

wishbone relay - around the mountains



trip highlights

- Fundraising for Wishbone and promoting orthopaedic research
- Ride the Queenstown Trails around Lake Wakatipu to Kelvin Heights
- Ride the new Lake to Lake trail from Lake Manapouri to Lake Te Anau
- Cycle through the alpine landscapes of the remote Von Valley
- Discover the pristine Mavora Lakes
- Cruise on the iconic TSS Earnslaw steamship across Lake Wakatipu



Trip Duration	4 days	Trip Code: SOG7730
Grade	Introductory to Moderate	
Activities	Cycling - Suitable for ages 12+	
Accommodation	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 06 Jan - 09 Jan

important notes

BP - Base Price

the trip

Join us on the Around the Mountains Cycle Trail, travelling for 4 days through secluded alpine valleys and remote lakes on a fully supported tour. From Queenstown, we cycle alongside Lake Wakatipu before heading to Kingston to start the trail. A ride through the rural Mataura valley takes us through the small township of Lumsden before continuing through Southland farmland and along the Oreti river.

The supported nature of this tour makes for an easy visit to Lake Manapouri to ride the breathtaking Lake to Lake trail. From Te Anau, we head back to the Around the Mountains trail to explore the magnificent Mavora Lakes and secluded Von Valley.

We visit the historic Walter Peak Station, before cruising back to Queenstown on the iconic TSS Earnslaw steam ship.

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	QUEENSTOWN TO LUMSDEN - UP TO 64KM CYCLE
DAY 2	LUMSDEN TO MOSSBURN - 58KM CYCLE
DAY 3	CENTRE HILL TO MAVORA LAKE & LAKE TO LAKE TRAIL 55KM
DAY 4	TE ANAU TO QUEENSTOWN VIA THE VON VALLEY - 55KM CYCLE

what's included

- NZ\$300 per person donation to Wishbone, plus NZ\$100 donation from Adventure South NZ for every bike hired
- All meals (3 breakfasts, 4 lunches, 3 dinners) catered to all dietary requirements
- 3 nights comfortable hotel/motel on a twin or double share basis
- Full vehicle support along the trail including trailer for luggage
- Experienced guides who handle all the hard bits and share epic stories
- Journey across Lake Wakatipu on the TSS Earnslaw Steam ship
- Commemorative Wishbone performance T-shirt
- Tasty nutritious snacks, drinks and treats



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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 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

Introductory to Moderate

The Around the Mountains Trail is graded introductory to moderate. You will be cycling on a mix of wide designated trails, some gravel roads with traffic with some undulating hills. You will need a reasonable level of fitness 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.

- Pre departure information kit to help you plan and prepare
- Access and concession fees paid to the Department of Conservation

what's not included

- Arrival and departure transfers
- All beverages, other than with breakfast
- Cycle hire (includes helmet)
- Water bottle (help us save the environment and bring your own bike drink bottle)
- Optional activities from Te Anau (entry to bird sanctuary, glow worm tour etc)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel Insurance

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 Queenstown to Lumsden - up to 64km cycle

We will meet our guides in central Queenstown at 8:00am for a tour briefing and a bike fitting. Our warm up ride takes us along the shores of Lake Wakatipu, following the Queenstown Trail to the historic Kawarau Falls Bridge, where Lake Wakatipu flows into the Kawarau River. We continue past impressive lakeside mansions and numerous jetties and beaches until reaching the Sculpture Trail at Kelvin Heights. Be sure to watch out for the Wakatipu Kuikui, a figure with wild hair blowing in the wind and magnificent views out over the lake.

We then transfer the short distance to the historic railway town of Kingston where we start the Around The Mountains Cycle Trail. Weaving our way through the pretty rural Mataura valley, surrounded by the Hector and Eyre mountains towards Garston and Athol, we cross a number of suspension bridges called the Golden Gate bridges.

Our ride today ends at Five Rivers where there is a cafe and gallery for us to visit before we drive to our accommodation in Lumsden where we will meet Perry and Ian who have cycled north from Bluff. We meet in the evening again for our first group dinner.

Cycling Distance:

Queenstown Trail to Kelvin Heights - 16km

Kingston to Five Rivers - 48km

meals: L,D

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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.

DAY 2 Lumsden to Mossburn - 58km cycle

This morning we transfer back to Five Rivers to continue the Around the Mountains Trail. We pass through rich farm lands by the banks of the Oreti River, to complete the section to Lumsden and then carry on along a mix of old railway line and well-graded track, threaded between the highway and farmland to Mossburn. Mossburn is known as the deer capital of New Zealand and a lunch stop at Bracken-Hall allows us to sample the region's famous venison pies and 'Southland sushi'.

This afternoon we continue to follow the Oreti River on purpose built trail, with views towards the imposing Fiordland mountains. At Centre Hill we have the option to load up the bikes and return to Mossburn or for those wanting a longer ride, we can return the same way back along the trail. We meet again in the early evening for our well earned dinner.

Cycling Distance:

Five Rivers to Mossburn - 35km

Mossburn to Centre Hill - 23km

meals: **B,L,D**

DAY 3 Centre Hill to Mavora Lake & Lake to Lake Trail 55km

After breakfast we set off riding from Centre Hill, where we finished yesterday towards the Mavora Lakes. This section of trail is not complete and we need to bike on a gravel road. The road can be busy and dusty, so there is the option to ride in the van. We then drive to Manapouri where we are dwarfed by the mountains looming all around us and there is no question that we are on the edge of the wonderfully remote Fiordland National Park. Our second ride takes us along the new Lake to Lake Trail connecting Lake Manapouri with Lake Te Anau, following the glistening Waiau River. We transfer to Te Anau and our accommodation, tonight we celebrate taking part on our 4 day adventure with Perry at our final group dinner.

Cycling Distance:

Centre Hill to Mavora Lakes - 35km

Lake to Lake Trail - 20km

meals: **B,L,D**

DAY 4 Te Anau to Queenstown via the Von Valley - 55km cycle

This morning we leave Te Anau and after a short drive we cycle from the hidden Mavora Lakes, a site of scenes from Lord of the Rings. We ride by the lakes and through the beech forest before continuing on to the colourful Von Valley. There is a real sense of isolation and the huge mountain and tussock landscape is vast. We farewell our supporting coach as we cycle downhill to the shores of Lake Wakatipu and Mount Nicholas station. Here we are greeted with stunning views of alpine peaks and snow covered Mount Earnslaw at the head of the lake. We follow the lakeside trail to Walter Peak Station, where we enjoy a celebratory drink in the historic homestead. We then board the historic TSS Earnslaw Steamer and cross Lake Wakatipu, returning us to Queenstown in the early evening. It's time to say a sad farewell as we pick you up from the wharf and drop you off in the central city, and Perry and Ian continue on their journey northwards.

Cycling Distance: Mavora Valley to Walter Peak Station - 55km

meals: **B,L**

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 which usually means a combination of dedicated cycle trails, and quiet secondary roads, both sealed and unsealed. Our cycleway tours travel through historic and scenic countryside. With easy gradient cycling, the



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occasional hill, a mix of character lodgings and motels, these tours are suitable for all level of cyclists. All of this so that you can enjoy the incredible scenery and landscapes, view the well-known sights and along the way eat delicious food, stay at unique accommodation and meet the locals.

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 wide ranging 10-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 Sinch Ezy 3 e-Bikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. e-Bikes are simple to operate, very comfortable to ride, and are more gentle on the body than a traditional bike. You still need to pedal, however our 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 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 should 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 pre-trip preparation will make your cycle tour a more enjoyable experience. Ask us for more details or advice. 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 recommend wearing bright, fluoro cycle clothing to increase your visibility on the road.

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

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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. The accommodation is on a twin share or double room basis with private facilities where possible. On the first night we stay in a historic hotel where most of the rooms have shared bathrooms. 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 with local accommodation options in Queenstown, please speak to our staff.

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.

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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.

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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



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etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle.

protecting the environment

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.

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/VLWXVW>

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