



THE ULTIMATE ADVENTURE: YOGA AND HIKING RETREAT IN NEW ZEALAND



January 23 – February 7, 2020
January 23 – February 14, 2020 (with extension)



Auckland, Wellington, Rotorua, Tongariro, Blenheim, Glacier Country, Queenstown
(Part 1)
Queenstown, Glenorchy, Wanaka (Part 2).



Fra kr. 48.900 per person når to reiser sammen



Turprogram

Yoga Master Ulrica Norberg and travel- and hike producer Maria Söderholm have designed a unique concept that combines the highest quality body, mind and spirit adventure. A blend of hiking, nature, culture and yoga in some of the world's most fascinating places where human nature meet earth nature in beautiful serene union.

In 2020 our destination is New Zealand. A country with a phenomenal richness in culture, nature and health. Ulrica and Maria knows New Zealand very well. Ulrica has spent much time here and Maria has worked as a tour guide. They have picked their favourites which sets out to be a very unique and special adventure, and an ideal way to experience this breathtaking country. Everyday has its own special frame, a rhythm one might say where each day lead to the next. Maria and Ulrica are very experienced in designing these trips to make the optimal blend of rest, activity, learning and experiencing. You will be integrating with nature through fantastic hikes, enjoy daily yoga and meditation sessions and get to know New Zealand from the inside out.

Imagine yoga and meditation in beautiful nature backdrops, hiking through spectacular landscapes, walk in rainforests, ice climb on a glacier, meeting the locals, discover The Hobbiton movie set, try local wine tasting and learning about the tradition of the Maoris.

In our retreats we prioritize great accommodation and high quality foods, as organic and mindful as we can get.

Yes, this adventure will be mesmerising and definitely memorable for as long as you live.

In terms of travel, we will begin the adventure from the City of Auckland on the North Island.

Destinations part #1

Auckland, Wellington, Rotorua, Tongariro, Blenheim, Glacier Country, Queenstown

Additional destinations part #2 (extended trip)

Queenstown, Glenorchy, Wanaka

Itinerary

JANUARY 23: Departure from Scandinavian airports

We are flying to Auckland via London and Hong Kong with Cathay Pacific.

JANUARY 25: Auckland

Arrival at Auckland Airport where a private coach will take us to the Sky City Hotel. We will enjoy a much needed yoga session in the afternoon at Skycity Marlborough Room and the rest of the day is spent at your leisure.

Auckland is the main Gateway City to New Zealand with a population of 1.5 million, and is the centre of commerce and industry – but within minutes of the city you can experience uncrowded beaches, rural countryside and forests.

Accommodation: [Sky City Auckland](#), premium room type

JANUARY 26: Taste of Waiheke

From the downtown ferry building we are travelling to beautiful Waiheke Island for a day of sightseeing, wine tasting, yoga/meditation on site and lunch in beautiful surroundings.

Accommodation: [Sky City Auckland](#), premium room type

Meals: breakfast and lunch

JANUARY 27: Auckland – Matamata – Rotorua

The journey from Auckland to Rotorua includes a stop for a guided tour of the Hobbiton movie set and lunch in the Festive Marquee.

Accommodation: [Millennium Rotorua](#), Superior Lakeview room type

Meals: breakfast and lunch

JANUARY 28: Rotorua

Rotorua exploration day. Outdoor yoga, Geysers, hot springs.

In the evening we will travel to Tamakai Maori Village for a cultural performance and dinner.

Rotorua has the most energetic thermal activity in the country with boiling mud pools, gurgling hot springs, gushing geysers and some rather unpleasant smells. Rotorua also has the largest Maori population and some of the best trout fishing in the world.

Accommodation: [Millennium Rotorua](#), Superior Lakeview room type

Meals: breakfast and dinner

JANUARY 29: Rotorua – Taupo – Tongariro

Today, we are traveling to the mountains, volcanoes and alpine lakes via Taupo. Travel time is approx. 5.5 hours including a stop for yoga.

The mountains are the focal points of Tongariro National Park, New Zealand's first national park, created in 1887, and now also a world heritage park.

Accommodation: [Chateau Tongariro Hotel](#), Run-of-House room type

Meal: breakfast

JANUARY 30: Tongariro Crossing

Let's go hiking! This famous hike is known as one of the world's best. Mount Tongariro is not a single volcano, but a complex of craters which have been active at different periods. The landscape in Tongariro is peppered with different colored and shaped craters, scoured volcanic rocks, mountain springs, and brightly colored emerald lakes. Several of the scenes from Mordor in «Lord of the Rings» are from this spectacular region. We will have a local guide with us and enjoy a magical outdoor yoga session during our hike.

Accommodation: [Chateau Tongariro Hotel](#), Run-of-House room type
Meals: breakfast and lunch

JANUARY 31: Tongariro – Wellington

Today we will be traveling from Tongariro to Wellington, approx. 5.5 hours.

Wellington, the capital city of New Zealand, is nestled amongst the green hills and valleys and surrounds one of the finest natural harbours in the world. A true maritime city with a festival atmosphere, Wellington provides a perfect setting for an array of cultural, sporting and leisure activities that happen all year round. Here is a place where you can breathe fresh, invigorating air and swim in clear sparkling waters. As the artistic and intellectual heart of New Zealand, Wellington is alive with music, theatre, dance and song, both European and Maori.

Yoga in the afternoon.

Accommodation: [Grand Mercure](#), Wellington room type
Meal: breakfast

FEBRUARY 01: Picton – Blenheim

Today we will cross the spectacular Marlborough sounds by ferry. Perfect for taking pictures and just taking in the beautiful sights. The lushness, mountains, green hills, beautiful sea life and breeze will fill your lungs and spirit with new energy. We will arrive in the cute, boho chic, artsy and picturesque Blenheim where we will spend the rest of the day exploring.

The Marlborough Region has a wide range of leisure activities, including swimming with dolphins and whale watching; walks through the bush and along rugged coastline, as well as scenic boat cruising, fishing, water sports and kayaking. The relaxed lifestyle and the flourishing wine and gourmet food industry in Marlborough are highly enjoyable.

On our way to Blenheim we will visit two local vineyards for wine tasting.

Accommodation: [Scenic Hotel Marlborough](#), superior room type
Meal: breakfast

FEBRUARY 02: Blenheim – Punakaiki – Franz Josef

Today we travel all the way to Franz Josef, a journey of about 8.5 hours. Along the way we will take breaks for outdoor yoga, and enjoy a lunch while you enjoy the beautiful scenery.

In the evening we will enjoy a 3-course dinner at the hotel restaurant.

Accommodation: [Te Waonui Forest Retreat](#), deluxe room type
Meals: breakfast and dinner

FEBRUARY 03: Franz Josef Glacier

Today we will be hiking the Franz Josef Glacier. We will meditate on the glacier as well practice yoga in the morning and evening.

There is also an opportunity to take a helicopter tour for those not up to hiking on ice (helicopter ride is at an extra cost).

New Zealand's Glacier Country, on the South Island's West Coast, is at the heart of the broader UNESCO World Heritage Area, Te Wahipounamu – South West New Zealand. Among the highlights of the West Coast, the Fox and Franz Josef Glaciers are unusual, since nowhere else in the world do glaciers descend this far down into rain forest.

Accommodation: [Te Waonui Forest Retreat](#), deluxe room type
Meal: breakfast

FEBRUARY 04: Franz Josef – Haast – Queenstown

Travel from Franz Josef to Haast via Fox Glacier (2.5 hours)

We will make a stop at Haast River Alpine Rainforest for a picnic lunch (1.5 hours) and a hike.

Travel from Haast to Queenstown via Wanaka & Arrowtown (4 hours) Upon arrival in Wanaka we will have a yoga session.

Accommodation: [Scenic Suites Queenstown](#), 1 bedroom suite room type
Meals: breakfast and lunch

FEBRUARY 05: Queenstown

Queenstown, right on the shores of Lake Wakatipu, is nestled in what is surely one of the most scenic spots in the world. Queenstown is a year-round resort, with skiing in the nearby Coronet Peak and Remarkables Ranges in winter, and a whole host of summer activities focusing on the mountains, lakes, and rivers of Central Otago. There are over a 100 attractions on offer from bungee jumping to art trails, and many of these activities are perfectly well suited to anyone of whatever age, however unfit

they may be. Queenstown has a compact town centre which is buzzing every night with a lively café and bar scene and late night shopping.

Today we will hike in the surrounding areas of Queenstown. In the late afternoon, we will enjoy another yoga session.

Part 1 of this journey has come to an end. Ulrica and Maria would like to invite everyone to go out for dinner at a local restaurant in Queenstown (not included).

Accommodation: [Scenic Suites Queenstown](#), 1 bedroom suite room type
Meal: breakfast

FEBRUARY 06: Departure Queenstown (part #1)

Coach transfer from hotel to Christchurch airport where the tour (part #1) concludes. Flights back to Scandinavia from Auckland via Hong Kong and London.

FOR THOSE WANTING MORE:

Part #2 – THE EXTENTION Adventure /optional extension trip

Hiking and daily yoga.

FEBRUARY 06: Exploring Queenstown (part #2)

Looking for adventure? This is ADVENTURE heaven. Everything is up for grabs. The attitude of this region is that life happens NOW. What we manifest today, will be within our reach tomorrow.

Let's make a leap into life and celebrate life and love.

Accommodation: [Scenic Suites Queenstown](#), 1 bedroom suite room type
Meal: breakfast

FEBRUARY 07: Queenstown – Glenorchy

On this extended trip, we will discover some of New Zealand's best kept secrets.

The small town of Glenorchy is perched on the edge of Fiordland and Mt Aspiring National Parks, on the shores of Lake Wakatipu – it's real Lord of the Rings country. Surrounded by the Humboldt and Richardson Mountains, Glenorchy is the perfect base for 4 nights at Camp Glenorchy, New Zealand's only net-zero energy accommodation. To finish the day we'll sit down together to enjoy a delicious Kiwi-style meal prepared by the talented chefs of Camp Glenorchy.

Coach transfer from Queenstown to Glenorchy (45 mins)

3-course dinner at Camp Glenorchy café

Accommodation: [Camp Glenorchy](#), Eco-Cabins room type
Meals: breakfast and dinner

FEBRUARY 08: Glenorchy – Hiking and Yoga

Camp Glenorchy is New Zealand's first Net Zero Energy Retreat & Cabins. It's part of The Headwaters, an inspiring revitalisation of classic camping, cabins, group gathering and retail services in the Glenorchy community. At the end of a beautiful 40-minute drive up the scenic shores of Lake Wakatipu you'll find Camp Glenorchy nestled near the base of the towering Richardson and Humboldt mountains. Here natural beauty surrounds you, both in the unforgettable landscape and in the warmth of the people of Glenorchy. Whether you're seeking time in the outdoors, memorable adventures, or some quiet time away, Camp Glenorchy is designed to inspire our visitors and guests.

3-course dinner at Camp Glenorchy café

Accommodation: [Camp Glenorchy](#), Eco-Cabins room type
Meals: breakfast and dinner

FEBRUARY 09: Glenorchy – Hiking and Yoga

Glenorchy is a small settlement at the northern end of Lake Wakatipu in the South Island region of Otago. There are several pubs, a café and a range of small shops in the town catering mainly to tourists but also to the small resident population. The Dart River and Rees River flow into the head of Lake Wakatipu next to Glenorchy

3-course dinner at Camp Glenorchy café

Accommodation: [Camp Glenorchy](#), Eco-Cabins room type
Meals: breakfast and dinner

FEBRUARY 10: Glenorchy – Hiking and Yoga

Enjoy the last day in this beautiful place before our journey continues. 3-course dinner at Camp Glenorchy café.

Accommodation: [Camp Glenorchy](#), Eco-Cabins room type
Meals: breakfast and dinner

FEBRUARY 11: Glenorchy – Manapouri

Morning yoga.

Coach transfer from Glenorchy to Manapouri (3 hours)

The adventure continues with a magical cruise across the crystal waters of Lake Manapouri to West Arm where a coach will take us across the alpine route of Wilmot

Pass through some of Fiordland's most dense rainforest. Upon reaching Deep Cove board the Real Journeys vessel Fiordland Navigator for a leisurely exploration of Doubtful Sound. View waterfalls, rainforest, mountains and various wildlife including bottlenose dolphins, fur seals and the rare Fiordland Crested Penguin. The vessel then anchors overnight in one of Doubtful Sound's hidden arms.

Includes: Real Journeys Doubtful Sound Overnight Cruise.

Accommodation: [Doubtful Sound Overnight Cruise](#), private cabins

Meals: breakfast and dinner

FEBRUARY 12: Manapouri – Wanaka

On our last day of this journey, we will travel to beautiful Wanaka, where we will be staying at the Oakridge Resort Wanaka, just minutes from the shores of Lake Wanaka.

Featuring hotel rooms and self-contained apartments, outdoor heated pool complex consisting of rock pools, 7 hot tubs, 25m lap pool, sauna and fitness center all complemented by the "Poolhouse Restaurant and Bar" and the Sanctuary Day Spa.

This is the perfect place to relax and rejuvenate and get ready for a long flight back home.

Travel from Manapouri to Wanaka (4.5 hours)

3-course Dinner in hotel restaurant

Accommodation: [Oakridges Resort Wanaka](#), superior room type

Meals: breakfast and dinner

FEBRUARY 13: Departure Queenstown (part #2)

Coach transfer from Wanaka hotel to Queenstown airport where the tour (part #2) concludes. Flights back to Scandinavia from Auckland via Hong Kong and London.

Meal: breakfast

Reisefakta

PRIS

Part #1 with plane tickets included (from Oslo/Stockholm/Copenhagen):
Kr. 59.900 per person når to reiser sammen

Part #1 with only domestic flight Christchurch – Auckland:
Kr. 48.900 per person når to reiser sammen

Part #1+2 with plane tickets included (from Oslo/Stockholm/Copenhagen):
Kr. 82.800 per person når to reiser sammen

Part #1+2 with only domestic flight Queenstown – Auckland:
Kr. 71.800 per person når to reiser sammen

Tillegg for enkeltrom (part #1): Kr. 12.000
Tillegg for enkeltrom (part #1+2): Kr. 23.000

Det er mulig å oppgradere til businessklasse på denne reisen. Kontakt oss for tilgjengelighet og pristillegg.

DATO

(Part #1) January 23 – February 7, 2020
(Part #2) February 6 – February 14, 2020

PRISEN INKLUDERER

- Flights: Oslo/Stockholm/Copenhagen – Auckland // Queenstown – Oslo/Stockholm/Copenhagen
- 12 nights in hotels as specified in the itinerary
- Swedish tour leader and yoga master
- 2 yoga classes a day
- Meals as specified in the itinerary
- English speaking tour guides as specified in the itinerary
- Half day trip with wine tasting to Waiheke Island
- Guided tour Hobbiton movie set
- Cultural performance at Tamakai
- Guided walk Tongariro Crossing
- Transfers with private coach between destinations
- Airport transfers

Additional, extended trip

- 6 nights in hotels as specified in the itinerary
- 1 overnight cruise, Doubtful Sound
- Swedish tour leader and yoga master
- 2 yoga classes a day
- Meals as specified in the itinerary
- Transfers with private coach between destinations
- Airport transfers

PRISEN INKLUDERER IKKE

- Any drinks or meal not specified in the itinerary
- Travel and cancellation insurance
- Personal expenses

ØVRIG INFORMASJON

A deposit of 30 % to confirm the purchase. Remaining amount is due 12 weeks prior to departure.

Minimum 10 participants in the group travelling.

The itinerary may be subject to changes.

Every participant must read the [terms & conditions](#).

The tour operator is Australiareiser.

Bestilling

Kontakt oss for mer informasjon og bestilling!

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