


IF YOU SEEK A THRILL

 Waitomo
Waikato

Heart-in-mouth adventures.

Aotearoa New Zealand has long been linked to adventure tourism. Of course, you can bungy, of course you can jet boat, but scratch the surface a little bit more and you might just find the immersive adventure you seek is also seeking you. From ziplining to sky diving, whatever thrills you're after, you'll find it in this little corner of the world.

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Through caves and canyons

Delve into spectacular caving systems, hidden in plain sight across the country. Whether you've never been underground before, or you are an experienced spelunker (caver), there is sure to be something to suit. In the mighty Waikato region, you can drift through glow-worm grottos in a tube or explore an entirely accessible cave (great for family adventures). If you've got a bigger itch to scratch, abseil 100m through vibrant green, misty flora and spend the day walking, wading, and swimming through the cavernous passages of the Lost World.

Flying through nature on ziplines

Get a bird's eye view of the landscape on a zipline tour. Safely glide from one anchor to the next, through native forest, across rivers, and over canyons. In Rotorua, zip through the wilderness and test your nerves on a 50m-high walkway. On Waiheke Island, you can take on the challenge with a friend on a series of dual flying-fox ziplines. In Queenstown, take a gondola ride and soar through treetops beside picturesque Lake Wakatipu.

On the water

Power through narrow river gorges, braided rivers, and alongside thundering waterfalls on an iconic Kiwi jet boat. There are many places throughout Aotearoa where you can skim the waters, including Lake Taupō in the north and the Buller River near Murchison in the south. A jet boat adventure on the Shotover River near Queenstown will have you screaming in delight as you shoot through rocky canyons.

Encounter giant glaciers

Fox and Franz Josef Glaciers on the West Coast are the most accessible glaciers in New Zealand. Take a guided heli-hike tour and fly high up to some of the most spectacular parts of the glacier to explore. Look closely and you may encounter the kea, New Zealand's cheeky alpine parrot.

Tasman Glacier in Aoraki Mt Cook is an entirely different adventure. Go skiing on this giant sheet of ice, or sail across the glacial lake where you'll get close enough to touch enormous glacial icebergs.

The sky's the limit

Feel the rush of the cold air as your helicopter waves you off. Take a deep breath and go. Heliskiing takes you to places that are inaccessible by road or foot. Join a guide and ski on fresh powder, carving your own tracks down Southern Lakes' premier mountains.

In the same region, helicopters can also take you to explore local gin distilleries. Or fly you deeper south to a luxury lodge in Fiordland, where you can enjoy a long gourmet lunch surrounded by breathtaking scenery.

For a heart-stopping adrenaline hit, strap on your harness, and let gravity do the rest. Sky diving is the ultimate adventure, soak in the incredible landscapes while you free fall from a fixed-wing plane. You can skydive in many places across the motu (island), with each operation offering something a little different from the next.

On the edge

Is it really a trip to New Zealand without strapping a cord around your ankles and taking that heart-stopping leap of faith? Bungy jump from bridges, ledges, platforms perched on cliffs, over canyons, and even off the tallest tower in Auckland. Awaken that adventurer inside and take the plunge.



Altitude Heli Gin Tour, Queenstown



Canopy Tours, Rotorua



Shotover River, Queenstown



Kawarau Bridge Bungy, Queenstown