



DEEP SOUTH RIDE

Loop the South Island • Cross the Southern Alps • Cycle Arthur's Pass • Ride the West Coast • Franz and Fox Glacier • Mount Aspiring National Park • Haast Pass • Crown Range • Milford Sound • Queenstown • Lake Tekapo

14 days: Christchurch to Christchurch Total 847miles (1,354km)* US\$3999 + tax

**All distances are approximate and can be adjusted to suit your level of ability.*

The Deep South Ride is the ride of all rides! You'll complete a circuit from Christchurch, across the mountains, down the West Coast, into Queenstown, and through the Southern Alps back to Christchurch again. On the way you'll be amongst incredible scenery, from the coastal beaches of the West Coast, to the wilderness of Fiordland and Milford Sound. We cover various distances on this trip, from 25 and 75 miles (40 - 120km) per day, with the opportunity to do more or less if you prefer. The Deep South Ride is fully vehicle-supported, so there is plenty of flexibility and freedom on the road. You can bike as little or as much as you like, and with our specialist cycling guides at your side, we'll make sure this is one of the rides of your life.

Who did we design this trip for?

This trip is designed for serious cyclists wanting to take on the ultimate South Island cycle tour challenge - a loop of the South Island, crossing the Southern Alps (twice), from Christchurch down to Milford Sound and back. You can cycle around 847 miles (1,354km) in all, with the opportunity to cycle more than the daily mileage, or jump in the support vehicle and do less, depending on your mood. This is your cycle tour and we are here to help you make it as physically demanding as you like.

Monday Arrive, cycle Springfield to Flockhill

If you're flying in long-haul, you'll leave the Northern Hemisphere on a Saturday, arriving in New Zealand early Monday morning. You'll lose a day to the dateline – not to worry, you won't be in the air that whole time – but you'll get it back on the way home! You'll need to arrive in Christchurch by around 10am, where we'll set you up with your bike and adjust it to your liking. You'll then have a chance to stretch your legs and get that first dose of NZ air in your lungs with a ride from Springfield into the heart of the Southern Alps and over Porters Pass. You'll cycle past Castle Hill Scenic Reserve, an area once quoted by the Dalai Lama as the 'Spiritual Centre of the Universe', and then on to your accommodation for the night on a working sheep station. What a way to start your trip! Take a walk outside after dinner to savour the night sky and enjoy the fact that you are finally here in New Zealand.

Notes: Cycling distance 25miles (40km) – Springfield to Flockhill Station (ascent 878m).

ACCOMMODATION: Flockhill Station, Flockhill (L,D)

Tuesday Cycle Arthur's Pass

Today we'll take on the highest pass through the Southern Alps! From Flockhill, we'll head further into the depths of the South Island, over the Waimakariri River, through native beech forest and into the small township of Arthur's Pass. After a lunch stop in the mountains, we'll continue through the mountains all the way over to the rainforests and rivers of the West Coast, emerging at the beach in Hokitika for our first glimpse of the Tasman Sea. Hokitika is famous for its local art galleries and pounamu carving workshops ('pounamu' is Maori for jade), and you're sure to enjoy watching the locals carving jade in the shops around town. Tonight we'll enjoy an evening by the sea.

Notes: Cycling distance 22miles (35km) - Flockhill to Arthur's Pass (ascent 160m).

Then 57miles (92km) – Arthur’s Pass to Kumara Junction (ascent 100m, descent 900m, 1 big downhill).

ACCOMMODATION: Beachfront Hotel, Hokitika (B,L,D)

Wednesday Cycle Hokitika to Okarito, the West Coast

It’s time to tackle the wild and rugged West Coast. This isolated area is full of dense native rainforest, huge fast-flowing rivers and spectacular views of the Southern Alps. We’ll follow the main inland road, with its sweeping views of deserted West Coast beaches, and end up at the Okarito Lagoon. Okarito is a hidden gem that is all but untouched due to it being 10 miles down a one-way road from an obscure highway turnoff. With a permanent population of only 37 or so people, there are no shops, no restaurants and no traffic. We’ll stay in our off-the-beaten-path, isolated and cosy beach house here overnight, enjoy a home-cooked meal and celebrate another day in the outdoors as we watch the sun set over the Tasman Sea.

Notes: Cycling distance 78miles (126km) - Hokitika to Okarito Beach (ascent 250m, descent 250m, 1 hill).

ACCOMMODATION: Okarito Beach House, Okarito (B,L,D)

Thursday Cycle Okarito to Fox Glacier

The scenery today is incredible! From Okarito we’ll cycle into Westland Tai Poutini National Park and glacier country. After a quick stop at the Franz Josef Glacier, we’ll hop on our bikes and attack the three hills between Franz Josef Glacier and its twin, Fox Glacier. These hills are quite demanding so pace yourself, but feel free to catch a ride whenever you like. Once in Fox, we’ll hike to the terminal face of the glacier and see the 2,600m of ice falling towards us from the Southern Alps. If you’re still keen for more biking after visiting the glacier, a late afternoon ride out to Lake Matheson with a short hike is in order, where there are more mountain views to gaze upon.

Notes: Cycling distance 15miles (24km) - Okarito to Franz Josef Glacier (ascent 175m, gradual). Then 16miles (25km) - Franz to Fox Glacier (ascent 400m, descent 300m, 3 big hills).

ACCOMMODATION: Mt Cook View Motels, Fox Glacier (B,L,D)

Friday Cycle Fox Glacier to Haast

Our fifth day on the road takes us south through West Coast farmland to the deserted mineral beaches of Bruce Bay and Ship Creek. Learn the legends and stories of the area as you take a break from the saddle. Finally it will be time to take one last look at the rainforests and ferns before we head away from the beaches and inland again. Tonight we stay in the West Coast village of Haast, a quiet place just inland from the coast.

Notes: Cycling distance 75miles (119km) - Fox Glacier to Haast (ascent 200m, descent 275m, 1 hill).

ACCOMMODATION: World Heritage Heartland Hotel, Haast (B,L,D)

Saturday Haast Pass and Mt Aspiring National Park

We’ll travel inland today, away from the “Gates of Haast”, up and over Haast Pass. It’s another big hill to tackle, but we’re in great shape by now! We’ll go back over the Southern Alps and into the stunning Makarora Valley bordering Mt. Aspiring National Park. We’ll finish up in Makarora, a small farming village (pop. 30) bordering the park, and we’ll stay the night at a beautifully landscaped, family-style homestead on the edge of the village with incredible alpine views. Watch the colours of the landscape change in the setting sun as it goes down behind the mountains tonight.

Notes: Cycling distance 47miles (75km) - Haast to Makarora (ascent 600m, descent 100m, 1 big hill).

ACCOMMODATION: The Homestead, Makarora (B,L,D)

Sunday Cycle Wanaka and the Crown Range road

Today's a big day! After a sumptuous home-cooked breakfast, we depart following the Makarora River as it joins into Lake Wanaka. We'll ride past this beautiful lake, the fourth largest in New Zealand, before heading over to neighbouring Lake Hawea and then follow the winding roads back to Lake Wanaka again. It's a beautiful ride through a stunning area, and popular with local cyclists out training for their next event. Give them a wave as you pass. Departing Lake Wanaka, we'll ride through the historic gold-mining area up the Cardrona Valley, to take on the Crown Range. We'll make our way up steadily, eventually reaching the source of the Cardrona River and the top of the Crown Range road. Once you're up it's time to give yourself a pat on the back! This road is a Category One class from the other direction, so going down the far side is a real hoot – and you can go fast! Once at the base, we'll catch our breath before making our way through the Wakatipu Basin and on to Queenstown, our home for the next two nights.

Notes: Cycling distance 37miles (60km) - Makarora to Wanaka (ascent 200m, descent 225m, rolling hills). Then 40miles (64km) - Wanaka to Queenstown (ascent 700m, descent 825m, 1 big hill).

ACCOMMODATION: Heartland Hotel, Queenstown (B,L)

Monday **Free Day in Queenstown**

Today you've earned yourself a day off. ACTIVE NEW ZEALAND is based in Queenstown for a good reason – it's the adventure capital of New Zealand and you'll find all sorts going on here! You can choose from a myriad of 'optional extra' activities including hang gliding, bungee jumping, jet boating, skydiving, canyon swinging, horse trekking, fishing or perhaps take a more sedate winery tour if you're more that way inclined. You'll also find all the comforts of civilisation: massage therapists, restaurants, cafés and plenty of shopping. Alternatively, you can opt to stick with your bike to explore the local trails. There are some brilliant single track downhill trails for anyone keen on mountain biking, either in Skippers Canyon or in the forests of Queenstown, as well as ample road biking opportunities too. Queenstown isn't a big place – the population is about 8000 – so it's easy to explore, or just relax and enjoy the view from our snug little home in the mountains.

ACCOMMODATION: Heartland Hotel, Queenstown

Tuesday **Cycle Queenstown to Te Anau**

It's all on again this morning and we look forward to hearing what you got up to in Queenstown! We'll catch up over breakfast at a local café before jumping back on our bikes again to burn it off. Today we're biking from Queenstown to Kingston and when you're winding along the road with Lake Wakatipu on one side and the towering mountains of the Remarkables on the other, you'll see why previous explorers were so wowed by this area they saw it as being fit for Kings and Queens! The Wakatipu Basin was once a huge glacier back in the last ice age, and from Kingston south you'll see evidence of old glacial moraines. We'll stop at Five Rivers and Mossburn for a quick breather or a longer rest in the bus when you've had enough, and finish the day in Te Anau, the gateway to Milford Sound and Fiordland National Park.

Notes: Cycling distance 105miles (170km) – Queenstown to Te Anau (ascent 200m, descent 325m, rolling terrain).

ACCOMMODATION: Te Anau lodgings, Te Anau (B,L,D)

Wednesday **Cycle Fiordland National Park and Cruise Milford Sound**

Today is an exciting day and a real highlight of the *Deep South Ride*. We'll start out in rolling Southland farmland and carry on past Lake Te Anau before entering Fiordland National Park, a World Heritage Area of vast wilderness and breathtaking scenery. There are a few small gradual climbs past pretty lakes enclosed by forests and then we'll enter the alpine region of the Darren Mountains, a mountaineer's paradise. Eventually we'll arrive at the Homer Tunnel, which workers started to dig through in 1935 and didn't finish until 1954! The view at the other end of the tunnel is almost overwhelming, so take a moment to pause and enjoy this moment before the fun descent all the way down to the sea and one of the most remote parts of our country. The only way to experience Milford Sound is from the water so we'll catch a boat out to explore the fiord and learn about the region. If you're still keen afterwards, you're welcome to jump

back on your bike for the long slog back up the hill, or the bus will be there if you prefer. We'll relax back in Te Anau for the evening to reflect on a memorable day.

Notes: Cycling distance - 73miles (117km) – Te Anau to Milford Sound (ascent 720m, descent 920m, gradual then 1 big hill). Then 25miles (33km) – Milford Sound to The Divide (ascent 920m, descent 390m, 1 big hill).

ACCOMMODATION: Te Anau lodgings, Te Anau (B,L,D)

Thursday **Cycle Lindis Pass to Ohau**

Today we have a relaxed start before we drive back up the road to Queenstown where you'll have a couple of hours to grab some lunch, do a spot of shopping or send a few postcards before we carry on. Taking the road north to the Lindis Pass, we'll jump back on our bikes and do the downhill section of the pass into the Mackenzie District. We'll ride on through to Ohau Lodge, a cosy Kiwi lodge beside Lake Ohau with a stunning view of Mount Cook when the sky is clear. This remote lodge is a real home away from home and you probably won't want to leave.

Notes: Cycling distance - 45miles (72km) - Lindis Pass to Ohau (ascent nil, descent 430m, gradual).

ACCOMMODATION: Ohau Lodge, Lake Ohau (B,D)

Friday **Cycle Mackenzie Basin and hot pools**

We'll drag ourselves away this morning after another tasty breakfast accompanied by a fantastic view, and bike out of Ohau to the main road. The wide open expanses of the Mackenzie Basin offer up spectacular vistas of the Southern Alps from the eastern side as we cycle past. On the way, we'll detour along one of the main canals that have helped to shape this arid landscape, and arrive at our destination on the shores of the stunningly blue Lake Tekapo. Tonight you can take a well-deserved soak in Tekapo's hot alpine springs while gazing up at the Southern Cross in the sky. This area is a special spot for astronomers as well who take advantage of the amazingly clear skies and minimal light pollution from an observatory on a nearby hill.

Notes: Cycling distance - 56miles (90km) - Ohau to Tekapo (ascent 250m, descent 70m, mostly flat).

ACCOMMODATION: The Godley Hotel, Tekapo (B,L,D)

Saturday **Cycle Tekapo to Canterbury**

Today it's back on the bikes once again for a ride across rolling hills, past winter ski fields and farming communities, and through the rural townships of Burkes Pass, Fairlie, and Geraldine. The choice is yours; as little or as much riding as you want today! If you still have the energy you can do it all, or if you're starting to wind down then you can keep your guide company in the support vehicle. Say goodbye to the Southern Alps as you make your way further into the Canterbury region. We'll enjoy a final meal together to celebrate our adventures and achievements and there's bound to be plenty of stories to share.

Notes: Cycling distance - 27miles (43km) - Tekapo to Fairlie (ascent nil, descent 450m, mostly flat). Then 28miles (46km) - Fairlie to Geraldine (ascent 100m, descent 350m, rolling hills). Then 30miles (49km) - Geraldine to Mt Somers (ascent 250m, descent nil, gradual).

ACCOMMODATION: Mt Somers lodgings, Mt Somers (B,L,D)

Sunday **Cycle Mt Somers to Darfield, depart Christchurch**

After a leisurely breakfast, we'll take our final ride through to the alluvial Canterbury Plains and the farming township of Darfield. You've made it! You have completed a loop of the South Island. It's time now to swap your bikes for the bus

and head into Christchurch. We'll arrive by early afternoon, so make sure your international flight leaves after 3pm ideally, or 2pm for domestic flights are manageable if you let us know beforehand. International flights from Auckland usually leave early evening, so if you're heading back to North America, you'll get home some time on Sunday, even though you left on Sunday evening! Flights back to Europe, of course, take a little while longer. We'll wave goodbye and leave you refreshed, invigorated and full of lasting memories of the fun times you'll have had cycle touring in New Zealand with us.

(B,L)

Notes: Cycling distance - 46miles (74km) - Mt Somers to Darfield (ascent 100m, descent 290m, 1 hill).

Important Information

ACCOMMODATION: The *Deep South Ride* is a fully-supported cycling tour of the South Island. You'll be staying in various places, all clean and comfortable, from lodges and B&Bs to small hotels. This trip is designed for adventurous souls who like their creature comforts (like us!), but it's certainly not a tour of luxury hotels in the South Island. Rooming is twin-share, although single rooms are available upon request when you book for an additional charge. There's a variety of wonderful accommodation used on this tour, and most places have ensuite bathrooms, but one or two places have bathrooms that are shared.

RECOMMENDED FLIGHTS: We recommend arriving in Christchurch by 10am on the Monday, and departing from Christchurch after 4pm on the final Sunday. If you're considering alternative flight times, please call us so we can make the arrangements and make sure your trip runs as smoothly as possible.

TRIP START: Monday - on the first day of the tour, we can either pick you up from the Heartland Hotel in Christchurch at 10.30am or at the Christchurch airport Travel and Info desk at 11am.

TRIP END: Sunday - on the last day of the tour, we can drop you off at the Christchurch airport in time for flights after 4pm or anywhere in central Christchurch in mid-late afternoon.

FITNESS: You must have a good level of cycling fitness to enjoy yourself on the *Deep South Ride*. You don't have to be young and extremely fit (although if you are, you won't be bored) but you should be in the habit of cycling regularly. Age and experience are not as important as attitude. If you're concerned about your fitness level, have a chat with us so we can help make sure you've chosen the most suitable trip.

EXPERIENCE: You don't need any cycle touring experience to enjoy the *Deep South Ride*, but if you're a seasoned cyclist you'll find plenty of challenges and be in very good company. All we ask is that you be energetic and in good shape, and ready for a challenge. We manage the challenge level to suit your ability and experience and we have an impeccable safety record. We hold all relevant government licenses and our staff are highly trained and experienced.

FLEXIBILITY: The off-the-beaten path and non-commercial nature of some of the accommodation on this tour means we occasionally need to make changes to where we stay. We try to make as few changes as possible, but retain the flexibility to make sure your trip is as good as it can be. We are also very flexible on the road, which means no two trips are the same. We pride ourselves on having the skill and experience to take new routes, suggest additional rides to those that are keen and keep the adventurous spirit of the trip alive.

INCLUDED: The trip fare is US\$3999 + 15% NZ government taxes. We quote all prices in US dollars, so our guests from all over the world can more easily relate prices to their own currencies. You can also join us for shorter periods of time, at a pro-rated fare. The trip fare includes just about everything, specifically:

- Good quality road bikes for your entire tour. There is no extra charge for bike rental, but there is the option to

upgrade to a high performance bike should you prefer.

- All guiding services. We have two guides per trip. You'll have a lead guide who drives the support vehicle and is responsible for leading the trip and maintaining the bikes. You'll also have a co-guide that will cycle with you and is responsible for your meals and accommodation. Having two guides means we have the flexibility to make sure you always have a great time! We operate with small groups and don't hesitate to offer a second departure when our trips start getting full.
- Accommodation for the entire period you are with us. We can also organise accommodation for you if you want to arrive earlier or leave later.
- All breakfast (B), lunch (L), and dinner (D), except during free time in places like Queenstown where we've found people prefer to check out the wide range of restaurants on offer. We recommend lining up for a popular Fergburger if you want a treat, casual dining somewhere like The Ballarat Trading Co. or one of the many ethnic restaurants in town, or fine dining at Wai on the wharf or Botswana Butchery. Alcohol is not generally included, although we do spring for a few drinks here and there after a good day!
- All cycling described in the itinerary, except optional extra activities. There are many activities available at extra cost, particularly in Queenstown. None of these activities are compulsory and nor will your trip seem less awesome if you don't do any additional options. Although some people enjoy sampling hang gliding, bungee jumping, jet boating, skydiving, and so on, others prefer to focus on more cycling. It's up to you!

NOT INCLUDED: This is your holiday, and we are serious about not nickel-and-diming you! You'll have a few meals and drinks to cover, extra activities if you choose them, and you'll probably feel like tipping your guides at the end of a fabulous time, but you won't be pulling out your wallet every few minutes on your *Deep South Ride*.

DON'T BE A STRANGER! When you get back home, please let us know how you got on! We have an official 'post-trip survey' that we always look forward to receiving as it helps us fine tune our trips, but we like to just stay in touch too. We have other adventures, trips to other destinations and lots going on that we'd like to include you in. Also if you'd tell your friends about this little quirky New Zealand company you've discovered, we'd really appreciate it!

We'll see you soon!