

running wild top of the south island trail run



trip highlights

Warm up on the beautiful Queen Charlotte track with the 26kms from Ships Cove.

Delight in discovering the remote Nydia Bay trail with two beautiful passes and hidden inlets.

Relax at the foot of the Nelson Lakes national park with two awesome days running across lakeside tracks, open ridges and mountain tarns.

Be amazed at the stunning views from Flora saddle down into Tasman Bay at the start of the run across the Kahurangi national park into Golden Bay.

Enjoy the finale run through the beautiful Abel Tasman walkway from Awaroa to Marahau with its beaches and golden sands.



Trip Duration	8 days
Grade	Moderate to Challenging level
Activities	6 days trail running
Accommodation	7 nights motel/hotel accommodation

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A pioneering, fully supported Trail Running itinerary along the most spectacular trails of the upper South Island.

trip dates

2012 25 Feb - 03 Mar

trip cost

Joining Picton Base cost: NZD\$2850 / AUD\$2290

options & supplements

Single supplement: NZD\$712 / AUD\$572

Adventure South does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

the trip

Trail Running is a rapidly growing sport. We are keen to open up the opportunities by offering a fully supported 7 day guided tour of what we see as being the best of the trails available in the upper South Island. As with many great runs, often the start and finish are miles apart which then requires tricky transport arrangements. In order to provide an effective and efficient running experience for you, we are providing transportation, and a running guide who has first hand knowledge of the trails which we have personally selected. This tour is an awesome means of experiencing a wide range of great runs day after day, as part of a small group of like minded people.

about your leader

Our Guides are one of our biggest assets. We pride ourselves on the standard and quality of these great people who you will be spending your holiday with. This trip will be led by Mal Law, whose passion for introducing runners to New Zealand's wild places has made this trip possible. With more than 25 years experience and several trail running firsts to his name, Mal is uniquely qualified to take charge of this awesome adventure. He will be supported by a second, elite level, running guide.

at a glance

Day 1	PICTON - MEET AND GREET
Day 2	PICTON - QuEEN CHARLOTTE TRACK - PICTON
Day 3	PICTON - NyDIA BAy - ST ARNAuD
Days 4-5	NELSON LAKES NATIONAL PARK
Day 6	NELSON LAKES - KAHuRANGI NATIONAL PARK - TAKAKA
Day 7	TAKAKA - ABEL TASMAN - MOTuEKA
Day 8	END OF TRIP

what's included

- Accommodation on a twin share / double basis usually en suited bathrooms
- All breakfasts and lunches plus 3 dinners
- Fully supported vehicle transfers
- Two running guides where numbers are applicable
- Informal workshops and discussion groups
- Water taxi transfer on Day 2
- Option to be driven from and back to Christchurch pre and post tour
- Airport transfer to Nelson at the end of trip
- Access and Concession fees paid to the Department of Conservation
- NZ Goods and Service Tax (GST)

detailed itinerary

Day 1 Picton - meet and greet

Today is the meet and greet so get yourself to Picton and chill out as you get to know your fellow runners. We will get together at around 5.00pm for our briefing followed by a meal together at a nearby restaurant.

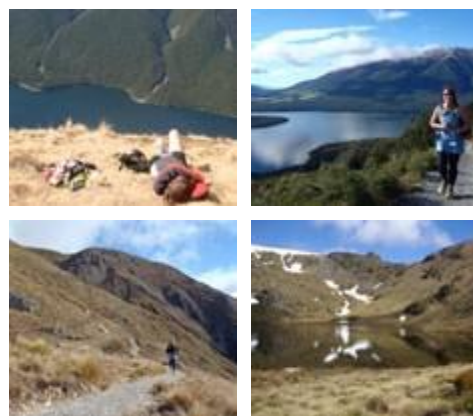
meals: d

Day 2 Picton - Queen Charlotte track - Picton

Today the rubber hits the trail and what better way to start than the beautiful northern end of the Queen Charlotte Track. To get there we take a scenic water taxi ride down the Sound to historic

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Ships Cove. From there we run approx. 26kms through lush coastal forest, skirting the bays and enjoying great views. Approx. ascent during the run is 600m, with mostly gentle gradients. From Camp Bay we rejoin our water taxi and return to Picton and our accommodation for the next night.

Running distance: up to 26km

meals: **b,l**

Day 3 Picton - Nydia Bay - St arnaud

We kick off with a short but twisty drive to the start of our Nydia Bay run. This beautiful 24km long trail is pretty much single track all the way with a couple of decent 300m+ climbs that are rewarded with some awesome downhill running. More beautiful and varied native bush and glittering bays keep the spirits high. After reaching Tennyson Inlet we drive inland to St Arnaud on the edge of the awe-inspiring Nelson Lakes National Park and make ourselves comfortable for a 3-night stay.

Running distance: up to 24km

meals: **b,l**

Days 4-5 Nelson Lakes National Park

The Nelson Lakes National Park is one of our very favourite places on the planet to go running. The alpine setting is stunning, the trails are world-class and the views are to die for. But best of all it's pretty much all accessible from the back door of our comfortable accommodation! The itinerary for these two days will be a moving feast depending on the weather and how energetic everybody is feeling. We'll most likely be able to offer a couple of options each day to keep everybody happy. But whatever happens you can be assured of superb trail running along undulating native beech forest, up and down some meaty climbs, along incredible open ridge tops and around high alpine tarns. Heaven on earth!

Running distance: mix of trails to choose from depending on desired run

meals: **b,l**

Day 6 Nelson Lakes - Kahurangi National Park - Takaka

We'll make a reasonably early start for our drive to the unique environs of the Kahurangi National Park. Parking at Flora Saddle (1,000m altitude) the sweep of the Tasman Bay provides a great backdrop for the start of the 25 km run that first heads down a gorgeous river valley before climbing to open tussock. Progressing on to the Tablelands the terrain becomes increasingly rocky and the views keep opening up as we traverse this wonderful limestone landscape and sidle around the incomparable ice-sculpted Lake Peel. A final short climb leads to a breathtaking 500m descent through native forest to finish at the Cobb Reservoir. But the fun is not yet done as we still have the memorable drive down the Cobb Valley to take us to our accommodation in Takaka.

Running distance: up to 25km

meals: **b,l**

Day 7 Takaka - Abel Tasman - Motueka

The finale of the trip lies in the run through the beautiful Abel Tasman National Park on the world-famous Coastal Track. Just a short drive will deliver us to the Awaroa Inlet at low tide and after crossing this we embark on 35 kms of single-track through some of the most heavenly coastal scenery you'll ever wish to see.

For anyone looking for a shorter day there are options to start further along the trail by taking a water taxi part way.

The small settlement of Marahau marks the end of the day and our tour runs. We then make the short journey back to Motueka for a celebratory meal.

Running distance: up to 35km

meals: **b,l,d**

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fast facts

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

*Ask our staff for more information

Day 8 End of trip

All good things come to an end and after breakfast we head off back to Christchurch dropping tired but happy trail runners en route at Nelson, Blenheim or Picton to meet flights and ferries. Those seeking a ride to Christchurch can accompany our driver guide all the way to the Garden City.

meals: b

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3754m / 12,316 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.

With a population of 4.0 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.

climate

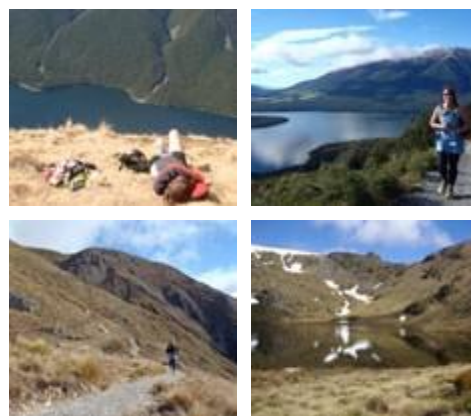
As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.

Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. you don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must.

The temperature during the South Island summers range from 10-30 °C, with a pleasant 40-50% humidity. Higher altitudes are always considerably cooler and snowfall is not uncommon even in summer. The Southern Alps act as a barrier to the moisture laden winds coming west across the Tasman Sea, creating a wet climate on the west side of the mountains and a drier climate on the east side. The geography also creates a wind pattern, which can in summer be very hot, dry and fierce. Maximum temperatures we may encounter range up

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responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel.

Since our beginnings this has been a cornerstone of our company. The New Zealand travel industry has become a world leader in developing an external audit process to identify quality, and that process has been extended to now include a 3 level Enviro Mark based on company processes. We're very proud that we've received a Gold rating, the highest category; each year since this initiative began.

Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing.

We started this journey many years ago, and acknowledge we still have a lot to learn. We invite you to join us!

trip grading

With no formal grading system for Trail Running, we are guided by distances and personal experience having run all these trails in preparation for this tour. Distances can vary according to personal fitness and desire, although some trails such as the Nydia Track are a through run requiring a total commitment. Trails have been chosen for their interest, variation of scenery and trail surface and challenge. Generally the runs are on well formed DoC trails with a good running surface. At all time runners will have the option to sit out or modify a particular days run in discussion with the guide.

adventure travel

By its very nature adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.

If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

to 30°C. Minimum temperatures expected in the Southern Alps in Summer time are around -5°C. Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will make you more prepared for your tour – any questions about what to expect on your tour talk to one of our sales team.

accommodation on the trip

Will largely be motels and Holiday Parks on a twin/ double share basis. Most accommodation will be en suite but not necessarily all. The guides will prepare group breakfasts on most days and food preparation for lunches and possibly dinners may require some group input. If you wish to reserve a room to yourself a single supplement is available at extra cost. Please note: although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.

pre and post tour accommodation

If you would like some help booking pre/post tour accommodation speak to our staff as they can help with different suggestions.

what's not included

- 4 dinners
- Any additional water taxi transfers as decided by runners
- Alcoholic and soft drinks with meals
- Personal expenses (specialist running snacks such as gels etc)
- Gratuities, tipping is not expected in NZ but gratefully received. It is at your discretion whether or not to reward for excellent s

