

wishbone relay - banks peninsula walkway



trip highlights

- Fundraising for Wishbone and promoting orthopaedic research
- Traverse unique and beautiful volcanic landscapes, most of which are not open to the general public
- Witness native vegetation and wildlife regeneration projects in action
- Visit the largest Australasian Little Penguin colony on mainland New Zealand (Oct to Dec inclusive)
- Watch New Zealand Fur Seals play in their natural habitat
- Learn about hardy folk who have contributed to human history in the area
- Explore the quaint historical French settlement of Akaroa



Trip Duration	4 days	Trip Code: SOG7763
Grade	Introductory to Moderate	
Activities	Self Guided Walk - Suitable for ages 12+	
Accommodation	3 nights farm cottage	

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 Christchurch from Per person multishare: \$1125

All prices are per person

options & supplements

trip dates

2024
26 Jan - 29 Jan
27 Jan - 30 Jan
28 Jan - 31 Jan

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

the trip

Join Wishbone's Perry Turner and Ian Galley on leg 4 of their Length of NZ relay. Away from the crowds, walk at your own pace while soaking in dramatic natural landscapes and coastal panoramas, also observing native wildlife at opportune locations along the way. Part of the eroded crater of an ancient volcano, as well as being home to the historically French settlement of Akaroa, Banks Peninsula is mostly open farmland with pockets of regenerating native forest. Journeying beyond Akaroa where few travellers have access, the majority of this walk lies within the 13,500 hectare "Wildside Project" which is a cooperation between private landowners and several government organisations aimed at protecting and restoring unique ecosystems in the region. Traversing moderately steep farmland and exploring the peaceful Hinewai Reserve, staying each night in comfortable, well-equipped farm dwellings, you gain an appreciation for the diversity of flora, fauna and landscapes of this usually inaccessible region. While they generally remain discrete, a chance meeting with one or two of the local landowners, some of whom are descendants of early European pioneers, is a delightful experience.

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.

at a glance

DAY 1	DRIVE TO AKAROA, TRANSFER TO ONUKU FARM
DAY 2	ONUKU FARM TO FLEA BAY/ POHATU (11 KM, 5 - 7 HRS)
DAY 3	FLEA BAY/ POHATU TO STONY BAY/ OPATUTI (8 KM, 3 - 5 HRS)
DAY 4	STONY BAY/ OPATUTI TO AKAROA (10 KM, 5 - 7 HRS; OPTIONAL + 2 KM, + 1 HR)

what's included

- NZ\$300 per person donation to Wishbone
- 3 nights accommodation in farmstyle cottages based on multishare bunk rooms (3 - 4 bunks per room) with shared bathrooms
- Bunk mattress with bottom sheet, pillow and pillow case for 3 nights
- Fully equipped kitchens in farmstyle cottages including tea towels, dishwash liquid, cutlery, kettle, coffee plunger, pots, crockery, cooking utensils, fridge, gas cook tops, microwave (Nights 1 & 2 only), oven (Nights 1 & 2 only), gas BBQ (Nights 2 & 3 only)



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Introductory to Moderate

This hike involves a combination of what is described in our Introductory and Moderate levels. The emphasis is on introductory activity with several moderate stages. This adventure involves walking for up to 6 or 7 hours a day at a steady pace with plenty of uphill. You will need a good level of fitness and must be in good health. Be prepared for potential variable weather conditions.

Suggested preparation: We recommend 45 minutes of aerobic type exercise three times a week, from a minimum of three months period to your departure. This can include swimming, jogging, hard walking or cycling - good cardiovascular exercise. Hill or stair walking with a 7kg daypack is also highly recommended at least once a week.

During the walking stages you will need to carry your daily requirements such as water, lunch, spare clothing and personal items.

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.

important note

These trip notes represent the most current information available for this itinerary, and supersede any previous information found online, including but not limited to the itinerary and price.

- Commemorative Wishbone performance T-shirt
- Daily luggage transfer - 1 bag/pack, weight limit strictly 15kg
- Information booklet and route map (one per booking)
- Return Transport from Christchurch to Akaroa
- Transfer from Akaroa meeting point to accommodation at Onuku Farm on Day 1

what's not included

- Food - there are fully equipped cottage kitchens during the walk, a small farm shop on night 3, but you need to bring your own meals and snacks
- Drinks other than water - good drinking water is available at each night's accommodation
- Sleeping bag and towel
- Optional activities, extras and upgrades
- Items of a personal nature (eg. laundry, shopping, internet)
- Excess luggage storage (available for additional cost - please request in advance)
- 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 or Vanya Schoeler: vanya@nzoa.org.nz

detailed itinerary

DAY 1 Drive to Akaroa, transfer to Onuku Farm

We will meet in central Christchurch at 9:00am and drive to Akaroa, a charming little town nestled inside the harbour of Banks Peninsula. On the way we allow time for a visit to the Gallery Cafe in Little River. Akaroa has French and British origins; the architecture, lovely gardens, street names and many eateries still reflect this heritage. You will have the afternoon to soak up the ambience, wandering the shoreline, sampling some of the many gastronomic treats or joining one of the water-based activities such as whale or dolphin watching. We meet again outside the Old Post Office in Akaroa, 80 Rue Lavaud (on the corner of Rue Lavaud and Rue Balaguerie, opposite the BNZ bank) at 5:30pm with your luggage. Here you will meet a representative from our local partner for a short trip briefing before being transferred by bus to the first night's accommodation at Onuku Farm, at the trailhead of the Banks Track.

meals: NIL



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DAY 2 Onuku Farm to Flea Bay/ Pohatu (11 km, 5 - 7 hrs)

Commence the Banks Track (also called the Banks Peninsula Track) from the front gate of your accommodation at Onuku Farm. You will walk steadily upwards through open farmland with magnificent views across the Akaroa Harbour. There are some short side trips to alternative view points if you have extra energy before reaching Trig GG, the highest point on the track at 699m, with a 360 degree panorama of the peninsula and beyond. On a clear day, it is possible to glimpse Aoraki Mt Cook (New Zealand's highest mountain, 3724m) in the distant Southern Alps.

Descending the extinct volcanic crater rim from Trig GG on the way to sea level, you will pass through lush forest with magnificent old-growth red beech trees in the Tutakakahikura Reserve. Then take a few moments to visit a waterfall or two before reaching Flea Bay (Pohatu). The bay itself is a marine reserve supporting seals, dolphins, seabirds, fish and among other marine life, the largest Australasian Little Penguin colony on mainland New Zealand. Check the noticeboard inside the Flea Bay Cottage, where you stay tonight, for the timing of a complimentary guided penguin tour in the evening. This is available during the breeding season (October to December) and nests must not be visited unaccompanied. Moulting penguins can also be viewed in January and February but there are no tours after that as there are no penguins coming ashore. They spend most of their life at sea.

meals: NIL

DAY 3 Flea Bay/ Pohatu to Stony Bay/ Opatuti (8 km, 3 - 5 hrs)

Leaving the penguin colony, the track today is mostly open grazing land and winds its way along the tops of the rugged, craggy headlands of south eastern Banks Peninsula. It is the shortest walking day in distance but take your time to absorb spectacular views of sea cliffs, Flea Bay and the vast South Pacific Ocean disappearing over the horizon. Sit and contemplate at the halfway mark near Redcliffe Point, spend some time watching fur seals play at Seal Cave or you may be lucky enough to spot some dolphins offshore. Drop down into Stony Bay (Opatuti) where you pass by the landowner's homestead to find your accommodation for tonight. The Stony Bay cottages are set in lovely gardens and are full of character. You might like to enjoy an open air bath or browse the tiny museum where a collection of historical family artefacts reflects five generations of life in the bay.

OPTION: It is possible to do a 1 - 1.5hr guided sea kayak excursion in the Pohatu Marine Reserve, exploring the shoreline of Flea Bay, to observe marine wildlife such as seals, penguins, dolphins and sea birds. It is an early morning excursion prior to walking to Stony Bay. This **MUST** be pre-booked, additional cost applies and the activity is undertaken at your own risk. Please ask for details.

meals: NIL

DAY 4 Stony Bay/ Opatuti to Akaroa (10 km, 5 - 7 hrs; optional + 2 km, + 1 hr)

There is a steep ascent for the first half of today's walk as you climb approximately 700m from sea level up the flanks of the Peninsula's ancient volcanic crater. Passing through what is now some of Hinewai Reserve, you are following a similar route to both the first horse track (constructed in 1880's) and the first phone line (established 1914) between Stony Bay and Akaroa. Hinewai Reserve has been a working project to protect and restore native vegetation and wildlife since 1987. As far as possible introduced mammals and fire are excluded. Regeneration takes time but as you pass through beautiful forest including tree ferns, beech, podocarps, mixed hardwoods and kanuka the long term success of native trees taking over from exotic species such as gorse and broom is clearly evident. Emerging from the forest the track reaches the crater rim. There is an optional side track to Stony Bay Peak (806m) before the trail drops down to sea level in Akaroa, once again affording fabulous views of the harbour. Here you will meet your transport back to Christchurch at 4pm (drive time approx 1.5 hours) and you will be dropped in the central city in the early evening.

meals: NIL

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



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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 are 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, mean 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 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 over 4.0 million people and a rugged interior, the wilderness areas of New Zealand are many. Most 'Kiwis' 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 1800's 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.

accommodation on the trip

The price for this trip is based on farmstyle cottage accommodation on a multishare basis with bunk rooms containing 3 to 4 beds per room. Mattress, bottom sheet, pillows and pillow cases are provided. Bathrooms (with hot showers and flushing toilets) are shared and all cottages have communal kitchens and lounge areas. The layout of each cottage is different, with their own story and character, but all are cosy, comfortable and offer the same general facilities. There is no wifi at any of the accommodation along the track and mobile phone reception is only possible at Onuku Farm (Night 1). The cottages at Stony Bay (Night 3) have



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no electricity. It is possible to upgrade to a private room (additional cost applies), subject to availability as there are only two such rooms at each property. These have double beds only, with all linen provided. Bathrooms, kitchen and lounge are shared as normal.

As all accommodation on this trip is unhosted, and there are no shops or restaurants while staying at the farm cottages, you will need to bring and carry your own food.

Each farm cottage has a fully equipped kitchen including refrigeration. You will need to bring supplies for 3 breakfasts, 3 lunches and 3 evening meals. Your food will be transferred each day with your main luggage; you do not need to carry it (except for your packed lunch each day). Food supplies must be packed inside your main luggage, not tied to/ hanging off the side of your bag. Cold drinks and chocolate bars are available for purchase at Flea Bay Cottage; there is a small farm shop at Stony Bay (bring cash as there are no credit card facilities).

NOTE: There is a Farm/Trampers Shop at Stony Bay accommodation - the last night on the walking track. The shop is open to walkers throughout your stay. It is restocked every day and has a variety of choices with sufficient quantity to cater for individuals and groups. Prices are roughly similar to a remote country dairy (convenience store) and even if you don't need anything it is well worth a look.

Items available at this shop include: a good supply of cold drinks, limited selection of wine, cereals, milk, bread, butter, bacon, eggs, coffee, tea, sugar, chocolate, biscuits, crackers, soup, tinned goods, cheese, fresh fruit, fresh vegetables, noodles, pasta, sausages, steak, mince and ice cream. (Bear in mind that meat and bread is usually stored frozen so you should purchase these items a little in advance of when you want to eat them!) Purchases can be made with CASH ONLY.

joining instructions

On Day 1 of the trip, you will meet in Central Christchurch at 9am and be driven to Akaroa. You will have a free afternoon to explore Akaroa before making your own way to the track meeting point outside the Old Akaroa Post Office, 80 Rue Lavaud, Akaroa (opposite the BNZ bank, corner of Rue Lavaud and Rue Balaguerie) at 5:30pm. Please be ready with all your luggage. There will be a short trip briefing at which time you will receive a booklet containing maps and detailed information about history, flora and fauna and geology of the region. This is also your track ticket and you will need to carry this with you in case you are asked to prove you are a paid Banks Peninsula Track walker. You will also be advised where to find your luggage on completion of the walk (which returns to the meeting point).

Following the briefing you will be transferred to the first night's accommodation and the start of the walk.

On Day 4, you will walk back to Akaroa in your own time and make your way to 80 Rue Lavaud, Akaroa, where you joined the trip. Your luggage will be ready for collection from the secure storage location in Akaroa from 2:00pm. At 4pm you will meet your transfer back to Christchurch and will be dropped in central Christchurch by 6pm.

what you carry

Daypack with rain jacket, lunch and snacks, water bottle, warm jacket, sunscreen, camera, personal items

equipment required

Daypack, water bottle, sturdy walking shoes or boots, sun hat, sunscreen, rain jacket, warm clothing, lightweight walking clothes. A comprehensive gear list is included in the Pre-departure Information provided on booking

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luggage

Daily transfer of one piece of luggage per person during the walk is included in the trip price. Your luggage should be either a backpack, soft sports bag or small suitcase. Weight limit per item is STRICTLY 15 kg. Heavier items will not be transferred. There is a significant additional charge per item if you have additional luggage that you wish to be transferred. Extra luggage that you don't need during the walk can be stored securely, for a small fee, and collected on your return. Please bring any luggage you wish to store to the trip briefing.

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/SBZTGD>

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