



7-DAY SOUTH ISLAND LICK TOUR

Starting and ending in the “Garden City” of Christchurch, we show you the ultimate highlights of New Zealand’s stunning South Island over 7 action-packed days.

From turquoise lakes to towering mountains and glaciers, the South Island’s scenery will blow your mind, and the nation’s adventure capital, Queenstown, has all the adrenalin activities on offer that you could possibly wish for.

Included in your tour is a unique opportunity to carve your very own pounamu (greenstone) pendant with local carvers on the West Coast.

Activities can be pre-booked or 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 in Christchurch with us the night before the tour – only having to walk downstairs on day 1 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

Discover NZ's most spectacular **UNESCO World Heritage Areas**

Journey through **National Parks**

Cross the stunning **Southern Alps on the TranzAlpine** train

Explore downtown Christchurch and see its inspiring regeneration since the 2011 quake

Visit the tiny **Church of the Good Shepherd**, nestled by the shores of Lake Tekapo

Unparalleled stargazing opportunities in **Tekapo's Dark Sky Reserve**

Two nights in **Queenstown, the Adventure Capital of the World**

Visit the charming, historic gold rush village of **Arrowtown**

Carve your own **pounamu (jade) pendant** in Franz Josef

Discover the beauty and history of **pounamu in Hokitika**, the pounamu capital of the country

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 – CHRISTCHURCH TO TEKAPO ^B

Explore downtown Christchurch before heading to the turquoise lakes and starry skies of Tekapo.

DAY 2 – TEKAPO TO QUEENSTOWN ^B

A stunning drive through mountain landscapes to the jewel of the South Island: Queenstown.

DAY 3 – QUEENSTOWN ^B

Indulge your inner adrenalin junkie in Queenstown or take a trip to the spectacular Milford Sound.

DAY 4 – QUEENSTOWN TO WANAKA ^B

Cross the mountains from Queenstown into wondrous Wanaka.

DAY 5 – WANAKA TO FRANZ JOSEF ^B

Our favourite scenic New Zealand drive from the Southern Alps to the West Coast.

DAY 6 – FRANZ JOSEF ^B

Take in the dramatic icy landscapes of Franz Josef Glacier.

DAY 7 – FRANZ JOSEF TO CHRISTCHURCH ^B

Traverse the Southern Alps on the spectacular TranzAlpine train.

DAY 8 – CHRISTCHURCH

Your tour wraps up in the Garden City this morning.



- Tour start/end
- 1 night at this location
- 2 nights at this location
- TransAlpine train trip



Breakfast included



DAY 1 – CHRISTCHURCH TO TEKAPO

THE DAY AHEAD

MORNING

- ♦ Meet your guide and group for breakfast and introductions
- ♦ Explore Christchurch

AFTERNOON

- ♦ Head off in the Haka bus to stunning Lake Tekapo
- ♦ Check out the Southern Alps from above in a scenic plane ride (*not included*)

EVENING

- ♦ Wander the beautiful lakeshore of Tekapo
- ♦ Stargazing in one of the world's best dark sky reserves

This morning we'll explore iconic downtown Christchurch and your guide will show you the cool and creative ways the city is being rebuilt after the life-changing 2011 earthquake here. Christchurch folk are an innovative and creative bunch – the Transitional Cathedral, created from cardboard, is totally inspirational.

After lunch we leave the city behind and head for Lake Tekapo. The lake's breathtaking turquoise colour and mountain backdrop is a photographer's dream come true.

The tiny Church of the Good Shepherd stands right at the water's edge, proving that small is definitely beautiful. Grab some confetti and congratulate any passing brides – couples travel from all over the world for wedding shots in front of the chapel!

Tekapo has been declared an International Dark Sky Reserve and the super clear skies make it the best place in New Zealand to see the stars and galaxies on a clear night. Sit back, relax and enjoy.

HAKA HIGHLIGHTS

EXPLORE DOWNTOWN CHRISTCHURCH

and see its inspiring regeneration since the 2010 and 2011 earthquakes

VISIT THE CHURCH OF THE GOOD SHEPHERD

nestled by the shore of Lake Tekapo

REACH FOR THE STARS

with unparalleled stargazing opportunities in Tekapo's Dark Sky Reserve

EPIC ADD-ONS

Scenic Flight



DAY 2— TEKAPO TO QUEENSTOWN

THE DAY AHEAD

MORNING

- ♦ Breakfast
- ♦ Hike up Mt John
- ♦ Drive through the starkly beautiful Mackenzie country to Queenstown

AFTERNOON

- ♦ Optional bridge bungy at Kawarau Gorge en route (*not included*)
- ♦ Get to know vibrant Queenstown with an orientation from your guide
- ♦ Explore Queenstown your own way!

EVENING

- ♦ Grab dinner with your Haka crew (*not included*)

This morning if you're feeling energetic, hike up to the summit of Mt John. With awesome views of the Southern Alps, you'll feel on top of the world. Speaking of views, today's scenic drive to Queenstown is a show-stopper.

From the golden tussocklands of Mackenzie country – where epic battles of *Return of the King* were filmed – to the dramatic peaks of the Southern Alps, it's like you're driving into a postcard.

We'll pause for lots of photo stops en route to give your camera a workout, including a stop at the spectacular Kawarau Gorge. This also happens to be the World Home of Bungy, give it a go or enjoy watching the jumpers scream their way through the gorge!

Whether you're an adrenalin junkie, an avid hiker, wine taster or scenery lover, Queenstown has something for absolutely everyone. With two nights and plenty of daylight hours here, get ready – this town certainly knows how to live life to the max!

HAKA HIGHLIGHTS

A SCENIC DRIVE TO DIE FOR
with mountain passes and gorgeous gorges

WELCOME TO QUEENSTOWN
the Adventure Capital of New Zealand!

EPIC ADD-ONS

Scenic Flight

Bungy Jump

Paragliding



DAY 3— QUEENSTOWN

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Tackle your chosen activities for the day

AFTERNOON

- ◆ Further time for exploring and add-on activities

EVENING

- ◆ Return to Queenstown from your day of adrenalin
- ◆ Head to your accommodation to relax before a night on the town.
- ◆ Make a night of it at one (or several) of Queenstown's many bars!

HAKA HIGHLIGHTS

FULL DAY IN QUEENSTOWN

to scratch your adrenalin itch or soak up the scenery

With a full day in Queenstown, let's work on that bucket list! There are heaps of options to choose from: paragliding over the lake, mountain bike parks and trails to die for, bungee jumping while your Haka friends cheer you on, horse riding through *Lord of the Rings* scenery, and swinging through a canyon are just a few of our favourites.

Hikers: the Ben Lomond day walk (not for the faint-hearted) will be right up your alley. This is a firm tour guide favourite, and they can recommend great shorter walks too.

For scenery lovers, Milford Sound is a must-see. Whether you fly or drive, the scenery en route is as awesome as the destination. Once on the Sound, sailing beneath thundering waterfalls and towering cliff faces, you'll understand why some call it the "8th Wonder of the World"

Tonight you have around 40 bars to choose from – your guide will fill you in on their favourites – to share your adventures with your travel buddies, and party the night away.

EPIC ADD-ONS

Visit Milford Sound

Canyon Swing

Bungee Jumping

Skydiving

Paragliding

Shotover Jet Boat

Canyoning

Horse Trekking

Middle Earth 4WD Tour

Heli-Mountain Biking



DAY 4 – QUEENSTOWN TO WANAKA

THE DAY AHEAD

MORNING

- Breakfast
- Explore charming historic Arrowtown
- Check out Cardrona en route to Wanaka

AFTERNOON

- Explore Lake Wanaka and the township by foot, bike or boat
- Head up in the air or out on the water with an add-on activity (*not included*)

EVENING

- Take a walk around the shores of Lake Wanaka
- Up your Insta cred with a snap of #thatwanakatre

After the excitement of Queenstown, today is a chance to chill. Wanaka is Queenstown's slightly quieter little sister, a mere one hour drive away. On the way we'll stop in at charming Arrowtown, a historic gold rush village with heaps of old world character.

Blessed with towering peaks and a glacial blue lake, you'll soon see why Wanaka's considered to be one of New Zealand's most beautiful mountain towns. There are stunning hikes and bike rides all around for a welcome chance to chill.

One of the best ways to admire Wanaka is from the air. Treat yourself to a skydive or a scenic flight in a vintage plane – you can even take a flying lesson, or if you prefer to keep your feet closer to the ground, stroll or bike around the lake and check out the famous Wanaka Tree, standing all alone in the water. As always, it's your trip and your choice: you do you.

HAKA HIGHLIGHTS

VISIT ARROWTOWN

and experience this charming and historic gold rush village

SOAK UP THE BEAUTY OF LAKE WANAKA

while getting to know this stellar town

EPIC ADD-ONS

Skydiving

Tiger Moth Aerobatic Plane Ride

Wanaka Bike Tours

Lake Cruise & Island Nature Walk



DAY 5 – WANAKA TO FRANZ JOSEF

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Spend the morning exploring Wanaka or trying any last minute activities

AFTERNOON

- ◆ Hit the road on the Haka bus for the most magical drive of your whole tour
- ◆ Special stops en route to gaze out at Lake Hawea and check out some short walks
- ◆ Arrive at our glacier stop for the night – Franz Josef

EVENING

- ◆ Grab some Kiwi kai (food) with your team (*not included*)

HAKA HIGHLIGHTS

SUPER SCENIC DRIVE

through the Fiordland, Mt Aspiring and Tai Poutini (Westland) National Parks

WONDROUS WATERFALL WALKS

as we hit the Haast Pass

TRY LOCAL DELICACY WHITEBAIT

when it's in season (September to December)

After a relaxing morning in Wanaka, the journey to Franz is another stunner – many of our Haka Guides rate it as their favourite drive in New Zealand.

As we hit the road, we'll stop at one of our favourite lakeside lookout points at Lake Hawea or Lake Wanaka. Your guide will keep an eye on the weather and pick the best option.

From the cascading waterfalls of Haast Pass to classic Kiwi coastal views, you won't want to nap on the bus in case you miss anything. Your guide will have some epic surprise photo stops and short walks along the way.

Between September and December it's whitebait season (a small fish that's a delicacy in New Zealand). Fried up with eggs and served on toast, it's a local treat and shouldn't be missed. We'll stop at one of the local spots for a taste during the season.

We roll into Franz Josef around late afternoon/early evening. This UNESCO World Heritage area is famous for its spectacular glacier, just 5 kilometres from town, which is begging to be explored tomorrow.

EPIC ADD-ONS

Wanaka Bike Tours

Lake Cruise & Island Nature Walk



DAY 6— FRANZ JOSEF

THE DAY AHEAD

MORNING

- ◆ Breakfast
- ◆ Learn to carve a pounamu pendant with your group (*included*)
- ◆ Set out on one of the many glacial activities on offer – see our Epic Add-ons section below for ideas

EVENING

- ◆ Head back to your accommodation to get changed and give your muscles a rest!
- ◆ Dine out with your Haka pals (*not included*)
- ◆ Sing your heart out at karaoke!

HAKA HIGHLIGHTS

TAKE IN THE STAGGERING BEAUTY
of the West Coast's natural features

CARVE YOUR OWN PENDANT
from pounamu (greenstone/jade)

With Aoraki/Mount Cook (New Zealand's highest mountain) twinkling behind the glaciers, Franz Josef is about as beautiful a setting as you can find in New Zealand.

Te Wahi Pounamu (which means 'the place of pounamu/greenstone' in Māori) is the name given to this part of the West Coast because of the abundance of pounamu to be found here. Included in your tour today is a special opportunity to carve your very own pounamu pendant at a local gallery.

There are heaps of ways to enjoy Franz Josef Glacier; weather permitting, to get up onto the bluest ice you can take a scenic helicopter flight and hike onto the glaciers. Maybe you'd prefer to kayak on a glacial lake; or just relax in the steamy hot springs down below.

As well as the awesome glacier activities you could also try out quad biking, horseback riding and even a bit of group karaoke tonight in Franz Josef!

EPIC ADD-ONS

Glacier Heli Hike

Scenic Helicopter Flight With Snow Landing

Kayak in Glacier Country



DAY 7— FRANZ JOSEF TO CHRISTCHURCH

THE DAY AHEAD

MORNING

- Breakfast
- Drive further up the wild west coast to Hokitika
- Visit the Hokitika Mountain Jade Factory
- Get face-to-face with a kiwi at the National Kiwi Centre (*not included*)

AFTERNOON

- Board the TranzAlpine train for scenic journey across to Christchurch through Arthur's Pass

EVENING

- Pull into Christchurch at around 6:30pm
- Head to your final night accommodation (*included*)

HAKA HIGHLIGHTS

VISIT THE MOUNTAIN JADE FACTORY
in Hokitika

TRAVERSE THE SOUTHERN ALPS
on the TranzAlpine train journey

Before you know it, it's your last day! After breakfast we head further along the beautiful west coast on another of the most spectacular drives in the country (and, some would say, the world): a rugged, primeval landscape of luxuriant rainforest juxtaposed against breathtaking beach and ocean waves.

We stop at Hokitika and visit a pounamu factory, a great place to stock up on souvenirs for your friends and family back home. Time permitting, we may also visit the National Kiwi Centre where there is guaranteed viewing of rare kiwi birds in their nocturnal house.

On the way back to Christchurch, you'll traverse the South Island on the stunning TranzAlpine Train Crossing. Travelling across the Southern Alps through Arthur's Pass, you'll arrive in Christchurch around 6.30pm before transferring to your accommodation.

Your tour officially ends in Christchurch, so feel free to party on with your new travel buddies for as long as you like – your accommodation tonight is included so you can treat yourself to a lie-in in the morning!

DAY 8 — CHRISTCHURCH

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 Christchurch at 8am on Day 1 and wraps up in Christchurch on 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.

DO YOU VISIT MILFORD SOUND ON THIS TOUR?

We offer an optional trip to the wonderful Milford Sound while in Queenstown. There are a few different options for the excursion, which you can view 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:

- Milford Sound Day Trip – departs Queenstown
- Skydiving – Wanaka or Abel Tasman
- Nevis Bungy – Queenstown
- Heli Hike – Franz Josef

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

[VIEW OUR AVAILABILITY ONLINE](#)