


IF YOU SEEK NEW FLAVOURS



 Hiakai
Wellington

Tempt your taste buds.

When you follow your senses, you will be transported to places that can inspire you in different ways. And if you have the curiosity to seek, Aotearoa New Zealand will not disappoint. Sharing food is no new concept, but as you taste your way around the motu (country) you will experience this with manaakitanga (hospitality).

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A diverse and exciting culinary scene

With accessible, fresh produce available across the motu (country), it's not hard to find something to write home about. New Zealand is not just about lamb and hokey pokey ice cream (although both are quite delicious). Our experimental and creative chefs are forging new paths, challenging everything they've known about producing exceptional food. What has emerged is a plethora of choice with rich flavours, outstanding presentation, and a deeper, more meaningful connection to the whenua (land) you are exploring.

Fresh from the sea

Kai moana (food from the sea) is a unique and exciting prospect in New Zealand. From the source to the plate is not just an aspiration, it's a sure thing. Kaikōura crayfish (lobster) from a caravan, greenshell mussels on a launch served straight from the farm, king salmon from the highest salmon farm in the world – if you can dream it, you can eat it.

If finding and catching your own food is something that gets your spine-tingling, a fishing trip is an iconic Kiwi experience that will see you exploring nature in an entirely new way. Visit Lake Taupō, the largest lake in New Zealand created thousands of years ago by a spectacularly violent volcanic eruption. The abundant waters are home to several diverse types of fish, including rainbow and brown trout. Cast your line into the waters and if Tangaroa (god of the sea, lakes and rivers and the creatures that inhabit them) is shining down on you, haul in your catch. You can choose to release it back, or have the skipper prepare it to take away with you. You will find most accommodation in the region will be more than happy to cook and serve whatever you bring them.

Hāngī: a must-do foodie experience

About an hour up the road, you'll find Rotorua, a geothermal hotspot renowned not only for geysers and culture but for its culinary prowess as well. A modern-day hāngī is a brilliant way of demonstrating how the past influences and fuses with the present. While traditional hāngī was kai (food) wrapped in flax leaves and cooked in a pit dug in the ground, chefs are now using modern materials such as cloth, foil, and wire baskets to get the same incredible taste in a more convenient way.

Delicious food-focused tours

Discover foody secrets with a guided food and wine tour or hop on a bike and go where only two wheels can take you. The Great Taste Trail in Nelson is but one of Aotearoa's 23 Great Rides that highlight the regions from a different angle. Enjoy fruit stalls, fish and chips on the beach, savoury pies (if you haven't tried one, you must!), and real fruit ice cream. Take your bike on a short ferry ride to Mapua and dine at one of the waterfront eateries. Try a craft beer or two, get talking to the locals and see where the rest of the day takes you.

The craft beer scene

If the craft beer scene is something that excites you, Te Whanganui-a-Tara (Wellington) should be on your destination list. A walking tour with a passionate imbiber is the best way to find those hidden gems. Meet the brewers and get a behind-the-scenes look at how these microbreweries are changing the cityscape, traditionally known for great coffee.



Te Anau, Fiordland



Te Puia, Rotorua



Great Taste Trail, Nelson



Fortune Favours, Wellington