



THE ZONE

**Cycle over Arthur's Pass, the highest pass over the Southern Alps
Bike the West Coast • Franz Josef Glacier • Haast Pass
Lake Wanaka • Tackle the Crown Range • Adventure Queenstown**

8 days: Christchurch to Queenstown Total 397miles (634km)* US\$2999 + tax

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

Get in The Zone and take on 8 days of fantastic New Zealand road cycling. We'll take you through the South Island, cycling up – and down! – the Southern Alps to the coastal beaches of the Tasman Sea. The scenery and terrain you'll cover is as diverse as it is beautiful. We cover various distances on this trip, from 25 and 91 miles (40 - 144km) per day, with the opportunity to do more or less if you prefer. The Zone is fully vehicle-supported, so there's as much flexibility on the road as you need. There's no chance of being stuck in the middle of nowhere with a flat tyre (or too puffed out to continue) with us! Our specialist cycling guides are experienced, compassionate and enthusiastic. Here at ACTIVE NEW ZEALAND, we're all very passionate about cycling, and we're confident that if you're keen to see New Zealand from handlebar level, you'll love The Zone.

Who did we design this trip for?

This trip is designed for cyclists wanting a taste of New Zealand cycle touring, at the same time as ticking off some of the most awesome highlights of NZ. You'll cycle through the Southern Alps, covering a distance of around 397 miles (634km). There is the chance each day 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.

Sunday

Arrive, cycle Springfield to Flockhill

If you're flying in long-haul, you'll leave the Northern Hemisphere on a Friday, arriving in New Zealand early Sunday morning. You'll lose a day to the dateline but you'll get it back on the way home. You'll need to arrive in Christchurch by around 10am, where we'll fit your bike and adjust it to your liking. Then it's time to warm up your legs 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 also a popular climbing spot. It's then a beautiful ride to your accommodation for the night, which is on a working sheep station. Welcome to New Zealand!

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

ACCOMMODATION: *Flockhill Station, Flockhill (L,D)*

Monday

Cycle over Arthur's Pass

You're sure to wake up bright eyed and bushy tailed this morning with fresh mountain air in your lungs and an expansive vista to greet you. We're taking on the Southern Alps today, so it's a big day! We'll head over the Waimakariri River, through native beech forest and into the small township of Arthur's Pass, where we'll stop for lunch. Arthur's Pass is the highest pass through the Southern Alps, taking you from the rivers and beaches of the eastern side, to the 'great divide' – snow covered peaks and scree covered mountain slopes – over to the west, where dense rainforests and winding rivers guide you on your way to the coast. We'll finally emerge at the beach at Hokitika and proudly look out over the Tasman Sea. An amazing day, and important, we think, to stress that on any day of our cycling trips, you can sit things out if you like, at any time, and comfortably cruise along with one of the guides in our comfortable and spacious vehicle.

Notes: Cycling distance - 22miles (35km) - Flockhill to Arthur's Pass (ascent 160m). Then 57miles (92km) - Otira to Kumara Junction (ascent 100m, descent 900m, 1 big downhill).

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

Tuesday Cycle Hokitika to Franz Josef

You're now on the isolated West Coast of New Zealand's South Island. It's an area covered in dense rainforest and raging rivers, and there are spectacular views of the snow-capped Southern Alps. You'll cycle along the inland road, with plenty of high viz gear for safety. You'll enjoy sweeping views of deserted West Coast beaches, before heading into the Westland Tai Poutini National Park and glacier country. Once there we'll head up the valley to visit the spectacular river of ice - the Franz Josef Glacier. The glacier drops 7000 feet in about seven miles, from its névé in the Southern Alps, almost to the sea.

Notes: Cycling distance - 75miles (120km) - Hokitika to Franz Josef Glacier (ascent 250m, descent 250m, 1 hill).

ACCOMMODATION: Franz lodgings, Franz Josef (B,L,D)

Wednesday Cycle Franz Josef to Haast

The scenery today will take your breath away! From our lodgings in the small town of Franz Josef, we'll tackle 3 hills between Franz Josef Glacier and its twin, Fox Glacier. These hills are quite demanding so pace yourself if you want to go the distance, or go as far as you can before jumping in the bus (your guide will no doubt be happy with some company!). Once in Fox, we'll take a break before carrying on south through farmland to finish at the deserted mineral beaches of Bruce Bay. Tonight we stay in the West Coast village of Haast, a long way away from anywhere. If you haven't already checked out the stars, make sure you get out after dinner to appreciate the southern night sky – it's incredible!

Notes: Cycling distance - 16miles (25km) - Franz to Fox Glacier (ascent 400m, descent 300m, 3 big hills). Then 75miles (119km) - Fox Glacier to Haast (ascent 200m, descent 275m, 1 hill).

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

Thursday Cycle Haast Pass to Makarora

We'll travel inland from the coast today, cycling from our accommodation to the "Gates of Haast", then up and over Haast Pass. This takes us back to the Southern Alps and into the beautiful Makarora Valley bordering Mount Aspiring National Park. Mount Aspiring is one of the highest peaks in New Zealand, standing at 3,027m, and it's a striking mountain that you're sure to become familiar with as you make your way round the park. It's popular with mountaineers all trying their best to reach the summit and add it to their list of achievements! You're likely to come across outdoor enthusiasts taking on various challenges throughout New Zealand, and it's always good to swap stories and experiences and learn a little bit about what other people do for fun. Anyhow, once we're over the stunning Haast Pass (another one to tick off the list!) we'll spend the night at the cozy homestead at Makarora.

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

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

Friday Cycle Makarora to Lake Wanaka

After a sumptuous home cooked breakfast (a well-deserved treat) we'll head off following the Makarora River as it joins the clear waters of Lake Wanaka. We'll then make our way over the mountain roads through stunning scenery to neighbouring Lake Hawea, before returning back to the shores of Lake Wanaka again. These roads make up some of the route of the Challenge Wanaka Ironman triathlon, so you'll be following in the footsteps of some of the best riders in the country. While we can't promise you cheering crowds and fireworks, we'll make sure your guide is nearby with a

motivating comment and a power bar to keep you going!

Notes: Cycling distance - 37miles (60km) - Makarora to Wanaka (ascent 200m, descent 225m, rolling hills).

ACCOMMODATION: Wanaka lodgings, Lake Wanaka (B,L,D)

Saturday

Cycle Crown Range road, Wanaka to Queenstown

Today is as big a challenge as you want it to be! Get your winner's attitude in place and we'll depart from Lake Wanaka and follow the road through the historic gold-mining area of the Cardrona Valley, surrounded by ski fields as we ride. Don't forget to stop for a picture in front of the historic pub on the way! After a tough climb, we'll eventually reach the source of the Cardrona River and the top of the Crown Range road. Give yourself a pat on the back and then we'll head on down – fast! This road is a Category One class from the other direction, so going down the far side is a real hoot! Once at the base, we'll head through the Wakatipu basin and bike into Queenstown, a stunning town nestled in the mountains at the edge of a lake, our home and your final destination. It's a time to celebrate the good times and achievements of the last week, and swap photos and stories with your fellow cyclists. Congratulations on a job well done!

Notes: Cycling distance - 40miles (64km) - Wanaka to Queenstown (ascent 700m, descent 825m, 1 big hill).

ACCOMMODATION: Heartland Hotel, Queenstown (B,L,D)

Sunday

Depart for home

This is the last day of your 8 day trip around the South Island. After breakfast, we can drop you off at Queenstown airport for late-morning flights back to Christchurch or Auckland. Or if you'd prefer to stay a couple of extra days, there's heaps to do in Queenstown and we can help you arrange extra accommodation if you need. Either way you'll be refreshed and invigorated from the good food, exercise, rest, and great times you'll have had with us cycle touring in New Zealand, and ready to take on the world again! (B)

Important Information

ACCOMMODATION: *The Zone* is a fully-supported cycling tour of the South Island with all accommodation included, from the moment we pick you up, to when we drop you off at the end. We stay in comfortable bed and breakfasts, lodges and apartments, so while we appreciate creature comforts on our cycle tours, they're not a scenic tour of luxury hotels of the South Island. Rooming is twin-share, although single rooms are available on request at an extra charge. We find that most solo travellers get on great sharing a room with a fellow cyclist of the same gender. We use a variety of accommodation and most places have ensuite bathrooms, but there are a couple of places where the bathrooms are shared – so we ask you to share with other group members on occasion.

RECOMMENDED FLIGHTS: If you're flying in on the first day of *The Zone*, or out on the last day, we recommend arriving in Christchurch by 10am on Sunday, and departing from Queenstown any time after 12 noon on the following 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: Sunday - on the first day of *The Zone*, we can either pick you up from the Chateau on the Park 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 trip we can drop you off anywhere in central Queenstown in the late morning or at the Queenstown airport in time for afternoon flights.

FITNESS: You must have a good level of cycling fitness to enjoy yourself on *The Zone*. 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 doing some regular cycling. 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 Zone* cycling tour, but if you're a seasoned cycle tourer you'll still find plenty of challenges. All we ask is that you be energetic and in good shape. We manage the challenge level to suit your 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 the itinerary. 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.

INCLUDED: The trip fare is US\$2999 + 15% NZ government taxes. We quote all our prices in US dollars, so wherever you are in the world you can easily relate to your own currency. You can also join for shorter periods of time; just let us know what would work for you. The trip fare includes just about everything, specifically:

- Great 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 on the trip, 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 when you're on *The Zone*.

DON'T BE A STRANGER! When you get back from your trip, 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!