

top of the south island trail running



trip highlights

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

Top kiwi trail runner Malcolm Law will guide and inspire you through some of the best tracks in New Zealand.



Trip Duration	8 days	Trip Code: TOS
Grade	Moderate to Challenging	
Activities	Trail running	
Accommodation	7 nights motels/hotels	

Kia Ora from Adventure South

Thank you for your interest in our Top of the South Island Trail Running adventure. It's a superb adventure and we hope you can join us. Adventure South has been operating active holidays throughout New Zealand since 1992. Thanks to our experience we're confident to say that we offer the very best cycling, trekking and adventure travel itineraries available in New Zealand today.

There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. An Adventure South holiday aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience.

We're here to show you that there are many, many more trails and cycling routes in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

why travel with Adventure South?

"Small Groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are the quality of our professional guides. They share their humour, compassion and wilderness experience to ensure that you have a great vacation and the right degree of personal challenge.

On an Adventure South tour you can also expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness, not from a guide book recommendation.



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trip dates

2013 09 Nov - 16 Nov **NS**

2014 29 Mar - 05 Apr

trip cost

Joining Picton: \$2850

options & supplements

If you are travelling alone, we will arrange for you to share accommodation with another traveler 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/escort

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, 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 Ship

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Cove. From there we run approx 26kms through lush coastal forest, skirting the bays and enjoying great views. Our ascent during the run is around 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,D

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 an 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. 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, soft drinks and hot 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 service

private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

subscribe to our e-newsletter

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Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

follow us

Follow us on Facebook at:

<https://www.facebook.com/AdventureSouthNZ>

how to book

To book an Adventure South holiday, you can book directly online (<http://www.advsouth.com/booking.aspx>) or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from www.advsouth.com . On completion, please fax or post the form to Adventure South or your nearest World Expeditions office, along with your non-refundable deposit. If you're coming from outside New Zealand call your nearest



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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on guide@advsouth.co.nz