



ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

Spectacular New Zealand South Island Highlights

February 15th, 2023 - March 1st, 2023

Trip # 2309

Milford Track



Trip Overview

Weka Bird, Wanaka

WELCOME

We are glad that you are interested in this exciting trip! Please read the information carefully, and then contact us if you have specific questions about this trip: Dave Allen (603) 727-2566; david.eric.allen@gmail.com or Beth Zimmer (603) 707-9498; btzmr@gmail.com.

TRIP SUMMARY

Come join us in discovering and experiencing the intriguing history, culture, and breathtaking scenery of New Zealand's South Island during late summertime "down under". Our itinerary takes in the splendid scenic and cultural highlights of Queenstown, the Milford Track, Milford Sound, the Routeburn Track and Lake Wanaka. We have arranged comfortable well-located accommodations in each of these destinations.

The trip's highlight is our trek along the Milford and Routeburn Tracks. Rudyard Kipling once described the Milford Track as "the finest walk in the world." We'll experience glaciated mountains, spectacular waterfalls, and lush forests. We will be accompanied by expert 'kiwi' guides who, besides leading the trek, will give us exceptional insight into New Zealand's unique culture, history, geology, flora and fauna. Rather than camping out or carrying sleeping bags and cooking equipment, we will have the benefit of well-appointed lodges and appetizing meals.

PARTICIPANT PROFILE

You should have a keen interest in adventure, natural and cultural explorations, and enjoy moderate to strenuous hiking. On an average day, we will walk for 5-8 hours and cover 7-13 miles. Typical daily elevation gain ranges from 800' to 3200'; the Roy's Peak hike has an elevation gain of 4,100 feet over 9.7 miles. On some of the day hikes, there may be a time constraints.

Even though hiking trails in New Zealand tend to be less covered with rocks and roots than those in New England such as in the White Mountains, a slower hiking group may have to turn around at a designated time regardless of how far that group has gone or wishes to go. You should recognize that you may find yourself in closer quarters or be less comfortable that you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, we will all have a great time.

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READING LIST

[A Short History of New Zealand](#)
by Gordon McLauchlan

[New Zealand Tourism Guide](#)

[Queenstown Tourism Site](#)

Milford & Routeburn Track Guide
[Ultimate Hikes](#)

Lake Wanaka Tour Guide
[Eco Wanaka](#)

[Wanaka Tourism Site](#)



New Zealand's South Island

There's a real purity in New Zealand that doesn't exist in the states. It's actually not an easy thing to find in our world anymore. It's a unique place because it is so far away from the rest of the world. There is a sense of isolation and also being protected.

Elijah Wood, 2003 (aka Frodo)





DETAILED ITINERARY

Upon arriving in New Zealand, we travel to Queenstown where we will explore this city and its breathtaking scenery. We will spend one night and visit a number of points of interest. From there, we travel to the start of the Milford track for four days of glorious hut to hut hiking. After completing the Milford Track we will take a cruise on Milford Sound in route to a brief stop in Te Anau. The following day we start an equally breathtaking three day trek across the Routeburn Track. Now it is time put push north for two days of hiking and exploration in Wakanka. From there we will wrap up our trip in Queenstown with some free time to sightsee, a wine tasting, and a celebration at the top of the Queenstown.

TRIP DAY/DATE	ACTIVITIES/DESTINATIONS
Monday, Feb. 13th	Depart US for New Zealand
Tuesday, Feb. 14th	Participants cross the international date line
1 - Wednesday, Feb. 15th	Arrive Queenstown, acclimation and welcome dinner
2 - Thursday, Feb. 16th	Optional short hike or visit to Kiwi Birdlife Park, Milford track brief
3 - Friday, Feb. 17th	Milford Track, Day 1 (1 miles, minimal gain)
4 - Saturday, Feb. 18th	Milford Track, Day 2 (10 miles, 690' gain)
5 - Sunday, Feb. 19th	Milford Track, Day 3 (9 miles, 2,340' gain / 2,920' loss)
6 - Monday, Feb. 20th	Milford Track, Day 4 (13 miles, 540' loss), overnight at Mitre Peak Lodge
7 - Tuesday, Feb. 21st	Milford Sound cruise, overnight in Te Anau
8 - Wednesday, Feb. 22nd	Routeburn Track, Day 1 (8.1 miles, 1,416' gain / 926' loss)
9 - Thursday, Feb. 23rd	Routeburn Track, Day 2 (9.2 miles, 1,949' gain / 991' loss)
10 - Friday, Feb. 24th	Routeburn Track, Day 3 (6.1 miles, 1,622' loss), 1 hour transfer to Wanaka
11 - Saturday, Feb. 25th	Cruise to Mou Waho Island Nature Preserve, 2nd night in Wanaka
12 - Sunday, Feb. 26th	Hike Roy's Peak (9.7 miles; 4100' gain), 3rd night in Wanaka
13 - Monday, Feb 27th	1 hour transfer to Queenstown, shopping and sightseeing, wine tasting
14 - Tuesday, Feb 28th	Optional activities in Queenstown, Skyline Gondola, farewell dinner
15 - Wednesday, March 1st	Fly back to US

All distance & elevation information are approximate based on representative maps. The leaders reserve the right to change the itinerary for reasons such as weather, trail conditions, availability of accommodations, group preference, etc.



COST

Our adventurous and well-paced itinerary is suitable for couples and singles. The trip size is limited to 14 participants. The trip price is \$5,900 per person for AMC members and \$6,000 for non-members which includes: lodging, ground transportation, most dinners and all meals while on the guided Milford Track, and planned tour/guide fees. Trip price does not include airfare from the United States to New Zealand. Historically Air New Zealand has offered flights from LAX or SFO for ~\$1,600 that includes the New Zealand internal flight to Queenstown. Air New Zealand can also arrange connecting flights from the east coast. If at all possible, we recommend that you do this as there is a distinct advantage to you in having the entire flight itinerary on one ticket. To join the AMC (2021 pricing \$50 individual, \$75 family) click [here](#).

The trip fee includes the following:

- All group ground transport during the trip (airport shuttles are not included)
- Milford & Routeburn Track (guided hike, 7 nights lodging and all meals)
- Double occupancy hotel accommodation in Queenstown & Wanaka
- Guide & entrance fees as listed in the itinerary
- 12 dinners, 10 breakfasts, a wine tasting, and eight lunches on the Milford & Routeburn Tracks
- Emergency medical and evacuation insurance

All other expenses such as Airfare to/from NZ, any optional trips/activities, other meals, and alcoholic beverages are not included. Some of the leaders' expenses for the trip and administrative costs to support the trip are included in the trip costs to be shared by the participants. This is a non-profit excursion conducted by the leaders on a volunteer basis. Any unforeseen increases in costs will be shared by all participants. Any funds remaining after all expenses are paid will be divided among the participants in accordance with AMC Adventure Travel rules.

SINGLE APPLICANTS

The price of the trip is based on double occupancy of the rooms (with the exception of Milford & Routeburn Track which shared accommodation of 4-6 persons in a bunkroom, and potentially a six person cottage in Wanaka). In some locations singles may share a triple. We will accept reservations from single applicants and the leaders will help find a same gender roommate for you. The leaders reserve the right to change roommates.



The Fine Print

Roy's Peak

REGISTRATION

A registration deposit of \$4,200 is due with the application. You must submit the following completed and signed forms: trip application, the confidential health questionnaire, the optional supplemental medical form, and the signed AMC acknowledgement and assumption of risk and release. An optional confidential supplemental medical questionnaire should be submitted if appropriate. Here is a link to those documents: [Application Documents](#)

You will not actually be accepted, and your check will not be deposited, until the leader has determined by telephone conversation with you that you and the trip are a good match. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

A second payment of \$1,700 is due in the fall of 2022. ***Please make checks payable to “Appalachian Mountain Club” and mail with your completed application to: David Allen, 124 Pinnacle Road, Lyme, NH 03768.***

DEADLINE FOR SIGNUP

Our registration deadline is **December 1st, 2021**. Lodge accommodations on the Milford Track are in extremely high demand; for a group our size they need to be made one year in advance of trip date. We expect the trip to fill far in advance of this deadline.

CANCELLATION

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. Once you are notified the trip is declared to run as scheduled, the minimum cancellation fee is \$500. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced penalty. This will generally not be determined until after the trip. Failure to make trip payment(s) in a timely manner will be considered a cancellation.

On rare occasions AMC Adventure Travel may need to cancel all or a portion of a trip due to force majeure [e.g. terrorism, local health conditions, natural disaster, changes in local regulatory environment, etc.] In the event of such a cancellation, your trip fee will be refunded less any trip expenses already incurred plus any non-cancellable future trip expenditures. AMC Adventure Travel is not responsible for additional expenses incurred by you in preparing for the trip (including non-refundable air tickets, visa fees, gear or medical expenses, etc).



Trip Requisites:

A) Health: Participants must be in good health and able to do moderate to strenuous hiking. Medical facilities in New Zealand are known to be of high standard. It is advised that participants bring with them any prescriptions and medications needed for the duration of the trip.

B) Physical conditioning: AMC Adventure Travel utilizes a difficulty rating system for all of its trips. This trip is rated a "5" **Vigorous:** Suitable for those with recent similar experience and/or demonstrated proficiency, such as being active in sports or often (regular) engagement in vigorous physical activity. Ability to perform at the expected level for back-to-back days for multi-day trips. Expect to be active up to 5-6 hours per day, with brief breaks. For more information - <https://www.outdoors.org/outdoor-activities/difficulty-ratings>

Trails in New Zealand are generally well maintained; however, they can be rocky and uneven. Some will consider the hikes over McKinnon Pass on the Milford Track to be strenuous. Likewise, there are day hikes in the itinerary that will be considered strenuous due to elevation gain or time constraints. You should be in good physical condition in order to hike up to 10 miles with 4100' elevation gain carrying a day pack. A participant may choose to opt out of this strenuous day hike, and hike only part of the way up on each of the two longer day hikes.

C) Adaptability: An important criterion for this trip is the ability to be flexible. Please note that the itinerary may be modified due to transportation and weather details. Safety will always take priority in the leaders' decisions.

D) Understanding of trip purpose: This trip is designed for everyone to experience the natural wonders of New Zealand through shared participation in an organized group environment. Participants are expected to arrive promptly for scheduled activities. AMC trip participants are known for their cooperative efforts, and expectations are that all participants be considerate of others sharing this AMC Adventure Travel experience.

E) Being a team player: We will be more than just a group; we will be a team. As a member of our team, you will be responsible for yourself as being a part of the group. Being a team player also means proper communication as to your whereabouts and your personal health. Although we are all adults, the trip leaders have a responsibility for the overall safety of the group and part of that is knowing where everyone is. Especially when traveling in a group and in a foreign country, you should tell someone about your intentions. Similarly, you should tell the leaders if you become ill or do not feel you are physically capable of safely participating in any of the activities.

F) Safety, Risks and Hazards: As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation via foot or vehicles. Please carefully read and sign the **AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement** and contact us if you have any questions. Participant's understanding of these risks and adherence to our policies and procedures can contribute to making this experience rewarding.

G) Leader's discretion: It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.



Entering New Zealand: Tourists to New Zealand from the United States will find that visiting the islands for periods up to three months is relatively easy. US citizens will not need a visa but are required to produce a **valid passport that does not expire within three months of the planned date of departure.**

Trip Extensions: New Zealand is far away and expensive to reach. While some of us will come directly to the trip and go directly home afterward, we expect that others may take this opportunity to travel to other places, on their own, outside the sponsorship of the AMC. Those doing so are acting on their own, and must recognize and acknowledge that such an extension is outside the AMC-approved trip, and as a result, the AMC takes no responsibility related to that travel and the associated risks. The official trip dates are February 15th to March 1st, 2023, excluding travel days for those coming and going directly to and from the trip. Be aware that the AMC-included medical and evacuation insurance coverage is only valid while you are participating in the AMC trip. You should consider purchasing additional insurance if you will be participating in a non-AMC-sanctioned extension.

The attractive possibilities in the region are extensive. You may wish to explore other parts of North or South Islands, as the AMC trip is only sampling the many wonders of New Zealand. Some may choose to also visit Australia. These suggestions are intended only to help you in planning your activities, and must be read in the context of the first paragraph of this section.

Climate: We will be visiting during New Zealand's late summer season. Weather will be subtropical in the North Island and temperate in the South Island. Lightweight cottons and linens are worn in North Island most of the year and layered clothing is best on the South Island. Non-cotton synthetic clothing is essential for hiking days. Rainwear is essential when visiting South Island's rainforest areas and on the Milford Track.

Currency: 1 NZD approximately equals 0.70 USD (September, 2021)

Major credit cards are widely accepted at many types of establishments throughout and this should help prevent travelers from exchanging large sums of hard currency to finance your stay. American Express, Visa and MasterCard are widely accepted. ATMs accepting cards on the Plus/Electron and Cirrus/Maestro networks are available. Debit cards used at an ATM are usually the cheapest way to obtain local currency.

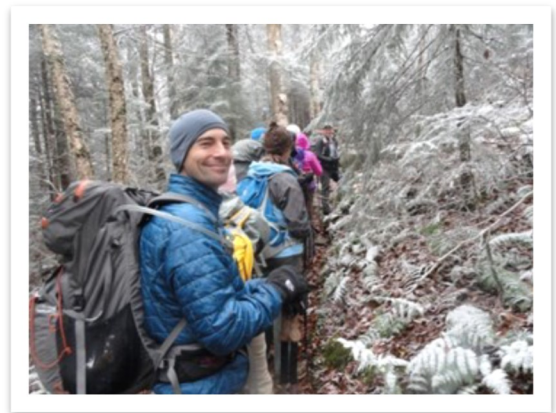
Packing: A detailed packing list will be provided to participants at a later date.

AMC Mission: AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations

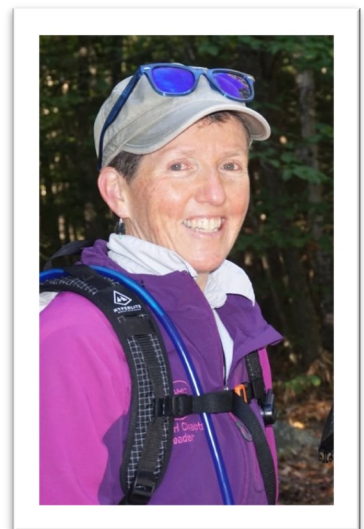


TRIP LEADERS

David Allen leads three season hikes for the Excursions Committee of the AMC New Hampshire Chapter. He specializes in peak bagging day trips, longer hut to hut adventures and telling bad jokes. David has summited all 67 of New England's 4000 foot peaks and hiked the Long Trail from Massachusetts to Canada. During his professional career he has worked for several outdoor service organizations including the Nature Conservancy of Hawai'i and Outward Bound. David's personal travels have taken him to destinations in the United States, Europe, Asia, Polynesia, Australia, Africa and the Caribbean. This will be David's fourth AMC Adventure Travel trip.



Beth Zimmer is an active AMC hiking leader and instructor with the New Hampshire Chapter. Current Chair of the AMC NH Excursions Committee, Beth has extensive four-season experience having hiked all 48, four-thousand footers in both three-season and winter, has completed the NH200 (bushwhack list) and most recently she was the 42nd person to complete a Redline, which is to hike every trail in the AMC's White Mountain Guidebook. Beth teaches backcountry navigation workshops and she enjoys identifying alpine and woodland flowers. Beth has hiked and backpacked in Central America, Quebec, the UK and Switzerland.



QUESTIONS

If you have any questions, please feel free to contact David or Beth. David can be reached at (603) 727-2566 before 9PM eastern time zone or at david.eric.allen@gmail.com. Beth can be reached at (603) 707-9498 before 9PM eastern time zone or at btzimir@gmail.com.

We look forward to having you join us!

David Allen and Beth Zimmer