

# wishbone relay - lake dunstan & otago central rail trail



## trip highlights

- Fundraising for Wishbone and promoting orthopaedic research
- Ride the stunning new Lake Dunstan trail through the magnificent Cromwell Gorge
- Enjoy easy riding in epic landscapes with big skies on the Otago Rail Trail
- Go deep into history through tunnels, over bridges, along railways & riverside paths
- Try your hand at curling in Naseby
- Admire architectural gems in Clyde, Ophir, Ranfurly and Hyde
- Savour delicious local wine & food, and stay in great accommodation



|                      |                                 |                           |
|----------------------|---------------------------------|---------------------------|
| <b>Trip Duration</b> | 4 days                          | <b>Trip Code:</b> SOG7748 |
| <b>Grade</b>         | introductory to moderate        |                           |
| <b>Activities</b>    | Cycling - Suitable for ages 12+ |                           |
| <b>Accommodation</b> | 3 nights hotel/motel            |                           |

## Kia ora from Adventure South

We're proud to be partnering with Wishbone who've been funding NZ based orthopaedic research for over 25 years. This local research ultimately improves NZ patient outcomes and transforms lives through increased mobility & quicker patient recovery time.

Orthopaedic surgeons and outdoor adventurers Perry Turner and Ian Galley are heading a dedicated team who have been working on these exciting plans for a journey across NZ to raise both awareness and the funds needed for orthopaedic research.

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

This orthopaedic odyssey is broken up into locally run and sponsored legs so the orthopaedic community from all over NZ can come together, get active & support Wishbone. Walking, biking, paddling, sailing and more! Help us bring colleagues, friends & family together to fundraise and have an unforgettable experience.

Your participation directly enables local orthopaedic research that then helps Kiwis by restoring function and quality of life.



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## trip cost

Joining Queenstown from: \$2825

All prices are per person

## options & supplements

Single Supplement: \$395

e-Bike Hire: \$400

Mountain Bike Hire: \$120

You will need to fly into Queenstown the day prior to the tour departure. Your guide will collect you from central Queenstown on the first morning of the tour. At the end of the trip if you wish to fly home this evening please ensure your flight departs Queenstown domestic airport later than 7pm. You can get a taxi, shuttle or public bus to the airport from the city centre. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Queenstown on the final evening your guide will drop you at a central drop off point around 6pm.

## trip dates

2024 11 Jan - 14 Jan

## important notes

BP - Base Price

## the trip

Join Wishbone's Perry Turner and Ian Galley on leg 2 of their Length of NZ relay. Travelling through an array of spectacular southern landscapes on our fully guided and supported trip taking in both the Lake Dunstan Trail and Otago Central Rail Trail.

The adventure begins with a warm up ride alongside the shimmering waters of Lake Dunstan before we have the option to ride through the dramatic Cromwell Gorge on the new Lake Dunstan Trail.

Then you're off on New Zealand's first and most famous Great Ride. Following the old Otago Central railway line from Clyde to Middlemarch, this iconic, multi-day ride takes in grand landscapes, charming towns, country hospitality and rich history.

Our expert guides will show you the best trailside highlights such as heritage sites, architectural gems, and vineyards.

You'll also enjoy delicious local food and drink, and friendly welcomes in accommodation full of character.

## about your leader/escort

Perry has set himself (often together with his family) the challenge of completing all the South Island legs (even adding in some great bits in-between) and Ian will be joining as many of the North Island legs as he & his family can. 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

Health & Safety and Contracting Parties:

Take note that Wishbone Trust and the NZ Orthopaedic Association 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 (Adventure South NZ) and any other provider of services or other organisations with any H&S responsibilities during the trip. Adventure South NZ have experienced guides supporting you on the journey whose goal is purely to maximise your enjoyment and overall experience. All their guides are certified in first aid and CPR and many of them are trained bike mechanics.

## at a glance

DAY 1 CROMWELL TO CLYDE: LAKE DUNSTAN TRAIL - UP TO 55KM CYCLE

DAY 2 CLYDE TO LAUDER - 44KM CYCLE

DAY 3 LAUDER TO RANFURLY - 47KM CYCLE

DAY 4 RANFURLY TO MIDDLEMARCH - 59KM CYCLE

## what's included

- NZ\$300 per person donation to Wishbone, plus NZ\$100 for every bike hired
- Tasty breakfasts (x3), lunches (x4), dinners (x3) catered to all dietary requirements
- 3 nights comfortable motel/hotel accommodation on a twin share basis
- Curling at Naseby
- Experienced guides who handle all the hard bits and share epic stories
- Otago Rail Trail passport



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## fast facts

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

## 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 which monitors tourism businesses based on quality, safety and sustainable experiences.

We're very proud to have received a Gold Qualmark rating, having met standards designed to protect what makes New Zealand unique and special.

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 although we are not perfect, we are striving to continually learn and improve.

## trip grading

- Commemorative Wishbone performance T-shirt
- Tasty nutritious snacks, drinks and treats
- Full vehicle support along the trail including trailer for luggage
- Pre departure information kit to help you plan and prepare

## what's not included

- International or domestic flights and taxes
- Arrival and departure transfers
- Meals not mentioned in the itinerary
- All beverages, other than breakfast
- Bike hire (including helmet)
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)

## fund raising support

All travel and trip related costs for this Around the Mountains challenge are to be met by the individual taking part.

A donation to Wishbone is built into the trip fee, but of course you can pick up the baton & do more!

Donate an additional amount at any time via this Wishbone Foundation Link. Donations from individuals over \$5 are eligible for a tax credit: <https://www.nzoa.org.nz/wishbone>.

Perhaps get friends, family & colleagues to sponsor you on your Wishbone Journey?

Many hospitals along the route will be hosting public events - check with the local orthopaedic department & join in.

During the journey we'll be posting updates regularly - so you'll be able to follow the fun on the New Zealand Orthopaedic Association website: <https://www.nzoa.org.nz/>

If you have any questions about The Wishbone Foundation, fundraising ideas or just want to get in touch - please email the Events Manager Nikki Wright: [nikki@nzoa.org.nz](mailto:nikki@nzoa.org.nz) or Vanya Schoeler: [vanya@nzoa.org.nz](mailto:vanya@nzoa.org.nz)

## detailed itinerary

### DAY 1 Cromwell to Clyde: Lake Dunstan Trail - up to 55km Cycle

We'll meet in downtown Queenstown at 8:00am and drive through the picturesque Kawarau Gorge to Cromwell. We unload the bikes at Smith's Way and start our journey with an easy ride following the glistening shores of Lake Dunstan. We pass through Cromwell's Old Town, a small historic precinct dating back to the gold rush days of the 1800s, where galleries, coffee shops and boutiques give us a short break from the bike. The trail continues along the Kawarau arm of Lake Dunstan to the Bannockburn Bridge offering stunning views across the lake while passing by wineries and olive groves. This is the perfect stop for lunch and a wine tasting at a nearby boutique vineyard.

From Cornish Point some riders will continue on along the new Lake Dunstan Trail into the dramatic Cromwell Gorge, where the track winds around sheer rockfaces and over lake inlets on impressively engineered platforms and bridges rising above the lake to Clyde. For those riders who wish to avoid the more demanding section through the gorge, there will be an option drive to Clyde and ride all or

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## introductory to moderate

The Lake Dunstan & Otago Central Rail Trail is graded introductory to moderate. The section of the Lake Dunstan Trail through the Cromwell Gorge on day 1 is moderately technical and is optional as it is more challenging with some short hills, narrow track, tight corners and exposure in places.

There is an alternate ride for less confident riders. The Otago Central Rail Trail is graded introductory and is a good, hard packed wide trail with just one significant hill which is a gradual gradient as it follows the course of the old railway. Overall you will need a reasonable level of fitness to enjoy the trip and we suggest 2 hours of cycling per week for the three months leading up to your trip.

We recommend training on compacted gravel trails, and completing a multi-day ride prior to your trip to get used to being in the saddle for long periods of time. The more training you have done on hills and on compacted gravel, the more enjoyable your trip will be. For those keen to ride through the Gorge, experience of rougher terrain and riding tight corners is recommended.

## 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.

part of the easier river trail to Alexandra, or explore the small historic town. We will all meet again in Clyde, settle into our comfortable accommodation and enjoy our first group dinner in the early evening.

Cycling Distances: Smith's Way to Cornish Point – 30km

Cornish Point to Clyde via Lake Dunstan (Moderate) – 25km

Clyde to Alexandra River Trail (Introductory) – 12km each way

**meals: L,D**

### DAY 2 Clyde to Lauder - 44km Cycle

Leaving Clyde via the historic railway line, we'll track across rural plains encircled by dramatic mountain ranges.

Beyond the tiny settlement of Chatto Creek, the trail climbs gently before levelling off to reach our lunch stop, Omakau.

We'll then hop on the bus for the short detour to must-see Ophir township and the Raggedy Range lookout for a bird's eye view of region.

Back on the bikes, it's another 9km of easy riding to reach Lauder.

Late afternoon we'll drive to St Bathans for a walk around the surreal Blue Lake formed during the 1800s gold days.

Enjoy a game of pool or banter at the Lauder pub before we tuck into a well-earned dinner.

Cycling distance: 44km

**meals: B,L,D**

### DAY 3 Lauder to Ranfurly - 47km Cycle

Today's ride features the trip's first tunnels and bridges as we trace the pretty Poolburn Gorge and head into the Idaburn Valley.

We'll stop at Hayes Engineering Works, a delightfully rustic heritage site, and Oturehua's old-fashioned grocery store.

After lunch, it's a gentle climb to the rail trail's highpoint, then a downhill roll to Ranfurly with its striking art deco architecture.

Late afternoon, we'll take the short drive to Naseby, a cute forestry town famous for its indoor curling rink. Here's your chance to try 'bowls on ice' – it's very addictive!

Naseby is also terrific for a stroll or a sup at the old pub, both nice ways to wind down before we return to Ranfurly for dinner.

Cycling distance 47km

**meals: B,L,D**

### DAY 4 Ranfurly to Middlemarch - 59km Cycle

Today combines the trip's biggest daily distance with some of its most fun riding.

The trail tracks towards Waipiata, then follows the edge of an old lake before entering the Taieri Gorge with yet more bridges and tunnels.

It's a flowing downhill run to the historic Hotel Hyde, a picturesque spot for a breather. From here, the final 27km takes in the poignant 1943 Hyde rail disaster memorial, then wends across rolling plains towards the trail's end at Middlemarch.

After lunch, we'll board the support vehicle for the drive back to Queenstown where the tour concludes in the early evening.

Cycling distance: 59km

**meals: B,L**

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

## cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route. Our Rail Trail tours travel through historic and scenic countryside on cycle trails based on a disused railway line. With easy gradient cycling and character lodgings these tours are suitable for all level of cyclists. You can enjoy incredible scenery and landscapes, view the historic sights and along the way eat delicious food, stay at unique accommodation and meet the locals. The best thing about cycling on a disused railway line is that there aren't really any hills; a couple of gradual inclines but nothing that after a good breakfast you couldn't tackle!

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. The Avanti Discovery hybrid mountain bike allows a relaxed upright riding style and has 27-speed Shimano gears, 29" wheels, front suspension, hydraulic disc brakes and comfortable saddles. These bikes are available in a low rise, also known as a step through bike frame.

We are pleased to offer a new fleet of Avanti Discovery e-Bikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. e-Bikes are simple to operate, and more gentle on the knees and joints than using a traditional bike. Please note that you still need to pedal and an e-Bike is a much heavier bike overall than a regular bike, if needing to push it. Most e-Bikes provide up to 80kms of pedal assistance before requiring a recharge.

Please see our website for the cost of bike hire, all our rental bikes can be fitted with flat pedals, toe clips or MTB SPD pedals. We can also fit your own pedals and seat if you have a favourite. Bike helmets will be supplied with your rental bike, along with a 15L saddle bag for any personal items you might need in the day.

All equipment and luggage will be carried by the support vehicle. These cycling journeys are not designed to be a marathon event and no one needs to feel under pressure to ride, everyone is able to ride at their own pace. If at any point you do not wish to ride, the vehicle is always available for you and your bike.

Remember that cycling involves some physical exertion and some pre trip preparation will help towards making your cycle tour a more enjoyable experience. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times whilst cycling. We also highly recommend wearing bright, fluoro cycle clothing to increase your visibility on the road.

## 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



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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

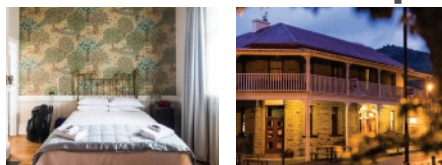
New Zealand's weather can frequently change with amazing rapidity and unexpectedly, so you must be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must. The West Coast Rainforest is called this for a good reason!

The temperature during the South Island summers range from 10-30°C. Higher altitudes are always considerably cooler (minimum temperatures in the Southern Alps in Summer time are around -5°C) 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. 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 us.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## accommodation on the trip



The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. During the tour we stay at character accommodation. The rooms are based on a twin / double share with shared facilities for the first two nights and with en-suite facilities for the last two nights. Due to the historic design of some of the accommodation

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en-suite facilities cannot be allocated on every night. On the first and second nights on request (depending on availability) we can offer en-suite facilities. Additional cost applies - please ask for current rates

If you wish to reserve a room to yourself a single supplement is available at extra cost, however are limited to 2 per departure.

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.

## joining instructions

On the first morning of the tour, you will meet your group at one central city location. The place and time will be emailed to you with your booking confirmation. If you miss your flight or are unable to reach the meeting point on time, please call us at the Adventure South office (Free phone in NZ 0800 00 11 66 or international +64 3 942 1222).

## equipment provided

MOUNTAIN BIKE (Additional Charge)

Our new fleet of Avanti Discovery hybrid mountain bikes combines the best characteristics of a hybrid bike and a mountain bike to give you a great ride and comfort on gravel cycle trails. This bike has a more upright riding style meaning you can still take in the amazing scenery you'll encounter along the way.

These bikes have 29" wheels, suspension forks and suspension seat posts to iron out the bumps and hydraulic disc brakes give responsive braking.

They are also available in a low rise, also known as a step through bike frame, please specify on your booking form.

ELECTRIC BIKE (Additional Charge)

Our Sinch e-Bikes are perfect for cyclists that may require a little assistance on their travels. Pedalling our e-Bikes is easier on knees and joints than riding a traditional bike. They provide up to 100kms of pedal assistance before requiring recharging. Very simple to operate and they provide people with varying levels of cycling experience, health and fitness levels the opportunity to enjoy our cycling holidays.

For bicycle specifications please contact us for more details.

ACCESSORIES

A bicycle helmet will be included with your bike rental, along with a 15L saddle bag for personal items you might need in the day.

## what you carry

The tour is fully supported so you won't have to carry anything. If hiring one of our bikes it will have a rear saddle bag with enough space to put an extra layer, your camera, wallet, phone etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. We urge you to keep your luggage to a minimum. If you have extra luggage you do not require for your holiday we can arrange to store it until the end of the trip.

## equipment required

A comprehensive gear list will be provided on confirmation of your trip.



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## protecting the environment

In a world where more and more rubbish is produced every year we are trying to do our little bit to help the planet. We encourage you to please bring your own water bottle. If you are a keen coffee or tea drinker you might like to bring your own reusable cup, as there are a few opportunities along the tour to get take-away drinks. Also if you think you might do some shopping, it could be useful to carry small foldable reusable shopping bags to reduce the need for plastic bags.

## trip availability

If this trip seems right for you then we encourage you to call us now to check availability. A popular reason to travel with Adventure South is because of our small group sizes. These can fill quickly so it is important to check your availability well in advance. We always need to ensure other services, like train tickets or accommodations, are also available before we can confirm your place on our tours. To ensure we can assist you onto your New Zealand adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

## how to book

To connect with colleagues, friends & family on this leg of the Wishbone Relay just book online at the following link:

<https://www.adventuresouth.co.nz/private/EJZAHR>

Here you will be asked to complete a booking form and pay a \$400 deposit per person. The balance is payable 60 days before departure.

ADVENTURE SOUTH CONTACT DETAILS

Toll Free from New Zealand: 0800 00 11 66

Email: [info@adventuresouth.co.nz](mailto:info@adventuresouth.co.nz)