



7-DAY NORTH ISLAND ADVENTURE TOUR

Starting from Auckland, we hit up some great spots and places while we make our way down to New Zealand's capital, Wellington, through the North's hottest destinations.

(Note that this tour can also be done from south to north – Wellington to Auckland – if you prefer.)

If you are arriving in Auckland with a few days to spare, we have a great three day tour taking in the Bay of Islands which showcases the Northland region of New Zealand. For some departure dates, you can also extend your tour by two nights and travel with us to the South Island, ending your trip in Christchurch.

Activities can also be purchased on the road – just let your tour guide know. We can't always guarantee availability when booking on the road, so we suggest pre-booking any activities you especially want to do.

As the tour starts early in the morning, you can opt to book accommodation with us the night before the tour – only having to walk downstairs on the day the tour starts makes for a stress free morning.

Accommodation is included on the last night of your tour, but we can also book a few extra nights for you if you would like to extend your stay.

The tour price includes dorm share accommodation but if you would prefer your own space you have the option to upgrade to a private room for the duration of your tour.

In this itinerary, you'll find descriptions of the places you'll be visiting and the inclusions that you'll experience.

We've also provided an example timetable for each day to help give you a sense of what your days on tour may look like. Keep in mind though, that every tour is unique, with each guide bringing their own special flavour to the trip.

Each day also has a list of our favourite Haka Highlights, and the add-on activities and experiences that are available in that location.

FIXED DEPARTURE DATES THROUGHOUT THE YEAR

[VIEW OUR AVAILABILITY ONLINE](#)



TOUR INCLUSIONS

AWESOME INCLUSIONS

Walk up **Maungawhau/Mt Eden** for stunning 360 degree views of all of Auckland

Stunning walk to the spectacular arched cavern of Coromandel's **Cathedral Cove**

Experience a **Māori cultural performance**

Learn a **haka and poi performance** with a local iwi (tribe)

Traditional **Māori hāngī meal** cooked in an underground oven

Follow your nose to Rotorua's **bubbling mud pools**

Discover what makes **Huka Falls** the most visited natural attraction in NZ

Check out the **views from Matakairangi/Mount Victoria**, Wellington

Fall in love with Wellington's **cafe and craft beer** culture

Plus many **surprise stops** along the way

ALL HAKA ADVENTURE TOURS INCLUDE

ORIENTATION TOURS

we give you the low-down on every location

COMFORTABLE TRANSPORT

with plenty of room to spread out

CONTINENTAL BREAKFAST EVERY DAY

heaps of options for everyone (you too, vegans!)

HIGH-END HOSTEL ACCOMMODATION

dorm share, upgrades available

EXPERIENCED LOCAL GUIDE

Friendly, knowledgeable and passionate about NZ

SMALL GROUPS - MAXIMUM 16

because you're more than just a number!



ITINERARY SUMMARY

DAY 1 – AUCKLAND TO COROMANDEL **B**

Take in the oh-so-perfect coastal views on an epic scenic drive to the Coromandel.

DAY 2 – COROMANDEL TO WAITOMO **B**

Explore majestic Cathedral Cove and dig your own hot tub at Hot Water Beach.

DAY 3 – WAITOMO TO MURUPARA **B** **1**

Glow worms galore, a Māori cultural performance and a hāngī meal to remember.

DAY 4 – MURUPARA TO ROTORUA **B**

Explore the geothermal wonderland of Rotorua.

DAY 5 – ROTORUA TO TAUPŌ **B**

A free morning in Rotorua and a short drive to Taupō, with mud pools and thundering waterfalls along the way.

DAY 6 – TAUPŌ **B**

A full day in Taupō, home of Australasia’s largest lake and the world-famous Tongariro Crossing.

DAY 7 – TAUPŌ TO WELLINGTON **B**

After road-tripping past Mordor and Mount Doom we hit NZ’s “cool little capital”, Wellington.

DAY 8 – WELLINGTON

Your tour wraps up in the capital this morning.



B Breakfast included **D** Dinner included



DAY 1 – AUCKLAND TO COROMANDEL

THE DAY AHEAD

MORNING

- ◆ Meet your guide and group for breakfast and introductions
- ◆ Stroll up Maungawhau/Mount Eden for an amazing view of Auckland
- ◆ Jump in the Haka bus for a jaw-dropping scenic drive to the Coromandel

AFTERNOON

- ◆ Pause for lunch in a beachside village (*not included*)
- ◆ Dig your own hot tub at Hot Water Beach

EVENING

- ◆ Get to know Whitianga with an orientation tour from your guide

HAKA HIGHLIGHTS

STUNNING 360 DEGREE VIEWS OF AUCKLAND
from the top of Maungawhau/Mount Eden

A SPECTACULAR COASTAL DRIVE
that we reckon is one of the best on the North Island

DIG YOUR OWN PERSONAL HOT TUB
at Hot Water Beach

Have you noticed that Auckland is pretty hilly? Those aren't just hills, they are actually 48 volcanic cones! Before we leave town we will walk up one of the most famous ones – Maungawhau, also known as Mount Eden – for 360 degree views of both city and sea.

The Coromandel Peninsula is a paradise of beautiful beaches and misty rainforests. The drive here is epic – the road twists and turns dramatically round the coastline and the ocean gets clearer and more pristine before your eyes. Cameras ready – the views are magnificent!

The Coromandel is home to the famous Hot Water Beach – thousands visit each year to dig their own personal hot tub. If the tide times allow, we'll definitely grab our buckets and spades and get busy!

We arrive in Whitianga with plenty of time for your guide to show you around. Sample the sandy beaches, take a surf lesson with the locals, or simply enjoy the vibes.

EPIC ADD-ONS

Today is a great time to enjoy the mellow, beachy Coromandel vibe before we pick up the pace tomorrow.



DAY 2— COROMANDEL TO WAITOMO

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Unleash your inner film buff with a short hike or kayak to Cathedral Cove

AFTERNOON

- ◆ Explore the Waikato region on your drive across to Waitomo

EVENING

- ◆ Kick back and relax before a day of caves and glow worms tomorrow

This morning we'll walk out together along the cliffs and down to Cathedral Cove (which you might recognize from the Chronicles of Narnia). With perfect beaches and massive rock arches and columns, it's one of the most popular spots in the Coromandel.

Alternatively, take an optional guided Cathedral Cove kayak trip and check out this stunning coastline from a different angle, accompanied by a local dolphin or two if you're lucky!

Later today we say goodbye to the east coast and hello to the west as we head for the tiny town of Waitomo. If you can't wait until tomorrow to meet the resident glow worms, tonight's optional cave-walking tour is a must. Or kick back with a beer and admire the stars – they put on a great show here when the skies are clear.

HAKA HIGHLIGHTS

STUNNING COASTAL WALK
to Cathedral Cove

STAR GAZING OPPORTUNITIES GALORE
in peaceful Waitomo

EPIC ADD-ONS

Sea Kayaking

Glow Worm Cave Tour



DAY 3 – WAITOMO TO MURUPARA

THE DAY AHEAD

MORNING

- ♦ Breakfast
- ♦ Check out Waitomo's caves through your chosen add-on activity (*not included*)

AFTERNOON

- ♦ Jump on the bus for a short drive from the morning's natural splendour to the cultural immersion of the rest of the day
- ♦ Experience Māori culture first-hand at a dazzling kapa haka performance (*included*)
- ♦ Learn a basic haka or poi performance (*included*)

EVENING

- ♦ Enjoy a traditional hāngī meal for dinner (*included*)

HAKA HIGHLIGHTS

A HALF DAY IN WAITOMO

famous home of the glow worms

MĀORI CULTURAL PERFORMANCE

and delicious hāngī meal in Murupara

LEARN A HAKA AND POI PERFORMANCE

from members of the local iwi (Māori tribe)

Have you been caving in a place with twinkling glow worms on the ceiling? Now's your chance!

Daredevils can abseil 100 metres into the caverns on an epic 4-hour caving adventure. Or float along on an underground river on an optional Cave Tubing trip as the glow worms light your way. There are also excellent guided walking tours of the caves available if heights or wet feet aren't your thing.

This evening is a major tour highlight – we are welcomed to a Māori community for an unmissable cultural performance featuring combat demonstrations, beautiful poi performance, and – of course – the breathtaking haka.

You will also have the privilege of learning a haka or poi dance from local Māori. A traditional hāngī meal, cooked in an earth oven, will fill your puku (belly) to right up.

EPIC ADD-ONS

Cave Tubing

Lost World Caving Experience

Glow Worm Tour



DAY 4 – MURUPARA TO ROTORUA

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Take a short drive up to Rotorua for natural wonders and plenty of exhilarating activities

AFTERNOON

- ◆ Spend the afternoon getting your adventure on with an add-on activity (*not included*)

EVENING

- ◆ Share tales of your day's adventures with your group over dinner (*not included*)

While the majority of the North Island is volcanic in some way, Rotorua is exceptional for its geothermal activity. With neon blue and red lakes, steaming rivers, active volcanoes and geysers galore, there are more unique natural wonders to be found in Rotorua than many other places in the world.

On the way to Rotorua, we stop at what really makes the town famous, along with giving it its unique smell: one of several extraordinary geyserlands and thermal parks.

There's heaps of time to get amongst Rotorua's diverse attractions while you're here. We'll get you started with an orientation tour, taking in sights like the lakefront and the flower-filled Government Gardens.

Lord of the Rings fans, channel your inner hobbit with an optional visit to picturesque Hobbiton – have a ginger beer at the Green Dragon pub for us!

If adrenalin's your thing, the highest commercial waterfall drop in the world, on the Kaituna River, is begging to be conquered on an exhilarating rafting trip. Or let your guide coax you into thundering down grassy hills in a giant air-cushioned inflatable ball (or OGO) – you won't regret it!

HAKA HIGHLIGHTS

A FULL DAY TO PLAY

in the geothermal wonderland of Rotorua

FOLLOW YOUR NOSE

to Rotorua's bubbling mud pools

EPIC ADD-ONS

Hobbiton Movie Set Tour

Forest Zipline Canopy Tour

Rafting Kaituna River

OGO

River Sledging



DAY 5 – ROTORUA TO TAUPŌ

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Final chance for Rotorua activities and exploration
- ◆ Experience the mighty Waikato River on the drive to Taupō

AFTERNOON

- ◆ Check in at your accommodation
- ◆ Throw yourself into your next adrenalin fix with a Taupō add-on activity (*not included*)

EVENING

- ◆ Sleep easy after a big day!

This morning there's time to explore Rotorua or squeeze in any last-minute add-on activities. It's only a short drive to our next destination, Taupō, and there's plenty to discover along the way. From mesmerising mud pools to the thundering rapids of the Huka Falls and Aratiatia Dam, your trusty Haka Guide will make sure you don't miss a thing.

Taupō is a beautiful lakeside town with a stunning mountain backdrop. Lake Taupō is New Zealand's largest lake – believe it or not, it's roughly the same size as Singapore!

This place is all about the thrills and spills, and there are plenty of options in store this afternoon. Get your hair wet with a water touch bungy jump, take an unforgettable skydive or a sunset lake cruise for amazing lake and mountain views.

Psst – bring your swimwear today, one of our favourite secret stops is on the cards!

HAKA HIGHLIGHTS

FOLLOW YOUR NOSE

to Rotorua's bubbling mud pools

WITNESS THE POWERFUL RAPIDS

of Huka Falls and the Aratiatia Dam

EPIC ADD-ONS

Water Touch Bungy

Skydive

Lake Taupō Sailing



DAY 6 – TAUPŌ

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Challenge yourself or unwind in style – it's your day to explore or pick an add-on activity (*not included*)

EVENING

- ◆ Swap stories of your awesome day over dinner (*not included*)

A full day in Taupō... are you in the mood for peaceful lakeside tranquility or unlimited adrenalin and adventure? Either way, Taupō's got you covered.

For many, the ultimate adventure on offer here is the hiking (or tramping, as we Kiwis know it). The Tongariro Crossing is among the top 10 full-day walks in the world. This 19.4-kilometre mountain trek boasts emerald green lakes, venting steam, lava flows and craters. You'll come back grinning from ear to ear before falling into bed and sleeping like a baby.

If you'd prefer to relax, jump on a boat for a sailing trip to view Māori rock carvings. Or head to Spa Park and soak until your fingers are wrinkly. However you choose to spend today we guarantee you won't forget it.

HAKA HIGHLIGHTS

PACK IN A DAY OF ADVENTURE IN TAUPŌ
with recommendations from your Haka guide

EPIC ADD-ONS

- The Tongariro Crossing
- Skydive
- Water Touch Bungy
- Lake Taupō Sailing



DAY 7— TAUPŌ TO WELLINGTON

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Head south on the Desert Road towards Wellington – get your camera ready

AFTERNOON

- ◆ Stop off at a quirky provincial town for lunch (*not included*)
- ◆ Arrive at the coolest little capital in the world

EVENING

- ◆ Soak up Wellington's artsy vibe

It's a big drive from Taupō to Wellington, but there's some unmissable scenery on offer. *Lord of the Rings* junkies, you're in for a treat!

Our journey takes us through Tongariro National Park via the Rangipo Desert (bet you didn't know New Zealand had one of those!). Some of your favourite *Lord of the Rings* battle scenes were filmed right here.

The Desert Road boasts incredible views of three active volcanic peaks – Mount Tongariro, Mount Ngauruhoe, and Mount Ruapehu. You may know Mount Ngauruhoe as Mount Doom, so be sure to snap a Mordor selfie!

We pass through two of the North Island's quirkiest towns – as ever, your Haka Guide has a couple of surprises up their sleeve...

We pull into Wellington in the afternoon, with just enough time for film buffs make a trip to Weta Workshop, where the special effects of *Lord of the Rings* and *Avatar* were produced.

New Zealand's capital is famous for its bars and eateries, and is a paradise for lovers of craft beer – you'll be spoilt for choice tonight!

HAKA HIGHLIGHTS

SCENIC DRIVE THROUGH TONGARIRO NATIONAL PARK
known to the rest of the world as Mordor!

EPIC PHOTO OPPORTUNITIES

for snaps of Mount Ruapehu, Mount Ngauruhoe and Mount Tongariro

ADMIRE THE VIEW OF WELLINGTON

from the top of Matairangi/Mount Victoria

FALL IN LOVE

with Wellington's cafe and craft beer culture

DAY 8 — WELLINGTON

Your tour ends after breakfast on Day 8. We're sure you'll have a whole lot of incredible memories to take home with you.

We've shown you our New Zealand – we hope we will see you again.

Haere tū atu, hoki tū mai.



FAQ

WHERE DOES THE TOUR START AND END?

This tour starts in Auckland at 8am on Day 1 and wraps up with a final night in Wellington at the end of Day 7.

Most customers stay with us the night before the tour starts, which means a super relaxed start to your Haka experience. You can choose to do this as you build your tour online

WHAT ARE THE MOST POPULAR ACTIVITIES ON THIS TOUR?

Everyone has their own favourites, but in general we find that these are the most popular:

- Skydiving – Taupō
- Kayaking – Coromandel
- Black Water Rafting – Waitomo
- Rafting – Rotorua
- Tongariro Crossing

Please be aware that your Haka guide will fit your activities in the best way possible depending on what activities are selected – so they may take place on different days or times than those listed on this itinerary.

I AM TRAVELLING ALONE – CAN I JOIN THIS TOUR?

Yes! Around 70% of our guests are solo so you can absolutely join this, or any other of our tours. There are no single person supplements.

HOW MUCH SHOULD I BUDGET PER DAY FOR FOOD AND WHAT FOOD IS INCLUDED?

Your guide will supply a continental breakfast each morning of your tour. This will consist of cereal, toast, tea, coffee and juice. And we take any special requests also.

Lunches and dinners are at your own expense. Our guides know the best places in each town and city depending on your budget and what you are after, and they will point these out on the way into each location. Some nights the tour group may choose to cook a meal together. You will head to a supermarket to get everything and then cook as a group at the hostel. Whoever joins in splits the cost, and it usually works out to be about NZ\$10 per person. A fun, social and cheap dinner.

Likewise the tour group and guide often head out to a local pub for a beer and a meal. Meals can range from \$15 upwards. In summer it's not uncommon to have a BBQ washed down with a few drinks.



FAQ

DO YOU CATER FOR VEGETARIANS/VEGANS?

Yes – we often have vegetarian/vegan guests and all cafes and restaurants in New Zealand offer these options. If you can't see any on the menu just ask, as most places will happily prepare something for you.

HOW FAR IN ADVANCE SHOULD I MAKE A BOOKING?

We recommend booking as soon as you know you can travel, and have decided on which tour you would like to go on. Some of our tours can be quite popular so it's best to secure your spot as soon as possible. Your spot can be booked with just a \$99 deposit and full balance is due 45 days prior to departure. You can log into your account at any time up until 45 days prior to pay off part of your tour balance, add activities and customise your tour.

WHAT AGES IS THIS TOUR FOR?

We have guests that are in their late teens to their 60s but the average ages is around 25–45. More important than age is attitude – we have found over the years that if you have a thirst for adventure then age is no barrier. Please do keep in mind though that a reasonable level of fitness is required – we can talk you through any specifics.

The minimum age of joining a tour is 18 years old. Sometimes the group may head out to a bar where everyone needs to be 18 years old, and New Zealand has strict alcohol policies.

CAN I UPGRADE MY ACCOMMODATION?

If you would prefer to have your own room while on tour, it is a good idea to upgrade. Most private rooms will have an ensuite bathroom attached; however in some locations you will have a private room with shared bathroom facilities due to the hostel layout. You can read more information about our accommodation upgrades online.

FIXED DEPARTURE DATES THROUGHOUT THE YEAR

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