

Wishbone Relay

Mountains To Sea



All funds raised support the Wishbone Foundation



Join the Journey - Support Orthopaedic Innovation



Trip Highlights

- Two options: Both are 4 days travelling in a group of 12. Group 2 pricing already includes Ohakune accommodation for the night before riding. (i.e. packages include either 3 or 4 nights' accommodation)
- 226 km (includes jet boat ride from Mangapurua Landing to Pipiriki)
- 2 hour self-guided canoe experience on the Whanganui River (optional)
- Wairua river boat cruise
- Immerse yourself in the history & stunning landscapes of this remote area
- Package hosted by an experienced local provider means you can focus on enjoying this epic journey knowing that main meals, accommodation & transfers are all taken care of



What's It All For?

Wishbone have funded NZ based orthopaedic research for over 25 years & this research then improves NZ patient outcomes and transforms lives through increased mobility & quicker patient recovery time. Orthopaedic surgeons and outdoor adventurers Perry Turner and Ian Galley have worked with local coordinators to offer adventures then length of NZ - all aiming to raise both awareness and funds needed for this orthopaedic research.

The sections hosted by Invercargill Hospital start mid-January 2024 and the Wishbone Relay finishes in late March 2024 with a gala dinner & sporting events hosted by Auckland surgeons.

The locally run & sponsored journeys create an opportunity for the orthopaedic community from all over NZ to come together, get active & support Wishbone by walking, biking, paddling, sailing and more!

Colleagues, friends & family ... everyone moving together to support orthopaedic research and helping Kiwis by restoring function and quality of life.

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Logistics

Date: Group 1 (4 day): Wed 21 - Sat 24 Feb Group 2 (4 day): Thurs 22 – Sun 25 Feb 2024

Duration: G1 is 4 days, 3 nights (Consider staying in Ohakune Tues 20/02 night due to early start)
G2 is 4 days, 4 nights (**Wed 21 Feb** accommodation in Ohakune is included in the price, then it's the same details as below - starting on Thursday a day after G1)

Start: G1: Wed 21/02 @8am Raetihi Holiday Park - 10 Parapara Road, Raetihi (10mins drive from Ohakune)
G2: Thurs 22/02 @10.30am Raetihi Holiday Park

Finish: Raetihi Holiday Park approx. 6pm on last day

Grade: 1-3 (see table below)

Activities: Cycling, jetboating & river cruise – kayaking optional & short walks/historical areas to explore near lodges

Accommodation: Ruatiti Hunting Lodge, Bridge to Nowhere Lodge & Flying Fox Lodge. Twin /double share/rustic. Singles may be available for a supplement. G2 Ohakune 21st stay is included. For both groups, if staying the night before tour begins, please self-organise accommodation.

Cost: G1 (4 day/3 night) \$ 1469 pp G2 (4 day/4 night) \$ 1589pp

Supply own snacks & drinks - plus \$400pp Wishbone Donation (\$900 per family)

See section lower or website for exact details of what's included (or not) in package. Kune Shuttle & Bike can help with bike hire – see link below

How To Book: Registration portal is Live! Scan the QR or there's a link on the NZOA homepage.

Note: 1 bag pp, max 15kg please. Bags to be ready for transport by 8am and will be at the next accommodation by approx. 4pm



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What's Included

Support Level by the Mountain Bike Station

- Logistics support
- Daily luggage transfer
- Transport to the start of the trail from Ohakune and return transfer to Ohakune on the final day.
- Jet Boat transfer from Mangapurua Landing to Pipiriki (Compulsory)
- 2 hour self guided canoe experience on the Whanganui River (Optional, less \$50 on tour price if you opt out)
- Wairua river boat
- Accommodation: 3 nights – twin share (subject to availability)
- Meals: 3 dinners, 3 breakfasts, 3 packed lunches



What's Not Included

- Meals not mentioned in the itinerary
- All beverages, other than breakfast
- Bike hire (including helmet) [Click here for our rental rates](#)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- If a rider prefers their own room (if available), a single room supplement of approx \$50pp per night is payable subject to availability on the night(s)



Links

To maps, accommodation descriptions, bike hire & package details

<https://www.visitruapehu.com/accommodation/where-to-stay-in-ohakune>

<https://mountainbikestation.co.nz/full-mountains-to-sea-cycle-trail-4-day-itinerary/>

<https://www.mountaintosea.nz/mountains-to-sea--classic/#>

<https://www.ruatitilodge.co.nz/gallery/>

<https://bridgetonowhere.co.nz/lodge/>

<https://www.theflyingfox.co.nz/>

<https://www.motorvesselwairua.co.nz/about/>

<https://www.kuneshuttles.co.nz/bike-hire>

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Hosts & Escorts

Perry & Ian have set themselves the challenge of completing as many of the legs as possible with you and they are both pouring vast amounts of time & energy into organising this Wishbone Relay - Why?

"My main motivation was to bring all those involved in care of our patients together and share what orthopaedic surgery is achieving in NZ with the public. I want to help bring us together in a fun activity and common goal." - Ian

"This is an opportunity for myself and my family to give back to a job and career that has given us so much." - Perry

On this leg they pass the baton to local Taranaki hosts Andrew Glenny & Ian Galley. For any questions about the package, please contact [Mountain Bike Station](#) directly. MBS may be able to help with Group 1 accommodation options if you get in touch with them directly. For other Relay questions contact Ian: ian.galley@orthocentre.co.nz If you have questions about The Wishbone Foundation, fundraising ideas or just want to get in touch – please email Nikki Wright: nikki@nzoa.org.nz or Vanya Schoeler: vanya@nzoa.org.nz

Fundraising

All travel and trip related costs are to be met by the individual taking part.

All legs attract a daily participant donation that goes directly into the Wishbone research funding pot. **For this multi day event the total donation is \$400pp or \$900 family** – but of course it'd be awesome if you can pick up the baton & do more! Donations can be made at any time via this [Wishbone Foundation Link](#). If you use this link, you will receive an automated receipt & donations from individuals over \$5 are eligible for a tax credit.

Perhaps get friends, family & colleagues to sponsor you on your Wishbone Journey? Many other hospitals along the route will be hosting public events - check on the NZOA website or with your own orthopaedic department & join in.

We'll be posting Relay updates regularly - so even if getting to an event is not possible, you'll be able to follow the fun on the [New Zealand Orthopaedic Association website](#).

Health & Safety

Take note that Wishbone Trust and the NZOA Inc. are not organising the trips and they or their staff or officers have no role to play in providing the trips or managing any aspects of Health & Safety in relation to the trips. Wishbone Trust is only acting as the recipient of donations made by those choosing to participate in a trip.

You must follow all Health and Safety requirements of the trip organiser and any other provider of services or other organisations with any H&S responsibilities during the trip.

If the weather or other unforeseeable events make the planned event untenable, organisers reserve the right to change venue or plan at short notice.



Participation equals self-management. Please pack carefully for our changeable NZ outdoors and check/test any equipment beforehand.

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Mountain Bike Track Types

Choose a track that match your skills, fitness and the experience you're after. Most tracks are more difficult when wet. Avoid riding in the mud and rain.



Grade 1. *Easiest*

Fairly flat, wide, smooth track or gravel road.



Grade 2. *Easy*

Mostly flat with some gentle climbs on smooth track with easily avoidable obstacles such as rocks and potholes.



Grade 3. *Intermediate*

Steep slopes and / or avoidable obstacles possibly on narrow track and / or with poor traction. There may be exposure at the track's outside edge.



Grade 4. *Advanced*

A mixture of long, steep climbs, narrow track, poor traction and difficult obstacles to avoid or jump over. Generally exposed at the track's outside edge. Most riders will find some sections easier to walk.



Grade 5. *Expert*

Technically challenging. Giant climbs, narrow track and numerous hazards including dangerous drop-offs, sharp corners and difficult obstacles. Expect walking and possibly bike carrying.



Grade 6. *Extreme*

Downhill / free ride specific tracks. Extremely steep sections with large drop-offs and other unavoidable obstacles. May include man-made structures and jumps.



Respect others

- Stay in control
- Give way to walkers
- Signal your approach and pass with care
- Ride shared-use tracks in small groups

Respect the rules

- Ride only where permitted
- Obtain permission from private land owners
- Leave gates as you find them
- Be prepared - take food, water, tools, First Aid and warm clothes

Respect the track

- Don't skid, cut corners or make new lines
- Avoid riding in the mud and rain
- Take rubbish home
- Clean your bike to prevent spreading weeds