



# New Zealand Women's Adventure

7 Days



*The Adventure Company* | EST. 1969

**MT + SOBEK**<sup>TM</sup>  
MOUNTAIN TRAVEL SOBEK

**CELEBRATING 50 YEARS**  
AS THE PIONEER OF ADVENTURE TRAVEL

# ➤ New Zealand Women's Adventure

Join MT Sobek on this custom trip designed for intrepid women looking to experience the very best of New Zealand's South Island. Lace up your boots for hikes among sparkling glacial lakes, alpine basins, and massive glaciers. Don your helmet for an epic bike ride along the Alps 2 Ocean Cycle Trail. Board a boat to the pristine Mou Waho Island, and maybe even try stand-up paddleboarding on the utterly beautiful Lake Wanaka. This is a women-only, confidence-building, friend-making, activity-packed adventure not to miss!

## Details

Arrive: Christchurch, New Zealand  
Depart: Queenstown, New Zealand  
Duration: 7 Days  
Group Size: 6-15 Guests  
Minimum Age: 14 Years Old

Activity Level:



## Testimonials

*"My first experience with MT Sobek was a trip to New Zealand. Everything about it met or exceeded my expectations. The guides, the dining, the accommodations, the activities were all top notch and I would recommend MT Sobek without hesitation!"*

Ann Z.

*"MT Sobek's New Zealand adventure is the best way to immerse yourself in the beauty and culture of the country. You have to experience New Zealand with MT Sobek!"*

Pamela P.

**GOT QUESTIONS? SPEAK WITH AN EXPERT.**

📞 1.888.831.7526

✉️ [INFO@MTSOBEK.COM](mailto:INFO@MTSOBEK.COM)

## Why Take This Trip With Us?

### REASON #01

MT Sobek has been exploring the Pacific for over 20 years, working with the best local guides for an immersive and fun experiences.

### REASON #02

This unique women's itinerary as an adventure-lovers dream with hiking, cycling and more - all in stunning landscapes.

### REASON #03

We've carefully crafted this adventure to also include plenty of downtime: sip wine, enjoy a coffee, take a leisurely stroll.

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## What to Expect



### ACTIVITIES

Hiking 1-6 miles per day. Cycle a portion of the famous Alps to Ocean cycle trail, discover a magical island within Lake Wanaka. There is also the opportunity to hire Stand Up Paddle Boarding for those that



### LODGING

Comfortable, contemporary, and amenity-laden hotels, mostly located within spectacular natural settings.



### CLIMATE

Temperatures can vary between 50°F to 90°F during the day and can include sunshine, rain, and even snow at higher altitudes.

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## Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips' success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Originally from Kentucky, Jessi fell in love with hiking in the New Zealand backcountry immediately. She developed a deep passion for its environment, along with the sustainability of the unique landscape and ecosystem. She takes every opportunity to further explore the natural environment, and enjoys leading trips to share the "wilds" of her adopted country. She brings a high level of energy and passion for outdoor recreation, travel, and shared experiences.

**Jessica Meyer**

Kathryn's passion for outdoor adventure and travel began as a kid growing up on a rural New Zealand farm. She has hiked and worked extensively throughout the country, leading adventures in addition to volunteering on conservation projects. She is passionate about sharing her knowledge and enthusiasm and appreciation of the New Zealand's flora, fauna, and unique island culture with trekkers from around the world.

**Kathryn Richards**

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# Itinerary

## DAY 1

### ARRIVE IN CHRISTCHURCH

Welcome to New Zealand! Meet your MT Sobek guide at the Christchurch airport in the mid-afternoon and transfer to the hotel. Relax for a bit before joining the group for a welcome dinner and trip briefing.

**Meals:** D

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## DAY 2

### JOURNEY TO MOUNT COOK

After hitting a café or lovely Garden City's park, head to Lake Tekapo, with its stunning turquoise waters and quaint lakeside Church of the Good Shepherd. Hike through wilding conifers and tussock grasslands to the summit of Mt. John (3,383'), where you revel in 360-degree views of the Patagonia-like landscape: the sweeping Mackenzie Basin is a sparsely populated region in the shadow of the Southern Alps, dotted with braided riverbeds and startling glacial lakes. In the late afternoon, arrive at Aoraki/Mount Cook, New Zealand's sacred highest mountain (12,218').

**Activity:** 1 hour/1.5-2.5 miles hiking with 1000' elevation gain

**Meals:** B, L, D

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## DAY 3

### DISCOVER AORAKI/MOUNT COOK NATIONAL PARK

Today is a splendid day of hiking in Aoraki/Mount Cook National Park. Start up to Sealy Tarns and enjoy the awesome views of Mount Sefton, Mueller Glacier, and the Hooker Valley. Feeling energetic? Join the guide on a farther climb from the tarns up to the crest of Mueller Ridge (5,920') for even wider views of this magnificent alpine landscape. If you prefer not to climb to Sealy or Mueller, you can walk (unguided) up the flatter Hooker Valley, enjoying close-up views of the Mueller and Hooker glaciers on the way.

**Activity:** 4 hours/3 miles hiking with 1500' elevation, optional hike adds additional 3.5 miles hiking with 2000' elevation gain

**Meals:** B, L, D

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## DAY 4

### RIDE THE ALPS 2 OCEAN TRACK

After breakfast, continue to Twizel from where you ride a section of the impressive Alps 2 Ocean Cycle Trail. Bike along quiet canal roads, then cross the Lake Ohau weir and weave around this incredibly blue lake. The views of the mountains and glacially fed lake are spectacular. Arrive at the Lake Ohau Lodge and enjoy a lakeside picnic lunch. A dip in the lake is the perfect healing remedy for weary legs. The afternoon is free to read a book, sip wine, or otherwise enjoy this stunning high-country setting.

**Activity:** 3 hours/24 miles cycling with 330' elevation gain

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**Meals:** B, L, D

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## DAY 5

### HIKE IN ALPINE WONDERLAND, DRIVE TO WANAKA

This morning's hike heads through beech forest beside Freehold Creek to an area just below the tree line. If the group is up for continuing, you ascend above the tree line into a brilliant alpine basin, home to a variety of native plants including the Mount Cook Lily, the world's largest buttercup. After the hike, drive through Mackenzie country before climbing over the tussock lands of the Lindis Pass into the Central Otago region.

**Activity:** 4-5 hours/5-7 miles hiking with 1,970' elevation gain

**Meals:** B, L, D

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## DAY 6

### JOIN FORCES WITH NATURE IN LAKE WANAKA

Spend the morning at your leisure: walk the lakefront trail, explore the boutique shops, hire a paddle board, or enjoy a coffee at a cozy café. Take an afternoon boat cruise to the magical Mou Waho Island. Discover this remote nature reserve on a bush walk with a specialist guide. Beside a lake at the island's highpoint, enjoy high tea with panoramic views of the Southern Alps. Before leaving the island, round out your eco-experience by planting a native tree - a unique opportunity to give back to this special corner of New Zealand's environment.

**Activity:** 1 hour hiking, 3-4 hour nature tour, 1-3 hour paddle board (optional for additional fee)

**Meals:** B, D

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## DAY 7

### EXPERIENCE MOUNT ASPIRING, ARRIVE IN QUEENSTOWN

A beautiful drive alongside Lake Wanaka leads to Mount Aspiring National Park. Hike up the Matukituki Valley before turning up the Rob Roy Stream and climbing to the bush line. This gorgeous trail through virgin beech forest emerges into a splendid alpine basin below the Rob Roy Glacier. See water tumble off the glacier as you enjoy lunch — watch for cheeky kea (alpine parrot), who tend to pop by whenever food is around. After the hike, unwind over lunch at the famous Cardrona Hotel before driving to the airport in Queenstown.

**Activity:** 4 hours/6 miles hiking with 1,490' elevation gain

**Meals:** B, L

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## Dates

Feb 23 - 29, 2020

Nov 15 - 21, 2020

Dec 13 - 19, 2020

For full terms and conditions please visit [www.mtsobek.com/terms](http://www.mtsobek.com/terms). Please note that our itineraries may be subject to change.

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# Pricing

2020

\$ 4,895 per person

## Additional Cost

\$ 800 Single Supplement

### PRICE INCLUDES

- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All tips and gratuities for support staff with the exception of your lead adventure guide(s)
- All group entrance fees, activities, and ground transportation
- Arrival and departure day group airport transfers

### PRICE DOES NOT INCLUDE

- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your lead adventure guides
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving or departing outside of the group transfer
- Optional travel protection
- Lunch on Day 6

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## ➤ **The World of MT Sobek**

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world's most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite--opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are *the* adventure company.

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### **Awards**



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