



New Zealand Hiking & Kayaking Trip



TRIP DURATION

8 days, 7 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

- 7 nights accommodation
- 7 breakfasts, 7 lunches, 6 dinners
- All kayaking equipment for Milford Sound
- All delicious snacks on the trail
- 2 experienced professional female leaders
- All national park permits and camping fees
- All catering equipment including cutlery, cups, plates, bowls
- Group emergency satellite communication/navigation equipment
- Group wilderness first aid equipment and supplies
- This is a small group off-track trek, for experienced hikers with a maximum of 10 women
- Gear hire:
Backpacks \$50 - you will need a pack between 60-65L

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
- Ben Lomond Summit Hike
- Mt Aspiring National Rob Roy Glacier
- Travel with experienced and professional female leaders

ITINERARY SUMMARY

- DAY 1** Arrive to Queenstown at Pinewood Lodge
Accommodation 2pm and Pre dinner welcome 6.30pm
- DAY 2** Hike Ben Lomond Trail (full day)
- DAY 3** Depart Queenstown:
Head to Lake Marian Hike
- DAY 4** Kayaking in Milford Sound + Key Summit Track Hike
- DAY 5** Overnight Hike to Green Lake Hut or camp (weather depending)
- DAY 6** Hike out Of Green Lake Hut, Drive to Wanaka
- DAY 7** Overnight Hike Mt Aspiring National Park
Wanaka
- DAY 8** Hike Out from Mt Aspiring Hut Via Rob Roy Glacier - Drive Back To Queenstown for trip
Departure and farewell dinner



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DAY 1

Arrive to Queenstown Accommodation

We will meet in Queenstown at the Pinewood Lodge accommodation at from 2pm onwards. Monique will be waiting to greet you.

Transport from the airport is not included. There is a bus or taxi options. Pinewood is a shared, self-contained unit with a kitchen, bathroom block and living area. As a group, we will meet and greet at the lodge. We head out for dinner in Queenstown at 6.30pm. After dinner, we come home to prepare our lunches for an early start to hike Ben Lomond the following day.

Accommodation Pinewood Lodge Queenstown

Meals Welcome dinner included

DAY 2

Ben Lomond Hike

Today we start early with leader Monique to hike the 11km return Bon Lomond Hike (8 hours). It's a steep climb to the summit but well worth the views of Queenstown. On the way back down, we catch the Gondola back into town before resting our legs at Pinewood Lodge.

Accommodation Pinewood Lodge Queenstown

Graded Moderate to hard (steep hill and uneven rocks)

Meals Includes breakfast, lunch and dinner + hiking snacks



DAY 3

Lake Marian Hike

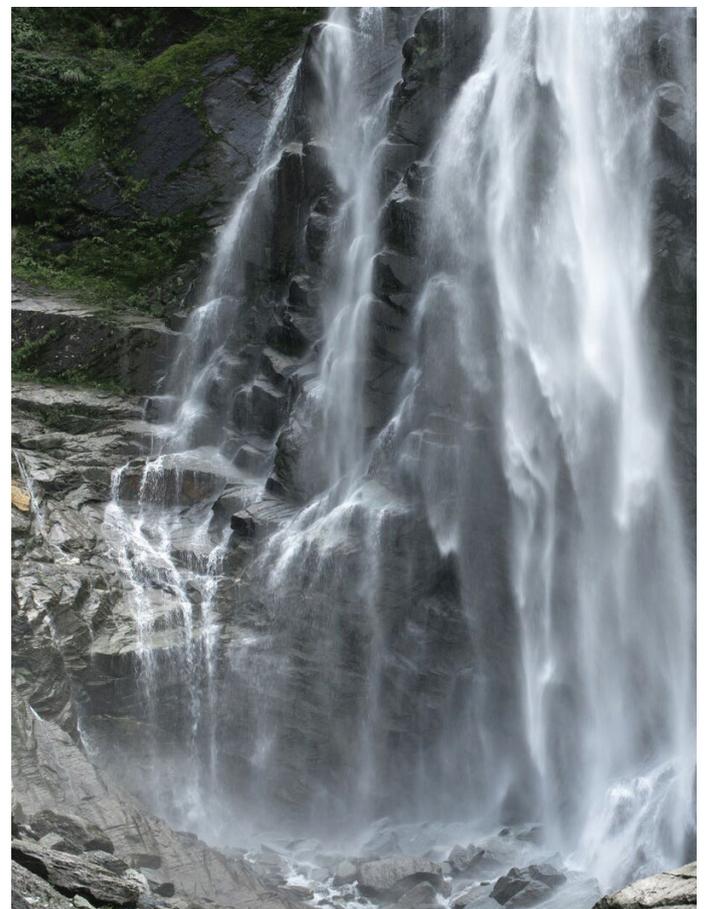
Wake up early (6am). We will be collected from our accommodation at 7.00am to meet our New Zealand leader Sarah. It's a stunning drive south towards the Hollyford Valley. It's a fabulous hike with plenty of scenery, adventure and beyond tourist tracks to make you feel like your in the wilderness. In the afternoon, we take the stunning drive into Mildford Sound for our nights accommodation at the cute "Gunns Camp" cabins by river.

Hiking Lake Marian (8km - 4 hours return hike)

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

Accommodation Gunns Camp in Mildford Sound. Shared accommodation

Meals Includes breakfast, lunch and dinner + hiking snacks





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DAY 4

Kayaking Milford Sound and Key Summit Hike

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 the Key Summit Track with views of Lake Marian from the previous day.

After a busy day adventuring we drive to Monowai Cabins. These are our favourite 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	Key Summit Track (3 hours return // 8km)
Graded	Easy - moderate.
Accommodation	Monowai cabins. Ladies will have their own bed and cabin. 2x ladies will need to share.
Meals	Breakfast, lunch, hiking snacks
Dinner	At groups own cost in town at Teanu



DAY 5

Hike to Green Lake Hut

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 meet the tussock. We navigate through the tussock, 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 reach the Green Lake hut, which leads us to a cosy mountain nights in the wilderness. 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 3 hours // 6km
Accommodation	Green Lake Hut (or camp)
Meals	Includes breakfast, lunch and dinner + hiking snacks





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DAY 6

Hike out from Green Lake Hut and 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. 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 - 6km // 3 hours
Graded	Easy- moderate. The trail has uneven surfaces, roots and is wet. This makes it a moderate experience.
Shuttle time	5 hours to Wanka (have a nice sleep!)
Accommodation	Wanaka Altamont Lodge (twin share)
Meals	Includes breakfast, lunch, dinner and hiking snacks

DAY 7

Overnight Hike Mt Aspiring National Park via Rob Roy Glacier

This morning we re-pack our bags for another hike to an alpine hut. Mt Aspiring Hut via Rob Roy Glacier. After making our lunches and stocking up on snacks, we leave our accommodation for the start of the Mt Aspiring Walk. We enjoy a steep side trail up to the glacier for our lunch stop. Tonights accommodation is at the Mt Aspiring Hut which has 360 degree views of the stunning valley. Its a flat walk into the hut with waterfalls and mountains soaring above either side.

Hiking	Mt Aspiring National Park- 6 hours // 18km, via Rob Roy Glacier
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 8

Hike Out from Mt Aspiring Hut - Drive Back to Queenstown For Trip Departure

Early departure from Mt Aspiring Hut and walk back on the return trail before arriving at the shuttle. We then get prepared for the journey back to Queenstown, laughing, singing and reminiscing about our hikes.

Hiking	Hike out from Aspiring Hut - 3 hours // 9km
Graded	Moderate
Shuttle Time	3 hours
Accommodation	Groups own cost and arrangement. We will drop at one central point in Queenstown. Ladies to make their own way to their accommodation in Queenstown from this central point.

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)