro dams and picturesque vineyards. From Omarama we head over the Tarnbrae saddle to Lake Ohau, follow canal paths to Twizel, and cycle across golden tussock-lands to the strikingly turquoise Lake Pukaki.

We visit Aoraki/Mt Cook village which nestles at the foot of the mighty Aoraki/Mt Cook itself and then our final day takes us alongside the vivid blue hydro canals to the end of our ride at Lake Tekapo.

Our expert guides will show you the best trailside highlights including wine-tasting, hot pools, Maori rock art and otherworldly limestone outcrops.

about your leader/escort

Perry has set himself (often together with his family) the challenge of completing all the South Island legs (even adding in some great bits in-between) and Ian will be joining as many of the North Island legs as he & his family can. They are both pouring vast amounts of time & energy into organising this Wishbone Relay - Why?

"My main motivation was to bring all those involved in care of our patients together and share what orthopaedic surgery is achieving in NZ with the public. I want to help bring us together in a fun activity and common goal." - Ian

"This is an opportunity for myself and my family to give back to a job and career that has given us so much." - Perry

Health & Safety and Contracting Parties:

Take note that Wishbone Trust and the NZ Orthopaedic Association Inc are not organising the trips and they or their staff or officers have no role to play in providing the trips or managing any aspects of Health & Safety in relation to the trips. Wishbone Trust is only acting as the recipient of donations made by those choosing to participate in a trip.

You must follow all Health and Safety requirements of the trip organiser (Adventure South NZ) and any other provider of services or other organisations with any H&S responsibilities during the trip. Adventure South NZ have experienced guides supporting you on the journey whose goal is purely to maximise your enjoyment and overall experience. All their guides are certified in first aid and CPR and many of them are trained bike mechanics.

at a glance

DAY 1	CHRISTCHURCH TO WINDSOR, VIA OAMARU - 19KM CYCLE
DAY 2	WINDSOR TO KUROW - 68KM CYCLE
DAY 3	KUROW TO OMARAMA - 67KM
DAY 4	OMARAMA TO TWIZEL - 82KM CYCLE
DAY 5	TWIZEL TO TEKAPO VIA MT COOK VILLAGE - CYCLE 55KM
DAY 6	LAKE TEKAPO TO CHRISTCHURCH - CYCLE UP TO 40KM

what's included

- NZ\$300 per person donation to Wishbone, plus NZ\$100 for every bike hired
- Tasty breakfasts (x5), lunches (x6), dinners (x5) catered to all dietary requirements
- 5 nights comfortable hotel/motel/lodge accommodation on a twin share basis
- Experienced guides who handle all the hard bits and share epic stories



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fast facts

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

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 which monitors tourism businesses based on quality, safety and sustainable experiences.

We're very proud to have received a Gold Qualmark rating, having met standards designed to protect what makes New Zealand unique and special.

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 although we are not perfect, we are striving to continually learn and improve.

trip grading

- Commemorative Wishbone performance T-shirt
- Tasty nutritious snacks, drinks and treats
- Full vehicle support along the trail including trailer for luggage
- Transport from Christchurch (return)
- Pre departure information kit to help you plan and prepare
- Rider fees paid to the A2O Trail Trust for ongoing maintenance and improvements
- Concession fees paid to the Department of Conservation

what's not included

- Bike hire (including helmet)
- Meals not mentioned in the itinerary
- All beverages, other than breakfast
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Optional activities (eg. Oamaru Steampunk Museum, Omarama hot tubs)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance

fund raising support

All travel and trip related costs for this Around the Mountains challenge are to be met by the individual taking part.

A donation to Wishbone is built into the trip fee, but of course you can pick up the baton & do more!

Donate an additional amount at any time via this Wishbone Foundation Link. Donations from individuals over \$5 are eligible for a tax credit: <https://www.nzofa.org.nz/wishbone>.

Perhaps get friends, family & colleagues to sponsor you on your Wishbone Journey?

Many hospitals along the route will be hosting public events - check with the local orthopaedic department & join in.

During the journey we'll be posting updates regularly - so you'll be able to follow the fun on the New Zealand Orthopaedic Association website: <https://www.nzofa.org.nz/>

If you have any questions about The Wishbone Foundation, fundraising ideas or just want to get in touch - please email the Events Manager Nikki Wright: nikki@nzofa.org.nz or Vanya Schoeler: vanya@nzofa.org.nz

detailed itinerary

DAY 1 Christchurch to Windsor, via Oamaru - 19km Cycle

Your Alps to Ocean adventure begins with a drive down the coast to the historic Victorian town of Oamaru. After lunch and time to explore the delightful Victorian Precinct or the mind-boggling Steampunk HQ museum we'll gather at the official 'finish' line at the harbourside for a photo-op to mark the start of our adventure.

Setting off we'll ride through the Precinct and main street full of stunning 19th Century architecture showcasing the local Oamaru stone. Riding through the delightful municipal gardens we'll then head out of town and into picturesque rural countryside.

Riding along an old tram line we'll then duck through the town of Weston before arriving at Enfield. We have special permission to divert off the trail and ride through the grounds of the Elderslie

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Moderate

The Alps to Ocean is graded moderate. You will need a reasonable level of fitness with an average daily distance of 60km and the longest day upto 80km. We suggest 90 minutes of cycling three to five times a week for the three months leading up to your trip. Some of the sections are on seal or hard packed gravel and are relatively easy to ride. Other sections are on looser gravel which can be rough and uneven in places. The moderate sections over the Tarnbrae Saddle and from Benmore Dam to Sailors Cutting include narrower tracks with some switchbacks and exposure in places. There are also plenty of hills so cycling up hills and on gravel and rougher terrain before your tour will enable you to really enjoy the fantastic riding and diverse scenery. With the trip being fully supported, less confident riders can choose to miss the moderate sections with easier options available.

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.

Estate, once home in the late 19th Century to one of the district's original farming families. The same family also built historic Burnside Homestead where we will finish our ride and enjoy our first overnight stay.

Cycle distance: 19km (Oamaru-Burnside)

meals: L,D

DAY 2 Windsor to Kurow - 68km Cycle

This morning the cycle trail takes us through the settlement of Windsor and then back on the old railway line through Raki's tunnel. A climb to the ridgeline delivers stunning views across pastoral land developed by early settlers in the area.

What goes up generally comes down and we drop into a pretty valley before emerging into rolling country and the first signs of some of the incredible natural limestone formations responsible for the area recently achieving UNESCO Geopark status.

One such landmark, the unique Elephant Rocks, is particularly impressive with huge formations strewn across a field and worth a stop to explore before dropping into the small town of Duntroon.

From here we ride along the banks of the Waitaki River, negotiating some river crossings and passing vineyards before finally arriving in Kurow.

Cycle distance: 40km (Burnside Homestead-Duntroon) 28km (Duntroon-Kurow)

meals: B,L,D

DAY 3 Kurow to Omarama - 67km

Today's stunning ride introduces us to the Waitaki Hydro scheme with its impressive dams and the beautiful man-made lakes of Aviemore and Benmore.

From Aviemore Dam we follow the quiet lakeside road leading to Benmore Dam, the largest earth dam in the country. Climbing up through bush with stunning views across the lakes and rolling countryside the trail then drops to the lakeshore to traverse around the shoreline of rock outcrops, little beaches and tree covered islands before popping out at Sailors Cutting. Less confident riders can choose a shorter, easier option from Benmore Dam if they prefer to avoid the more technical section.

Our final ride continues along the shores of Lake Benmore before turning away from the Lake and riding alongside farming country before emerging into Omarama, a small town nestled in a broad basin between mountain ranges.

Omarama is called "Place of Light" in Maori terminology, a reference to its extraordinarily pure and clear sky. This region is also famous for gliding due to some unique air wave systems and feisty thermals. This evening enjoy an optional soak in a private hot tub of fresh mountain water (own expense).

Cycle distance: 67km

meals: B,L,D

DAY 4 Omarama to Twizel - 82km Cycle

From Omarama a short off-road trail takes us through to the Quailburn Road which is a quiet gravel road passing through rolling farmland leading to a historic woolshed.

Confident riders can continue on the trail from the woolshed, a steady climb to the Tarnbrae Saddle (900m), the highpoint of the Alps to Ocean providing vast Mackenzie Country views as just reward

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for the climb. This section is moderately technical and steep in places with some rough and loose areas, so less confident riders may prefer to take the alternative route which involves a short ride in the van to the Lake Ohau Road.

From the Saddle high point it is a rolling descent with the Southern Alps and Lake Ohau ready to welcome you at the bottom. After lunch, we leave Lake Ohau Lodge and cycle around the lakeshore firstly on a quiet country road and then a delightful single track which pops out at the back of Twizel and alongside the Ohau and Pukaki canals brings us into Twizel itself where we overnight.

Cycle distance: 44km Omarama-Lake Ohau via Tarnbrae Saddle or via Lake Ohau Road

Lake Ohau to Twizel - 38km

meals: B,L,D

DAY 5 Twizel to Tekapo via Mt Cook Village - Cycle 55km

Early this morning we drive to Aoraki/Mt Cook National Park to see the alps up close. There is the chance to visit the Sir Edmund Hillary Alpine Centre (own expense) or the excellent national park visitor centre (free of charge) before we embark on a short but memorable walk. We'll then head back to Twizel to get back on our bikes and complete the final section of the trail. We cross the extensive tussock-lands of Pukaki flats to Lake Pukaki before following a trail around the edge of the lake. We climb up a high terrace for expansive views back over the lake and surrounding mountains and then the hydro canals lead us towards Tekapo. Tonight we celebrate our 6 day Alps to Ocean adventure with Perry at our final group dinner.

Cycle Distance:

Twizel to Tekapo - 55km

meals: B,L,D

DAY 6 Lake Tekapo to Christchurch - Cycle up to 40km

Today we are bound for Christchurch but not before a final 'warm down' ride on quiet backroads to Lake Alexandrina, a serene high country lake.

We then travel back to Christchurch via Burke's Pass and across the Canterbury Plains. We'll visit the Church of the Good Shepherd and stop for lunch, and we will expect to return to Christchurch around 6pm.

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

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route which usually means a combination of dedicated cycle trails, and quiet secondary roads, both sealed and unsealed. Our cycleway tours travel through historic and scenic countryside. With easy gradient cycling, the occasional hill, a mix of character lodgings and motels, these tours are suitable for all level of cyclists. All of this so that you can enjoy the incredible scenery and landscapes, view the well-known sights and along the way eat delicious food, stay at unique accommodation and meet the locals.

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. The Avanti Discovery hybrid mountain bike allows a relaxed upright riding style and has wide ranging 10-speed Shimano gears, 29" wheels, front suspension, hydraulic disc brakes and comfortable saddles. These bikes are available in a low rise, also known as a step-through bike frame.

We are pleased to offer a new fleet of Sinch Ezy 3 e-Bikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. e-Bikes are simple



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to operate, very comfortable to ride, and are more gentle on the body than a traditional bike. You still need to pedal, however our e-Bikes provide up to 80kms of pedal assistance before requiring a recharge. Please see our website for the cost of bike hire. All our rental bikes can be fitted with flat pedals or MTB SPD pedals, we can also fit your own pedals and seat if you have a favourite. Bike helmets will be supplied with your rental bike, along with a 15L saddle bag for any personal items you might need in the day. All equipment and luggage will be carried by the support vehicle.

These cycling journeys are not designed to be a marathon event and no one should feel under pressure to ride, everyone is able to ride at their own pace. If at any point you do not wish to ride, the vehicle is always available for you and your bike. Remember that cycling involves some physical exertion and pre-trip preparation will make your cycle tour a more enjoyable experience. Ask us for more details or advice. 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 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 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

New Zealand's weather can frequently change with amazing rapidity and unexpectedly, so you must 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 West Coast Rainforest is called this for a good reason!

The temperature during the South Island summers range from 10-30°C. Higher altitudes are always considerably cooler (minimum temperatures in the Southern Alps in Summer time are around -5°C) 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

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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. 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 us.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

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, however are limited to 2 per departure.

Please note:

Kurow is a small town with very limited accommodation. Depending on the group size, sometimes the group will be split between establishments and we cannot guarantee an ensuite bathroom.

Burnside Homestead is heritage style accommodation and not all rooms have ensuite facilities.

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.

joining instructions

On the first morning of the tour, you will meet your group at one central city location. The place and time will be emailed to you with your booking confirmation. If you miss your flight or are unable to reach the meeting point on time, please call us at the Adventure South office (Free phone in NZ 0800 00 11 66 or international +64 3 942 1222).



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equipment provided

MOUNTAIN BIKE (Additional Charge)

Our new fleet of Avanti Discovery hybrid mountain bikes combines the best characteristics of a hybrid bike and a mountain bike to give you a great ride and comfort on gravel cycle trails. This bike has a more upright riding style meaning you can still take in the amazing scenery you'll encounter along the way.

These bikes have 29" wheels, suspension forks and suspension seat posts to iron out the bumps and hydraulic disc brakes give responsive braking.

They are also available in a low rise, also known as a step through bike frame, please specify on your booking form.

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ELECTRIC BIKE (Additional Charge)

Our Sinch e-Bikes are perfect for cyclists that may require a little assistance on their travels. Pedalling our e-Bikes is easier on knees and joints than riding a traditional bike. They provide up to 100kms of pedal assistance before requiring recharging. Very simple to operate and they provide people with varying levels of cycling experience, health and fitness levels the opportunity to enjoy our cycling holidays.

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ACCESSORIES

A bicycle helmet will be included with your bike rental, along with a 15L saddle bag for personal items you might need in the day.

what you carry

The tour is fully supported so you won't have to carry anything! If hiring one of our bikes it will have a small rear saddle bag. Enough space to put an extra layer, your camera, wallet, phone etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. We urge you to keep your luggage to a minimum. If you have extra luggage you do not require for your holiday we can easily arrange to have it stored until the end of the trip.

equipment required

A comprehensive gear list will be provided on confirmation of your trip.

protecting the environment

In a world where more and more rubbish is produced every year we are trying to do our little bit to help the planet. We encourage you to please bring your own water bottle. If you are a keen coffee or tea drinker you might like to bring your own reusable cup, as there are a few opportunities along the tour to get take-away drinks. Also if you think you might do some shopping, it could be useful to carry small foldable reusable shopping bags to reduce the need for plastic bags.

how to book

To connect with colleagues, friends & family on this leg of the Wishbone Relay just book online at the following link:

<https://www.adventuresouth.co.nz/private/BKVBFC>

Here you will be asked to complete a booking form and pay a \$400 deposit per person. The balance is payable 60 days before departure.

ADVENTURE SOUTH CONTACT DETAILS

Toll Free from New Zealand: 0800 00 11 66



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Email: info@adventuresouth.co.nz