



New Zealand Hiking & Kayaking Trip



TRIP DURATION

7 days, 6 nights

GRADE

Moderate Hikes - Overnight hikes, some uneven terrain, you need to be reasonably fit and enthusiastic. Suitable for women who walk 2-3 times per week (regular walkers)

START AND FINISH LOCATION

Queenstown, New Zealand

ACTIVITIES

Hiking, Kayaking, Trekking with a full pack

ACCOMMODATION

Backcountry Huts, Multi-share Cabins, Pinewood Lodge

INCLUDED

All accommodation and meals itemised in itinerary

GROUP SIZE

10 women maximum + 2 female leaders

SUMMARY

6 days trekking, 2 overnight hut hikes (12-15kg packs), half-day Milford Sound kayaking, twin share accommodation.

WHY TRAVEL WITH WOMEN WANT ADVENTURE?

Women Want Adventure trips are a unique experience specifically tailored for women with a community focus.

All our leaders are qualified and experienced to ensure your trip is safe and enjoyable. Our services provide more than a travel holiday. Women Want Adventure trips connect like-minded women who want to try new things, push personal boundaries, make lasting friendships and have fun!

We make sure trip numbers are suitable for the terrain and all women feel welcome and comfortable on every outdoor encounter.



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THE TRIP

Our women's New Zealand Trip starts and finishes in Queenstown - the adventure capital of New Zealand.

We begin our first hike in the world heritage area of Fiordland National Park with a stunning hike on The Key Summit Track. Enjoy the serenity of beautiful mountain ranges and waterfalls as you kayak in Milford Sound and hike around Lake Marian. After a night in the alpine Green Lake Hut, we head into Mt Aspiring National Park for another overnight trek in one of the most majestic places, passing by Rob Roy Glacier. This is a special combined hiking and kayaking trip.

INCLUDED

- 2 professional female leaders
- 2 nights overnight hut camping
- 6 nights accommodation
- 6 breakfasts, 6 lunches, 5 dinners snacks and hot drinks
- Transport by private minibus
- National Park fees
- Track Permits
- Group camping equipment including all cooking & eating equipment
- Emergency communications & group first aid kit

EXCLUDED

- Flights
- Travel Insurance
- Airport transfers
- Items of personal nature – alcohol, coffee purchases etc

TRIP HIGHLIGHTS

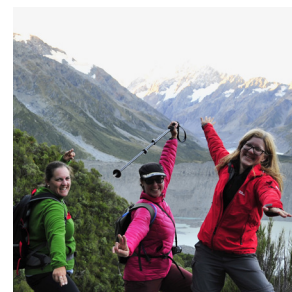
- 2 overnight alpine hut experiences
- Adventure with a group of like-minded women
- Kayaking in Milford Sound
- Enjoy delicious and healthy meals
- Key Summit Track day hike
- Mt Aspiring National Rob Roy Glacier
- Travel with experienced and professional female leaders

TRIP SUMMARY

- DAY 1** Arrive to Queenstown at Pinewood Lodge Accommodation
- DAY 2** Depart Queenstown – Head to Key Summit Track
- DAY 3** Kayaking in Milford Sound + Lake Marian
- DAY 4** Overnight Hike to Green Lake Hut – or camp (weather depending)
- DAY 5** Hike Out Of Green Lake Hut – Drive to Wanaka
- DAY 6** Overnight Hike Mt Aspiring National Park – Wanaka
- DAY 7** Hike Out from Mt Aspiring Hut Via Rob Roy Glacier - Drive Back To Queenstown For Trip Departure.



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DAY 1

Arrive to Queenstown at Pinewood Lodge Accommodation

We will meet in Queenstown at the Pinewood Lodge accommodation. It's best to arrive in the afternoon. Check in time at Pinewood is from 2pm onward. Transport from the airport is not included (approx \$23 for an airport shuttle). Pinewood Lodge is a shared, self-contained unit with a kitchen, bathroom block and living area, sleeping up to 12 women. As a group, we will meet and greet at the lodge which is a great time to connect with other women attending and cross check essential gear.

Depending on your arrival time, the group has options to walk with Women Want Adventure Leader and stretch the legs on an afternoon hike up The Queenstown Hill – 2.5 hours walking with spectacular views of the Remarkable Mountain Range or take the Gondola as a group and have a wine. We head out for dinner in Queenstown. We are collected from Pinewood Lodge the following morning.

Note* If you can only get a flight arriving late afternoon that's okay. Meet us in Queenstown at your earliest convenience.

Accommodation Pinewood Lodge Queenstown

Address 48 Hamilton Rd, Queenstown 9300,
New Zealand

Meals Dinner at groups own cost

Hiking The Queenstown Hill Walk –
2.5 hours return // 4 km. Some steep hill
sections (we take it slow). This hike is optional
and you may choose to wander around the
town, take a ride on the Gondola or have a
wine!

DAY 2

Depart Queenstown – Head to Key Summit Track

Wake up early (6am). We will be collected from our accommodation at 7.00am after a self made breakfast at our accommodation. It's a stunning drive south towards our hike to Key Summit and down Pass Creek into the Hollyford (4-5) hours walking. It's a fabulous hike with plenty of scenery, adventure and beyond tourist tracks to make you feel like your in the wilderness. In the afternoon, we take the stunning drive into Milford Sound for our nights accommodation at the cute "Gunns Camp" cabins by river.

Hiking Key Summit Track (4-5 hours loop)

Graded Moderate. Some steep sections when walking up the hill and some uneven surfaces

Accommodation Gunns Camp in Milford Sound. Shared accommodation.

Meals Includes breakfast, lunch and dinner + hiking snacks





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DAY 3

Kayaking in Milford Sound + Lake Marian

We wake up early (5.15am) for breakfast then drive further into Milford Sound to meet our guides for kayaking at 7.15am. This is the best way to experience the majestic waterfalls, cute little seals and wildlife in the area. You don't need any previous kayaking experience. You will be in a double kayak with another lady. After your kayaking experience we set out hiking into Lake Marian. This is a stunning alpine lake in a beautiful hanging valley - 3 hours return hike.

After a busy day adventuring we drive to Monowai Cabins. These are our favourite cabins on the trip! At night, we prepare for our overnight hiking adventure to Green Lake for the next day. Make lunches and re-sort our bags.

Kayaking	4 hours (easy. You don't need any previous experience and we provide you with thermals + gear)
Hiking	Lake Marian Hike 3 hours return // 4km
Graded	Easy - moderate.
Accommodation	Monowai cabins. Ladies will have their own bed and cabin. 2x ladies will need to share.
Meals	Breakfast, Lunch, Dinner + snacks

DAY 4

Overnight Hike to Green Lake Hut - or camp (weather depending)

We prepare for our first overnight hike at the cabins this morning, making lunches and finalising our bags, before taking the short drive up to Borland Saddle. Beech forest aligns the track before we ascend onto the gentle tussock peaks of the Hunter Range, where we gradually climb to Mt Burns. From here we navigate along the tops, enjoying striking views of the granite peaks of southern Fiordland across the dark colours of Green Lake.

Tarns (small mountain lakes) are dotted along the route and wild deer are prominent in the area. Eventually we drop down into beech forest from the tops and link up with the southern shore of Green Lake, which leads us to a cosy mountain hut. Feel free to take a dip in the frigid waters of the lake before settling down in front of the hut fire for the night.

QUESTION: What is an alpine hut?

ANSWER: An alpine hut is operated by the Department of Conservation in New Zealand. They are shared by the public and for Green Lake, it is one room for up to 15 people to sleep. It is best to bring ear plugs with you. These huts are absolutely amazing and Green Lake is heated by a fire.

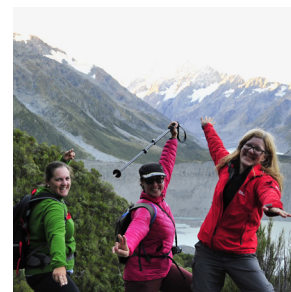
*Note: Your boots WILL get wet on the hike. We are off the beaten tracks and walk through tussock areas. Good hiking boots and merino socks must be worn.

*Note: The weather can change in New Zealand rapidly. If there is snowfall in November we may not be able to drive to the start of this hike and will make immediate alternations for other hikes in the area.

Hiking	Green Lake Hut Walk - 5.5 hours // 10km or 3 hours // 5km. We have two options for the group. The 3 hours hike is much easier and with two leaders we can split the group to make sure you feel comfortable. The Summit Trail over the tops trail is much harder but worth the view!
Shuttle time	45 minutes
Accommodation	Green Lake Hut (or camp).
Meals	Includes breakfast, lunch and dinner + snacks



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DAY 5

Hike Out of Green Lake Hut – Drive to Wanaka

We wake up early this morning and enjoy this remote setting while having breakfast before we hike back to the road following along the lake then through beech forest and areas of alpine tussock (the easier section). Then sit back this afternoon and enjoy the drive to Wanaka. Arrive Wanaka late afternoon for dinner in town at groups on cost.

Hiking	Hike out from Green Lake Hut – 5km // 3 hours
Graded	Easy- moderate. The trail has uneven surfaces, roots and is wet. This makes it a moderate experience.
Shuttle time	5 hours
Accommodation	Wanaka Altamont Lodge (twin share)
Meals	Includes breakfast and lunch, dinner at groups own cost (Wanaka)

DAY 6

Overnight Hike Mt Aspiring National Park – Wanaka

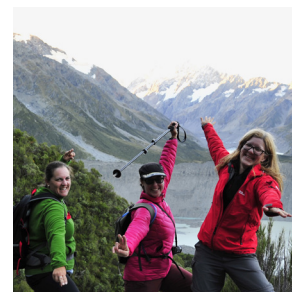
This morning we have a little sleep in after the long drive and re-pack our bags for another hike to an alpine hut – Mt Aspiring Hut. After making our lunches and stocking up on snacks, we leave our accommodation at 11am for the start of the Mt Aspiring Walk. Tonight's accommodation is at the Mt Aspiring Hut which has 360 views of the stunning valley. It's a flat walk into the hut with waterfalls and mountains soaring above either side.

Hiking	Mt Aspiring National Park – 4 hours // 6km
Graded	Moderate
Shuttle Time	50 minutes to the start of the trail
Accommodation	Mt Aspiring National Park Hut
Meals	Includes breakfast, lunch and dinner + snacks





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DAY 7

Hike Out from Mt Aspiring Hut Via Rob Roy Glacier - Drive Back To Queenstown For Trip Departure

Depart from Mt Aspiring Hut and walk back on the return trail via Rob Roy Glacier where we stop for lunch and incredible views of the glacier before returning to the shuttle. We then get prepared for the journey back to Queenstown, laughing, singing and looking forward to a nice hot shower back at the groups individual accommodation. We meet up again for an included farewell dinner out in Queenstown.

Hiking	Hike out from Aspiring Hut – 4 hours // 6km via Rob Roy Glacier
Graded	Moderate
Shuttle Time	3 hours – Wanaka To Queenstown
Accommodation	Groups own cost. We will drop you at a central location in Queenstown. Ladies are to make their way to their accommodation. Everything is very close and in walking distance.
Meals	Includes breakfast, Lunch and farewell dinner

GRADING Moderate

This trip will require you to be hiking up to 5 hours on some of the days. We walk at a slow and steady pace and ensure all women feel comfortable when carrying full packs and hiking longer distances. You will need a good level of fitness and general overall health. Please be prepared to walk in a variety of weather conditions such as rain or snow. We suggest 2 -3 days of regular walking in your week to best prepare you for this trip and maximise your enjoyment in New Zealand.

PACKING

When packing for your trip please make sure you have all items on the packing list provided to you. There is limited space in our transport vehicle so you will need to pack: 1x duffle or overnight pack + 1x day pack. Please DO NOT pack a hard shell suitcase. Aim for 20kg or less for this trip.

FACEBOOK GROUP

We will provide you with a link to the private Facebook Group for this trip. Only the women attending who have paid a deposit will be sent the link invite to connect, meet up, ask questions etc. Please ask us if you have any questions about this group. It is not essential to join.

FOOD ON YOUR TRIP:

Women Want Adventure strives to provide wholesome and nutritious meals on every trip. Where and when we can, we cater for dietary requirements. Our leaders have fabulous skills to prepare meals in wilderness environments and may from time to time ask you for a hand in preparation. Depending on the style of trip, some of our meals will use dehydrated foods to carry in overnight packs. The types of food you can expect on your trip include:

Breakfasts	cereals, toast, porridge, beans + hot drinks
Lunches	varies each day. Salad wraps, stir-fry meals, cold meats and sandwiches
Dinners	varies daily from curries, pasta, vegetarian stir fries, meat and vegetables
Snacks	Muesli bars, dried fruit, fresh fruit, nuts and seeds (please pack any personal snacks you prefer)

DIETARY REQUIREMENTS:

Passengers with special meal requirements or food allergies must ensure they inform Women Want Adventure of this at the time of booking. Food for the trip is purchased prior to commencement and special requirements cannot be catered for after departing. If you have not notified us prior to departure, you may be asked to pay for any additional food yourself. Due to the nature of our trips food is basic but plentiful. We provide the below substitutes, please bring your own staples if you require specific foods not listed below:

No Pork	(Alternative to Ham provided)
No Dairy	(soy milk provided)
Vegetarian	(additional veg and veggie burgers provided)
Vegan	(supply of additional fruit and veg provided)
Gluten Free	(cereal, bread, wraps, pasta, snack bars, sweet and savoury biscuits provided)