

# NEW ZEALAND GUIDE



# WHY TRAVEL WITH US

1

## EXPERIENCE ADVENTURE THE WAY YOU WANT

You'll be inspired and exhilarated, enjoying mind-blowing scenery on foot, in a kayak, or by bike. Select between our many options to build your own trip of a lifetime.

2

## DECADES OF AWARD-WINNING TRIPS – RUN THE KIWI WAY

We're proud of our Kiwi roots, and you'll love our professional, warm, and relaxed style of hosting. Plus, we'll always be at the end of the phone to help you feel comfortable embarking on your trip of a lifetime.

3

## EVERY DETAIL COVERED, TO MAXIMIZE YOUR TIME

We've got all the details of your vacation covered – top-notch meals, comfortable transport & accommodation, amazing guides and incredible service.



► THE DOLOMITES, ITALY

4

## 4.53 OUT OF 5 FROM 18,296 REVIEWS. THAT'S PRETTY SOLID.

While we could hang around all day telling you how wonderful our trips are, the best people to listen to are our guests themselves.

5

## GROUP TRAVEL FOR THOSE WHO AREN'T 'GROUP TRAVELERS'

With our small groups, you'll get to know our team, and your fellow travelers, and have the flexibility and freedom to do as much (or as little!) as you like.

6

## EXPLORE HIDDEN GEMS THROUGH OUR EXPERT LOCAL GUIDES

All our carefully selected guides are highly experienced and have deep personal connections to nature and culture. You'll enjoy some wonderfully profound moments and special experiences that can only come from authentic local knowledge.



# ADVENTURE THE ACTIVE WAY



## SO MUCH MORE THAN A GUIDE

Imagine a cross between Bear Grylls, David Attenborough and a Four Seasons Hotel concierge and you'll get the idea of what our guides are like!



## WE'RE WITH YOU, EVERY STEP OF THE WAY

Embarking on an adventure always involves getting out of your comfort zone. Our guides are there to take away any worry or stress, as well as handle all the logistics on the trip, so that you can focus purely on the physical challenge of your adventure.

## WORLD-CLASS SAFETY

Safety is always a priority when you're exploring the wilderness, and we have an impeccable record. Our guides are trained extensively, have Outdoor First Aid and food safety certificates, and undergo our customized and comprehensive guide training trip.

We've received the World Travel and Tourism Council's Safe Travels stamp and the COVID-Clean Approved logo by Qualmark. We'll follow all ATTA, WTTC and Qualmark health and safety guidelines on all our trips.

## AMAZING FOOD TO FUEL YOUR ADVENTURE

Food is such an important part of any trip - and getting the right fuel on an active holiday is crucial. We aim to provide high-quality, local and fresh food for every meal, whether you are in a back-country hut, a remote lodge or a small town. If you have dietarys, that's no worry at all. We cater to almost any dietary requirements.



## LOCALLY OWNED ACCOMMODATION

We like to visit some exciting locations by bike, on foot, rafting, kayaking, and canyoning, but we also enjoy our creature comforts.

By traveling with us there's never the disappointment of not being able to stay at that perfect place!



## NO HIDDEN COSTS

We have no hidden costs and everything is included. Everything is clearly laid out in our itineraries, so you don't have to do any guesswork.

Other tour operators charge what looks like a really cheap price, but it only covers road transport, a few meals here and there, guides, and accommodation. You can trust us to always be upfront with you.





# EXPLORE NEW ZEALAND



## ► BAY OF ISLANDS

Beautiful beaches, pristine islands, energetic marine life, waterfalls, forests, history... The Bay of Islands is as dreamy as its name and you're spoiled for choice when it comes to the must-dos here!



## ► TONGARIRO NATIONAL PARK

Arguably the finest day-hike in the world, the Tongariro Crossing takes hikers on a dramatic journey through volcanic alpine landscape with a handful of steamy geothermal vents and vivid blue crater lakes that dot the perimeter.



## ► ROTORUA

New Zealand's indigenous culture is strong, particularly on the North Island. Here you can learn about New Zealand's Maori culture and through a performance and hangi, a feast that's steam cooked in the ground for a rich smoky flavor.



## ► QUEENSTOWN

With the vast range and popularity of adrenaline-inducing activities on offer here (it's home of bungee jumping after all!), it's no wonder this little ski town is known as the Adventure Capital of the World. Ski the famous Remarkables, hop on a wine tour, hike Ben Lomond, have a taste of Fergburger, bike down some spicy mountain bike trails or along more civilized scenic trails... you can't get bored!



## ► MILFORD SOUND & FIORDLAND NATIONAL PARK

Most people take a Milford Sound boat cruise, but we also recommend wandering the steep forest-clad mountains to discover wildlife and the waterfalls plunging into the fiord that Rudyard Kipling once called the 8th natural wonder of the world.



## ► AORAKI/MOUNT COOK NATIONAL PARK

The Canterbury region of the South Island is home to many of New Zealand's highest mountains and largest glaciers, including its namesake. Wander along the Hooker Valley Track or challenge yourself up the Sealy Tarns track - if you don't mind stairs!



## ► FRANZ JOSEF

Get your cameras ready because how often do you see glaciers surrounded by temperate rainforests advancing to near sea level? Never, in fact, except on the rugged West Coast of New Zealand's South Island, where there are some terrific short hikes near the Franz Josef and Fox Glaciers.



# EXPLORE NEW ZEALAND



## BEST TIME TO VISIT

New Zealand is a mountainous island nation sitting isolated in the Southwest Pacific, so the weather tends to be pretty unpredictable. The best time to visit for hiking and biking is between November and March - don't forget, the seasons are the opposite of the Northern Hemisphere!

### Summer (December - February)

North Island weather: 20-24°C (68-75°F), 60-100mm of rain/month  
South Island weather: 19-23°C (66-73°F), 35-60mm of rain/month  
Highlights: hiking, biking, penguins

### Fall (March - May)

North Island weather: 17-22°C (62-71°F), 90-130mm of rain/month  
South Island weather: 13-19°C (55-66°F), 60-100mm of rain/month  
Highlights: hiking, autumn colors, southern lights, cheaper flights

### Winter (June - August)

North Island weather: 11-15°C (51-59°F), 120-150mm of rain/month  
South Island weather: 7-12°C (44-53°F), 70-130mm of rain/month  
Highlights: skiing, southern lights

### Spring (September - November)

North Island weather: 16-20°C (60-68°F), 90-120mm of rain/month  
South Island weather: 13-19°C (55-66°F), 60-100mm of rain/month  
Highlights: skiing, hiking, lambing season

## PACKING LIST FOR ADVENTURERS

### CLOTHING

- ☐ Quality Rain jacket & pants
- ☐ Fleece/Down jacket
- ☐ Short sleeve & long sleeve tops (quick dry, no cotton)
- ☐ Shorts & trousers (no jeans!)
- ☐ Thermal under-layers
- ☐ Good socks (merino is best)
- ☐ Waterproof hiking boots with ankle support
- ☐ Runners with good grip
- ☐ Sandals
- ☐ Beanie & gloves
- ☐ Sun hat & sunglasses
- ☐ Swimsuit & light towel

### GEAR & PERSONAL ITEMS

- ☐ 25-30L Day pack with rain cover
- ☐ 50+L hiking backpack, tent, cooker, water filter, sleeping bag & sleeping pad if you're doing multi-day walks
- ☐ First aid kit with blister treatment
- ☐ Sun-block & insect repellent
- ☐ Hiking poles
- ☐ Hydration bladder / Water bottle
- ☐ Water
- ☐ Gaiters
- ☐ Adapter plug
- ☐ Good books



## HOW TO GET IN AND AROUND NEW ZEALAND

People typically fly into Auckland (North Island) or Christchurch (middle of the South Island). New Zealand is roughly 1,600km (1,000 miles) in length, which is roughly the size of California and Washington State combined. Driving from top to bottom would take around 30 hours (the South Island doesn't have motorways and is very mountainous).

### DRIVE:

renting a car or campervan is probably the most popular way to see New Zealand. The classic South Island driving loop is almost 3,000 km (40h) and the classic North Island loop is around 1,300km (20h). Don't forget - New Zealanders drive on the left side of the road!

### BUS/COACH

many people opt for fully guided bus tours or hop on hop off buses. The thing with the big buses is that they're not very nimble and unsuitable for some roads - at Active Adventures, we use small vans, which are much more suited for the terrain!

### TRAIN

New Zealand has some scenic train journeys (three, to be precise), but not ideal if you're after flexibility and have a specific itinerary in mind.

The only way to cross between the islands is to take a 3h ferry, which must be booked ahead in the peak season (especially if you have a vehicle), or fly from Auckland or Wellington to either Queenstown or Christchurch.

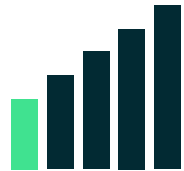
### MAIN AIRPORTS

Auckland | Christchurch | Wellington | Queenstown | Nelson | Dunedin



# ACTIVITY LEVELS

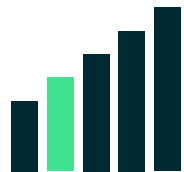
## ACTIVE LEVEL 1: RELAXING



**I like to be active and not looking to experience a place just through a bus window. I'm happy to slow down on the trail, soak it in and breathe in the fresh air.**

Walking: 2-3 hours per day on gentle-gradient trails.  
Other activities: On these trips, you'll be taking part in a range of other activities that focus less on building up a sweat and more on enjoying the finer things in life.

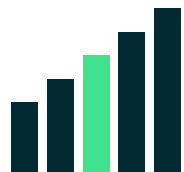
## ACTIVE LEVEL 2: EASY



**Sure, I own some hiking boots, they're even worn in, but they don't go on long trips. I like my creature comforts and I like to give a range of activities a go.**

Walking: 2-4 hours per day on gentle to moderate gradient trails. No multi-day hikes.  
Biking: 1-3 hours, cruisy rides achievable by anyone, even first-timers. Kayaking: 1-3 hours, entry-level sea kayaking with specialist guides and stable boats.  
Other activities: Always optional and very little exertion. A highlight for many!

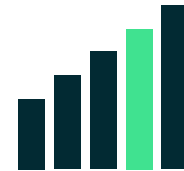
## ACTIVE LEVEL 3: MODERATE



**I love an active vacation. Engaging in a challenging activity with a difficult goal, such as reaching a summit, is exactly what I need to be able to unwind in the evenings.**

Hiking: Typically, 3-6 hours per day on well-formed backcountry trails. Expect some significant gradient inclines and declines.  
Altitude: Your trip may include some moderate altitude areas, though these don't form the focus of the trip and are generally manageable.  
Biking: 1-3 hours on well-formed paths or roads where you can expect some hills with moderate climbs and descents.  
Kayaking: 1-3 hours, entry-level sea kayaking with specialist guides and stable boats.

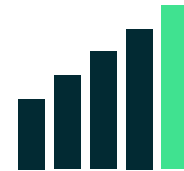
## ACTIVE LEVEL 4: CHALLENGING



**I'll let my trusty guides sweat the small things, so I can focus on my goal. Sure, it'll be tough and I might get my boots wet, but the views will be worth it.**

Hiking/Trekking: Typically, 4–6-hour hikes with options for more, sometimes with limited or no vehicle support and often with ascents and descents.  
Altitude: Some trips will reach a significant altitude. We are here to help you and make your experience one to cherish for a lifetime.  
Biking & Kayaking: If one, or both, of these activities, are 'your thing,' there are trip options in this range, allowing you to be on bike or with a paddle in your hand for most of the day.

## LEVEL 5: ULTIMATE



**I'm ready to put in the hard work to reap the rewards. I'm a seasoned adventurer unafraid of adversity.**

Trekking & Altitude: This is classic trekking, at altitude. Some might even call it 'expedition-style.' We've had folks from all walks of life achieve their dreams on our grade 5 trips, so if you're in for a challenge get in touch to find out if this is for you.



### NEED HELP WITH TRAINING?

We have a comprehensive guide to what exercises you can do to prepare for each level, courtesy of [Marcus from 'Fit for Trips'](#). If you want a customized plan, you can get in touch directly with him.







NEW ZEALAND | SOUTH ISLAND

14 DAYS | MULTI-ACTIVITY



NEW ZEALAND | SOUTH ISLAND

8 DAYS | MULTI-ACTIVITY

CHRISTCHURCH



CHRISTCHURCH

## TRIP HIGHLIGHTS

### HIKE

- Routeburn Track & Kepler Track
- Aoraki/Mt Cook National Park
- Franz Josef Glacier (with heli-hike option)
- Wilderness hiking in Nelson Lakes National Park

### BIKE

- Alps 2 Ocean Trail

### SEA KAYAK

- Okarito Lagoon

### PLUS ...

- Explore Queenstown
- Cruise Milford Sound



#### COMBO TRIP

Link this trip with the Ultimate North Island trip for the Ultimate New Zealand Adventure!

ITINERARY

INQUIRE

## ULTIMATE SOUTH ISLAND ADVENTURE

 Activity Level 3-4

We've been fine-tuning this perennial favorite since 1996, and it's simply an incredible trip. We'll take you on an unforgettable journey exploring our mountains in Mount Cook National Park and Nelson Lakes National Park, walking the West Coast rainforest and getting up close to glaciers in Franz Josef, cycling incredibly scenic trails, hiking sections of our Great Walks, and even cruising on Milford Sound. You'll experience our unique culture and wildlife along the way. Each night, we'll stay in carefully hand-picked accommodations in some of New Zealand's most stunning settings.



*This was our third visit to New Zealand and by far was the best. We really feel we got to see and experience everything the South Island has to offer. We loved our guides and enjoyed traveling and hiking with like-minded people from around the world.*

Douglas, Jan 2023



### DEPARTURE DATES



CHRISTCHURCH



QUEENSTOWN

## TRIP HIGHLIGHTS

### HIKE

- Routeburn Track
- Mt Aspiring National Park
- Franz Josef Glacier
- Blue Pools

### PLUS...

- Milford Sound Cruise
- Scenic mountain flight to Siberia Hut
- Jet boat in Mt Aspiring National Park

### EXPLORE

- Queenstown



#### COMBO TRIP

Link this trip with the Ultimate North Island trip for the Ultimate New Zealand Adventure!

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## CLASSIC SOUTH ISLAND ADVENTURE

 Activity Level 3-4

Get ready for an adventure of a lifetime, exploring New Zealand's most iconic and remote wilderness. You'll be truly mind-blown by the array of activities and landscapes you can experience in just eight days. From flying into Siberia Valley, hiking up to a remote alpine lake and jet boating out the next morning, each day brings a unique challenge and a new adventure. If you're ready to take in the wilderness of the West Coast, hike part of the Routeburn Track and spend a day in the charming mountain town of Queenstown, look no further than our Classic South Island Adventure.



### DEPARTURE DATES







NEW ZEALAND | NORTH ISLAND

11 DAYS | MULTI-ACTIVITY



NEW ZEALAND | NORTH ISLAND

5 DAYS | MULTI-ACTIVITY



## TRIP HIGHLIGHTS

### HIKE

- Tongariro Alpine Crossing
- Explore volcanoes and coastline, kauri forests and sand dunes
- Alongside Rotorua's lakes
- Cape Brett, Bay of Islands

### BIKE

- Whakarewarewa Forest

### PLUS...

- Cruise and snorkel, kayak or dive Poor Knights Islands
- Maori culture
- Waitomo Caves



### COMBO TRIP

Link this trip with the Ultimate South Island trip for the Ultimate New Zealand Adventure!

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## ULTIMATE NORTH ISLAND ADVENTURE



The North Island of New Zealand is packed to the brim with incredible landscapes, and there's no better way to experience its vastness than on our 11-day Ultimate North Island Adventure. Discover for yourself your favorite part of the island as you hike the renowned Tongariro Alpine Crossing, bike through redwood forests, snorkel or kayak the Poor Knights Islands and walk through otherworldly caves lit by the mysterious glowworm.

Short on time? Try either the North Island Volcanic Adventure or the Northland Adventure.



### DEPARTURE DATES



## NORTHLAND ADVENTURE



Take five days to discover the charms of the North Island. Explore colossal kauri forests, dive or snorkel the Poor Knights Islands, and learn about the Maori culture as you make your way along some of the best coastline of New Zealand.



NEW ZEALAND | NORTH ISLAND

5 DAYS | MULTI-ACTIVITY

## NORTH ISLAND VOLCANIC



Discover the incredible landscapes of the North Island as you hike the renowned Tongariro Alpine Crossing, bike through redwood forests, and walk through otherworldly caves lit by glowworm. Our year-round North Island Volcanic Adventure is the perfect addition to any of our South Island trips.

## TRIP HIGHLIGHTS

- Explore coastlines, kauri forests and sand dunes
- Hike Cape Brett, Bay of Islands
- Cruise and snorkel, kayak or dive Poor Knights Islands

AUCKLAND → AUCKLAND

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## TRIP HIGHLIGHTS

- Tongariro Alpine Crossing
- Alongside Rotorua's lakes
- Bike Whakarewarewa Forest.
- Learn about the Maori culture
- Tube Waitomo Caves

AUCKLAND → AUCKLAND

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NEW ZEALAND | SOUTH ISLAND

5-14 DAYS | MULTI-ACTIVITY



NEW ZEALAND | SOUTH ISLAND

14 DAYS | HIKING FOCUSED

CHRISTCHURCH



CHRISTCHURCH

### TRIP HIGHLIGHTS

#### HIKE

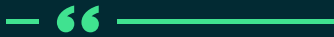
- Kepler Track, Fiordland National Park
- Copland Valley & Hot Pools, West Coast
- Franz Josef Glacier
- Mt Aspiring National Park
- Aoraki/Mt Cook National Park or ski/snowboard Ohau Ski Area

#### SEA KAYAK

- Okarito Lagoon

#### PLUS...

- Explore Queenstown
- Cruise on Milford Sound
- Explore Te Anau glow worm caves



The standard of accommodation exceeded my expectations and our "near exclusive" use of the Welcome Flat Hut in the Copland Valley (with snow-topped mountains, star-studded night sky and steaming natural pools) was incredible.



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## NEW ZEALAND WINTER ADVENTURE



Activity Level 3-4

To let you in on a secret, exploring the dramatic landscapes of the South Island during New Zealand's winter months is largely underrated. Between May and September, ski fields come to life and mountains look spectacular covered in snow. However, trails once busy are now exclusively yours and huts once packed full of hikers sit empty. Our New Zealand Winter Adventure has been crafted specifically for our mild winters. You'll enjoy an unforgettable cruise on Milford Sound, soak in hot pools under vibrant stars at Welcome Flats Hut on the Copland Track, hike the Kepler Track, Mt Aspiring National Park and under the towering mountains of Aoraki Mt Cook National Park.



#### DEPARTURE DATES



CHRISTCHURCH



CHRISTCHURCH

### TRIP HIGHLIGHTS

#### HIKE

- Routeburn Track & Kepler Track
- Abel Tasman National Park
- Aoraki/Mt Cook National Park
- Franz Josef Glacier
- West Coast beaches and rainforest

#### PLUS...

- Explore Queenstown
- Cruise Milford Sound
- Wine tasting
- Visit Kiwi Birdlife Park



#### COMBO TRIP

Link this trip with the Ultimate North Island trip for the Ultimate New Zealand Adventure!

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## NEW ZEALAND WALKING ADVENTURE



Activity Level 1-2

Over 14-days, you'll explore the South Island of New Zealand on breathtaking walks and cruises. Our New Zealand Walking Adventure is handcrafted for those new to adventure tours and for those who love to slow down and enjoy shorter hikes. From walking along the golden beaches of Abel Tasman National Park and sipping wine in the Marlborough Sounds to feeling tiny under Aoraki Mt Cook, New Zealand's tallest mountain, and pondering thousands of waterfalls thundering down in Milford Sound. Each night, you'll relax in stunning lodges set in unbelievable locations and be looked after by two excellent local guides.



#### DEPARTURE DATES







NEW ZEALAND | SOUTH ISLAND

14 DAYS | HIKING FOCUSED



NEW ZEALAND | SOUTH ISLAND

5 DAYS | HIKING FOCUSED

CHRISTCHURCH



CHRISTCHURCH

TRIP HIGHLIGHTS

HIKE

- Mt Aspiring National Park
- Franz Josef Glacier (opt. heli-hike)
- Aoraki/Mt Cook National Park

CHOICE OF MULTI-DAY OPTIONS...

- Active Great Walks Discovery (Routeburn, Milford, and Kepler Track day hikes, plus Milford Sound cruise and overnight cruise on Doubtful Sound)
- OR Milford Track Guided Walk

PLUS...

- Explore Queenstown



COMBO TRIP

Link this trip with the Ultimate North Island trip for the Ultimate New Zealand Adventure!

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MILFORD TRACK ADVENTURE



Activity Level 3-4

Love hiking and love your creature comforts come nighttime? On this 14-day Milford Hiking Adventure, you'll experience the very best of New Zealand's South Island, one trail at a time. Choosing between hiking the entire length of the Milford Track or sticking to day hikes along the equally stunning Routeburn, Milford, and Kepler Tracks is no easy task. Especially when you add in an overnight cruise on Doubtful Sound and a cruise on Milford Sound. You'll also hike trails known only to the locals as you explore Mt Aspiring National Park, Franz Josef Glacier, and Aoraki/Mt Cook National Park. Our Milford Track Adventure is an experience you'll be talking about for years to come.



DEPARTURE DATES



QUEENSTOWN



QUEENSTOWN

TRIP HIGHLIGHTS

HIKE

- Ben Lomond for views over Queenstown
- Parts of the Routeburn, Milford and Kepler Tracks

PLUS

- Cruise Milford Sound
- Overnight cruise on Doubtful Sound



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GREAT WALKS OF NEW ZEALAND



Activity Level 3

Starting and finishing in Queenstown, you'll hike three of New Zealand's Great Walks (Kepler Track, Routeburn Track, and Milford Track), stay the night on the Fiordland Navigator on Doubtful Sound, and enjoy top-notch service every step of the way. If you're short on time but keen to see the best of the South Island, our Great Walks of New Zealand hiking tour is for you.



DEPARTURE DATES







NEW ZEALAND | SOUTH ISLAND

14 DAYS | BIKING FOCUSED



NEW ZEALAND | SOUTH ISLAND

6 DAYS | BIKING FOCUSED

CHRISTCHURCH



CHRISTCHURCH

## TRIP HIGHLIGHTS

### BIKE WITH FULL VEHICLE SUPPORT

- West Coast Wilderness trail
- Queenstown Trail
- Alps 2 Ocean Trail

### HIKE

- Franz Josef Glacier
- Routeburn track and Key Summit
- Aoraki/Mt Cook National Park

### PLUS...

- Explore Queenstown
- Cruise Milford Sound



### COMBO TRIP

Link this trip with the Ultimate North Island trip for the Ultimate New Zealand Adventure!

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## NEW ZEALAND BIKING ADVENTURE



Activity Level 3-4

Specifically designed for biking enthusiasts, our 14-day New Zealand biking adventure explores the very best of the South Island's biking trails: Alps 2 Ocean, Central Otago Rail Trail, and Queenstown Cycle trail, known for their variety of landscapes and breathtaking lookout spots. Studded with hidden gems along the way, these trails include some of the best-known scenery and off-the-beaten-path highlights in New Zealand. Of course, not every landscape is explorable by bike, so we've included hikes on the Routeburn Track and in Aoraki/Mount Cook National Park, as well as a cruise on Milford Sound to give guests an all-encompassing adventure of New Zealand's finest vistas. Plus, with fully vehicle-supported rides, you'll challenge yourself as much or as little as you'd like.



### DEPARTURE DATES



## NEW ZEALAND E-BIKE ADVENTURE



Activity Level 3-4

With two guides and plenty of picnic breaks along the way, you'll finish every day of your Alps to Ocean bike ride happy and exhausted! Hop on a bike and ride from Mt Cook to the Pacific Ocean in Oamaru, with breathtaking views along the way to keep your energy up!



NEW ZEALAND | SOUTH ISLAND

13 DAYS | MULTI-ACTIVITY

## NEW ZEALAND FAMILY ADVENTURE



Activity Level 1-2

This trip is specially designed to ensure parents, teenagers and children enjoy New Zealand as a family, and provides opportunities for parents to get away on their own while our guides entertain the kids! Family trips are quite different from regular adventure trips, and over the years we've entertained a lot of families in New Zealand.

## TRIP HIGHLIGHTS

- Fly across the Tasman River from Mt Cook Village
- Bike the full length of the Alps to Ocean Trail, vehicle assisted with everything taken care of

CHRISTCHURCH → CHRISTCHURCH

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## TRIP HIGHLIGHTS

- Hike Franz Josef Glacier
- Hike Aoraki/Mt Cook National Park
- Overnight hike in Mt Aspiring National Park
- Kayak Lake Mapourika
- Family rafting & jetboat near Queenstown

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# FIND YOUR PERFECT

TRIP	LEVEL	LENGTH	ACTIVITIES	HIGHLIGHTS
Ultimate South Island Adventure	3-4	14	Hike Bike Kayak	Mt Cook Milford Sound Franz Josef Queenstown
Ultimate North Island Adventure	3-4	11	Hike Bike Kayak	Bay of Islands Tongariro Crossing Rotorua Waitomo Caves
Northland Adventure	3	6	Hike Kayak	Bay of Islands
North Island Volcanic Adventure	4	6	Hike Bike	Tongariro Crossing Rotorua Waitomo Caves
Classic South Island Adventure	3-4	8	Hike	Milford Sound Franz Josef Queenstown
New Zealand Walking Adventure	1-2	14	Hike	Mt Cook Milford Sound Franz Josef Queenstown
Milford Track Adventure	3-4	14	Hike	Mt Cook Milford Sound Franz Josef Queenstown
Great Walks of New Zealand	3	5	Hike	Milford Sound Queenstown
New Zealand Biking Adventure	3-4	14	Hike Bike	Mt Cook Milford Sound Franz Josef Queenstown
Alps to Ocean Biking Adventure	3-4	6	Hike Bike Kayak	Mt Cook
New Zealand Winter Adventure	3-4	5-14	Hike Bike Kayak	Mt Cook Milford Sound Franz Josef Queenstown

FIT



ACTIVE LEVEL 1: RELAXING

ACTIVE LEVEL 2: EASY

ACTIVE LEVEL 3: MODERATE

ACTIVE LEVEL 4: CHALLENGING

ACTIVE LEVEL 5: ULTIMATE





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