

# wishbone relay - west coast wilderness & kawatiri cycle



Wishbone Orthopaedic Research Foundation of New Zealand



## trip highlights

- Fundraising for Wishbone and promoting orthopaedic research
- Ride both the West Coast Wilderness and the new coastal Kawatiri Trails
- Enjoy the spectacular Tranzalpine train journey across the Southern Alps from Christchurch to Greymouth
- Experience rain forest, wild seas, mountains, lakes and rivers - all in one location
- Explore the Hokitika Gorge, Pororari River Gorge & the Truman Track – 3 West Coast must-do's
- Taste and tour at the Reefton Distilling Company



<b>Trip Duration</b>	4 days	<b>Trip Code:</b> SOG7750
<b>Grade</b>	moderate	
<b>Activities</b>	Cycling - Suitable for ages 12+	
<b>Accommodation</b>	3 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 now. That research translates into transforming lives through increased mobility & helping patients recover more quickly.

Orthopaedic surgeons and outdoor adventures Perry Turner and Ian Galley are heading a dedicated team who've has been working on exciting plans for a NZ journey from Bluff to Cape Reinga.

The sections hosted by Invercargill Hospital start mid-January 2024 and the finish line will be reached in late March 2024 with events and celebrations to be hosted by Auckland Hospital.

This orthopaedic odyssey is broken up into locally run and sponsored legs so folks all over NZ can take part & support Wishbone.

Walking, biking, paddling, sailing and more! Help us bring colleagues, friends & family together to fundraise and have an unforgettable experience at the same time. United we can do more to advance important local orthopaedic research that ultimately helps Kiwi's live more active lives.



# wishbone relay - west coast wilderness & kawatiri cycle

Join the Journey - Support Orthopaedic Innovation

 Wishbone Orthopaedic Research Foundation of New Zealand



## trip cost

Joining Christchurch from: \$2695

All prices are per person

## options & supplements

Single Supplement: \$395

e-Bike Hire: \$400

Mountain Bike Hire: \$120

You will need to fly into Christchurch the day prior to the tour departure. Your guide will collect you from central Christchurch early 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 8pm. 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 02 Feb - 05 Feb

## fast facts

## 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.

## the trip

Join Wishbone's Perry Turner and Ian Galley on leg 5 of their Length of NZ relay. Travelling along the west coast of the South Island, famed for its untamed wilderness, the highest mountains, crystal clear rivers, turbulent seas, lush rain forests, glaciers, geological landforms and notably few people. This 4 day guided tour explores the West Coast Wilderness and the Kawatiri Trail; the newest of cycle trails between Charleston and Westport.

Meeting in Christchurch, this trip sets away with a spectacular train journey over the Southern Alps where we embark on the West Coast Wilderness trail. Following historic tramways, crossing railway and suspension bridges, we ride alongside rivers, lakes and water races, and we visiting the Lake Mahinapau waterway. Next up is Punakaiki known for its unusual Pancake Rocks and the impressive Pororari River Gorge, which leads us to incredible coastal cycling and the newly built Kawatiri Trail.

Hand-picked accommodation, delicious food and local hospitality together with knowledgeable guides will make this tour the ultimate west coast experience.

## about your leader/escort

Our guides are one of our biggest assets and we pride ourselves on their level of quality and high standards. Once the trip reaches 8 people, we provide you with two of our expert guides to maximise your enjoyment and overall experience. You'll know you're in safe hands as all of our guides are certified in first aid and CPR and many of them are trained bike mechanics. They come from all walks of life but our guides have a common desire to give you the best possible experience, fun and lots of fond memories to take home with you.

## at a glance

DAY 1 CHRISTCHURCH TO LAKE MAHINAPUA - 33KM CYCLE

DAY 2 HOKITIKA TO KUMARA - 70KM CYCLE

DAY 3 KUMARA TO PUNAKAIKI - 28KM CYCLE

DAY 4 KAWATIRI TRAIL TO WESTPORT, DRIVE TO CHRISTCHURCH VIA REEFTON: 25KM CYCLE

## what's included

- NZ\$300 per person donation to Wishbone, plus NZ\$100 for every bike hired
- Tasty breakfasts (x3), lunches (x4), all dinners (x3) catered to all dietary requirements
- 3 nights comfortable motel/lodge ensuite accommodation on twin share basis
- Experienced guides who handle all the hard bits and share epic stories (2 guides on groups of 8 or more)
- Scenic TranzAlpine train journey from Christchurch to Greymouth
- Tasty nutritious snacks, drinks and treats
- Full vehicle support along the trail including trailer for luggage
- Pre departure information kit to help you plan and prepare
- 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
- Optional activities (eg. Monteith's Brewery tour in Greymouth)
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)



# wishbone relay - west coast wilderness & kawatiri cycle

*Join the Journey - Support Orthopaedic Innovation*

 Wishbone Orthopaedic Research Foundation of New Zealand



## trip grading moderate

The Best of the West Cycle is graded introductory to moderate. You will be cycling on a mix of wide trails, narrow water races and boardwalk with some undulating hills. For the glowworm caves excursion you will need to be able to walk for 2 hours and climb 130 steps. There will be an alternative option available if you are unable. You will need a reasonable level of fitness and we suggest 4 hours of cycling per week for the three months leading up to your trip. We recommend training on compacted gravel trails, and completing a multi-day ride prior to your trip to get used to being in the saddle for long periods of time. The more training you have done on hills and on compacted gravel, the more enjoyable your trip will be.

## 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.

→ Travel insurance

## fund raising support

TBC - can read something like this - or be deleted ....

All travel and trip related costs for this Around the Mountains challenge are to be met by the individual taking part. As this is a fundraising challenge, we request that you fundraise/donate a minimum of \$XXX to help orthopaedic research in NZ. The team at Wishbone will be in touch upon registration to provide you support to reach your fundraising goal.

## detailed itinerary

### DAY 1 Christchurch to Lake Mahinapua - 33km Cycle

Your adventure begins with the world class train journey across the Southern Alps on the TranzAlpine train. We meet early in Christchurch and head to the railway station.

On the west side of the Southern Alps, we reach the historic gold town of Ross, backed by ranges cloaked in native bush.

After a starting photo in the official West Coast Wilderness picture frame, we'll saddle up for our first ride along the trail. On leaving the town we cross the Totara River over a railway bridge dating back to 1908 and follow the old tramway through native bush, wetlands and mill sites to reach Lake Mahinapua. We'll then continue cruising through to Hokitika, a loveable little town fronted by a dramatic beach and famous for pounamu (greenstone) and other arts & crafts. And sunsets.

Cycling distance: 33km

meals: L,D

### DAY 2 Hokitika to Kumara - 70km Cycle

After breakfast we ride inland through rural country to reach the bush-lined Kaniere water race – always a favourite for its flowing riding and babbling waters.

Nestled in the forested foothills, Lake Kaniere is a grand sight indeed before a short climb takes us to the coffee stop at Milltown, home of saw-milling in earlier times. The trail crosses a swing bridge and then a kilometre of switchback climbing sees us to the highpoint and more superb riding. From here it's mainly downhill, as we follow water races, bush tracks and reservoir roads taking in the spectacular views as we gradually descend to our overnight at Kumara and the beautiful historic hotel that is our accommodation.

Cycling distance: 70km

meals: B,L,D

### DAY 3 Kumara to Punakaiki - 28km Cycle

Our final day on the Wilderness Trail see us riding on the old tramway out of Kumara and then north to Greymouth on a combination of riverside and coastal pathways. The views of the Southern Alps back down the coast can be impressive on a clear day.

After a café lunch, there's time for a stroll around the town or an optional visit to the historic Monteith's Brewery.

In the afternoon we drive the stunning coastal highway to explore Paparoa National Park. First, we'll explore the Pororari River with its dramatic limestone gorge, with a 3.5km walk up to a suspension bridge, returning the same way. Then we take a leisurely stroll around Punakaiki's Dolomite Point, famous for its Pancake Rocks and thundering blow holes.

Cycling distance: 28km

meals: B,L,D



# wishbone relay - west coast wilderness & kawatiri cycle

*Join the Journey - Support Orthopaedic Innovation*

 Wishbone Orthopaedic Research Foundation of New Zealand



## DAY 4 Kawatiri Trail to Westport, drive to Christchurch via Reefton: 25km Cycle

After breakfast we drive north to test drive the new Kawatiri Cycle Trail from Tauranga Bay to Westport. Some sections are yet to be completed, but follow quiet roads and we get to sample the breathtaking route meandering alongside the crashing sea, through native forest and wetland, over suspension bridges and boardwalks. From Tauranga Bay the trail climbs gently for 3km to the lighthouse and then meets the road to continue downhill to Carters Beach, the final 5.5km section takes us off-road again to the Buller River and onto the centre of Westport. Here we grab a coffee before we leave the West Coast behind and begin our journey back to Christchurch.

Firstly we follow the mighty Buller (Kawatiri) River twisting inland through the bush clad Buller Gorge to Reefton. We have time for lunch and to explore this small gold mining town, famous for having the first electrical lighting in the Southern Hemisphere. More recently it's been known for Reefton Distilling Company, producers of some of New Zealand's most awarded gin, and here we enjoy a tour and tasting. Onwards we cross over the Southern Alps via the Lewis Pass and enjoy the scenic mountainous drive back to arrive in Christchurch in the evening.

Cycling distance: 25km

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 27-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 Avanti Discovery e-Bikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. e-Bikes are simple to operate, and more gentle on the knees and joints than using a traditional bike. Please note that you still need to pedal and an e-Bike is a much heavier bike overall than a regular bike, if needing to push it. Most 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, toe clips 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 needs to 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 some pre trip preparation will help towards making your cycle tour a more enjoyable experience. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall,



# wishbone relay - west coast wilderness & kawatiri cycle

*Join the Journey - Support Orthopaedic Innovation*

 Wishbone Orthopaedic  
Research Foundation  
of New Zealand



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 (3724m / 12,218 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 almost 4.5 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 West Coast Rainforest is called this for a good reason!

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.



# wishbone relay - west coast wilderness & kawatiri cycle

*Join the Journey - Support Orthopaedic Innovation*

 Wishbone Orthopaedic  
Research Foundation  
of New Zealand



## 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. 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.

## 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).

## 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.

**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.

For bicycle specifications please contact us for more details.



# wishbone relay - west coast wilderness & kawatiri cycle

*Join the Journey - Support Orthopaedic Innovation*

 Wishbone Orthopaedic  
Research Foundation  
of New Zealand



## 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 with 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. Please 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 in Christchurch 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/RTWTNM>

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

Email: [info@adventuresouth.co.nz](mailto:info@adventuresouth.co.nz)