

# FIRST LIGHT TRAVEL

*Your South Pacific Travel Specialists*



## 12-DAY SOUTH ISLAND ADRENALIN JUNKIE TOUR

Starting from Christchurch, we will take you on an adrenalin-fueled South Island experience that is bursting with optional activities to get your blood pumping. We include two days in Queenstown to maximise the rush. It all starts at 8am at our Haka accommodation in Christchurch and ends around 9am on day 12 in Wellington.

As with all our tours, we do include a few 'must-do' events, ranging from a pounamu pendant carving experience, and the chance to paddle a waka (Māori canoe) with your group.

We have a massive range of optional activities available to add, from bungy jumping and dolphin swimming to jet boating and scenic flights. None of these are compulsory; just add the ones you want.

Activities can also be purchased on the road – just let your tour guide know. We can't always guarantee availability when booking on the road, so we suggest pre-booking any activities you especially want to do.

As the tour starts early in the morning, you can opt to stay at our Haka accommodation in Christchurch the night before the tour – only having to walk downstairs on the day the tour starts makes for a stress free morning.

Accommodation is included on the last night of your tour, but we can also book a few extra nights for you if you would like to extend your stay.

The tour price includes dorm share accommodation but if you would prefer your own space you have the option to upgrade to a private room for the duration of your tour.

In this itinerary, you'll find descriptions of the places you'll be visiting and the inclusions that you'll experience.

We've also provided an example timetable for each day to help give you a sense of what your days on tour may look like. Keep in mind though, that every tour is unique, with each guide bringing their own special flavour to the trip.

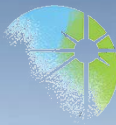
Each day also has a list of our favourite Haka Highlights, and the add-on activities and experiences that are available in that location.

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OR PHONE US NOW

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## AWESOME INCLUSIONS

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Explore **downtown Christchurch** and see its inspiring regeneration since the 2011 quake

Visit the tiny **Church of the Good Shepherd**, nestled by the shores of Lake Tekapo

Unparalleled stargazing opportunities in **Tekapo's Dark Sky Reserve**

**Two nights in Queenstown**, the Adventure Capital of the World

Visit the charming, historic gold rush village of **Arrowtown**

Carve your own **pounamu pendant** in Franz Josef

Visit the Mountain Jade Factory in Hokitika

Relax for two nights at a West Coast **rainforest retreat** in Paparoa National Park

Visit the famous **Pancake Rocks of Punakaiki**

Two nights and a full day to play in the coastal paradise of **Abel Tasman National Park**

**Learn to paddle a waka (Māori war canoe)** along the Abel Tasman coastline

**Visit the Centre of New Zealand** in Nelson

Plus many **surprise stops** along the way

### ALL ADVENTURE TOURS INCLUDE

#### ORIENTATION TOURS

We give you the low-down on every location

#### COMFORTABLE TRANSPORT

With plenty of room to spread out

#### CONTINENTAL BREAKFAST EVERY DAY

Heaps of options for everyone (you too, vegans!)

#### HIGH-END HOSTEL ACCOMMODATION

Dorm share, upgrades available

#### EXPERIENCED LOCAL GUIDE

Friendly, knowledgeable and passionate about NZ

#### SMALL GROUPS - MAXIMUM 16

Because you're more than just a number!



## ITINERARY SUMMARY

- DAY 1 – CHRISTCHURCH TO LAKE TEKAPO **B**
- DAY 2 – LAKE TEKAPO TO QUEENSTOWN **B**
- DAY 3 – QUEENSTOWN **B**
- DAY 4 – QUEENSTOWN TO WANAKA **B**
- DAY 5 – WANAKA TO FRANZ JOSEF **B**
- DAY 6 – FRANZ JOSEF **B**
- DAY 7 – FRANZ JOSEF TO PUNAKAIKI **B**
- DAY 8 – PUNAKAIKI **B**
- DAY 9 – PUNAKAIKI TO ABEL TASMAN **B**
- DAY 10 – ABEL TASMAN **B**
- DAY 11 – ABEL TASMAN TO WELLINGTON **B**
- DAY 12 – WELLINGTON **B**



Breakfast included

- Tour start/end
- 1 night at this location
- 2 nights at this location



## DAY 1— CHRISTCHURCH TO TEKAPO

### THE DAY AHEAD

#### MORNING

- ♦ Meet your guide and group for breakfast and introductions
- ♦ Explore Christchurch

#### AFTERNOON

- ♦ Head off in the Haka bus to Lake Tekapo
- ♦ Check out the Southern Alps from above in a scenic helicopter ride (*not included*)

#### EVENING

- ♦ Wander the beautiful lakeshore of Tekapo
- ♦ Go out for dinner with your tour group (*not included*)

### HIGHLIGHTS

#### EXPLORE DOWNTOWN CHRISTCHURCH

and see its inspiring regeneration since the 2010 and 2011 earthquakes

#### VISIT THE CHURCH OF THE GOOD SHEPHERD

nestled by the shore of Lake Tekapo

#### REACH FOR THE STARS

with unparalleled stargazing opportunities in Tekapo's Dark Sky Reserve

This morning we'll explore iconic downtown Christchurch and your guide will show you the cool and creative ways the city is being rebuilt after the life-changing 2011 earthquake here. Christchurch folk are an innovative and creative bunch – the Transitional Cathedral, created from cardboard, is totally inspirational.

After lunch we leave the city behind and head for Lake Tekapo. The lake's breathtaking turquoise colour and mountain backdrop is a photographer's dream come true.

The tiny Church of the Good Shepherd stands right at the water's edge, proving that small is definitely beautiful. Grab some confetti and congratulate any passing brides – couples travel from all over the world for wedding shots in front of the chapel!

Tekapo has been declared an International Dark Sky Reserve and the super clear skies make it the best place in New Zealand to see the stars and galaxies on a clear night. Sit back, relax and enjoy.

### EPIC ADD-ONS

Scenic Flight



## DAY 2 – TEKAPO TO QUEENSTOWN

### THE DAY AHEAD

#### MORNING

- ♦ Breakfast
- ♦ Hike up Mt John
- ♦ Drive through the starkly beautiful Mackenzie country to Queenstown

#### AFTERNOON

- ♦ Optional bridge bungy at Kawarau Gorge en route (*not included*)
- ♦ Get to know vibrant Queenstown with an orientation from your guide
- ♦ Explore Queenstown your own way!

#### EVENING

- ♦ Grab dinner with your Haka crew (*not included*)

This morning if you're feeling energetic, hike up to the summit of Mt John. With awesome views of the Southern Alps, you'll feel on top of the world. Speaking of views, today's scenic drive to Queenstown is a show-stopper.

From the golden tussocklands of Mackenzie country – where epic battles of *Return of the King* were filmed – to the dramatic peaks of the Southern Alps, it's like you're driving into a postcard.

We'll pause for lots of photo stops en route to give your camera a workout, including a stop at the spectacular Kawarau Gorge. This also happens to be the World Home of Bungy, give it a go or enjoy watching the jumpers scream their way through the gorge!

Whether you're an adrenalin junkie, an avid hiker, wine taster or scenery lover, Queenstown has something for absolutely everyone. With two nights and plenty of daylight hours here, get ready – this town certainly knows how to live life to the max!

### HIGHLIGHTS

#### A SCENIC DRIVE TO DIE FOR

with mountain passes and gorgeous gorges

#### WELCOME TO QUEENSTOWN

the Adventure Capital of New Zealand!

### EPIC ADD-ONS

Scenic Flight

Bungy Jump

Paragliding



## DAY 3 – QUEENSTOWN

### THE DAY AHEAD

#### MORNING

- ◆ Breakfast
- ◆ Tackle your chosen activities for the day

#### AFTERNOON

- ◆ Further time for exploring and add-on activities

#### EVENING

- ◆ Return to Queenstown from your day of adrenalin
- ◆ Head to your accommodation to relax before a night on the town.
- ◆ Make a night of it at one (or several) of Queenstown's many bars!

### HIGHLIGHTS

#### FULL DAY IN QUEENSTOWN

to scratch your adrenalin itch or soak up the scenery

With a full day in Queenstown, let's work on that bucket list! There are heaps of options to choose from: paragliding over the lake, mountain bike parks and trails to die for, bungee jumping while your Haka friends cheer you on, horse riding through *Lord of the Rings* scenery, and swinging through a canyon are just a few of our favourites.

Hikers: the Ben Lomond day walk (not for the faint-hearted) will be right up your alley. This is a firm tour guide favourite, and they can recommend great shorter walks too.

For scenery lovers, Milford Sound is a must-see. Whether you fly or drive, the scenery en route is as awesome as the destination. Once on the Sound, sailing beneath thundering waterfalls and towering cliff faces, you'll understand why some call it the "8th Wonder of the World"

Tonight you have around 40 bars to choose from – your guide will fill you in on their favourites – to share your adventures with your travel buddies, and party the night away.

### EPIC ADD-ONS

Visit Milford Sound

Canyon Swing

Bungee Jumping

Skydiving

Paragliding

Shotover Jet Boat

Canyoning

Horse Trekking

Middle Earth 4WD Tour

Heli-Mountain Biking



## DAY 4 – QUEENSTOWN TO WANAKA

### THE DAY AHEAD

#### MORNING

- Breakfast
- Explore charming historic Arrowtown
- Check out Cardrona en route to Wanaka

#### AFTERNOON

- Explore Lake Wanaka and the township by foot, bike or boat
- Head up in the air or out on the water with an add-on activity (*not included*)

#### EVENING

- Take a walk around the shores of Lake Wanaka
- Up your Insta cred with a snap of #thatwanakatre

### HIGHLIGHTS

#### VISIT ARROWTOWN

and experience this charming and historic gold rush village

#### SOAK UP THE BEAUTY OF LAKE WANAKA

while getting to know this stellar town

After the excitement of Queenstown, today is a chance to chill. Wanaka is Queenstown's slightly quieter little sister, a mere one hour drive away. On the way we'll stop in at charming Arrowtown, a historic gold rush village with heaps of old world character.

Blessed with towering peaks and a glacial blue lake, you'll soon see why Wanaka's considered to be one of New Zealand's most beautiful mountain towns. There are stunning hikes and bike rides all around for a welcome chance to chill.

One of the best ways to admire Wanaka is from the air. Treat yourself to a skydive or a scenic flight in a vintage plane – you can even take a flying lesson, or if you prefer to keep your feet closer to the ground, stroll or bike around the lake and check out the famous Wanaka Tree, standing all alone in the water. As always, it's your trip and your choice: you do you.

### EPIC ADD-ONS

Skydiving

Tiger Moth Aerobatic Plane Ride

Wanaka Bike Tours

Lake Cruise & Island Nature Walk



## DAY 5 – WANAKA TO FRANZ JOSEF

### THE DAY AHEAD

#### MORNING

- ◆ Breakfast
- ◆ Spend the morning exploring Wanaka or trying any last minute activities

#### AFTERNOON

- ◆ Hit the road on the Haka bus for the most magical drive of your whole tour
- ◆ Special stops en route to gaze out at Lake Hawea and check out some short walks
- ◆ Arrive at our glacier stop for the night – Franz Josef

#### EVENING

- ◆ Grab some Kiwi kai (food) with your team (*not included*)

### HIGHLIGHTS

#### SUPER SCENIC DRIVE

through the Fiordland, Mt Aspiring and Tai Poutini (Westland) National Parks

#### WONDROUS WATERFALL WALKS

as we hit the Haast Pass

#### TRY LOCAL DELICACY WHITEBAIT

when it's in season (September to December)

After a relaxing morning in Wanaka, the journey to Franz is another stunner – many of our Haka Guides rate it as their favourite drive in New Zealand.

As we hit the road, we'll stop at one of our favourite lakeside lookout points at Lake Hawea or Lake Wanaka. Your guide will keep an eye on the weather and pick the best option.

From the cascading waterfalls of Haast Pass to classic Kiwi coastal views, you won't want to nap on the bus in case you miss anything. Your guide will have some epic surprise photo stops and short walks along the way.

Between September and December it's whitebait season (a small fish that's a delicacy in New Zealand). Fried up with eggs and served on toast, it's a local treat and shouldn't be missed. We'll stop at one of the local spots for a taste during the season.

We roll into Franz Josef around late afternoon/early evening. This UNESCO World Heritage area is famous for its spectacular glacier, just 5 kilometres from town, which is begging to be explored tomorrow.

### EPIC ADD-ONS

Wanaka Bike Tours

Lake Cruise & Island Nature Walk





## DAY 6 — FRANZ JOSEF

### THE DAY AHEAD

#### MORNING

- ♦ Breakfast
- ♦ Learn to carve a pounamu pendant with your group (*included*)
- ♦ Set out on one of the many glacial activities on offer – see our Epic Add-ons section below for ideas

#### EVENING

- ♦ Head back to your accommodation to get changed and give your muscles a rest!
- ♦ Dine out with your Haka pals (*not included*)
- ♦ Sing your heart out at karaoke!

### HIGHLIGHTS

#### TAKE IN THE STAGGERING BEAUTY

of the West Coast's natural features

#### CARVE YOUR OWN PENDANT

from pounamu (greenstone/jade)

With Aoraki/Mount Cook (New Zealand's highest mountain) twinkling behind the glaciers, Franz Josef is about as beautiful a setting as you can find in New Zealand.

Te Wahi Pounamu (which means 'the place of pounamu/greenstone' in Māori) is the name given to this part of the West Coast because of the abundance of pounamu, to be found here. Included in your tour today is a special opportunity to carve your very own pounamu pendant at a local gallery.

There are heaps of ways to enjoy Franz Josef Glacier; weather permitting, to get up onto the bluest ice you can take a scenic helicopter flight and hike onto the glaciers. Maybe you'd prefer to kayak on a glacial lake; or just relax in the steamy hot springs down below.

As well as the awesome glacier activities you could also try out quad biking, horseback riding and even a bit of group karaoke tonight in Franz Josef!

### EPIC ADD-ONS

Glacier Heli Hike

Scenic Helicopter Flight With Snow Landing

Kayak in Glacier Country



## DAY 7 — FRANZ JOSEF TO PUNAKAIKI

### THE DAY AHEAD

#### MORNING

- Breakfast
- Trek further up the wild west coast
- Visit Hokitika, the home of pounamu
- Get face-to-face with a kiwi at the National Kiwi Centre *(not included)*

#### AFTERNOON

- Check into your rainforest retreat
- Explore and hike around Punakaiki

#### EVENING

- Rustle up dinner with your group *(not included)*

Driving along the incredible coastal road and exploring the lush forests around Punakaiki, it almost feels like you've stepped back in time. It's a rare treat to experience such remote prehistoric landscapes, so make the most of this awesome opportunity to unplug from the outside world.

Get excited; our trusty guides always have some surprises up their sleeves for this part of the trip, including a spot or two to get your feet wet.

We'll visit one of the famous artisan pounamu factories in Hokitika as we make our way north, as well as passing through some old gold mining towns before arriving in Punakaiki.

One of Punakaiki's many natural wonders is the subtropical rainforest – and we are staying in the heart of it for the next two nights!

Cook up a group dinner in this rainforest paradise, and be sure to end the day watching the sun set over the ocean tonight.

### HIGHLIGHTS

**VISIT THE MOUNTAIN JADE FACTORY**  
in Hokitika

**SLEEP AT A RAINFOREST RETREAT**  
in Paparoa National Park

### EPIC ADD-ONS

Chilling, chilling and more chilling are on the menu today. Leave the outside world – and your troubles – behind.



## DAY 8 – PUNAKAIKI

### THE DAY AHEAD

#### MORNING

- ◆ Breakfast
- ◆ Check out the famous Pancake Rocks of Punakaiki

#### AFTERNOON

- ◆ Hike through rainforest and explore dramatic west coast beaches
- ◆ Opt for underground cave tubing (*not included*)

#### EVENING

- ◆ Gaze at the starry night skies above the Tasman Sea before a final night in the rainforest

Whether you decide to soak up the sun on the unspoilt beaches or stroll through the rainforest to a chorus of birdsong, you'll shed your cares in this magical place.

A short walk to see a giant stack of pancakes is a must-do today: Punakaiki's limestone Pancake Rocks developed over 30 million years ago. You'll see what water pressure can do when the waves power through some seriously impressive blowholes – watch out for that spray!

Today you could try your hand at kayaking or exploring the region's underground caves by tube. There are also opportunities for horseback riding in Paparoa National Park. Or simply chill by the beach near your rainforest home.

On a clear night, head to the beach with your buddies and watch the stars come out to play – seriously, is there a better way to end the day?

### HIGHLIGHTS

#### VISIT PANCAKE ROCKS

the legendary formations that make Punakaiki famous

#### SPEND ANOTHER NIGHT RELAXING

in your rainforest paradise

### EPIC ADD-ONS

Underground Rafting



## DAY 9 — PUNAKAIKI TO ABEL TASMAN

### THE DAY AHEAD

#### MORNING

- ◆ Breakfast
- ◆ Take in beautiful scenery on the route to Abel Tasman National Park

#### AFTERNOON

- ◆ Enjoy your afternoon alongside the tranquil waters of Abel Tasman!

#### EVENING

- ◆ Head back to your accommodation for a restful national park night

Cruising up north from Punakaiki, the scenery gets better and better. The powerful, untouched coastline gives way to rivers and gorges before we drive over the hills and down towards the bayside town of Nelson, to stock up on supplies before our next remote hideaway.

Marahau, the gateway to Abel Tasman National Park, boasts golden beaches, tranquil lagoons and crystal clear waters. Abel Tasman is the perfect contrast to the wildness of the rainforests and mountains.

Why will you fall in love with Abel Tasman? Lush forests, sandy beaches, sheltered bays, and jaw-dropping views... not to mention the resident wildlife. Get ready to lose your heart to the most popular National Park in New Zealand.

### HIGHLIGHTS

**STAY AT THE GATEWAY TO ABEL TASMAN**  
to enjoy this breathtaking National Park

### EPIC ADD-ONS

Skydiving



## DAY 10 – ABEL TASMAN NATIONAL PARK

### THE DAY AHEAD

#### MORNING

- ◆ Breakfast
- ◆ Get to know the beautiful beaches and lush forests in this stunning national park with an activity of your choosing (*not included*)

#### EVENING

- ◆ Sit down for your final South Island dinner with your Haka whānau (*not included*)

Abel Tasman... you beauty. Lush forests, golden sandy beaches, sheltered bays, and jaw-dropping views... not to mention the local seals, dolphins and bird life..

You might like to hike part of the Abel Tasman Coast Track – one of New Zealand's nine Great Walks – or paddle a kayak to Split Apple Rock. You could jump, slide, abseil, float and zipline your way through the park on an awesome canyoning adventure.

Fancy a relaxing day instead? Choose yourself a golden beach and make yourself at home.

In the warmer months we'll stay another night at the edge of the national park. In winter we'll drive a little further and stay in quirky Nelson with its cosy pubs, cool craft beers and artsy vibes.

### HIGHLIGHTS

**PARADISE FOR NATURE LOVERS AND THRILL SEEKERS ALIKE**  
a full day in NZ's most popular national park

**EXPERIENCE MAJESTIC SCENERY AT ITS BEST**  
while hiking one of New Zealand's Great Walks

### EPIC ADD-ONS

Sea Kayaking

Canyoning



## DAY 11 – ABEL TASMAN TO WELLINGTON

### THE DAY AHEAD

#### MORNING

- ◆ Breakfast
- ◆ Flex your muscles and learn to paddle a waka
- ◆ Wind around the beautiful roads of the Tasman and Marlborough districts to get to Picton

#### AFTERNOON

- ◆ Catch the ferry to Wellington
- ◆ Settle into your accommodation for a restful night before the last day of your tour

Today you'll start things off by learning to paddle a traditional waka (a Māori war canoe). Experience a karakia (blessing for protection), and learn tikanga (waka etiquette) all while getting out on the water to enjoy this unique included activity.

Our road trip continues along the northern edge of the South Island this afternoon. We'll stop for tasting at a local winery, and there's a chance to taste some famous New Zealand mussels in Havelock as we wind our way towards Picton to catch the evening ferry to Wellington.

As the lights of Picton Harbour fade into the night, relax on board together for a chilled evening.

### HIGHLIGHTS

**WALK TO THE CENTRE OF NEW ZEALAND**  
in sunny Nelson

**ENJOY BEAUTIFUL RIVER AND FOREST SCENERY**  
at the Pelorous Bridge Scenic Reserve

**STOP AT A WINERY**  
in the Marlborough region, world famous for sauvignon blanc and pinot noir

### EPIC ADD-ONS

No optional extras today – it's a great day for scenery, exploring new towns and sampling the local food and wine wherever you can!



## DAY 12— WELLINGTON

### THE DAY AHEAD

#### MORNING

- ◆ Breakfast and farewells with your new Haka whānau
- ◆ Enjoy everything that the city has to offer!

There is also the option of a transfer drive from Wellington to Auckland, which is super handy if you have booked your return flights from the City of Sails. Crank up your favourite tour tunes and enjoy reflecting on the awesome time you have had in New Zealand while the North Island passes you by.

But if you're keen to check out Aotearoa's capital city, then now's the time to do it! Your Haka tour guide will have a whole lot of recommendations to make sure you get the most out of your time.

### HIGHLIGHTS

**UNWIND FROM YOUR TOUR**  
in the coolest little capital around!



## FAQ

### WHERE DOES THE TOUR START AND END?

This tour starts in Christchurch at 8am on Day 1 and wraps up in Wellington on Day 12.

Most customers stay with us the night before the tour starts, which means a super relaxed start to your Haka experience. You can choose to do this as you build your tour online.

### DO YOU VISIT MILFORD SOUND ON THIS TOUR?

We offer an optional trip to the wonderful Milford Sound while in Queenstown. There are a few different options for the excursion, which you can view online.

### WHAT ARE THE MOST POPULAR ACTIVITIES ON THIS TOUR?

Everyone has their own favourites, but in general we find that these are the most popular:

- Canyon Swinging in Queenstown
- Extreme Jet Boating in Queenstown
- Nevis Bungy in Queenstown
- Skydiving over The Remarkables

Please be aware that your Haka guide will fit your activities in the best way possible depending on what activities are selected – so they may take place on different days or times than those listed on this itinerary.

### I AM TRAVELLING ALONE – CAN I JOIN THIS TOUR?

Yes! Around 70% of our guests are solo so you can absolutely join this, or any other of our tours. There are no single person supplements.

### HOW MUCH SHOULD I BUDGET PER DAY FOR FOOD AND WHAT FOOD IS INCLUDED?

Your guide will supply a continental breakfast each morning of your tour. This will consist of cereal, toast, tea, coffee and juice. And we take any special requests also.

Lunches and dinners are at your own expense. Our guides know the best places in each town and city depending on your budget and what you are after, and they will point these out on the way into each location. Some nights the tour group may choose to cook a meal together. You will head to a supermarket to get everything and then cook as a group at the hostel. Whoever joins in splits the cost, and it usually works out to be about NZ\$10 per person. A fun, social and cheap dinner.

Likewise the tour group and guide often head out to a local pub for a beer and a meal. Meals can range from \$15 upwards. In summer it's not uncommon to have a BBQ washed down with a few drinks.



# FIRST LIGHT TRAVEL

*Your South Pacific Travel Specialists*



## FAQ

### DO YOU CATER FOR VEGETARIANS/VEGANS?

Yes – we often have vegetarian/vegan guests and all cafes and restaurants in New Zealand offer these options. If you can't see any on the menu just ask, as most places will happily prepare something for you.

### HOW FAR IN ADVANCE SHOULD I MAKE A BOOKING?

We recommend booking as soon as you know you can travel, and have decided on which tour you would like to go on. Some of our tours can be quite popular so it's best to secure your spot as soon as possible. Your spot can be booked with just a \$99 deposit and full balance is due 45 days prior to departure. You can log into your account at any time up until 45 days prior to pay off part of your tour balance, add activities and customise your tour.

### WHAT AGES IS THIS TOUR FOR?

We have guests that are in their late teens to their 60s but the average ages is around 25–45. More important than age is attitude – we have found over the years that if you have a thirst for adventure then age is no barrier. Please do keep in mind though that a reasonable level of fitness is required – we can talk you through any specifics.

The minimum age of joining a tour is 18 years old. Sometimes the group may head out to a bar where everyone needs to be 18 years old, and New Zealand has strict alcohol policies.

### CAN I UPGRADE MY ACCOMMODATION?

If you would prefer to have your own room while on tour, it is a good idea to upgrade. Most private rooms will have an ensuite bathroom attached; however in some locations you will have a private room with shared bathroom facilities due to the hostel layout. You can read more information about our accommodation upgrades online.

**CONTACT US TODAY FOR THE BEST PRICES AND SERVICES**

EMAIL US

OR PHONE US NOW

+64 92814481