



# robert connor dawes foundation coast to coast new zealand



## trip highlights

Journey from west to east on a magnificent human powered challenge

Dip your toes in the Tasman Sea to mark the start of your adventure

Cycle through lush native bush and along the shores of Lake Brunner

Cross the Southern Alps via Arthur Pass with numerous hiking trails

Raft through the stunning Waimakariri River Gorge

Descend from the mountains biking along quiet rural roads to reach your final destination at New Brighton Pier

Celebratory soak in the newly opened He Puna Taimoana Brighton Hot Pools



<b>Trip Duration</b>	5 days	<b>Trip Code:</b> SOG9191
<b>Grade</b>	moderate to challenging	
<b>Activities</b>	Biking, hiking, Rafting	
<b>Accommodation</b>	4 nights motel	

## Kia ora from Adventure South

Thank you for your interest in our Robert Connor Dawes Foundation Coast to Coast New Zealand adventure. It's a superb adventure and we hope you can join us. Adventure South has been operating active holidays throughout New Zealand since 1992. Thanks to our experience we're confident to say that we offer the very best cycling, trekking and adventure travel itineraries available in New Zealand today.

There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. An Adventure South holiday aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience.

We're here to show you that there are many, many more trails and cycling routes in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

## why travel with Adventure South?

We've been operating quality active trips in New Zealand since 1992. Our unrivalled range of active holidays across the North and South Islands has helped travellers to journey to the very heart of these wild and mysterious landscapes.

Our unique range of guided small group active holidays travel well beyond the standard popular trails to help you discover the true essence of New Zealand's famous wilderness.

On our adventures in New Zealand you can also expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness, not from a guide book recommendation.



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You will need to fly into Christchurch the day prior to the tour departure. Your guide will collect you from central Christchurch on the first morning of the tour. At the end of the trip if you wish to fly home this evening please ensure your flight departs Christchurch domestic airport later than 6pm. You can get a taxi, shuttle or public bus to the airport from the city centre. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Christchurch on the final evening your guide will drop you at the central drop off point around 5pm.

## trip dates

**2026** 08 Mar - 12 Mar

## important notes

BP - Base Price

## the trip

This epic 5 day journey takes you coast to coast from the Tasman Sea on the west, over the Southern Alps to the shores of the Pacific Ocean on the east.

Discover NZ's most diverse and remote landscapes through dense rainforests, over rocky mountains, between towering gorges, and along rural plains by bike, foot and raft.

Our experienced guides will lead the way over the iconic Arthur Pass and down the Waimakariri River Gorge - with our support vehicle never far away on the bike stages.

Character-filled towns, atmospheric accommodation and friendly welcomes are all part of the package, as is the passion and local knowledge of our crew.

Join us on this classic Kiwi challenge and tick off this bucket-list adventure.

## about your leader/escort

Our guides are one of our biggest assets. We pride ourselves on the standard and quality of these great people who you will be spending your holiday with. They come from all walks of life but they all have a common desire to give you the best possible experience, heaps of fun and lots of fond memories to take home with you. We provide you with the services of two guides for many of our trips, (this may depend on the size of the group). All are certified in first aid and CPR and many are advanced mountain guides.

## at a glance

DAY 1	CHRISTCHURCH TO HOKITIKA VIA ROSS - 15-33KM CYCLE
DAY 2	HOKITIKA TO JACKSONS AND BEALEY VIA CAMERONS- CYCLE 50KM
DAY 3	ARTHURS PASS AND BEALEY HOTEL - 8-12KM HIKE
DAY 4	WAIMAKARIRI RIVER - 40KM RAFT
DAY 5	GORGE BRIDGE TO NEW BRIGHTON PIER - 70KM CYCLE

## what's included

- Tasty cafe breakfasts (x4), gourmet picnic or cafe lunches (x4), two course restaurant dinners (x4) catered to all dietary requirements
- 4 nights hand picked hotel/motel accommodation on a twin share basis
- 2 Experienced guides who handle all the hard bits and share epic stories
- Transport to and from the West Coast from Christchurch
- Standard Bike hire (including helmet)
- Private support vehicle (never far away if you get tired on the bike)
- Guided rafting trip on Waimakariri River (weather dependent)
- Entry fee to the newly opened He Puna Taimoana Brighton Hot Pools
- Tasty nutritious snacks, drinks and treats plus our famous morning and afternoon teas
- Hiking poles (on request if required) - please let our staff know in advance
- Pre-departure Information kit to help you plan and prepare
- Access and concession fees paid to the Department of Conservation

## what's not included

- eBike hire (NZ\$500)
- Water bottle (help us save the environment and bring your own drink bottle or hydration system)
- International or domestic flights and taxes
- Arrival and departure transfers
- Accommodation before and after the bike trip



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## fast facts

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert local leader

### Advice for people with limited mobility

This trip is not suitable for people  
with limited mobility.

\*Ask our staff for more information

- Meals not mentioned in the itinerary, so you can explore the local cuisine at your leisure.
- All beverages, other than breakfast
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visas (if required)
- Tips and Gratuities

## detailed itinerary

### DAY 1 Christchurch to Hokitika via Ross - 15-33km Cycle

Our coast to coast adventure begins early in Christchurch around 8am with a drive across the Southern Alps via Arthur's Pass to Hokitika on the West Coast.

Before making it all the way to Hokitika, we will hop out of the bus and onto our bikes. After a safety briefing and settling onto our bikes, we start onto the West Coast Wilderness trail as we bike to our accommodation. Once arriving at the hotel there will be free time to explore the town before our first dinner together. At dinner we will have a briefing about the challenges ahead, the gear that will be needed and also making sure to fuel up for the adventure ahead.

Cycling distance: 15 or 33km

Accommodation: Hokitika Beachfront Hotel

meals: D

### DAY 2 Hokitika to Jacksons and Bealey via Camerons- Cycle 50km

A short drive to Camerons Beach will bring us to the start of our first challenge day. After a short walk from the shore of the Tasman Ocean, where we have chance to dip our toes in the sea, we start our journey back to the East Coast. We cross Camerons Beach with vast views of the mountains to our bikes. Our first ride takes us inland along the West Coast Wilderness trail to Kumara where we cross the Taramakau River and follow a mix of sealed and unsealed roads towards Lake Brunner. We cycle through native bush round the lakeside, and then lush valleys with a mountainous backdrop to the small settlement of Jacksons. Here we will hop in the van at Jacksons to transfer to our comfortable accommodation where we will spend the next 2 nights. Tonight we enjoy a hearty group dinner together.

Cycling Distance: 50km

Accommodation: Bealey Hotel

meals: B,L,D

### DAY 3 Arthurs Pass and Bealey Hotel - 8-12km Hike

Today we cross the mighty Southern Alps by foot. After an early breakfast we transfer up into Arthur Pass where there are a variation of available tracks.

The first track is to the Temple Basin Ski field which sits at 1400m. We will be hiking 500m of elevation over 2.1km. The steep rocky trail zigzags up to the tussock filled basin where we get views of Mt Rolleston and a classic New Zealand ski field. We then descend back to the vehicle to restock on water and snacks before jumping onto the Arthurs Pass walking track. The trail leads us through Dobson Nature Walk and Bealey Chasm to Arthurs Pass Village. Along the way we can see waterfalls, and hopefully the only alpine parrot, the cheeky Kea. Once our feet are well and tired, we will drive back to the accommodation to clean up, rest our feet and enjoy another dinner together.

Hiking Distance: 8-12km

Accommodation: Bealey Hotel

meals: B,L,D



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## responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel.

Since our beginnings this has been a cornerstone of our company.

The New Zealand travel industry has become a world leader in developing an external audit process which monitors tourism businesses based on quality, safety and sustainable experiences.

We're very proud to have received a Gold Qualmark rating, having met standards designed to protect what makes New Zealand unique and special.

Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing.

We started this journey many years ago and although we are not perfect, we are striving to continually learn and improve.

## trip grading moderate to challenging

This trip is graded Moderate to Challenging.

While much of this itinerary is moderate, the hiking in Arthur Pass is on varying terrain and can experience fast changing weather conditions. However, there are multiple options of trails for varying abilities, distances and timeframes.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.

If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

### DAY 4 Waimakariri River - 40km Raft

Today we take on the mighty Waimakariri River on a 40km rafting adventure through the Waimakariri Gorge from Goosebury Stream to Woodstock.

After a short drive to Mt White Bridge, we meet our raft guides and prepare for the journey ahead.

The river has Grade 1-2 rapids which allow the opportunity to enjoy the scenic river journey yet also enjoy some more exciting sections of water with the assistance of your raft guide. Grade 1 is classified as Easy with moving water with the odd disturbances in the shape of small, regular waves and slight meanders. Grade 2 is Moderate where the water is faster moving and rapids are more frequent; rocks, waves and small features are found but always with an obvious channel.

Grade 1 and 2 is suited to beginner rafters, yet you will need the ability to swim and be comfortable in moving water.

At the river out-take, we will meet our driver and head to our accommodation in Springfield or Darfield.

Tonight we have our last group dinner, celebrating our Southern Alps crossing.

Accommodation: Motel in Darfield or Springfield

meals: B,L,D

### DAY 5 Gorge Bridge to New Brighton Pier - 70km Cycle

The final day of our Coast to Coast adventure takes us from the Waimakariri River all the way to the sea at New Brighton.

We transfer from our accommodation to the Waimakariri River Bridge and get on our bikes for the last section of our tour.

We ride through farms and rural landscapes along quiet country roads, trending downhill all the way to the coast.

We will arrive in New Brighton and the pier marks the finish line and end of our incredible journey where we then enjoy a celebratory soak in the newly opened He Puna Taimoana Brighton Hot Pools around 3pm.

In the early afternoon, we will be transferred into central Christchurch. We do not recommend getting a flight before 6pm.

Cycling Distance: 70km

meals: B,L

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best routes which blend tranquil secondary roads with gravel backcountry roads and some designated cycle trails. On the route you will see incredible scenery and landscapes, view the well known sights, eat delicious food, stay at unique accommodation and meet the locals.

You will be an experienced road cyclist, gravel biker or mountain biker wanting to ride longer distances. Stronger riders can challenge themselves by cycling the whole route whereas recreational cyclists can still enjoy these tours using the support vehicle to transport riders to the best cycling sections. Distances are usually around 60-120km per day with significant elevation gain, so you will be used to riding hills, have a good level of fitness and riding skill.

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. We have a new fleet of Avanti Grandurance 3 gravel bikes for hire. With carbon forks, 22-speed gearing, hydraulic disc brakes and proven Shimano GRX componentry they offer a fast, safe and comfortable ride. We also offer quality Sinch eBikes to provide people who



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## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

might need a little pedalling assistance the opportunity to enjoy our cycling holidays. Our eBikes provide around 80kms of pedal assistance before requiring a recharge, you would need to be able to ride conservatively to be able to complete the full ride on longer days. Riders will need the fitness and skills to not continually use the 'boost mode'.

Please see our website for the cost of bike hire, all our rental bikes can be fitted with flat pedals or MTB SPD pedals. We can fit your own pedals and seat if you have a favourite. Our gravel bikes do not have rear racks, but a seat post mounted rack or a handlebar bag can be provided if you require one to carry any personal items. A bicycle helmet will be supplied with all bike rentals. All equipment and luggage will be carried by the support vehicle.

These cycling journeys are not designed to be a marathon event and no one needs to feel under pressure to ride, everyone is able to ride at their own pace. If at some time you do not wish to ride, the vehicle is available for you and your bike, although there may be some sections where the vehicle is not present. Remember that cycling involves some physical exertion and some pre trip preparation will help towards making your cycle tour a more enjoyable experience. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times while cycling. Fluro cycle vests and/or brightly coloured cycle jerseys are highly recommended to increase your visibility, one can be supplied if you do not have one of your own.

## country information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3754m / 12,316 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.

With a population of 4.0 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.

## climate

As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.



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Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must.

The temperature during the South Island summers range from 10-30 °C, with a pleasant 40-50% humidity. Higher altitudes are always considerably cooler and snowfall is not uncommon even in summer. The Southern Alps act as a barrier to the moisture laden winds coming west across the Tasman Sea, creating a wet climate on the west side of the mountains and a drier climate on the east side. The geography also creates a wind pattern, which can in summer be very hot, dry and fierce. Maximum temperatures we may encounter range up to 30°C. Minimum temperatures expected in the Southern Alps in Summer time are around -5°C. Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will make you more prepared for your tour – any questions about what to expect on your tour talk to one of our sales team.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## accommodation on the trip

The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. The accommodation is on a twin share or double room basis with private facilities, where possible.

If you wish to reserve a room to yourself a single supplement is available at extra cost - there is a maximum of 2 singles.

Please note: although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.

## pre and post tour accommodation

If you would like some help booking pre/post tour accommodation speak to our staff as they can help with different suggestions.

## joining instructions

On the first morning of the tour, you will meet your group at one central city location in Christchurch. The place and time will be emailed to you with your booking confirmation. If you miss your flight or are unable to reach the meeting point on time, please call us at the Adventure South office (Free phone in NZ 0800 00 11 66 or international +64 3 942 1222).



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## equipment provided

### MOUNTAIN BIKE (Included)

Our new fleet of Avanti Discovery hybrid mountain bikes combines the best characteristics of a hybrid bike and a mountain bike to give you a great ride and comfort on gravel roads. This bike has a more upright riding style meaning you can still take in the amazing scenery you'll encounter along the way.

These bikes have 29" wheels, suspension forks and suspension seat posts to iron out the bumps and hydraulic disc brakes give responsive braking.

They are also available in a low rise, also known as a step through bike frame, please specify on your booking form.

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### GRAVEL ROAD BIKE (Included)

The drop handle bars offer multi hand positions. Our bikes have wider 32mm tyres and disc brakes which are suitable for both off-road and on-road conditions. They have a relaxed geometry and wide range rear cassette to suit people with varying levels of cycling experience and for longer cycle touring routes.

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### ELECTRIC BIKE (Additional Charge)

Our Sinch ebikes are perfect for cyclists that may require a little assistance on their travels. Pedalling our ebikes is easier on knees and joints than riding a traditional bike. They provide up to 100kms of pedal assistance before requiring recharging. Very simple to operate and they provide people with varying levels of cycling experience, health and fitness levels the opportunity to enjoy our cycling holidays.

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### ACCESSORIES

A bicycle helmet will be included with your bike rental.

## what you carry

Our support vehicle will carry all of your gear each day, and it will be available to you throughout the day on days 1, 2, and 5. You will be required to bring a small day pack on day 3 and 4.

## equipment required

A bike suitable for gravel and paved roads. Bikes are available to hire or you can bring your own (note: if you wish to ride on the road only, this can be organised). Day pack of sufficient size or running vest to carry personal items, waterproofs, thermals, camera, snacks and a change of clothes for the hike on day 3. Sturdy walking boots with good ankle support that are well broken in are essential. On day 4 all equipment for the rafting including wet suits, booties, splash jacket, life jacket and thermal layers are provided. You can wear shorts and T-shirts or swimwear under your wet suit. You might want to bring sun glasses, glasses strap, sunhat, sunscreen, waterproof camera and/or phone in a dry bag. A comprehensive gear list is included with your trip confirmation.

## protecting the environment

In a world where more and more rubbish is produced every year we are trying to do our little bit to help the planet. We encourage you to please bring your own water bottle. If you are a keen coffee or tea drinker you might like to bring your own reusable cup, as there are a few opportunities along the tour to get take-away drinks. Also if you think you might do some shopping, it could be useful to carry small foldable reusable shopping bags to reduce the need for plastic bags.



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## subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at [www.advsouth.com](http://www.advsouth.com)

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

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Connect with us on social

FACEBOOK:

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INSTAGRAM:

Follow us at [instagram.com/Adventuresouth/](https://www.instagram.com/Adventuresouth/)

Share the love

Use the hashtag #AdventureSouth on your best travel photos and videos to be featured.

## how to book

To book your place on this tour, go to our website and copy the following link into your browser <https://www.adventuresouth.co.nz/private/RWVWWZ>

You will be asked to pay a NZ\$400 deposit per person and the balance will be payable 60 days prior to departure.

ADVENTURE SOUTH CONTACT DETAILS

Toll Free from New Zealand: 0800 00 11 66

Phone: +64 3 942 1222

Email: [info@adventuresouth.co.nz](mailto:info@adventuresouth.co.nz)