

# Get your heart racing

Welcome to your world of wonder. Where dense, temperate forests are laced with walks to fairy-tale waterfalls and pristine, golden sand beaches stretch as far as the eye can see. Where ancient glaciers sit within stunning rainforests and coastal marine sanctuaries teem with wildlife. This is Aotearoa New Zealand, and it's waiting for you to explore.

## Days 1-2: Auckland/Waikato

Wander the colourful streets and breathe in the atmosphere of Tamaki Makaurau (Auckland). This is the largest city you will see in New Zealand, and the special thing about this place is that despite its size, its soul runs deep. Lose yourself along remote forest trails or get out on the water and feel the salty breeze swirl around you. Dine at a waterfront restaurant and breathe out. You have made it. Your adventure begins now.

A little down the road at Waitomo, you will find a magical place, where glow-worms dance inside underground caves and adventurers ride in tubes through black water-filled tunnels. Find that seeker inside and feel your senses come alive as you abseil 100 metres into a yawning cavern, blanketed in misty flora.

Be guided through a protected maunga (mountain) by a knowledgeable rongoā (healing) practitioner and learn the Māori tikanga (custom) associated with harvesting, preparing, and using plants for health and wellbeing.

## Days 3-4: Rotorua

Head through to Rotorua and immerse yourself in culture and geothermal activity. Zipline through ancient native forest, feast on kai (food) from the ground and witness the spectacle of volcanic geysers shooting into the air. Lather yourself in healing geothermal mud, discover heated pockets on the shores of the region's lakes and hear dramatic and meaningful stories from the Te Arawa people that have been passed down from their ancestors for generations.

## Day 5: Christchurch

Fly to Christchurch, a revitalised and innovative city full of secrets to uncover. Soak in therapeutic saltwater hot pools by the beach or explore the city's dynamic food offerings. Play with the world's smallest dolphin or hop on a kayak and explore the Pohatu marine reserve on the outer coast.

#### Days 6-7: West Coast

The West Coast is a truly wild place, an enigma at the edge of the world. Behold the hypnotic sea and curious black sand, rugged rainforests, and enormous glaciers. Take a heli-hike adventure and walk on top of the world. By the afternoon you could be drifting across a tranquil lake created by the same glacier you were just on, exploring hidden creeks and listening to the chorus of nature.

## Days 8-10: Wanaka/Queenstown

The Southern Lakes region is jaw-droppingly beautiful. Small towns perched beside sparkling lakes and commanding mountain ranges that surround them gives you an inkling that you are in an extraordinary place.

Guided walks on untouched islands, 4WD adventures, jumps and swings, ziplines and catapults, it is all here. Take to the skies for a gin tour like no other or play in the snow high above Queenstown. Whatever you decide, there is no doubt that these places will leave you wanting more.







