

# New Zealand Wellness Itinerary



## Trip Style

Wellness

## Duration

10 Days



Active 2-3



Walking



Nature



Yoga

## Queenstown to Queenstown

This relaxing journey will have you recharging your batteries with time spent in nature, breathing fresh air, having mindful experiences in the mountains, and stretching your body and soul with yoga sessions in stunning scenery. Your mind will have a break from the stresses of modern day life and big city noises, slowing down time on this journey to reconnect with nature and yourself. We'll do this through gentle hiking, yoga, kayaking and exploring stunning scenery that will leave you humbled by the power of mother earth. At the end we finish with summiting a mountain to reflect on our goals and achievements.

## Highlights

- Sunset Yoga in Glenorchy
- Reconnect to nature on the famous Routeburn track
- Kayak on the stunning Lake Wakatipu
- experience true remoteness on an overnight cruise in Doubtful sound
- Feel the impressive power of thundering waterfalls
- Lakefront Yoga in Te Anau
- Absorb the lush green forests of the Milford Track
- Finale hike to summit Ben Lomond Mountain.

## Day 1: Arrive Queenstown, hike Mt Crichton loop, sunset yoga

You'll arrive into this journey in the Adventure Capital of Queenstown, but we'll quickly escape the hustle and bustle of the town to seek the quiet solace of the forest by heading on our first hike of the Mt Crichton loop. The trail passes by some breath-taking viewpoints of Lakes Wakatipu and Dispute, a stunning waterfall, and the historic, stone-built Sam Summers Hut. We'll have lunch today alfresco, on the shores of Lake Wakatipu, before continuing north to the small hamlet of Glenorchy at the head of the lake, to the Eco-camp which will be our home for the next few nights. These eco-cabins were built with environmental sustainability at their core, being New Zealand's only Net Positive Accommodation. Tonight we'll slow down into the rhythm of this journey with sunset yin yoga and meditation, before a healthy welcome dinner.

Stay: Camp Glenorchy, Glenorchy. (L, D)



## Day 2: Walk Whakaari track, yoga in the gardens of "little Paradise"

This morning we'll head out for a hike on the Whakaari Track, where the trail will lead us up to magnificent view points over Lake Wakatipu and we'll encounter historic huts and mining relics covered in tussock from the early 1880s. We'll head back down and drive to Little Paradise Lodge & Wild Dream Garden, a beautifully located lodge where we'll soak up our surroundings with some Hatha flow yoga in the gardens. Afterwards we can enjoy afternoon tea with views of the Thomson Mountain range and the Greenstone Valley.

Stay: Camp Glenorchy, Glenorchy (B, L, D)

Hikes: 11 kilometres (6.8 miles), 4-6 hours



## Day 3: Hike the Routeburn Track

Today is a chance to reconnect with nature on a hike of the famous Routeburn track. We'll walk alongside the crystal clear glacial water, among lush rain forest, fields of ferns and moss and lichens dripping from the tree branches. Along the way you'll hear the birdsong chorus of grey warblers, kakariki, fantail, and tomtit native birds, and if we're lucky we might spot the endangered Mohua or blue duck. On today's walk we'll practice mindfulness by spending time in silence as we hike and soak up the serenity of our surroundings. . Our motivation today is the stunning views that await us when we reach the Routeburn Falls Hut – across to alpine meadows, the Humboldt Mountains and the Routeburn Falls cascade. Here we'll stop for a picnic lunch to spend time admiring the scenery. On the walk home be sure to take advantage of the crystal clear glacial water by dipping your drink bottle in - it's some of the freshest in the world!

Stay: Camp Glenorchy, Glenorchy (B, L, D)

Hiking: 17.6 kilometres (11 miles), 5-7 hours



## Day 4: Kayak Lake Wakatipu, afternoon yoga

This morning we're exploring the beauty of 'the head of the lake' – Glenorchy. This time we're doing it with paddle in hand, on sturdy double kayaks. You can do as much or as little paddling as you like this morning, and conditions mean it is suitable for all ability levels. Take some time to reflect, and just listen to the splash of your paddle as you float on Lake Wakatipu.

Afterwards we'll have another yoga session with our experienced teachers in the wonderful gardens of Camp Glenorchy. The teacher will cater today's session based on how they've gotten to know the group over the past few days, to suit how everyone's bodies are feeling. Before dinner this evening, you'll have some time to yourself to explore Glenorchy, take an evening stroll to the lake, or take time for reflection and journaling.

Stay: Camp Glenorchy, Glenorchy (B, L, D)

Kayaking Time: 2-3 hours



## Day 5: Overnight cruise of Doubtful Sound



Today we head to the most remote part of New Zealand - Fiordland National Park. Named after the 14 fjords along the coast, we'll need to travel to Manapouri, cruise across Lake Manapouri, before a drive over Wilmot Pass to Deep Cove just to access Doubtful sound. You'll feel so remote and away from civilisation, really giving you the chance to unwind and soak up the amazing scenery around you. We'll board the Fiordland navigator boat to explore this large and remote wilderness area, where you'll have the opportunity to take a kayak out on the water or hop aboard the tender craft for a guided exploration of the fiord. In the evening we recommend taking some time out on deck to see the stars, which while so far away from light pollution, will be dazzling in the night sky. Tonight, you'll sleep aboard the Fiordland Navigator, listening to nothing but the lapping sounds of the gentle waves on the side of the boat.

Stay: [Fiordland Navigator Boat \(B, L, D\)](#)

## Day 6: Cruise Doubtful sound, hike Key Summit

You'll wake in the middle of Doubtful Sound in the wilderness, where we'll explore another arm of the fjord before retracing our steps back to Manapouri. From there we'll head to hike through beech forest, sub-alpine shrub land and picturesque alpine tarns, before reaching Key Summit. Here you'll be standing at the head of three different valleys (the Hollyford, Eglinton and Greenstone), with stunning views over the Great Divide, which separates west and east flowing rivers. You'll feel humbled by the immense size of the surrounding mountains. Afterwards we'll take a short drive through the mountains and emerge at the top of a spectacular glacier-carved valley for a memorable descent to the shore of Milford Sound. Rudyard Kipling rated Milford the eighth natural wonder of the world and it's truly breath-taking, with steep granite walls plunging over a thousand metres to the Tasman Sea and waterfalls cascading into deep inky water. Tonight we stay at the Milford Chalets, right on the waters edge.

Stay: [Milford Chalets, Milford Sound \(B, L, D\)](#)

Hiking: 3.4 kilometres (2 miles), 3-4 hours, +/- 380m (1200ft)





## Day 7: Hike Milford Track, Milford cruise, evening Yoga

It's worth getting up early to watch the sunrise over Mitre Peak, the stunning peak that towers over Milford Sound, an inspiring sight with the shadow cast through the reds and oranges of the morning light. Today we'll take a short boat ride across Milford Sound to hike from Sandfly Point to the Giant Gates waterfall, a spectacular section of the famed Milford Track. The forest here is lush and rich with mosses and ferns as we follow the Arthur River past Lake Ada. By hiking from the Milford Sound trailhead, we'll enjoy the track to ourselves where we can immerse in nature, which is a luxury others seldom get. Once we return to the Milford wharf, we'll board a boat for a two hour nature cruise to the head of this spectacular fiord. We'll get up close and personal with thunderin waterfalls where we'll feel the immense power of mother nature. This evening once back in Te Anau we can relax and unwind with a stretch yoga session.

Stay: Te Anau (B, L, D)

Hiking: 10 kilometres (6 miles), 3-4 hours





## Day 8: Lakefront Hatha yoga, hike Kepler Track

On the shores of Lake Te Anau, just a stones throw from our accommodation, we'll set up our yoga mats for a Hatha flow practice with our local teacher this morning. With our intentions set for the day, we'll head to hike the Kepler track from Rainbow Reach, where we'll wander among seas of lush green ferns under the canopy of native beech trees. On today's walk we encourage you to think about the challenge of tomorrow's mountain summit and visualise your achievements. This evening we'll travel back to Queenstown to prepare for our hike tomorrow.

Stay: Sherwood, Queenstown (B, L, D)

Hiking: 9.5 kilometres (6 miles), 2-3 hours



## Day 9: Summit a mountain: Ben Lomond

This morning we'll take a ride on a gondola to the skyline base building, to start our alpine hike. We pass through open alpine tussock-land to the Ben Lomond saddle and will be rewarded with panoramic views of Queenstown and Lake Wakatipu, surrounded by the often snow-covered Southern Alps. There is a big elevation gain, but the views are worthy reward for your efforts, and you'll feel a sense of satisfaction and triumph when you reach Ben Lomond's summit. As you pop over the top, views will be revealed of Mt Earnslaw and Mt Aspiring, two of New Zealand's highest peaks, and even a glimpse of Aoraki/Mt Cook on a clear day. Take the time to enjoy this feeling of achievement and consider what changes you'll make back in your everyday life to ensure you keep this feeling of being connected to nature.

Tonight we'll have an evening stretch session before enjoying our last meal together, to celebrate the wellness journey we've shared.

Stay: Sherwood, Queenstown (B, L, D)

Hiking: 13 kilometres (8 miles), 6-7 hours, +/- 1,450 metres (4,755 feet)



## Day 10: depart Queenstown

After a breakfast together, our journey comes to an end, but we hope you'll be leaving refreshed and invigorated after a week of connecting with nature. Our guides can drop you at the airport to continue your journey home.

(B)



# Useful Info

## Group Size

This trip has a maximum of 14 guests, plus two experienced guides. Let us know if you're wanting your own trip leader, as this may affect our trail permit numbers.

## Trip Start

On the first day of the trip our guides can pick your guests up in Queenstown at the airport at 9 am, or at the lobby of the Crowne Plaza hotel at 9.30am.

## Trip End

On the last day of the trip guests can be dropped off in central Queenstown or at Queenstown airport, in time for flights after 10 am.

## Fitness

As an activity level 3 trip, your guests will need a reasonable level of fitness for this itinerary. They'll get to experience yoga, hiking, kayaking, and will have our experienced guides to help them along the way. Typically hikes on this trip range from 1 to 3 hours, except the last day's hike to Ben Lomond at 6 hours, meant to be the challenging peak of the journey. However we're flexible and shorter hikes are an option on any day. It is recommended that guests prepare and do some training so they get the most out of their journey..

## Accommodation

You'll love the interesting places we've chosen for this retreat - accommodations with a focus on sustainability, nature, comfort and relaxation. The Milford Chalets are one-of-a-kind, set in the remote fjord, the Camp GY eco-cabins are surrounded by towering mountains and boast the highest level of eco-technology, and the Sherwood is a sustainable "community" hotel with emphasis on health and wellbeing.

## Included:

- All guiding services - two guides per trip.
- All accommodations
- All meals as noted, and we can cater for any dietary requirements such as vegetarian, vegan, gluten and dairy free.
- All activities as described above - hiking, kayaking, yoga and cruises.
- All transportation from trip start to trip end.