

methodfitness

NEW ZEALAND Humpridge Track & Stewart Island

New Farm Travel
Innovative Travel Solutions



Trip Highlights

- Take in spectacular views of Stewart Island before arriving by plane. A water taxi will take you along the coastline of Stewart Island to the start of our days hike from Port William to our nights accommodation. This hike forms part of Rakiura Walk one of the Great Walks of New Zealand.
- Spend another day on the Island with a water taxi to North Arm and hiking another section of the Rakiura Walk plus some exploring the coastline along the way.
- Fly back to the south island to start a 3-day, 3 nights Humpridge Track where you will be helicoptered into the start of walk staying in backcountry lodges.
- Enjoy a celebratory lunch at the beautiful Amisfield Winery, Queenstown.

Trip Dates

2019 18 March – 26 March

Trip Cost

\$5980 twin share ex Brisbane (due to the style of adventure the price is an estimate and can only be fully confirmed once the trip is fully booked)

Trip Duration

9 days

Grade

Moderate to Demanding

Activities

Departing Brisbane and flying into Invercargill, staying one night. The next day flying to Stewart Island for 2 nights/2 of days hiking, boating and exploring the islands natural flora and fauna. Trekking 3 days on the Humpridge Track with 5 to 9 hours per day carrying a

Hiking Pack (10-12kg), Day 1 sees a short helicopter flight to the start of the walk and your pack will be heli-pack to accommodation. Final 2 nights in Queenstown with a celebratory lunch at a vineyard.

Summary

9 day trip, 5 1/2 days on trail trekking approximately 90km, 2 nights cottages, 3 nights hotel, 1 night B&B, 2 nights back country lodges

At a glance

Day 1 Depart Brisbane International Airport - Arrive Invercargill via Christchurch

Day 2 Fly to Stewart Island, hiking 4-5 hours, scenic water taxi along the coastline to Port William hiking to night's accommodation (Distance 15km 4-5 hours). Overnight Stewart Island, Kaka Retreat Meals: Lunch

Day 3 Water taxi up the inlet to North Arm where you disembark with shoes and socks off for a full days hike (Distance 18km 5-6 hours). Overnight Stewart Island, Kaka Retreat Meals: Lunch

Day 4 Fly to Invercargill - Bus transfer Tuatapere – Stay B&B Tuatapere Meals: Dinner

Day 5 Helicopter ride over Te Waewae Bay. Hike to top of Hump Ridge-overnight Okaka Lodge (Distance 12km 5-6 hours), Meals: Breakfast, Lunch, Dinner

Day 6 Hike Okaka Lodge to Port Craig Lodge (Distance 20km 9-9hours), Overnight Meals: Breakfast, Lunch, Dinner

Day 7 Hike Port Craig Lodge to Tuatapere (Distance 20km 5-7 hours) Bus Transfer to Queenstown. Overnight Queenstown Sofitel Hotel, Meals: Breakfast, Lunch

Day 8 Free morning or an optional early morning walk, 5 course lunch at Amisfield Winery, Overnight Queenstown Meals: Breakfast, Lunch

Day 9 Depart Queenstown – Arrive Brisbane International Airport Meals: Breakfast

What's included

- 10 Week Training Program with a weekly scheduled training walk plus a shopping trip to make sure you have the right gear
- Economy Air flights ex Brisbane to and from New Zealand
- Travel Insurance (compulsory)
- 1 nights accommodation in Invercargill
- Flights to and from Stewart Island, including water taxi transportation on and between islands and bus transfers
- 2 nights accommodation on Stewart Island (motel – private bathroom)
- 2 full days of hiking on Stewart Island
- 1 nights accommodation at a B&B at Tuatapere
- 2 nights accommodation along the trek (backcountry lodges)
- Daily meals as listed in itinerary
- Pre-departure briefing at Tuatapere
- 2 nights accommodation at Queenstown Sofitel
- Celebratory lunch at Queenstown
- Transport – all group transport by plane, water taxi, bus and drivers
- Method Fitness Adventure Pre Departure Trek Check

What's not included

- Meals that are not included in the itinerary
- Drinks other than water at meals
- Expenses of personal nature

Detailed itinerary

Day 1 Depart Brisbane, Arrive in Invercargill

FLIGHT VIRGIN AUSTRALIA VA 125

Check in at Brisbane International

18 Mar 19	Mon	Depart Brisbane	08:30	Economy
18 Mar 19	Mon	Arrive Christchurch	15:00	

FLIGHT AIR NEW ZEALAND NZ 5717

18 Mar 19	Mon	Depart Christchurch	19:00	Economy
18 Mar 19	Mon	Arrive Invercargill	20:25	

Includes – 1 Check Bag & 1 Carry-on Bag

Arrive in Invercargill and transfer to Quest Invercargill for 1 night.

Day 2 Fly to Stewart Island, Water Taxi to Port William Hike (15km) from Port William to Oban

Transfer Invercargill Accommodation to Invercargill Airport.

FLIGHT SOUTHEAST AIR LIMITED

19 Mar 19	Tues	Depart Invercargill	08.00	
19 Mar 19	Tues	Arrive Stewart Island		

15kg baggage limit

Hop on board a plane and take in the spectacular aerial views over the coast to Stewart Island. Then water taxi to Port William hiking to Oban on an invigorating four to five hour well-defined track following the coast, including a crossing over tidal stream spanned by a bridge. This track forms part of the Rakiura Track one of New Zealand's Great Walks.

Overnight in Kaka Retreat Stewart Island, which is located just above the village, nestled among the native trees and ferns. It is just a couple of minutes walk from the village centre and waterfront. A meet and greet courtesy coach service is provided to pick upon arrival on the island and to deliver you back when you leave. Tonight's dinner will be in the Oban township and maybe a night time exploration to perhaps see if a kiwi can be spotted.

4-5 hours hiking Meal: L

Day 3 Water Taxi to North Arm and Hike to Oban (18km) 5-6 hours

Today we explore Stewart Island by foot and water taxi. We will take a water taxi to North Arm where shoes and socks will be removed to wade back to shore for the start of this walk. All trips are subject to weather and sea conditions and water taxi travel may not be possible if conditions are gale force. As North Arm is in the direction of the wind it is sometimes necessary to find an alternative for disembarking should an issue arise. This is our second night on Stewart Island staying in Kaka Retreat.

5-6 hours hiking Meal: L

Day 4 Hike to Ackers Point, Fly to Invercargill, Bus transfer to Tuatapere

FLIGHT SOUTHEAST AIR LIMITED

21 Mar 19	Thurs	Depart Stewart Island	11.30
21 Mar 19	Thurs	Arrive Invercargill	

An early morning rise and we will take a walk to Ackers Point exploring historic buildings on our way to the lighthouse (Distance 3 hours). Departing Stewart Island we fly to Invercargill and then bus transfer to Tuatapere. Your next adventure begins at Tuatapere where you learn about the track and get to meet your local guide before checking into your night's B&B accommodation.

Meal: D

Day 5 Helicopter ride, Hike Tuatapere to Okaka Lodge (12km)

A scenic helicopter ride over Te Waewae Bay delivers you to the start of your walk. You will climb up to the top of the Hump Ridge 890m from sea level to the top, experiencing the beautiful bush as it changes dramatically with elevation as you head up the ridge to Stag Point where the trees part and you are welcomed by the beautiful bay. Not far to the top of the ridge now and on a nice day you can see many of our neighbouring islands off the South Coast and of course the Fiordland Mountains and lakes nearby.

When you arrive at Okaka, the lodge 'on top of the world' all you will have to do is unwind as you admire the views, settle into your private room with super king bed and, of course, take a hot shower. You will feel at home with the lodge managers' home cooking and hospitality.

5-6 hours hiking Meals: B L D

Day 6 Hike Okaka Lodge to Port Craig Lodge (20km)

After breakfast you wander down the Hump Ridge, with 360-degree views of Te Waewae bay, the South Coast, Waitutu terraces and mountains behind them. While you are walking over the mighty wooden viaducts on the way to Port Craig Village, consider the men who built them almost a century ago. Our guide will share many stories from the days when Port Craig was a bustling sawmill town in the 1920's.

If you are interested in the history and relics that surround Port Craig, choose to take the interpretive trail or just meander down to the beach and spy our resident Hector's dolphins that live at the old wharf poles in the surf. Awaiting you at the lodge, the friendly lodge manager will welcome you to your room and you can put your feet up and once again enjoy their hospitality while taking in your new coastal backdrop.

7-9 hours hiking Meals: B L D

Day 7 Hike Port Craig Lodge to Tuatapere (20km) Bus Transfer to Queenstown

To complete the track, you will first walk out under native bush canopy, then along our beautiful golden beaches - one named Blowholes because of the ring of rocks the waves blow up through as they come to shore - a spectacular finish to a fantastic trip. Walk back along the section you flew over on day one, and enjoy it once again but at beach level.

At the end of the track you will be transported to Queenstown where you will experience a new level of sophistication at the Sofitel Queenstown Hotel and Spa. Situated in the heart of the dining and entertainment precinct, Sofitel is the perfect base to explore central Queenstown on foot.

5-7 hours hiking Meals: B L

Day 8 Lunch at Amisfield Winery

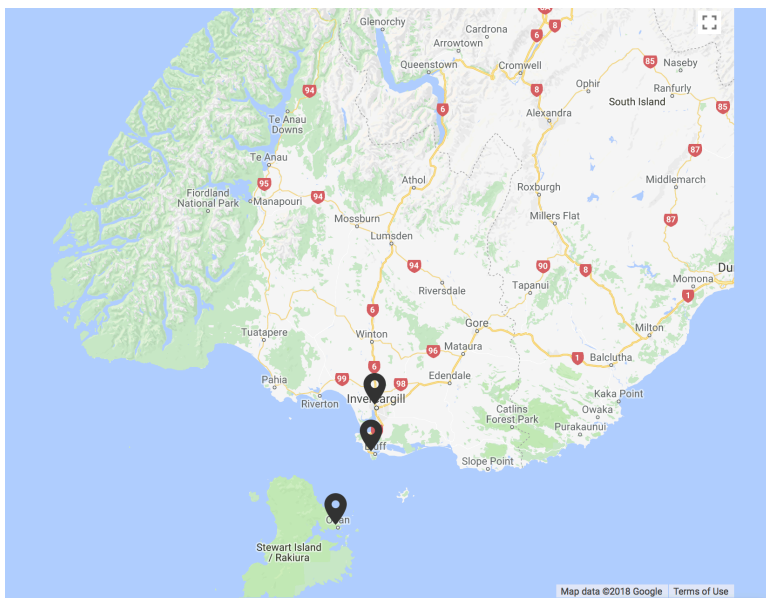
Today you get to enjoy a sleep in or up bright and early for a morning walk along the beautiful Lake Wakatipu. A celebratory lunch will be held at the beautiful Amisfield Winery where you enjoy a lunch of seasonal food that is fresh and honest. You will be transported by a private return transfer from Amisfield to the Sofitel.

Meals: B L

Day 9 Depart Queenstown; Arrive Brisbane

Today you will have the morning at your leisure to sightsee around Queenstown before departing for Brisbane.

FLIGHT VIRGIN AUSTRALIA VA 166				
26 Mar 19	Tue	Depart Queenstown	16:20	Economy
26 Mar 19	Tue	Arrive Sydney	17:40	
FLIGHT VIRGIN AUSTRALIA VA 985				
26 Mar 19	Tue	Depart Sydney	19.30	
26 Mar 19	Tue	Arrive Brisbane	20.00	



Accommodation on the trip

Accommodation is on a twin share basis. The accommodation will range from B&B, Backcountry Lodges and Hotels.

Fitness

A good level of fitness is required. You will need to practice hiking on a hill or mountain environment with your equipment (boots especially!) that you'll be taking to New Zealand. Hill/stair climbing (with a pack) is the best training, as this is the very activity. On the first day of The Hump Ridge Track you will be going from sea level to 890m. To ensure you are fit for your adventure, you should undertake training specifically for trekking, training three to four times a week, alternating interval training, endurance training with cross training such as swimming, yoga and stretching. Rest and a good diet are equally important.

You will be supplied with suggested 10 Week Program outlining the training required. This 10 Week Program allows adequate time to implement a solid fitness-training program and ensures that all the correct clothing and equipment is obtained.

It also allows you to be well prepared mentally and committed to the trip objective. Age and gender do not have a great bearing on one's suitability for a trip of this sort. The level of fitness, measured by aerobic capacity and stamina is more

important as is the ability to be consistent in your performance and state of mind throughout the trek. Being relaxed in the outdoors (in all of nature's moods!) in a foreign country is a very important quality to have to get the most amount of enjoyment from the experience!

During this ten week period there will be one scheduled walk, which will be specifically tailored for the trek.

If you're not located in Brisbane then you must follow training recommendations from the trainer, using Method Fitness 10 Week Program. Should you be training outside Brisbane, your trainer will require you to "check in" and report on your training each week in the months leading up to your trip. You'll need to prepare for walking several hours (5-9 hours a day) with ascents and descents, so your training will need reflect this. Choose hills to train on and push yourself to do long days to prepare yourself adequately. Although the Kumano Kodo trails are well defined and well signed, the majority of the trail is rugged with exposed tree roots, steep up and down sections, loose rocks and stone steps which can be slippery underfoot. The more training and better prepared you are, the more you will enjoy this beautiful world heritage listed walk.

Climate

The weather in this region is always changeable with these two places being the first landforms from Antarctica and any weather coming from the south is felt first in these regions. March is as comfortable as it is going to get. The average daily temperature is around 13C. However, the gap between morning low and daytime high is larger in March. It will be cold in the morning and evening and warmer during the day. The average high is 18C and low 8C. Both Humpridge Track and Stewart Island are wet regions raining 275 days of the year so you should be prepared for some rain and wind.

What you carry

You will carry a good hiking pack on the trek.

Equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

How to book

To book this trip you will need to sign and agree to the Method Fitness Guidelines Form, complete the New Farm Travel Agency Booking Form and pay a non-refundable deposit on \$2000. A refund will be given should the trip not be fully booked and does not proceed. We can also help you with any additional arrangements that you require, such as airfare upgrades or post trip accommodation.

The cost of the trip is an estimate and can only be confirmed once it is fully booked; this is due to the style of adventure. If you have any additional questions please call 0438 219 106