

**SOUTH ISLAND SOUTHERN ALPS
15 DAYS/ 14 NIGHTS
CHRISTCHURCH to CHRISTCHURCH
ITINERARY**

Please bring this information with you to the tour start.

Distances are given in kilometres. 1 km = 0.62 miles.

Cycling distances given are entirely optional; cycle as little or as much as you wish each day, the shuttle van will always be available. Suggested cycling distances are given for each day as follows:

Cas.= casual cyclists, Int.= intermediate cyclists, adv= advanced cyclists.

The tour starts in the cathedral city of CHRISTCHURCH, (pop. 350,000) New Zealand's cycling capital. It is an attractive city with the river Avon winding its way through the centre bordered by weeping willows, and has an excellent botanical garden at Hagley Park.



MEETING DAY / DAY ONE:

Meet your cycling companions at noon at

The Holiday Inn on Avon
356 Oxford Terrace, Christchurch.
Phone 03 379 1180 fax 03 366 7590

The hotel is only a 10 minute walk from Cathedral Square and about 15 minutes drive from Christchurch International Airport.

Should you need to contact Pedaltours please call the Auckland office, Richard, Helen or Lisa Ph: 0800 302 096.

Your tour leader will hold a trip orientation meeting prior to lunch. Time will be set aside to fit you to your Pedaltours rental bike or unpack your own.

Dinner will be at 7.00 pm.

Lodging: (Lunch and dinner included)

The Holiday Inn on Avon,
356 Oxford Terrace, Christchurch
Phone: within N.Z. toll free 0800 655 300, or 03 379 1180 Fax: 03 366 7590
<http://www.holidayinnchristchurch.nz-hotels.com/>

Facilities: Bar, laundry, gymnasium, sauna and plunge pool. Private facilities.

Features: High standard accommodation in a quiet setting by the river Avon.

Day Two: Christchurch to Arthur's Pass.

Porter's Pass to Arthur's Pass: cas./int. 51 km./ 32 mi.

Springfield to Arthur's Pass W.Lodge: adv. 68 km / 42.5mi

The Pedaltours minibus takes us through the suburbs and across the Canterbury Plains to the Torlesse Range and Porters Pass (929m). At the top of the pass we unload the bikes to enjoy an exhilarating descent to Lake Lyndon. The terrain is rolling as we pass Lakes Pearson, Grasmere and Sarah on our way to the Waimakariri River and the gentle climb through dense beech forest to Arthur's Pass National Park.

Lodging: (Breakfast, lunch and dinner included)

Wilderness Lodge Arthur's Pass, Arthur's Pass
Phone 03 318 9246 arthurpass@wildernesslodge.co.nz
www.wildernesslodge.co.nz

Facilities: Licensed restaurant and laundry.

Features: Daily guided nature trips in a true alpine setting.

Cycling distances given are entirely optional; the support van will be available at any time.

RouteDescriptions/ RouteDescriptions for website/Salp15

Day Three: Arthur's Pass to Hokitika.

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|-------------------------------|------|----------------|
| Wilderness Lodge to Jackson's | cas. | 50 km / 31 mi |
| Wilderness Lodge to Kumara: | int. | 89 km / 56 mi |
| Arthur's Pass to Hokitika: | adv | 119 km / 74 mi |

We ride through beech forest to Arthur's Pass village and then climb to the top of the pass, dominated by Mt Rolleston (2270 m.) The descent through Otira Gorge is very spectacular and initially steep. From Jacksons (a quaint old pub) the terrain is gentle as we ride alongside the Taramakau River. Through stands of native forest, we reach Kumara (tavern) where we meet to drive the last few miles to our lodging

Lodging: (Breakfast, lunch and dinner included)
 Jade Court Motor Lodge, 85 Fitzherbert Street, Hokitika.
 Phone 03 755 8855 Fax. 03 755 8133
<http://www.jadecourt.co.nz/> jadecourt@minidata.co.nz
 Facilities: Internet facilities and laundry
 Features: Luxury units in attractive garden setting.

Day Four: Hokitika to Franz Josef Glacier

| | | |
|-----------------------------------|------|------------------|
| Mt Hercules summit to Franz Josef | cas. | 51km / 32 mi |
| Lake Ianthe to Franz Josef: | int. | 80 km / 50 mi |
| Hokitika to Franz Josef Glacier: | adv. | 135 km / 84.4 mi |

Hokitika is known for greenstone (jade) which is collected from local river beds and can be seen worked in a shop factory.

Crossing the Hokitika River we head south through native bush of rimu and kahikatea (white pine). The country is rolling with one climb after the town of Harihari and a final flat run from Whataroa. Entering Westland National Park as we pass beautiful Lake Mapourika, we have superb views of snow-capped peaks.

Lodging: (Breakfast, lunch and dinner included)
 Punga Grove Motor Lodge, Franz Josef, Waiho Gorge, Westland.
 Phone 03 752 0001 Fax. 03 752 0002
<http://www.pungagrove.co.nz/> host@pungagrove.co.nz
 Facilities: Laundry, spa pool, internet access
 Features: Peaceful rainforest setting with a backdrop of snow capped peaks and flowing glaciers. Walking distance to flightseeing operators.

Cycling distances given are entirely optional; the support van will be available at any time.

Day Five: Franz Josef

Rest Day

A walk up the glacier valley gives spectacular views of the terminal ice, while the Westland National Park Visitors Centres house a wealth of information. (Thirteen percent of N.Z. is national park.) Also highly recommended are ski- plane or helicopter flights over snowfields, forests and glaciers. Neighbouring Okarito Beach, site of Abel Tasman's landfall and once a thriving town, is a further option.

Lodging: (Breakfast included, lunch and dinner not included today)
Punga Grove Motor Lodge, Franz Josef, Waiho Gorge, Westland.
Phone 03 752 0001 host@pungagrove.co.nz

Day Six: Franz Josef to Lake Moeraki
Bruce Bay to Lake Moeraki cas. 43 km / 27 mi
Fox to Lake Moeraki: int. 89 km / 56 mi
Franz Josef to Lake Moeraki: adv. 114 km / 71 mi

From Franz Josef to Fox Glacier is just 24 km, but includes three quite severe climbs (and descents); it is through beautiful native forest. The remaining terrain is very gently undulating. From Fox to Lake Paringa the road passes through lush rain forest of rimu and rata, flax filled swamps and past rugged hills. The many rivers become raging torrents after rain. With fine weather there will be superb views of Mt. Cook and the Southern Alps.

Lodging: (Breakfast and dinner included, lunch not included)
Lake Moeraki Wilderness Lodge.
Phone 03 750 0881 Fax. 03 750 0882
www.wildernesslodge.co.nz lakemoeraki@wildernesslodge.co.nz
Facilities: Licensed restaurant and bar, and drying room.
Features: Riverside setting, beautiful bush walk to the beach.
Canadian canoes available for a paddle on the lake.

Day Seven: Lake Moeraki to Makarora
Haast to Pleasant Flat: cas. 49 km / 31 mi
Lake Moeraki to Pleasant Flat int. 78 km / 49 mi
Lake Moeraki to Makarora: adv. 112 km / 70 mi

Just south of Lake Moeraki, Knights Point affords excellent views of the rugged coastline where seals can often be seen basking in the sun. From Haast we head inland, following the Haast River towards the snowcapped peaks. We pass innumerable waterfalls and much bird life, notably keas, fantails and bellbirds. After lunch the stiff climb through the Gates of Haast is negotiated before the gentle descent to Makarora.

Lodging: (Breakfast, lunch and dinner included)
Makarora Wilderness Resort, Makarora
Phone (03) 443 8372 Fax. (03) 443 1082
<http://www.makarora.co.nz> info@makarora.co.nz
Facilities: Swimming pool, restaurant.
Features: Jet boating up Wilkin River into Mt. Aspiring National Park.
Cycling distances given are entirely optional; the support van will be available at any time.

Day Eight: Makarora to Wanaka int/adv 66km / 41 mi.
Makarora to Hawea: cas. 50 km / 30 mi

The country is now dramatically drier, dense bush giving way to open sheep paddocks. The road closely follows Lake Wanaka, crosses the Neck to Lake Hawea and then recrosses to Lake Wanaka.

Lodging: (Breakfast included; lunch and dinner not included)
Te Wanaka Lodge, 23 Brownston St, Wanaka.
Phone 03 443 9224 Fax. 03 443 9246
<http://www.tewanaka.co.nz/> info@tewanaka.co.nz
Facilities: Bar, two lounges, spa pool, and laundry.
Features: Lake and mountain views, the area is known for fishing and skiing.

Day Nine: Wanaka to Queenstown
Wanaka to Cardrona Hotel: cas. 27 km / 17 mi
Wanaka to Queenstown via Crown Range: int/adv 78 km / 49 mi

Our route today takes us up the Crown Range, over the Cardrona Road. We climb past the historic Cardrona Hotel; on reaching the top there will be amazing views of The Remarkables mountain range and Queenstown. We descend the exhilarating hairpin bends down to Arrowtown, with its quaint old cottages and avenues of elms.

An easy flat ride beneath Coronet Peak, a winter ski field, takes us to Arthur's Point where we cross the Shotover River on our way to Queenstown. Surrounded by mountain peaks (including the famous Remarkables), and set on Lake Wakatipu, Queenstown has much to offer.

Lodging: (Breakfast, lunch and dinner included)
Cophorne Lakefront Hotel, cnr Frankton Rd & Adelaide St, Queenstown
Phone 03 442 8123 Fax. 03 442 7472
cophorne.lakefront@millenniumhotels.co.nz
<http://www.millenniumhotels.co.nz/cophornequeenstownlakefront/index.html>
Facilities: Licensed bar, restaurant, spa, internet access, laundry.
Features: Five minute walk to town centre.

Day Ten: Queenstown

Options today include a jet boat or rafting trip on the Kawarau or Shotover Rivers, the steamer "Earnslaw" to visit a high country sheep station, the gondola cableway, Skippers canyon, a flight to Milford Sound (fiord), and much more. Queenstown also has an excellent botanical garden and a very good shopping centre.

Lodging: (Breakfast included, lunch and dinner not included)
Cophorne Lakefront Hotel, cnr Frankton Rd & Adelaide St, Queenstown
Phone 03 442 8123 Fax. 03 442 7472
Cycling distances given are entirely optional; the support van will be available at any time.

Day Eleven: Queenstown to Omarama. 173 km / 108 mi
Lindis Pass to Omarama: cas. 32 km / 20 mi
Tarras to Omarama: int. 80 km./ 50 mi
Cromwell to Omarama: adv. 111 km / 69 mi

We drive from Queenstown to Cromwell, on Lake Dunstan, as we head for Lindis Pass (971m), with its huge sheep stations of 25 to 30,000 acres. From the tiny settlement of Tarras the road climbs gently beside the Lindis river with its weeping willows. The summit affords sweeping views of Otago tussock country and a wonderful descent to Omarama known for fly fishing and gliding.

Lodging: (Breakfast, lunch and dinner included)
Heritage Gateway Hotel, Omarama.
Phone 03 438 9805 heritagegateway@xtra.co.nz
www.heritagegateway.co.nz
Facilities: Bar and laundry.
Features: Local trout fishing and gliding

Day Twelve: Omarama to Mt Cook
Peter's Lookout to Mt Cook. cas. 44 km / 27.5mi
Twizel to Mt Cook: int. 66 km / 41 mi.
Omarama to Mt Cook: adv. 94.5 km / 59 mi

Mt. Cook, our next destination, should be visible before Twizel is reached (the town was built to house dam and canal construction workers and has an interesting audio-visual display centre). The road to Twizel is flat and thereafter gently undulating. The ride alongside Lake Pukaki will bring spectacular Tasman Glacier and Mt. Cook village ever closer.

Lodging: (Breakfast, lunch and dinner included)
Mt Cook Chalets, Mt Cook Village
Phone 03 435 1809 reservations@hermitage.co.nz
<http://www.hermitage.co.nz>
Facilities: Self-contained chalets with kitchen and Sky TV.
Features: In the heart of the National Park, close to many snow-capped peaks and glaciers.

Cycling distances given are entirely optional; the support van will be available at any time.

Day Thirteen: Mt Cook to Fairlie

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| Tekapo to Fairlie: | cas. | 44 km / 28 mi. |
| Lake outlet to Fairlie | int. | 91 km / 57 mi |
| Mt Cook to Fairlie: | adv. | 148 km / 93 mi |

To fully appreciate the beauty of the area we take a walk up Hooker Valley to Hooker Glacier terminal moraine, the start of the trans-alpine Copland Track.

The day's ride starts near the outlet of Lake Pukaki and follows the Tekapo canal through the wide open spaces of the MacKenzie Basin. At Tekapo the church of the Good Shepherd's stained glass window is a photographic must. Down Burkes Pass we ride to Fairlie, where we meet our farm hosts.

Lodging: (Breakfast and dinner included, lunch not included)
Farm Stay, Fairlie
(four guests per host. Written details of your host and their property will be supplied by your guide)

Day Fourteen: Fairlie to Christchurch:
Cave turn off to Timaru cas. 36 km / 23 mi
Fairlie to Timaru: int./adv. 64 km / 40 mi.

Your hosts will show you their property and a little of their lifestyle and then we cycle along a very attractive quiet road through a gorge to Cave; the road then sidles above the Pareora Gorge, following the main water route to Timaru. Approaching Timaru you will pass lifestyle blocks (small farms). Here we take the Pedaltours minibus back to Christchurch for our farewell dinner.

Lodging: (Breakfast, lunch and dinner included)
Holiday Inn on Avon
356 Oxford Terrace, Christchurch
Phone: within N.Z. toll free 0800 655 300, or 03 379 1180
<http://www.holidayinnchristchurch.nz-hotels.com/>
Facilities: Bar, laundry, gymnasium, sauna and plunge pool.

Day Fifteen: Christchurch (breakfast is included)

It is here that we must say farewell, a safe journey home and hope to see you again.

Cycling distances given are entirely optional; the support van will be available at any time.

You may wish to leave the following accommodation listing with friends or family.

SOUTH ISLAND SOUTHERN ALPS 15 DAY TOUR

| Day | Date | Location | Accommodation | Phone |
|-----|------|-----------------|-----------------------|-------------|
| 1 | | Christchurch | Holiday Inn on Avon | 03 379 1180 |
| 2 | | Arthur's Pass | Wilderness Lodge | 03 318-9246 |
| 3 | | Hokitika | Jade Court | 03 755 8855 |
| 4 | | Franz Josef | Punga Grove | 03 752 0001 |
| 5 | | Franz Josef | Punga Grove | 03 752 0001 |
| 6 | | Lake Moeraki | Lake M. Lodge | 03 750 0881 |
| 7 | | Makarora | Makarora Wild. Resort | 03 443 8372 |
| 8 | | Wanaka | Te Wanaka Lodge | 03 443 9224 |
| 9 | | Queenstown | Copthorne Lakefront | 03 442 8123 |
| 10 | | Queenstown | Copthorne Lakefront | 03 442 8123 |
| 11 | | Omarama | Heritage Gateway | 03 438 9805 |
| 12 | | Mt Cook | Mt Cook Chalets | 03 435 1809 |
| 13 | | Fairlie | Farmstay | |
| 14 | | Christchurch | Holiday Inn on Avon | 03 379 1180 |
| 15 | | Depart for home | | |