



# NEW ZEALAND TRAVEL GUIDE

**LIVE, BREATHE AND EXPERIENCE NEW ZEALAND WITH THE ULTIMATE TRAVEL GUIDE**





[newzealandselfdrivetours.co.nz](http://newzealandselfdrivetours.co.nz)



"We travel not to escape life,  
but for life not to escape us."

– Anonymous



# LIVE.

THIS IS REAL

**This is for those who  
seek a different way  
of life (even if it's just  
for two weeks).**

Diving into the abyss, Waitomo

Image: Destination Waitomo

# BREATHE.

THIS IS REFRESHING.

**This is for those who want to immerse themselves in the true essence of Kiwi (whether it's a kawakawa steam treatment or a beer with the locals).**

Exploring Franz Josef Glacier

Image: Tourism West Coast



# EXPERIENCE.

THIS IS NOT FOR TOURISTS.

**This is for travellers  
(leave your  
limitations at home;  
this journey is going  
to be life-changing).**

Diving the Poor Knight Islands

Image Destination Northland

# NEW ZEALAND TRAVEL GUIDE

## A declaration of independence



### Welcome to the ultimate Kiwi travel guide!

Are you ready to experience the real New Zealand? We're delighted to partner with New Zealand Self Drive Tours and have travelled to the furthest corners of our amazing country to bring you the best the 'Land of the Long White Cloud' has to offer in one must-have guide. We invite you to share our country and hope you come to love it as much as we do on your travels. Have a great trip!

Isaac Wilson, Editor

*"Seek out authentic Kiwi experiences on roads less travelled. While the best-known destinations are justifiably popular, take the time to discover the many treasures off the beaten track and you'll have amazing adventures in the most surprising places!"*

### BEEN THERE. DONE IT. PASS IT ON.

You've come all this way to visit Aotearoa and when you get here there's such a bewildering array of activities on offer that it can be hard to know what to choose. There are some things, though, that you just can't leave without trying:

- ✿ Black-water rafting at Waitomo Caves.
- ✿ Witnessing a spine-tingling Maori cultural experience.
- ✿ Whale watching by boat or plane off the Kaikoura Coast.
- ✿ Taking a guided glacier walk.
- ✿ Pushing your boundaries: bungy jumping, globe riding or skydiving.
- ✿ Swimming with dolphins.

Remember that there are thousands who'd love to share your experiences. You've been there and done it, so make sure you share your stories and photos. Oh, and while we're on the subject of bestowing your wisdom, how about dropping an email to [editor@somocreative.co.nz](mailto:editor@somocreative.co.nz)? We'd love to hear your thoughts.

### Need more information?

Check out the wealth of travel information available to read and download at [www.newzealandselfdrivetours.co.nz](http://www.newzealandselfdrivetours.co.nz) and [www.destination-nz.com](http://www.destination-nz.com). For expert, on-the-spot advice head to New Zealand Self Drive Tours live chat service and keep an eye out for the exciting new *Here & Now* publication *What's Hot* and downloadable *Travellers Guide*.

#### WHAT'S HOT

Want to know where it's at? *What's Hot* is jam-packed with insider information for locals wanting to keep up-to-date on what's hot and happening around New Zealand – and international visitors who want to get off the tourist trail and find out where the locals go!

#### TRAVELLERS GUIDE

The ultimate guide for domestic and international travellers looking to discover the real New Zealand, from popular high-profile destinations to places and activities off the beaten track – download your electronic copy at [shop.nzhereandnow.co.nz/](http://shop.nzhereandnow.co.nz/)

#### ONLINE

Check out New Zealand Self Drive Tours website for background information and trip ideas. For a vast array of in-depth information about New Zealand head to [www.destination-nz.com](http://www.destination-nz.com). And make sure you pick up a copy of *Cityscape* when you're in Christchurch!

## Kia ora!



Prime Minister's welcome.

New Zealand is a fantastic part of the world and we have many things that make

us an attractive place to visit. I'd encourage you to come and visit us if you haven't already.

In New Zealand, you'll experience some of the most outstanding scenery, a unique culture, delicious wine and food, and many thrilling activities that make us a world-renowned adventure playground.

From the stunning glaciers and fiords of the South Island's West Coast, to the mighty volcanoes of the Central Plateau, there is something for everyone to see and enjoy.

Visit a traditional Māori marae, fish for trout in an alpine stream or take some time out at a spa or eco resort. You could taste some of the best and freshest food in the world, matched with an array of delicious local wines. The world can't get enough of our produce.

And there are so many ways to get a thrill – from jet boating, whitewater rafting, and bungy jumping, to mountain-biking and playing on one of more than 400 golf courses.

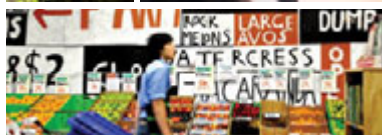
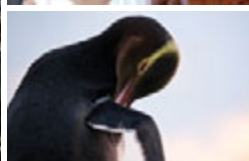
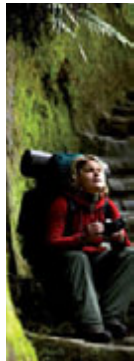
We are extremely proud of our country. Up and down New Zealand, Kiwis are ready and waiting to show off the best that New Zealand has to offer.

I hope you have a great time in New Zealand. There's always more to discover in our little corner of the world, and our door is always open. We hope you'll return to our shores again soon.

Best wishes,

Rt. Hon. John Key  
Prime Minister

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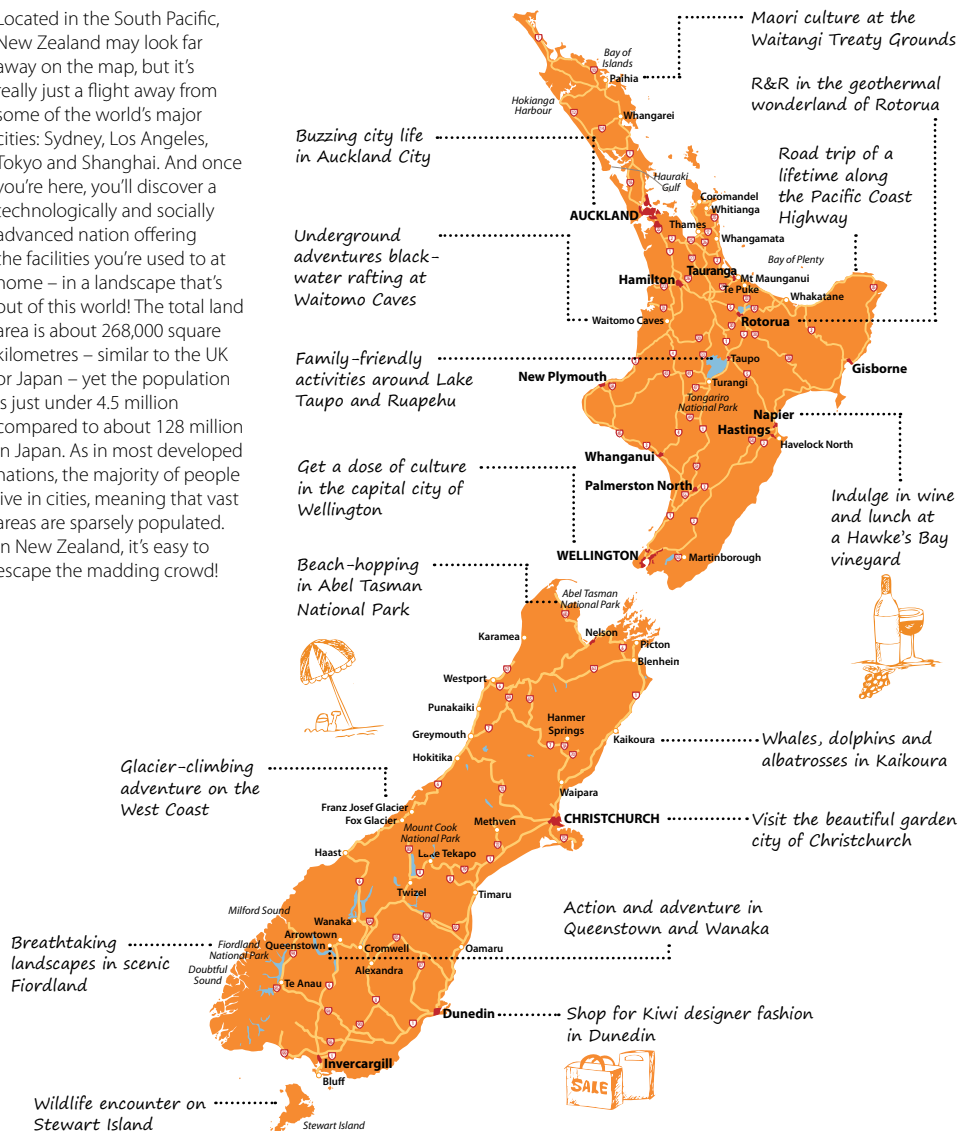
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# THIS IS AOTEAROA

The Pacific nation of New Zealand is an exciting destination offering the perfect blend of sophisticated culture, fine food and wine, adventure activities and incredible wild places. There are highlights in every corner of the nation, whether you're travelling top to bottom or exploring one area in depth.

Located in the South Pacific, New Zealand may look far away on the map, but it's really just a flight away from some of the world's major cities: Sydney, Los Angeles, Tokyo and Shanghai. And once you're here, you'll discover a technologically and socially advanced nation offering the facilities you're used to at home – in a landscape that's out of this world! The total land area is about 268,000 square kilometres – similar to the UK or Japan – yet the population is just under 4.5 million compared to about 128 million in Japan. As in most developed nations, the majority of people live in cities, meaning that vast areas are sparsely populated. In New Zealand, it's easy to escape the madding crowd!





# The Highlights

**Incredible landscapes** New Zealand's spectacular landscapes range from rugged mountain ranges and forest-cloaked valleys to exquisite turquoise lakes and golden beaches. **[DO IT]** Absorb the extraordinary sight of Milford Sound.

**Remarkable wildlife** New Zealand will allow you the chance to interact with unique wildlife that exists nowhere else on earth – from snow-dwelling parrots to the strange kiwi bird. **[DO IT]** Watch kiwi forage at a special nocturnal house.

**Adventure activities** Revel in the superb range of adventure activities on offer in incredible landscapes – from hiking and black-water rafting to the extreme thrills of globe riding or skydiving. **[DO IT]** Summon all your courage and bungy jump!

**Rest and relax** Geothermal activity means an abundance of hot mineral pools around the country – many of them developed into enticing landscaped complexes and day spas. **[DO IT]** Indulge in a hot mineral pool followed by a Maori massage.

**Sophisticated society** Experience life among New Zealand's melting pot of cultures and discover a modern, sophisticated society that's open-minded and innovative. **[DO IT]** Explore the colourful capital of the Pacific, Auckland City.

**Friendly locals** In buzzing cities and in small country towns, enjoy a genuine Kiwi welcome from people known around the world as being honest, open and friendly. **[DO IT]** Do as the locals do and bond over a cold beer in a country pub.

**Fascinating culture** Learn the myths and traditions of the indigenous Maori people and experience a slice of New Zealand culture as it has been for hundreds of years.

**[DO IT]** Join a guided marae visit and taste a traditional hangi cooked underground.

**Tantalising cuisine** Sample the freshest produce from land and sea, prepared by innovative chefs, topped off with a premium local wine. **[DO IT]** Ask the locals where to find the best fish 'n' chips.

## Fast Facts

**Preparing for the climate** While NZ does not usually suffer major climate extremes, the weather can be changeable. Pack layers and a raincoat. Seasons are in reverse of the Northern Hemisphere. For forecasts, see [www.metservice.co.nz](http://www.metservice.co.nz).

**Holidays** Confirmed bookings for accommodation and transport are essential in some areas, and a good idea in others during the busy public or school holidays. Some businesses (typically cafés and restaurants) add public holiday surcharges of 10% to 20%. For more, see Essential Information or [www.education.govt.nz/ministry-of-education/school-terms-and-holidays](http://www.education.govt.nz/ministry-of-education/school-terms-and-holidays)

## Visitor Information Network

As you're travelling, look out for i-SITE Visitor Information Centres which you'll find in most places throughout the country. Here you'll find information, advice and help with bookings. See [www.i-site.org.nz](http://www.i-site.org.nz) for a list of i-SITE Visitor Centres.

**Driving in New Zealand** Cars, campervans and campers that lie somewhere between the two are readily available for hire. Minimum hire ages vary from 21 to 25 and you'll need to provide a driver's licence (in English) from your home country or an International Driver's Permit. See <http://www.nzta.govt.nz/driver-licences/new-residents-and-visitors/driving-on-nz-roads>.

**Crossing Cook Strait** Most visitors will want to see both the North and South Islands. Fly between the islands, or choose from two major ferry operators that transport passengers and vehicles.



Glacier Explorers, Mt Cook

Image: Destination Mt Cook/Mackenzie

## SPRING

If you're in New Zealand between September and November, you'll be treated to a fantastic show of blossoms in Taranaki, Hamilton or the 'garden city' of Christchurch, among other places. **[BEST TIME]** Hit the slopes for spring skiing and snowboarding. City sightseeing before the summer heat really kicks in.

## SUMMER

December to February is high season, and perfect for exploring the beaches and enjoying water sports in areas like the Bay of Islands, The Coromandel, Bay of Plenty, Nelson and Marlborough. **[BEST TIME]** Take your pick from a multitude of food, arts and sports events. Book ahead and take a Kiwi camping holiday.

## AUTUMN

From March to May, summer crowds disperse but the weather usually remains settled and warm. In some places, the changing colours of the leaves are a spectacular sight. **[BEST TIME]** Hike the Great Walks while the weather is settled and crowds are smaller. Sample wine at the cellar door in harvest season.

## WINTER

June, July and August are perfect for skiing, but crisp days and a dusting of snow also make this a great time for viewing the South Island's majestic scenery. **[BEST TIME]** Swim with dolphins – you can wear a wetsuit for warmth and the water is clearest during the winter months. Soak in a steaming geothermal hot pool nestled among a winter wonderland.

Wonderment in  
Whanganui National Park



Image: Visit Ruapehu

# EXPLORE

## NEW ZEALAND

Renowned for jaw-dropping scenery and extreme adventure activities, it's also known for luxurious wilderness retreats, delightful cuisine, rich Maori culture and the down-to-earth friendliness of its many people.

# WAYS TO SEE NZ

Are you a seasoned traveller keen to get off the beaten track and explore on your own terms or would you prefer to sit back and enjoy the scenery and attractions while someone else takes care of all the little details? New Zealand has options for every traveller.

Are you after a romantic escape, family holiday, luxurious getaway or the road trip of a lifetime? Whatever you have in mind, here's how to explore your own way.

## Family Time

New Zealand is a great place for a family adventure. Rent a car to make transporting everyone easy: vehicles of all sizes are available, including people-movers that will carry families without any fuss. Self-contained motels or apartments with kitchen and laundry facilities as well as camping grounds and holiday parks are an excellent option for families.

Once the practicalities are sorted, it's all about fun for the family – fortunately many of New Zealand's iconic activities are suitable for all ages. Animal encounters rank highly among the young ones, whether it's horse trekking, a visit to a zoo, or farm stay activities. Adventure and theme parks are popular and so are beach visits and water activities like boating and kayaking. On rainy days take your pick from a myriad of museums and kid-friendly educational attractions. With interactive displays and science attractions, touch-tanks, hands-on exhibits and museum activities for kids, boredom is out of the question – guaranteed!

## Action & Adventure

If you're looking for action and adventure, then you've definitely come to the right place!

Any adrenaline-pumping itinerary has to include the adventure capital of Queenstown. Famous for bungy jumping, jet boating, heli skiing and much more, Queenstown makes your wildest dreams come true. On the West Coast, try glacier climbing, and in Rotorua have a go at globe riding



and mountain biking. In the Waikato's Waitomo Caves, cave systems and underground rivers are waiting to be explored, while white-water rafting will get your heart racing in Tongariro National Park. Taking to the hiking trail is, of course, an iconic New Zealand adventure. Fiordland National Park is home to some of the most well-known multi-day walks, but there are numerous other hiking trails around the country.

And there's no need to come down from your adrenaline rush as you travel from one adventure hot-spot to the next. Rent a motorcycle for the ultimate road trip or book a 4WD to get off the beaten track along the way! For overnight stays, choose a self-contained holiday apartment with plenty of room for all your gear, rent a camper or try wilderness camping for maximum adventure.

## Backpacking

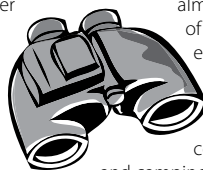
New Zealand is hugely popular among backpackers. It's the perfect

place for a road trip with friends or a backpacker bus tour to a myriad of fascinating places, choosing from almost endless selection of varied activities to enjoy along the way.

Make sure you don't miss out on the iconic activities that make this country famous! Hostels

and camping grounds abound and the country's major drawcard, its stunning and diverse landscape, is free for every visitor. There are plenty of inexpensive ways to explore rainforests, beaches, glaciers and geothermal fields.

Inexpensive accommodation ranges from backpacker hostels to camping grounds complete with cabins and, sometimes, motel units, while a solid network of coach transport makes New Zealand cheap and easy to get around if you'd prefer not to drive. Renting a vehicle is an economical option if you're travelling in a group, or if you're flying solo you can buy bus passes or join a specialised bus tour for an





### ROAD TRIP SURVIVAL LIST

... an iPod loaded with Kiwi classics ... plenty of snacks, including local favourites like Pineapple Lumps ... water ... a road map ... feeling intellectual? Grab a Maori language audio course and learn as you go.

### ROAD TRIPS

Get your best friends together, rent a car and explore the highways and byways in a gorgeous landscape. New Zealand is an excellent place for a road trip and driving is relatively easy on the well-maintained and signposted main roads. Discover the road trip of a lifetime at [www.newzealandselfdrivetours.co.nz](http://www.newzealandselfdrivetours.co.nz).

### REAL KIWI EXPERIENCES

Of course, you've come to New Zealand in search of experiences that will give you a real taste of life in New Zealand. You're in for a treat; New Zealand culture is fascinating, accessible and fun. Make sure your trip includes at least one Maori cultural experience, of course – there are lots of options, but taking a guided walk with a Maori guide gives visitors a great insight into contemporary Maori culture and traditional values. Don't miss the chance to soak up some New Zealand art as well, whether it's visiting an art gallery, listening to a Kiwi band or catching a local movie. And then, to truly experience an authentic slice of New Zealand, make sure you get involved in popular local activities, whether it's playing frisbee at the beach, a BBQ at the camping ground or drinking a beer at a local pub. See New Zealand Culture for more ideas.

### DELUXE ACTIVITIES

**Golfing** at Cape Kidnappers  
**Island hopping** in the Bay of Islands  
**Heli skiing** in the Southern Alps  
**Private cooking class** with a celebrity chef  
**Glacier flight-seeing** on the West Coast



unforgettable social experience. When it comes to saving money, there are lots of ways to make your money go further in New Zealand.

### Eco-friendly Travel

Take only photos and leave only footprints – it's an oldie but a goodie. New Zealand is famous for the beauty of its scenery, so make sure you're doing your part to preserve the landscape for the next traveller. Protecting New Zealand's environment starts at the border, with biosecurity checks to prevent pests and diseases entering the ecosystem. Make sure you do your bit and fill out the forms accurately.

When you're travelling around the country, look for ways to be an eco-friendly traveller. Choose a fuel-efficient vehicle for road trips – or use public transport if

you can. And when you're selecting your accommodation, choosing from hotels and motels that have Qualmark Enviro accreditation ensures that you're supporting operators who try to minimise environmental harm.

Eating locally is easy in New Zealand! With so much beautiful, fresh produce to choose from, you won't have to worry about food miles for a moment. In supermarkets, look for food origin labelling on fruit, vegetables, meat and seafood – two of the big supermarket chains label fresh foods. For *really* local food, pick up supplies at a farmers' market.

### Tours & Travel Passes

If you prefer to let someone else take care of the planning, look for one of the many guided tour options available. It's a great idea to book

*GIVING BACK* 'Voluntourism' is hot! When you're in New Zealand, why not spend some time helping out the locals? Willing Workers on Organic Farms (WWOOF) provides the opportunity to learn sustainable practices and skills. Live with a Kiwi family and learn about companion planting, composting, worm farming, preserving and more. [[www.wwof.co.nz](http://www.wwof.co.nz)] Or be part of a conservation project. New Zealand is a world leader in conservation and you can be part of a Kiwi success story by helping with bird monitoring or pest control. [[www.doc.govt.nz](http://www.doc.govt.nz)]

a few one-day sightseeing trips for an in-depth look at particular areas of interest with an expert local guide, or else forget about booking accommodation and transport entirely and join a multi-day tour. Options range from packaged group trips covering key destinations to inexpensive backpacker tours that take you well off the beaten track. You'll also find customised deluxe itineraries and luxury multi-day cruises.

For a different take on your New Zealand adventure, why not take a Maori cultural tour? You can book the exclusive services of a Maori guide, join a one-day guided walk or experience your whole trip under the light of Maori tradition and heritage.

For ultimate convenience and savings, bus and rail passes are a great option. Passes usually allow you to jump on and off along the way and they often include discounts on accommodation and activities.

### Romantic Escapes

From the pleasure of experiencing wilderness areas and feeling that you and your partner are the only ones in the world, to the luxury of a romantic couple's retreat in a boutique lodge, New Zealand offers plenty of ways to indulge your romantic side.

Start the day with a hot air balloon flight followed by a champagne breakfast then spend a leisurely morning on an art trail. If you dare, brave a tandem bungee jump and in the evening dine in a romantic restaurant.

If you're about to take the next step, New Zealand is a popular location for weddings. From a traditional church ceremony to a unique setting such as a garden or a beach, you'll find the perfect spot.

### New Zealand Luxe

For the ultimate escape from everyday stresses, unwind at one of New Zealand's unforgettable

retreats – because you don't want the pampering to stop when you return to your hotel!

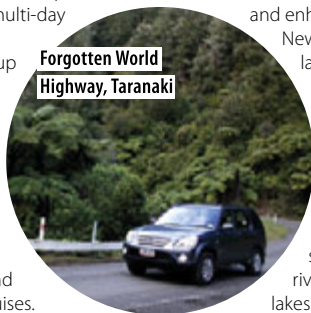
Luxury lodges, the country's most exclusive establishments, celebrate and enhance the beauty of New Zealand's varied landscape. These lodgings are set on cliff-top locations creating that special you're-on-top-of-the-world feel; they're located on the shores of rushing rivers or glistening lakes boasting their own private beach access; and they're nestled on remote mountainsides.

You'll find exclusive retreats in untouched wilderness, picturesque farms, lush vineyards or right in the middle of New Zealand's national parks, offering unparalleled luxury and impeccable service.

Your in-house chef will dish up the finest New Zealand wines and gourmet cuisine, ranging from tender New Zealand lamb to freshly caught crayfish (rock lobster). Enjoy delightful private rooms, the option to experience the best local activities, from fly-fishing, golfing and boating to sightseeing, and the expert local knowledge of your charming hosts.

Unwind in a cosy library or with the latest home theatre system. Your stay will be embellished by luxurious features including private launches, Jacuzzis, steam rooms, heated outdoor lap pools, and stunning original artworks. Some retreats also offer treatments to enhance your wellbeing, from massage to spa therapy and yoga, and you may even enjoy the benefits of your own personal trainer.

Don't let the luxury end with five-star ratings, impeccable service and delectable cuisine! For an experience which really is second to none consider something extra special. Don't be afraid of letting your imagination run wild – New Zealand will have the answer for even the wildest dreams.



### LUXURIOUS RETREATS

**Eagles Nest [Russell]** Spa therapies, private beach and in-house chef.

**The Farm at Cape Kidnappers [Hawke's Bay]** 5-star lodge and award winning golf course.

**Kauri Cliffs Lodge [Matauri Bay]** 5-star suites and a top golf course.

**Treetops Lodge [Rotorua]** Timber-and-stone sanctuary amidst native forest.

**Blanket Bay [Glenorchy]** Tranquil lakeside lodge suites with mountain views.

### GREEN TRAVEL TIPS

Help keep New Zealand beautiful by choosing green options whenever possible. As the saying goes: take only photographs and leave only footprints! ... share your rental vehicle with a group or use public transport ... keep an eye out for the Enviro Qualmark when choosing tour operators and accommodation ... clear up your rubbish at camping spots – be a tidy Kiwi! ... go hiking! It offers you a close encounter with the landscape and doesn't use any petrol ... and when you do go hiking, stick to designated tracks to protect fragile plants and wildlife ... keep showers short and to the point (or go skinny dipping instead – but remember, no soap in rivers and lakes!).

**FREEDOM CAMPING In New Zealand freedom camping is only permitted in fully self-contained campervans with toilet, shower and grey water storage. It is vital that you adhere to the freedom camping etiquette: make sure you only choose legal spots, never, ever leave rubbish behind, don't pollute waterways with soap, and never use the great outdoors as a toilet. For more info, visit the Camping Our Way website.**  
[[www.camping.org.nz](http://www.camping.org.nz)]

Orakei Marae,  
Auckland City



Image: Tourism Auckland

# CULTURE

## NEW ZEALAND

Blending Maori, European, Pacific and Asian cultures, New Zealand has a rich multicultural identity and a diverse artistic tradition from Kiwiana kitsch to traditional Maori crafts and world-famous cinema.



# LAND OF LEGENDS

New Zealand is a land of ancient legends and rich history that fosters a colourful multicultural identity. Thriving amid landscapes dense with spiritual significance is a unique culture made up of indigenous Maori and European traditions interwoven with Pacific and Asian influences.



## TIMELINE

**1642** Abel Tasman anchors at Golden Bay.  
**1769** NZ is sighted by Captain James Cook aboard the *Endeavour*. **1840** The Treaty of Waitangi is signed. **1854** NZ's first Parliament sits in Auckland (it later moves to Wellington).  
**1868** The first Maori MPs, Frederick Nene Russell and Tareha Te Moananui, are elected to Parliament. **1884** The first representative NZ rugby team tours New South Wales in Australia. **1893** NZ becomes the first country in the world to allow women to vote. **1908** Ernest Rutherford wins the Nobel Prize in Chemistry. **1931** The Hawke's Bay earthquake destroys much of Napier and Hastings. **1945** Charles Upham, NZ's most decorated soldier, is awarded a Victoria Cross and Bar for services in WWII. **1947** Independence from Britain is formally proclaimed. **1953** Sir Edmund Hillary and Sherpa Tenzing Norgay conquer Mt Everest. **1974** The Commonwealth Games are held in Christchurch. **1981** The Springbok rugby tour sparks countrywide protests against apartheid. **1987** The New Zealand Nuclear Free Zone, Disarmament and Arms Control Act is passed into law, establishing New Zealand as a nuclear weapon-free zone. **1999** Filming of *The Lord of the Rings* starts. **2004** Maori Television begins broadcasting. **2008** John Key is elected Prime Minister. **2010** An earthquake shakes Christchurch. **2011** Another major earthquake strikes Christchurch. **2011** Rugby World Cup is held in New Zealand. **2012** *The Hobbit* film premieres in New Zealand. **2013** Eleanor Catton wins the Man Booker Prize for *The Luminaries*.

## Past & Present

New Zealand's human history is short compared to that of other nations, but the mix of cultures that have influenced the course of history has resulted in a colourful heritage in this South Pacific nation.

Maori are thought to have arrived over 1,000 years ago after travelling by canoe from a South Pacific homeland known as Hawaiki. They named their home Aotearoa, 'Land of the Long White Cloud'. The Maori population may have been as high as 100,000 prior to European settlement.

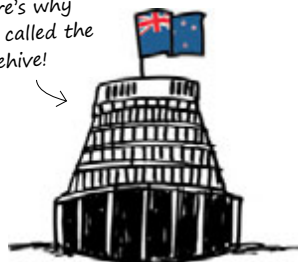
The first European to discover New Zealand was Dutch explorer Abel Tasman. On 13 December 1642 his ships sighted the Southern Alps and anchored in Golden Bay, near Nelson. More than 100 years later, Briton Captain James Cook, appointed to observe the transit of Venus, circumnavigated New Zealand after his cabin boy sighted land near Gisborne on 6 October 1769.

New Zealand became a popular base for explorers and navigators. Whalers, sealers and traders followed, and by 1839 there were about

2,000 Europeans in New Zealand. Lieutenant-Governor Captain William Hobson arrived in 1840, charged with acquiring the sovereignty of New Zealand through a treaty with Maori chiefs. On 6 February 1840, at Waitangi in the Bay of Islands, the Treaty of Waitangi was signed. Although there are debates about the interpretation of the Treaty of Waitangi, it is considered New Zealand's founding document.

British migration accelerated and gold rushes during the 1860s attracted more migrants from around the world. Independence from Britain was formally proclaimed in 1947. In the 1970s many Pacific Island immigrants settled in New Zealand, followed by Asians in the 1980s and 1990s. Today, New Zealand has its own unique culture – a mix of those who have settled here.

Here's why it's called the Beehive!



**THE BEEHIVE** The Executive Wing of New Zealand's Parliamentary Buildings is known as the Beehive – for obvious reasons!

## EXPERIENCING THE PAST

Travel back in time and unearth ancient traditions and rich heritage on your journey through Aotearoa.

### Museums

New Zealand's museums exhibit an array of collections and many offer clever interactive displays. Te Papa, New Zealand's national museum in Wellington, takes museum-going to another level with simulators and rides. Auckland

Museum is known for its Maori artefacts, while Otago Museum focuses on South Island history. You'll find specialist museums dedicated to everything from cars and planes to toys and fashion.

Meanwhile, history comes alive at recreated pioneer towns like Shantytown, near Greymouth.

### Heritage Trails

Combine exploring the past with discovering natural New Zealand! Heritage trails can be found in cities and rural areas and they can be included as part of a tour or self-guided (brochures available at i-SITE Visitor Information Centres). Renowned heritage trails include Napier's Art Deco Walk, Dunedin's Heritage Walks, Wellington's Old Shoreline Heritage Trail, the Otago Goldfields Heritage Trail and the Vanished World Trail in Waitaki.

### Heritage Sites

New Zealand's most important heritage site is the Waitangi Treaty Grounds, but around the country

are war memorials and Maori pa sites. Visit gold-mining towns like the Arrowtown Chinese Settlement and the ghost towns of Macetown and Bendigo in Otago, or once-bustling coal-mining towns like Denniston on the South Island's West Coast.

### Historic Buildings

Historic buildings are all over New Zealand, but the Art Deco buildings of Napier and Oamaru's whitestone architecture are highlights.

Auckland has grand old homes, while Wellington has the nation's oldest suburb (Thorndon) and the world's largest all-wooden structure; the 1876 Government Buildings. Dunedin's

historic gems such as Larnach Castle and the Dunedin Railway Station (reputed to be New Zealand's most photographed building) are not to be missed. Christchurch has long been noted for its Gothic revival stone buildings, but many were damaged in the earthquakes of 2010 and 2011. It remains to be seen how many will be rebuilt; in the meantime, visiting Christchurch is an opportunity to witness history in the making.

### Cultural Encounters

Travel back in time hundreds of years in the course of an afternoon or evening! Engaging ceremonial rituals, re-enactments of history, powerful performance art and traditional Maori feasts offer you a unique insight into long-ago times! For more on cultural experiences, see Maori Culture.



Spring at Rotorua Museum

## AUCKLAND MUSEUM

### AUCKLAND – MUSEUM

The most significant collection of Maori and Pacific treasures in the Southern Hemisphere.

[www.aucklandmuseum.com](http://www.aucklandmuseum.com)

## KAURI MUSEUM

### MATAKOHE – MUSEUM

Learn about pioneering settlers through the mighty Kauri tree at this award-winning and internationally acclaimed attraction.

[www.kaurimuseum.com](http://www.kaurimuseum.com)

## PATAKA

### WELLINGTON – MUSEUM

Pataka has developed a world-class reputation for showcasing the best in contemporary Maori, Pacific Island, New Zealand, Asian and international arts and culture.

[www.pataka.org.nz](http://www.pataka.org.nz)

## ROTORUA MUSEUM

### ROTORUA – MUSEUM

This must-see museum features innovative displays, art exhibitions, cinema experiences and guided tours that enable visitors to explore Rotorua's fascinating history.

[www.rotoruamuseum.co.nz](http://www.rotoruamuseum.co.nz)

## SOUTH CANTERBURY

### MUSEUM TIMARU – MUSEUM

Discover the nature, history and culture of this region. Explore exhibition areas showing the region's natural heritage, Maori and settler history, and everyday life.

[www.timaru.govt.nz/museum](http://www.timaru.govt.nz/museum)

## VOYAGER NZ MARITIME

### MUSEUM AUCKLAND – MUSEUM

Try your hand at yacht design, relax in the bach, hear the cannon fire, test your sea legs and batten down the hatches in the rocking cabin.

[www.maritimemuseum.co.nz](http://www.maritimemuseum.co.nz)

## WAITANGI TREATY GROUNDS

### WAITANGI – CULTURAL ATTRACTION

The historic site where, in 1840, the Treaty of Waitangi was signed between Maori chiefs and the British Crown. Visit the Treaty House, grounds, and meeting house and see the treasures within.

[www.waitangi.net.nz](http://www.waitangi.net.nz)



## MUSEUM OF NEW ZEALAND TE PAPA TONGAREWA

Discover the treasures and stories of New Zealand's land, people, culture, art and history at Te Papa, our innovative and interactive national museum. Explore six floors of serious fun!

[www.tepapa.govt.nz](http://www.tepapa.govt.nz)

## HISTORY & CULTURE AROUND THE COUNTRY

**1 Waitangi National Trust [Northland]** Site of the initial Treaty of Waitangi signing in 1840. [www.waitangi.net.nz] **2 Russell [Northland]** Russell was once a disreputable whaling town known as the 'hell-hole of the Pacific' and Whangamumu Harbour provides evidence of the area's history. [www.russellnz.co.nz] **3 Auckland Museum [Auckland]** Extensive collection of historic treasures. [www.aucklandmuseum.com] **4 Rotorua** Many Maori myths and legends originate from this area, which also boasts geothermal activity and original bath houses. [www.rotoruanz.com] **5 Poverty Bay [Eastland]** Site of Captain Cook's first landing; the first European to set foot on New Zealand soil landed on 7 October 1769. **6 Napier [Hawke's Bay]** In 1931, Napier was destroyed by an earthquake and was subsequently rebuilt in the distinctive Art Deco style. [www.artdeconapier.com] **7 Kaikoura** Remnants of early Maori and European settlement, including whaling relics. [www.kaikoura.co.nz] **8 Christchurch [Canterbury]** Find a wealth of beautiful historic buildings and a fascinating colonial past in this most English of New Zealand cities. [www.christchurchnz.com] **8 Canterbury Museum [Canterbury]** Outstanding Maori exhibits and rich collections. [www.canterburymuseum.com] **9 Oamaru [Waitaki]** Whitestone heritage buildings make this town one of New Zealand's best 19<sup>th</sup> Century streetscapes. [www.oamaru.co.nz] **10 Dunedin [Otago]** One of the best preserved Victorian and Edwardian cities in the Southern Hemisphere; dubbed the Edinburgh of New Zealand. [www.dunedinnz.com] **11 Skippers Canyon [Queenstown]** The Shotover River was one of the world's richest gold-bearing rivers. Today it offers a wealth of history. **12 Arrowtown [Queenstown]** Explore what remains of the Chinese Gold Rush in a partially restored 1870s Chinese settlement. [www.arrowtown.com]



*Based on the British Ensign, the flag shows the Union Jack and the Southern Cross, portraying British ties and Pacific locality.*

## GOD DEFEND NEW ZEALAND

The full version of New Zealand's national anthem, written in the 1870s by Thomas Bracken, is five verses long. On most occasions, such as rugby games, just the first verse is sung, in both English and Maori.

### English Version

God of Nations at Thy feet,  
In the bonds of love we meet,  
Hear our voices, we entreat,  
God defend our free land.  
Guard Pacific's triple star  
From the shafts of strife and war,  
Make her praises heard afar,  
God defend New Zealand.

### Maori Version

E Ihowa Atua,  
O nga iwi matou ra  
Ata whakarangona;  
Me aroha noa  
Kia hua ko te pai;  
Kia tau to atawhai;  
Manaakitia mai  
Aotearoa.

## HOLIDAYS

New Zealand's national day is Waitangi Day (6 February), marking the signing of the Treaty of Waitangi in 1840. Other special days include Anzac Day (25 April), a commemoration of the Australia and New Zealand Army Corps' ill-fated Battle of Gallipoli during World War I, and Labour Day (October), celebrating the economical and social achievements of workers. And Christmas is extra-special, too. It falls in summer in this part of the world, so many Kiwis love to spend their Christmas Day at the beach!

## On Top Of The World



On 29 May 1953, a modest beekeeper from New Zealand, Sir Edmund Hillary, accompanied by a Sherpa, Tenzing Norgay, became the first person to conquer Mt Everest. Not content with scaling the world's highest mountain, Hillary also travelled to the South Pole in 1958, and is renowned for his humanitarian work in Nepal. He was created a Knight Commander of the Order of the British Empire on 16 July 1953, a member of the Order of New Zealand in 1987 and a Knight of the Order of the Garter in 1995. 'Sir Ed' died in Auckland on 11 January 2008.

### FIND OUT MORE

*The Penguin History of New Zealand* by Michael King (Penguin Books, 2003) *A History of the New Zealanders: From Polynesian Settlement to the End of the Nineteenth Century* by James Belich (Allen Lane/The Penguin Press, 2001) *A History of New Zealand* by Keith Sinclair. Fifth Edition. (Penguin Books, 2001) *A Traveller's History of New Zealand and the South Pacific Islands* by John H. Chambers (Interlink Books, 2004) *Kiwi Speak* by Justin Brown (Random House, 2008) New Zealand history online [www.nzhistory.net.nz](http://www.nzhistory.net.nz) New Zealand's identity, stories, achievements and place in the world c The Encyclopedia of New Zealand [www.teara.govt.nz](http://www.teara.govt.nz) Te Manatu Taonga Ministry for Culture and Heritage [www.mch.govt.nz](http://www.mch.govt.nz) NZ news [www.stuff.co.nz](http://www.stuff.co.nz)



# Maori Culture

Nau mai, haere mai! Welcome to Aotearoa, Land of the Long White Cloud, home of the Maori people and wellspring of a rich culture that is deeply ingrained in the New Zealand identity.

The Maori are descended from Polynesian people who journeyed in canoes from an ancestral homeland known as Hawaiki to reach these shores over 1,000 years ago. They established deep relationships with the land, personifying natural features to create a history in which people and land are interwoven.

From the earliest years of European settlement, trading relationships were established between Maori and the new arrivals. In 1840, at Waitangi, the relationship was formalised in a treaty between Maori and the British Crown – The Treaty of Waitangi. This document established British law in New Zealand while guaranteeing Maori authority over land and culture.

Today it remains a cornerstone of New Zealand's law and is fundamental to settlements negotiated between Maori and the Crown in compensation for losses of land and rights during the colonial era. Visit the Waitangi Treaty Grounds in the Bay of Islands, where you can see the Treaty House as well as a fully carved Maori meeting house and one of the world's largest waka toa (war canoes), all set in beautiful landscaped grounds.

Today Maori make up about 15 per cent of New Zealand's population and their cultural heritage makes an important contribution to the character of the country.

## EXPERIENCING MAORI CULTURE

There are many ways to experience Maori culture. **Marae Visits** The marae (meeting place) is a central element of Maori culture. Visits must be arranged through a guide who will brief you on correct protocol. **Cultural Performances** Based on traditional arts, but incorporating contemporary elements, kapa haka is a popular performance art combining theatre and song. **Hangi** The hangi is a social occasion where food is cooked in an underground oven: a hole is dug and the food (such as potatoes, pork and kumara) is placed in woven baskets and buried with hot rocks, so the meal cooks in its own steam. **Guided Tours** Maori people have a spiritual relationship with the natural environment. Go walking with a local guide for an insight into the land's history, and native flora and fauna. **Replica Villages** See how New Zealand's tangata whenua (people of the land) lived in long-ago times, join in a hangi and watch performance art. **Arts & Crafts** Maori developed powerful artistic forms such as carving and weaving. Admire stunning examples in museums or see magnificently carved meeting houses and traditional canoes. Join a workshop to create your own work of art.

Te Heketanga a Rangī; guardians at the entrance to Te Pahi

Image: Te Pahi

## MAORI PRONUNCIATION GUIDE

Maori words can look like tongue-twisters to the uninitiated, but master a few simple rules and you'll be fine. Note that Maori words do not take an 's' when they become plural, and that each syllable is stressed equally. Maori uses 15 letters. The vowels are pronounced as follows: A – as in 'bar'; E – as in 'egg'; I – as the 'ee' in 'free'; O – as in 'or'; U – as the 'o' in 'to'. There are long and short versions of each vowel: the long may be denoted with a macron. The eight consonants – H, K, M, N, P, R, T and W – are pronounced as in English. The two additional consonants are: 'WH' – pronounced like the 'f' in 'far' – and 'NG' – pronounced like the 'ng' in 'sing'.

A great time to practise is Maori Language Week, held once a year to celebrate the Maori language and encourage the use of more Maori phrases in everyday life. For more tips on learning the Maori language, visit [www.tetaurawhiri.govt.nz](http://www.tetaurawhiri.govt.nz).

Maori culture is full of fascinating concepts and belief systems. Here are some of the most important terms.

**Aotearoa New Zealand** – the Land of the Long White Cloud. **Atua** Gods or spirits.

**Haere mai** Welcome. **Haka** Posture dance including rhythmic movements, facial contortions and shouted words. Famously performed before All Blacks rugby games.

**Hui** Meeting or gathering of people. **Hongi**

The hongi, a traditional Maori greeting, is an integral part of the powhiri (welcoming ceremony). Noses are pressed together and the ha, or 'breath of life', is exchanged and intermingled. **Kai** Food. Kai moana, for example, is seafood. **Kaitiakitanga** Maori concept regarding human beings as the guardians of natural and cultural heritage, responsible for protecting the natural environment, traditional stories and artistic treasures. **Moko** Traditional Maori tattooing on the face or body. **Taniwha** Mythical water creature. **Tino rangatiratanga** Referring to Maori independence, this concept dates back to the Treaty of Waitangi. Maori chiefs agreed to cede sovereignty to the British Crown and in return they were guaranteed tino rangatiratanga, or 'absolute chieftainship', of their land and culture. **Whanau** The name given to family – in Maori society the word applies not only to the immediate family, but also to all those related by blood or marriage. Maori people define themselves by their iwi (tribe), hapu (sub-tribe), maunga (mountain) and awa (river).



## Moko

Traditional Maori tattoos (moko) are carved into the skin; they are becoming popular again as Maori seek to preserve their culture. Full-face moko are worn by men, while on women moko is restricted to the chin, upper lip and nostrils.

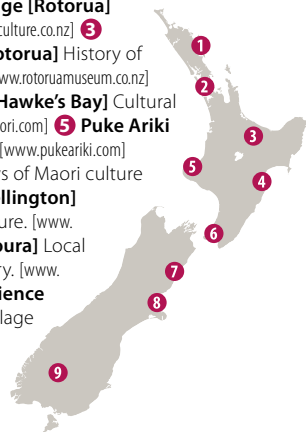
## Tribal New Zealand

Although Maori tribal identity is still a crucial element of the culture, it is celebrated as a unifying force rather than a divisive one. Intertribal warfare was once common, and you will find many historic battle and siege sites around the country, but now the differences between tribes are embraced as adding to the richness of the whole culture. Maori people define themselves by their iwi (tribe), hapu (sub-tribe), maunga (mountain) and awa (river). Whanau is the name given to family – in Maori society this word applies not only to the immediate family, but also to the entire extended family and all those who are related by blood or marriage.

## MAORI CULTURE AROUND THE COUNTRY

As a nation, New Zealand embraces the Maori element of its culture and in recent times there has been a resurgence of Maori language and culture.

- 1 **Waitangi National Trust [Northland]** Site of the Treaty of Waitangi signing in 1840. [www.waitangi.net.nz]
- 2 **Auckland Museum [Auckland]** Over 2,000 Maori artefacts including the last great war canoe. [www.aucklandmuseum.com]
- 3 **Hells Gate [Rotorua]** Healing waters and mud used for over 700 years. [www.hellsgate.co.nz]
- 3 **Te Puia [Rotorua]** Maori artists at work and guided geothermal tour. [www.tepuia.com]
- 3 **Whakarewarewa Thermal Village [Rotorua]** Living village in a thermal heritage area. [www.whakarewarewa.com]
- 3 **Tamaki Maori Village [Rotorua]** Traditional food and performance. [www.maoriculture.co.nz]
- 3 **The Rotorua Museum Of Art & History [Rotorua]** History of Te Arawa Maori and Mt Tarawera eruption. [www.rotorua-museum.co.nz]
- 4 **Waimarama Maori Tours At Hakikino [Hawke's Bay]** Cultural experience on ancestral lands. [www.waimaramamaori.com]
- 5 **Puke Ariki [Taranaki]** Museum, info centre and library. [www.pukeariki.com]
- 6 **Te Papa [Wellington]** Interactive displays of Maori culture and history. [www.tepapa.govt.nz]
- 6 **Pataka [Wellington]** World-class exhibitions of Maori art and culture. [www.pataka.org.nz]
- 7 **Maori Tours Kaikoura [Kaikoura]** Local Maori introduce visitors to the region's history. [www.maoritours.co.nz]
- 8 **Ko Tane – The Maori Experience [Canterbury]** Cultural experience, replica village and dining. [www.kotaneco.nz]
- 9 **Kiwi Haka [Queenstown]** Live show performed by a kapa haka group. [www.skyline.co.nz/queenstown]



### KIWI HAKA QUEENSTOWN

Experience an unforgettable display of fearsome Maori haka, stunning poi displays and traditional instruments during this unique live show at Skyline Queenstown.



### MAORI TOURS KAIKOURA KAIKOURA

Join a half-day tour combining laughter, learning and storytelling with hands-on activities including weaving along with a bush walk to discover traditional uses of indigenous plants.



### TAMAKI MAORI VILLAGE ROTORUA

Enter a Pre-European Maori village nestled in an ancient forest and alive with the sights, sounds and activities of days gone by, including haka, poi, tattooing, weaving, carving and warrior training.



### KO TANE CHRISTCHURCH

Discover the pre-European life of the Ngai Tahu people.

### TE PUIA ROTORUA

An exciting blend of cultural and geothermal wonders.

## Maori Culture Today

In recent times there has been a major resurgence of Maori language and culture. Maori culture has thrived because in many ways Maori have succeeded in uniting traditional culture with contemporary interpretation. Today the culture is expressed through music, the arts and the media. The Maori television channel supports the culture by telling stories by and about Maori people. [www.maoritelevision.com] Maori have also been strongly involved in New Zealand politics since the first Maori MPs were elected back in 1868.

# Contemporary Culture

Since colonial days, when New Zealand looked to Britain for cultural leadership, the nation has matured into a self-confident nation.



The atrium, Auckland Museum

Image: Tourism Auckland

New Zealand is proud of its diverse population; while the majority of Kiwis are of British descent – often referred to as ‘Pakeha’ – many originate from the Pacific Islands or Asia. The largest non-European group is the Maori population. New Zealand’s blend of cultures results in a vibrant national identity; at its heart, it is about innovation, independence and celebrating diversity.

Indigenous Maori culture is a strong element of cultural identity for all New Zealanders, Pakeha included. You only need to watch the haka being performed by the All Blacks before a Rugby game to see how proud Kiwis are of their shared heritage! New Zealand’s Pacific location also lends a distinctive flavour to life in New Zealand; Auckland is informally regarded as the capital of the Pacific and colourful island culture is clearly evident at the Otara Markets, where you can buy tapa cloth and Cook Island donuts, and in events like the Pasifika Festival.

## Kiwi Contributions

- ✳ In 1893, New Zealand became the first country in the world to give women the vote after a campaign led by suffragette Kate Sheppard.
- ✳ On 31 March 1903 (more than half a year before the Wright Brothers!), Richard Pearse is reputed to have carried out the first powered flight.
- ✳ Ernest Rutherford was one of the most influential scientists of the 20<sup>th</sup> Century. Best known for splitting the atom, he was awarded a Nobel Prize in Chemistry in 1908.
- ✳ In 1934 Rotorua-born Jean Batten broke records when flying solo from Britain to Australia in just 14 days, 22 hours and 30 minutes.
- ✳ In 1953, beekeeper Sir Edmund Hillary and Nepalese Sherpa Tenzing Norgay were the first people to climb Mount Everest.
- ✳ Inventor and artist John Britten built the world’s fastest motorbike in his spare time and took the motoring world by storm.

## KIWIANA

Kiwis are a creative, quirky lot in every respect, but their eccentricity culminates in Kiwiana cultural icons! Kiwiana describes all the unique and wonderfully quirky items from New Zealand’s culture and history that contribute to a sense of nationhood. These icons include jandals (flip-flops), meat pies, the tiki, sheep, and anything made of paua (abalone) shell. Some New Zealand personalities, too, have become so iconic that they can be classed as Kiwiana – they include Mount Everest-conquering hero ‘Sir Ed’ (Edmund Hillary), ‘bushman’ and author Barry Crump, who epitomises the ‘good Kiwi bloke’, and fictional characters Wal Footrot and his sheepdog (Dog) from the comic strip Footrot Flats, created by Murray Ball. Kitschy Kiwiana originals are coveted and collected, and instantly recognisable to Kiwis!

**Hokey Pokey Ice Cream** Vanilla ice cream with crunchy bits of toffee is the nation’s favourite flavour and high up on the Kiwiana list.



**Gumboots and Black Singlets** This garb used to be almost a uniform for the Kiwi farmer – and

not just on the farm! Keep an eye out in country pubs and you’ll find that the tradition has not completely died out! **Watties**

**Tomato Sauce** The Kiwi institutions of the barbeque, fish ‘n’ chips and meat pies wouldn’t be half as good without this iconic Kiwi brand.

**Buzzy Bee** This colourful wooden pull-along toy is popular with all Kiwi kids and was famously loved by Prince



William in his toddling years! **Edmonds**

**Cookery Book** This collection of basic recipes can be found in every Kiwi kitchen and is bound to be well-thumbed and marked with the odd greasy and/or floury stain. **L&P**

Short for Lemon & Paeroa, this lemon-flavoured soft drink was invented in 1904. Check out the giant L&P bottle in Paeroa. [www.paeroa.org.nz]



**KIWIANA AROUND THE COUNTRY** Rotorua At Agrodome, encounter a woolly Kiwi icon – the sheep! [www.agrodome.co.nz] Otorohanga

Pays tribute to Kiwiana with murals and sculptures. [www.kiwinatatown.co.nz] Taihape Holds an annual gumboot-

throwing competition! [www.taihape.co.nz] Paeroa Where NZ’s soft drink, L&P, was invented. [www.paeroa.org.nz]





# Kiwi Creativity

With such a wealth of traditional motifs and myths, and such a variety of multicultural influences from which to draw inspiration for all genres from performance arts and painting through to crafts, it comes as no surprise that New Zealand art is world-class.



One of the biggest inspirations for New Zealand artists is nature and the stunning landscape. While painters capture the scenery, others use natural materials such as flax and fern in their works. This is not a new development; Maori settlers developed motifs and artistic forms utilising natural resources from their earliest days in New Zealand, carving bone, stone, wood and shell, and weaving native fibres.

In recent years, contemporary artists have woven a blend of histories and cultures, themes and styles together in their work, reflecting the diversity of New Zealand society. It is common to see traditional Maori arts using contemporary mediums, and distinct Maori, Asian and Pacific Island influences can clearly be seen in other artworks. This blend reaches across all genres. Ancient Maori performance arts, for example, employ modern interpretations, while Kiwi musicians mix international

styles with traditional Pacific influences, and New Zealand movies show at international film festivals.

## Arts & Crafts

In the 20<sup>th</sup> Century, when realism and honesty about local life became

key themes, artists like Rita Angus, Colin McCahon and Toss Woollaston came to prominence. Today, painters such as Shane Cotton, who incorporates Maori themes in his work to represent shared Maori and Pakeha experiences, are celebrated. Particularly renowned galleries include the Govett-Brewster Art Gallery in New Plymouth, the Sarjeant Gallery in Whanganui, The Suter Art Gallery in Nelson (one of New Zealand's oldest galleries), Christchurch Art Gallery and the Dunedin Public Art Gallery. The World of WearableArt™ Gallery in Nelson showcases the full force of Kiwi creativity in the garment collection from the annual Brancott Estate World of WearableArt™ Awards Show.

A great way to experience arts and crafts is by visiting a workshop. Many studios offer visitors the opportunity to try weaving, for example at Te Puia in Rotorua, or carving; Hokitika on the West Coast is renowned for jade carving workshops. There are good art and craft trails in Kerikeri and Nelson, but for a comprehensive list visit [www.arttrails.co.nz](http://www.arttrails.co.nz).

## Maori & Pacific Treasures

Weaving and carving in wood, bone and greenstone are important Maori traditions. Examples of taonga Maori (Maori treasures) can be seen at museums and galleries around the country. **Auckland Museum** Home to He Taonga Maori, the Maori Treasures Gallery, and displaying over 2,000 pieces – including the last great, magnificently carved Maori war canoe used in battle. **Te Papa Tongarewa** New Zealand's national museum contains a marae and works with iwi (tribal groups) to curate a changing exhibition programme of taonga. **Waiwhetu** Purchase your own Maori treasures at the settlement of Waiwhetu in Lower Hutt, where you can see artists-in-residence practising their crafts. **Hokitika** Dubbed the greenstone capital of New Zealand, Hokitika showcases jade shops and artists' studios where you can join workshops to make your own artworks!

***GREENSTONE** Pounamu is a green stone only found in New Zealand. Maori consider it a taonga (treasure) and have carved it into pieces of art since the early ages. Ask for genuine New Zealand pounamu.*

## On show: best of New Zealand's art galleries

The home of New Zealand's visual arts the **Auckland Art Gallery Toi O Tamaki** [www.aucklandartgallery.com], founded in 1888, is the country's largest art institution with a collection of more than 15,000 artworks and includes the Creative Learning Centre where visitors can explore, experiment, create and share.

When in Wellington, make sure you visit **City Gallery Wellington**

[www.citygallery.org.nz], renowned for its world-class programme of national and international exhibitions.

In the South Island, a highlight is the **Dunedin Public Art Gallery** [www.dunedin.art.museum], first established in 1884 and still one of New Zealand's most significant art museums. The **Southland Museum & Art Gallery** [www.southlandmuseum.com] in Invercargill is also good.

You'll find impressive art exhibitions in smaller centres too. The **Aigantighe** (pronounced

'Egg & Tie') **Art Gallery** [www.timaru.govt.nz/art-gallery] in Timaru holds the South Island's third-largest public art museum collection, while the **Forrester Gallery** in Oamaru [www.forrestergallery.com] is housed in a spectacular neo-classical building dating back to 1884.

In New Plymouth, visit the **Govett-Brewster Art Gallery** and in Whanganui, the **Sarjeant Gallery** is a must-see. Other galleries to visit are **The Dowse Art Museum** [Wellington] and **The Suter Art Gallery** [Nelson].



### AIGANTIGHE ART GALLERY TIMARU

Renowned internationally for its innovative exhibition and education programmes, the Aigantighe Art Gallery has a large collection of New Zealand, Pacific, Asian and European works.



### PATAKA ART AND MUSEUM WELLINGTON

The cultural heart of Porirua City, Pataka Art and Museum has developed a world-class reputation for celebrating New Zealand heritage and showcasing the best in contemporary arts and culture. Pataka's five main galleries hold many major exhibitions annually.

### CITY GALLERY WELLINGTON WELLINGTON

A dynamic cultural presence in the capital city, City Gallery Wellington focuses on contemporary visual arts, architecture and design and has achieved a reputation for innovation and style, as well as inspiring and challenging its audiences through local, national and international exhibitions.



### AUCKLAND ART GALLERY AUCKLAND

New Zealand's home of the visual arts, Auckland Art Gallery houses a collection of more than 15,000 artworks and stages major exhibitions throughout the year.

### DUNEDIN PUBLIC ART GALLERY DUNEDIN

The Dunedin Public Art Gallery's prestigious collection includes works by Machiavelli, Claude Lorraine, Rosa, Monet, Pissarro, Turner, Reynolds, and Gainsborough.



### WORLD OF WEARABLEART™ & CLASSIC CARS MUSEUM NELSON

A 'must see' visitor attraction in Nelson that celebrates two very different passions. A world-class collection of classic cars joins incredible wearable artworks from around the globe.

## Theatre

New Zealand has been on the professional theatre touring circuit since the 1860s. In the 1960s, Downstage Theatre in Wellington was established and other theatres soon followed; Dunedin's Fortune Theatre, Christchurch's The Court Theatre, Palmerston North's Centrepoint, Wellington's Circa and Auckland's Mercury Theatre (now the Auckland Theatre Company) all now offer vibrant work from a full company. Amateur dramatic and operatic societies and repertory theatres can be found in main and smaller centres. Niche theatres abound, with children's theatre, improvised comedy (theatre sports) and experimental theatre all finding an audience.

## Cinema

New Zealand's diverse and dramatic landscapes are a major drawcard for filmmakers including *The Lord of the Rings* and *The Hobbit* trilogies, directed by Wellington-based Peter Jackson. New Zealand was also the inspiration for the computer-generated world of *Avatar*. Many distinctly New Zealand stories have been told on film: *Whale Rider* is a haunting tale of Maori culture and myth, while *The World's Fastest Indian* tells the story of Southland motorcycle legend Burt Munro. Taika Waititi's short film, *Two Cars, One Night*, and feature film, *Boy*, have shown in competition at Cannes and Sundance respectively. To enjoy Kiwi cinema, you can go on a *LOTR* tour

or catch a movie in an iconic cinema such as the Fiordland Cinema (Te Anau), Paradiso (Wanaka), Mighty Civic Theatre (Auckland) and Embassy Theatre (Wellington).

## Literature

New Zealand's relative isolation means that although themes similar to those of other postcolonial nations have slipped in, there are features of New Zealand writing which are completely unique. Kiwi writers aren't afraid to speak their minds and to broaden the minds of others, whether in the prophetic poetry of James K. Baxter, the rich prose of Keri Hulme, the modern myths of Witi Ihimaera, or the searing autobiographies of Janet Frame. Children's author Margaret Mahy has over 120 titles to her name and is beloved the world over, and New Zealand also has its own tradition of literary prizes, scholarships and festivals.

## Music

New Zealand's musical tradition dates back to the nation's earliest settlement. In recent times local artists have mixed international styles with Maori and Pacific influences. Scribe, Split Enz, Fat Freddy's Drop, Bic Runga, Lorde and the Flight of the Conchords have struck a chord with audiences worldwide, while songstress Hayley Westenra has featured on the classical music charts and Kiri Te Kanawa is an operatic force. Downloading some tracks and seeing a live band is a great way to sample local culture.

## BOOKS TO READ

In A Fishbone Church Catherine Chidgey Owls Do Cry Janet Frame TU Patricia Grace **Blindsight** Maurice Gee **The Bone People** Keri Hulme **The Captive Wife** Fiona Kidman **The Haunting** Margaret Mahy **The Garden Party** Katherine Mansfield **No Ordinary Sun** Hone Tuwhare **Responsibility** Nigel Cox **Mansfield** C.K. Stead **Harlequin Rex** Owen Marshall **The God Boy** Ian Cross **Tawa** Elizabeth Knox **The Luminaries** Eleanor Catton

## FILMS TO WATCH

An Angel At My Table Jane Campion **Goodbye Pork Pie** Geoff Murphy **Smash Palace** Roger Donaldson **Heavenly Creatures** Peter Jackson **The Piano** Jane Campion **Whale Rider** Nikki Caro **In My Father's Den** Brad McLean **The World's Fastest Indian** Roger Donaldson **Sione's Wedding** Chris Graham **No. 2** Toa Fraser **Second-Hand Wedding** Paul Murphy **Black Sheep** Jonathan King **Boy** Taika Waititi **After the Waterfall** Simone Horrocks **Rain** Christine Jeffs

## CLASSIC KIWI SONGS

Six Months In A Leaky Boat Split Enz **Slice Of Heaven** Dave Dobbyn with Herbs **Not Given Lightly** Chris Knox **Why Does Love Do This To Me** Exponents **Weather With You** Crowded House **Dominion Road** Mutton Birds **Poi E** Patea Maori Club **Sway** Bic Runga **Venus** The Feelers **Can't Get Enough** Supergroove **Home Again** Shihad **Not Many Scribe** **Cool Me Down** The Black Seeds **One Day** Opshop **Wandering Eye** Fat Freddy's Drop **Something In The Water** Brooke Fraser **Love Love Love** Avalanche City **Royals** Lorde

## GREAT KIWI THEATRE

The End Of The Golden Weather Bruce Mason **The Bach** Stephen Sinclair **Middle Age Spread** Roger Hall **Purapurawhetu** Briar Grace-Smith **The Pohutukawa Tree** Bruce Mason **2B Or Nt 2B** Sarah Delahunty **Foreskin's Lament** Greg McGee **The Prophet** Hone Kouka **Ophelia Thinks Harder** Jean Betts



Writers Walk, Wellington

Image: Positively Wellington Tourism

## FIND OUT MORE

To find out more about New Zealand's most important works of art and cultural treasures, and how to experience them around the country visit [www.destination-nz.com](http://www.destination-nz.com).



A Yellow-eyed Penguin  
cleans itself, Coastal Otago



Image: Tourism Dunedin

# NATURAL

## NEW ZEALAND

A world where nature flouts all sense of restraint, a place of extraordinary diversity inhabited by unique wildlife, an island nation with natural wonders enough for countries many times its size; this place is unique!

# GREAT OUTDOORS

In the archipelago of New Zealand, soaring mountains, otherworldly volcanic landscapes or aquamarine alpine lakes fed by blue-white glaciers can be discovered in close proximity to emerald-green temperate rainforests and surf beaches thundering against a backdrop of rolling hills.

## Extreme Landscapes

Get ready to explore a place where the landscapes encompass almost every kind of terrain imaginable, from pristine alpine regions to great swimming beaches.

This natural diversity means you can stroll along a sandy beach in the morning, stop at a sun-drenched winery for lunch and then be hiking along an alpine trail by the afternoon.

### Geothermal Activity

New Zealand's landscapes have been shaped by powerful geothermal forces. Lake Taupo, Australasia's largest lake, owes its existence to a massive long-ago volcanic eruption. These days, the region stretching from Lake Taupo north to Rotorua is popular with visitors wanting to catch a glimpse of the earth's geothermal forces at play. A thin surface crust in this part of the North Island results in a remarkable array of geothermal features, from bubbling mud pools to powerful steam vents, hot waterfalls and geysers, as well as thermal pools and spa complexes.

### Coastal Features

As it is an island nation, nowhere in New Zealand is very far from the sea and that means the coastline features high on the list of what makes the landscape unique. The coastline ranges from golden-sand beaches to rugged coastlines and crashing surf. In summer, the beaches of Northland, The Coromandel, Bay of Plenty and Nelson are great for swimming, while the regions' offshore islands are idyllic getaways. Visitors who enjoy boating will find paradise in the Bay of Islands, in Auckland's Hauraki Gulf, and in the Marlborough Sounds.

### Cave Systems

There is more to the North Island's Waitomo region than meets the eye. Underneath rolling hills is a labyrinth of underground rivers, sinkholes, caves, rock formations,

and caver's paradise studded with glow-worms. Thirty million years ago this landscape was beneath the sea, but geological activity lifted it clear and rainwater formed fissures in the rock that turned into streams and underground rivers which visitors can now explore in abseiling, caving and black-water rafting expeditions. In the South Island too, you'll find cave systems from the Marble Mountains in Nelson right down to Fiordland.

### Alpine Areas

Lorded over by New Zealand's highest peak – Aoraki Mount Cook – the Southern Alps form the South Island's mountainous backbone, rising over 3,000 metres to divide the east and west of the island. In the North Island, too, iconic mountains dominate. Mount Taranaki, on the west coast, is an almost perfect cone. In the central North Island, State Highway One becomes the 'Desert Road' as it passes a triad of volcanoes. Two of them, Mount Ruapehu and Mount Ngauruhoe, stood in as 'Mount Doom' in *The Lord of the Rings*; the former is home to the North Island's most popular ski resort. Most of New Zealand's ski areas, however, are in the South Island.

### Glaciers

Westland, along the South Island's West Coast, is home to Fox and Franz Josef Glaciers, two of the most accessible glaciers in the world. The blue-white rivers of ice defy the rules of nature, snaking through rainforest just 300 metres above sea level. Visitors can walk to the glaciers or join a guided hike to see them up close. There are other glaciers at Mount Cook National Park. A flight-seeing expedition is a great way to see them.

#### KAITIAKITANGA

*This is a Maori concept that regards human beings as the guardians of natural and cultural heritage. According to kaitiakitanga, it is their duty to protect the natural environment, their traditional stories and artistic treasures.*



Image: Destination Northland

## NATIONAL & REGIONAL PARKS

More than one-third of New Zealand's landscape is protected in reserves, regional and national parks. There are 14 national parks in New Zealand and together they feature 12,000 kilometres of walking tracks and 1,000 huts for overnight stays. Trails range from 15-minute scenic walks to demanding multi-day hikes, ice or mountain climbs – you'll need to don a pair of hiking boots to explore the most pristine corners of New Zealand. The North Island's Tongariro National Park, for example, is a World Heritage Area of natural and cultural significance, while in the South Island the four national parks in Westland, Aoraki Mount Cook, Fiordland and Mount Aspiring form another World Heritage site. The numerous regional parks are administered by regional councils and many of them are right on the doorsteps of some of New Zealand's most populous towns.

- ➊ **Te Urewera National Park** Remote and rugged forested ridges and valleys, home to the popular Lake Waikaremoana Track.
- ➋ **Tongariro National Park** New Zealand's first national park is home to the Tongariro Alpine Crossing, a highly regarded one-day walk.
- ➌ **Egmont National Park** The Mount Taranaki summit is a challenging climb, but there are numerous walks around the mountain's base.
- ➍ **Whanganui National Park** Travel by canoe on the Whanganui Journey or discover Maori culture in a lush rainforest setting.
- ➎ **Abel Tasman National Park** Renowned for golden beaches, clear water and the very popular Abel Tasman Coast Track.
- ➏ **Kahurangi National Park** Immense and rugged, encompassing wild rivers, sub-alpine herb fields and coastal forests.
- ➐ **Nelson Lakes National Park** The northern end of the Southern Alps features forest-clad mountains and numerous picturesque lakes.
- ➑ **Paparoa National Park** Lush rainforest, underground cave networks and the famous Punakaiki Pancake Rocks.
- ➒ **Arthur's Pass National Park** Rugged gorges, wide braided rivers, soaring mountains and forest in the heart of the Southern Alps.
- ➓ **Westland Tai Poutini National Park** Renowned for its incredibly varied landscape of forests, glaciers, wild beaches and wetlands.
- ➑ **Aoraki/Mount Cook National Park** Home to New Zealand's tallest mountain peaks, including Aoraki Mount Cook, and its largest glaciers.
- ➒ **Mount Aspiring National Park** This stunningly beautiful landscape is home to rugged mountains, river valleys and green beech forests.
- ➓ **Fiordland National Park** New Zealand's most famous national park features immense fiords, deep lakes, mountains and forest.
- ➑ **Rakiura National Park** Covering 85% of Stewart Island and protecting rare wildlife, unspoiled forest and coastal landscapes.

## GEOTHERMAL HIGHLIGHTS

**Te Puia** Thermal valley with mud pools, boiling waters and Pohutu geyser. **Hells Gate** Mud and mineral bathing, a geothermal park and the world's largest hot waterfall. **Orakei Korako Cave & Thermal Park** Paradise of caves, geysers, soda springs and silica terraces. **White Island** Steaming off-shore volcano in the Bay of Islands. **Mount Tarawera** Multi-coloured crater, a buried village and the world's largest hot spring.

## COASTAL HIGHLIGHTS

**Bay of Islands** Island-hopping paradise in subtropical Northland. **Hot Water Beach** Dig your own hot pool in the sand. **Cathedral Cove** White sand and sparkling water. **Farewell Spit** The world's longest natural sandbar. **Stewart Island** 85% of New Zealand's third-largest island is in a national park. **Bluff** Tip of mainland New Zealand.

## CAVING HIGHLIGHTS

**Waitomo Caves** Black-water rafting and glow-worm encounters. **Harwood's Hole** Deepest sinkhole in the Southern Hemisphere. **Marble Mountain** One of the world's largest caving systems. **Dragon's Cave** Float through a glow-worm-studded subterranean world on the West Coast. **Te Anau Glow-Worm Caves** Limestone cavern tours by boat.

## ALPINE HIGHLIGHTS

**Arthur's Pass** Alpine village in the heart of the Southern Alps. **Queenstown** The adventure capital of New Zealand. **Wanaka** Right on the doorstep of Mount Aspiring National Park. **Tekapo** Stunning mountain resort beside an aquamarine lake. **Central Plateau** Dominated by a triad of volcanoes.

## GLACIER HIGHLIGHTS

**Franz Josef Glacier** Tandem skydive above or guided eco-tours on a river of ice. **Fox Glacier** Guided glacier walks and ice climbing at a remarkably accessible glacier. **Mount Ruapehu Glaciers** Flight-seeing, glacial skiing and heli hiking in the North Island. **Tasman Glacier** Ski New Zealand's largest and longest glacier.





# Experiencing Natural NZ

Take a deep breath of clean New Zealand air and get ready to experience the ultimate outdoor adventures in an unforgettable landscape that's out of this world!

## 4WD Adventures

A thrilling way to see New Zealand's landscapes is by 4WD: quad bikes and 4WD vehicles are popular options. Explore the river beds of Glacier Country or cruise along beaches. Step it up a notch and book an experience in an all-terrain military Hagglund!

## Boating

With a coastline 15,000-kilometres long, and dozens of lakes, there are plenty of opportunities to experience New Zealand from the deck of a boat. Take a cruise across Lake Wakatipu in Queenstown to see a high-country station, or a glacier lake tour in Mount Cook National Park. In Fiordland, you can drift past waterfalls and spend the night in a private cabin. Experience sailing around the Bay of Islands or the Marlborough Sounds.

Go cruising in Auckland to see the islands of the Hauraki Gulf. 360 Discovery introduces visitors to the fascinating wildlife sanctuary of Tiritiri Matangi Island, while Fullers offers day tours to the unique volcanic landscape of Rangitoto Island. For a very different boating experience, Wanaka River Journeys takes visitors past mountains and waterfalls in a high-speed jet boat.

## Cycling

Take a guided cycling tour, on- or off-road – winery tours by bicycle are particularly popular! The Otago Central Rail Trail is a 150-kilometre cycling adventure through Central Otago, passing relics of gold-mining history. Another excellent trail is the Queen Charlotte Track in Marlborough, which is open to mountain bikers for most

of the year. The trails around Rotorua are highly regarded, as are trails near Wanaka and Queenstown.

## Diving

New Zealand's location at a meeting point of arctic and tropical currents means a diversity of species, making it a popular dive location. The Poor Knights Islands Marine Reserve off Northland is particularly renowned and can be explored with Dive! Tutukaka & Perfect Day, while in the Cavalli Islands, the Greenpeace wreck *Rainbow Warrior* has been used as an artificial reef habitat. The Marlborough Sounds and Kaikoura offer great dives, and Fiordland is the place to see the world's largest population of Black Coral trees, some up to 200 years old. Contact Tawaki Adventures to find out more.



### FOX GLACIER GUIDING FOX GLACIER

Experience the breathtaking world of the West Coast's longest glacier with New Zealand's most experienced glacier guiding company.

### DART RIVER WILDERNESS SAFARI

#### GLENORCHY

Journey into the World Heritage area of Mt Aspiring National Park. Learn about the area's history, the Greenstone Trail and Maori lore.

### ZIPTREK ECOTOURS QUEENSTOWN

A spectacular and exhilarating eco-adventure and education through the forest canopy high above Queenstown.

### HAMILTON GARDENS HAMILTON

The Waikato's most popular visitor attraction features spectacular themed gardens representing styles from around the world.

### DIVE! TUTUKAKA WHANGAREI

The only multi-boat, full-service dive operator at the Poor Knights Islands, Dive! Tutukaka's multiple boats means visiting dive sites that are tailored to your ability.

## Flight-seeing

Flight-seeing can offer a very different view of New Zealand, whether you're flying over an offshore volcano or whale watching off the coast of Kaikoura. Try Kaikoura Helicopters or Wings Over Whales. Fiordland is a great region for scenic flights – towering peaks take on new dimensions from the air – but opportunities for flight-seeing in helicopters, fixed-wing planes or even hot air balloons are available.

## Kayaking & Canoeing

Kayaking with seals is popular off the Kaikoura coast, and these playful mammals are encountered in other areas too. Even dolphins and whales may come for a closer look at kayaking humans! In Abel Tasman National Park, join Abel Tasman Kayaks and experience paddling around the pretty coastline by day and spending the night camping on a sandy beach. Canoeing expeditions are popular on larger rivers, such as the Whanganui River, where they are a tranquil way of exploring a beautiful rainforest.

## Great Walks

One of the best ways to discover New Zealand's stunning landscapes is by hiking. The best-known trails are the Great Walks. Administered by the Department of Conservation (DOC), these multi-day tracks showcase some of the most magnificent scenery and they are maintained to a high standard. Many require bookings. From the lakeside paradise of the Lake Waikaremoana Great Walk in the North Island to Rakiura Track on Stewart Island, there are nine Great Walks each boasting their own unrivalled highlights. ([www.doc.govt.nz](http://www.doc.govt.nz))



Kakapo on the prowl

# New Zealand Wildlife

Ancient reptiles, unique bird species, abundant marine life and a commitment to conservation make this an amazing destination for wildlife encounters.

For 85 million years, New Zealand has been an isolated island nation. By the time the first human inhabitants arrived, about 1,000 years ago, the native plants and animals had existed undisturbed for millennia. Evolving in isolation, perfectly suited to the local environment, species appeared that are endemic to New Zealand – an incredible 80 per cent of native plants and 71 per cent of native birds are found nowhere else in the world!

## EXPERIENCING NATURAL NEW ZEALAND

Since the arrival of humans, habitat disturbance, hunting and introduced predators have taken their toll and many species are now endangered. However, major conservation initiatives are in place to restore native wildlife. In New Zealand many innovative rescue programmes are accessible to the public, and they make for great wildlife encounters. Visitors can, for example, visit predator-free sanctuaries such as ZEALANDIA in Wellington or gain an entry permit to reserves such as Kapiti and Tiritiri Matangi Islands. If you would like to glimpse kiwi foraging, you can visit a nocturnal kiwi house or take a night-time tour in a kiwi sanctuary. On Stewart Island you might even spot them in the wild!

New Zealand is a great destination for bird watching and 'twitching'. Visiting a bird colony or taking a guided tour to see birds in the wild is a must-do activity, even for those who aren't dedicated bird watchers. Notable bird-watching destinations are Kaikoura, where seabirds including albatrosses can be spotted feeding offshore, Cape Kidnappers in Hawke's Bay, famous for its Gannet colony, the Royal Albatross colony on Otago Peninsula, and the Little Blue Penguin colony in Oamaru.

Marine wildlife is another drawcard for wildlife enthusiasts. Marine reserves dot the coastline and they're a good place to go snorkelling. At Goat Island Marine Reserve, north of Auckland, you'll quickly find yourself surrounded by shoals of fish. Rent a snorkel and goggles and marvel at the underwater life. There are also places around New Zealand where you can swim with dolphins, such as the Bay of Plenty, Bay of Islands and Akaroa. Fur seals are common, and in parts of the country you can go sea kayaking to see them up close. Another well-known wildlife encounter is whale watching. The Kaikoura coast offers the perfect environment for whales, and this makes it a great place to take a whale-watching boat cruise.

## NATIVE BIRDS

**Australasian Gannet** Called Takapu in Maori, the Gannet is a handsome seabird seen in large colonies.

**Bellbird** A bush-dwelling nectar eater with a beautiful melodious song.

**Fantail** Also called Piwakawaka, the curious and friendly fantail is easily recognised by its fan-shaped tail.

**Kakapo** The endangered Kakapo is the heaviest parrot in the world: nocturnal and flightless, this unusual bird climbs trees with its beak and claws.

**Kea** The world's only alpine parrot inhabits the Southern Alps.

**Kiwi** New Zealand's most famous native bird and the country's national symbol is also one of its most unusual: flightless and nocturnal, the kiwi mates for life and the male performs most of the egg-incubation duties.

**Little Blue Penguin** This is the world's smallest penguin. In the evening you can spot it as it comes ashore to its burrow.

**New Zealand Pigeon (Kereru)** A large and beautiful bird with a very distinctive heavy wing beat.

**Paradise Duck** A large handsome duck usually seen on open grassland.

**Pukeko** With unmistakable cobalt plumage, the Pukeko is a favourite subject for kitschy Kiwiana objects!

**Tui** A large black bird, the Tui is a clever mimic with a sweet voice.

**Weka** This large, flightless bird has a feisty personality! It may steal food!



## OTHER ANIMALS

**Hector's Dolphin** The world's smallest and rarest dolphin, found only in New Zealand.

**New Zealand Fur Seal** This is New Zealand's most common seal – find it basking along the coast.

**Tuatara** A unique reptile that has existed since the age of the dinosaurs, the Tuatara is now found only in protected areas, where it can live to be 100 years old.

Swim with the dolphins



Image: Explore NZ



## ELM WILDLIFE TOURS

### DUNEDIN – WILDLIFE ENCOUNTER

Join our family operated tour to experience absolutely unrivalled close-up viewing of rare Yellow-eyed Penguins, Hooker's sea lions, New Zealand fur seals and Little Blue Penguins within our restricted wildlife conservation sanctuary, see albatrosses at Taiaroa Headland and other wildlife around Otago Peninsula. Judged New Zealand's best wildlife tour and winner of six New Zealand Tourism Awards. Half-day Otago Peninsula wildlife tours and exclusive private tours offer small-group wildlife experiences, with unobtrusive, close viewing of rare wildlife. Environmentally active and Green Globe 21 benchmarked.

*The highlight of your trip to New Zealand!*



## MONARCH WILDLIFE CRUISES & TOURS

### DUNEDIN

Join award-winning Monarch Wildlife Cruises & Tours to see albatrosses, penguins, fur seals and other seabirds and marine mammals on the Otago Peninsula, Dunedin.

## RAINBOW SPRINGS

### ROTORUA

See endangered native species such as Kiwi and Tuatara in a native bush setting with Rainbow Springs. You can also visit Kiwi Encounter, a Kiwi conservation centre.

## ZEALANDIA

### WELLINGTON

See some of the rarest, most extraordinary native wildlife on the planet at Zealandia. Explore the sanctuary valley and visit the interactive museum.

## OROKONUI ECOSANCTUARY

### DUNEDIN

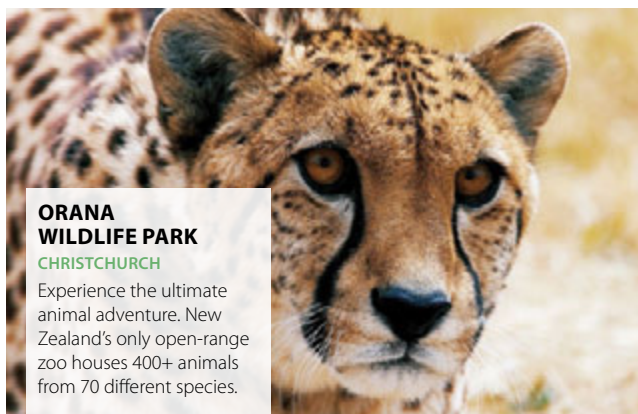
Discover Dunedin's 307-hectare native forest that is home to some of New Zealand's most fascinating and rare forest wildlife with Orokonui Ecosanctuary.



## WHALE WATCH KAIKOURA

### KAIKOURA

Experience the thrill of an exciting up-close encounter with a Giant Sperm Whale at any time of year with Whale Watch Kaikoura. An award-winning and unmissable magical New Zealand experience.



## ORANA WILDLIFE PARK

### CHRISTCHURCH

Experience the ultimate animal adventure. New Zealand's only open-range zoo houses 400+ animals from 70 different species.

*LIFE-CHANGING CLOSE ENCOUNTERS Slipping into the water with playful wild dolphins ... Looking into the eyes of a whale as it surfaces nearby ... Watching Little Blue Penguins return to their burrows as dusk arrives ... Seeing a kiwi egg hatch at a special sanctuary ...*



# Sustainable New Zealand

In New Zealand, the environment has always been at the forefront of the visitor experience. After all, many choose New Zealand precisely for its landscapes and wildlife.

Though created by nature, the environment has been preserved through the conservation efforts of its human custodians. New Zealand has 14 national parks and more than 30 per cent of its land area is protected as conservation land of some description. In addition, its conservation workers are at the forefront of species management – bringing endangered wildlife back from the brink of extinction through innovative rescue programmes.

One example is that of the Chatham Island Black Robin. In 1980, just five birds remained but, through careful management, the population has been restored to around 250.

Tourism and conservation come together at facilities like Kiwi Encounter in Rotorua and Willowbank Wildlife Reserve in Christchurch, which feature breeding programmes for native species, and at predator-free islands. A more recent development has been the creation of mainland 'islands' such as ZEALANDIA – habitats that are protected by state-of-the-art electric fencing and then cleared of pests. Enormously successful, these areas allow native birds to thrive, often to the point where they repopulate

surrounding areas (unlike the pests, flying birds are free to come and go), and admissions fees help to fund conservation efforts. Other eco-tour operators also play a part in protecting the species they're helping you to encounter. Elm Wildlife Tours, for example, funds a conservation project to help boost the population of Hoiho (Yellow-eyed Penguins).

But it's not only in conservation that New Zealand demonstrates a commitment to sustainability. With a population of just under 4.5 million people, and producing just 0.2 per cent of the world's total greenhouse gas emissions, New Zealand was one of the first countries in the world to pledge a carbon-neutral future and a number of companies have already achieved carbonZero certification. In addition, many accommodation providers and activity operators have gained Qualmark Enviro Awards, recognising efforts in areas of energy efficiency, waste management, water conservation, community activities and conservation initiatives. Green, clean New Zealand – it's a cliché for a reason!



Rainbow Springs  
Kiwi Encounter

## Going Green

Visitors can make a difference by choosing green options whenever possible. A great option for an environmentally-friendly stay is to try 'WWOOFing'. Willing Workers on Organic Farms [www.wwoof.co.nz] provides the opportunity to learn sustainable practices while living with a Kiwi family that has made the leap into green-dom. If this isn't quite your thing, you can still help keep New Zealand beautiful. Park the car and use buses and trains where possible or swap the car for hiking and cycling trips. When you do go hiking, always stick to designated tracks to protect fragile wildlife. When choosing accommodation, keep an eye out for Qualmark Enviro-accredited providers and always clear up your rubbish at camping spots. Don't use the great outdoors as a bathroom – look for a public toilet or wait till the next time you're at a café. Many shampoos and soaps contain phosphates that are bad for waterways, so don't use these in rivers and lakes. Look for eco-friendly activities, support wildlife sanctuaries and indulge in seasonal produce from farmers' markets. Remember, sometimes it's the little things that can make all the difference!

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*"In my opinion, the Otago Peninsula is the finest example of eco-tourism in the world." (David Bellamy, environmentalist)*



## OLD BLUE SAVES A SPECIES

A small black bird unique to the Chatham Islands, Black Robins are vulnerable to predation by introduced pests and by the early 1980s just five birds remained on one tiny island. Of these, just one was a breeding female, so dedicated game rangers moved Old Blue and her companions to a larger island that was replanted for their arrival. Through the rangers' efforts, the population slowly grew and today numbers around 250 birds – every one of them descended from Old Blue.



# NEW ZEALAND LIVING

At the far end of the South Pacific Ocean lies a nation that is geographically removed yet right up with the play when it comes to great cuisine, fine wine and good shopping. Here in Godzone, Kiwis love to live the good life – and you're sure to fall in love with it!

# TASTE NEW ZEALAND

You may be surprised to discover just how sophisticated New Zealand is! Despite being so far removed from the rest of the world, it has embraced global influences in food, wine and fashion, adds to these its own unique twist, and presents a cuisine and design culture that more than holds its own.



## New Zealand Cuisine

If you've got a passion for fine food and wine then you're in for a treat! New Zealand cuisine is guaranteed to satisfy.

In the last few decades New Zealand cuisine has undergone a major renaissance. Drawing on influences from the many different cultures that make up the local population, including indigenous Maori cuisine, New Zealand's dining culture has emerged innovative and sophisticated.

Part of New Zealand's secret lies in its fortuitous geography. The diverse

landscape means that an unusually wide variety of ingredients can be grown here – so the majority of produce is locally grown, as fresh as you please and available to every cook! Add to that 15,000 kilometres of coastline teeming with fish and shellfish and you have the recipe for a local cuisine that's pretty special.

Kiwis love to celebrate this fact

with a myriad of wine and food festivals from one end of the country to the other.

Multicultural influences and a wide selection of ingredients to draw on make New Zealand a very natural home for the fusion approach to cooking. Blending flavours from around the Pacific Rim, this vibrant style is internationally popular and trend-setting Kiwi chefs such as Peter Gordon have played an important role in its development. While in New Zealand, visitors can follow in the footsteps of other great Kiwi chefs. The country offers a range of food and wine tours, factory/ farm visits and cooking schools, while best-selling cookbooks are a great way to take a slice of New Zealand home. Look out for books by celebrity chefs such as Jo Seagar, Peter Gordon, Annabel Langbein, Alison Holst or Al Brown and Steve Logan of the TV series *Hunger for the Wild*. For a typical Kiwiana item, found in virtually every Kiwi kitchen, get a copy of the *Edmonds Cookery Book* – it's full of classic Kiwi recipes like Anzac Biscuits and Pavlova!

### CULINARY SPECIALITIES

An abundance of high-quality fresh produce makes New Zealand cuisine sensational. **Beef and Lamb** NZ beef and lamb are of the highest quality and exported around the world. **Cheeses** The abundance of wonderful dairy products includes renowned local blue cheeses. **Crayfish** Also known as Rock Lobster, delicious Crayfish are harvested in coastal waters around NZ. **Gourmet Oils** The local olive and avocado oils are

fresh, tasty and herbaceous. **Green Lipped Mussels** These New Zealand native shellfish are farmed in the Marlborough Sounds, The Coromandel and Stewart Island. **Hangi** Traditional Maori cooking method, slowly steaming food in an underground oven. **Hokey Pokey Ice Cream** Creamy ice cream with crunchy pieces of toffee is a national favourite. **Honey** Manuka honey is produced from a native flowering shrub

known for its health benefits. **King Salmon** Fresh salmon is farmed in the Marlborough Sounds and Mackenzie, on Stewart Island and on the South Island's east coast. **Kiwifruit** A popular, succulent green-fleshed fruit with a furry brown skin that thrives in warmer parts of the country, most famously in the Bay of Plenty. **Kumara** This traditional Maori sweet potato is a Kiwi favourite that may be served roasted, mashed or as

chips. **Lemon & Paeroa (L&P)** NZ sparkling soft drink originating from the small North Island town of Paeroa. **Oysters** Southland's Bluff Oysters are renowned. There's a festival every year to celebrate the season's start. Pacific and Rock Oysters grow in the north. **Whitebait** These tiny minnow-like fish are a delicacy and cooked as a fritter, fried in batter. They're famously abundant on the West Coast of the South Island.

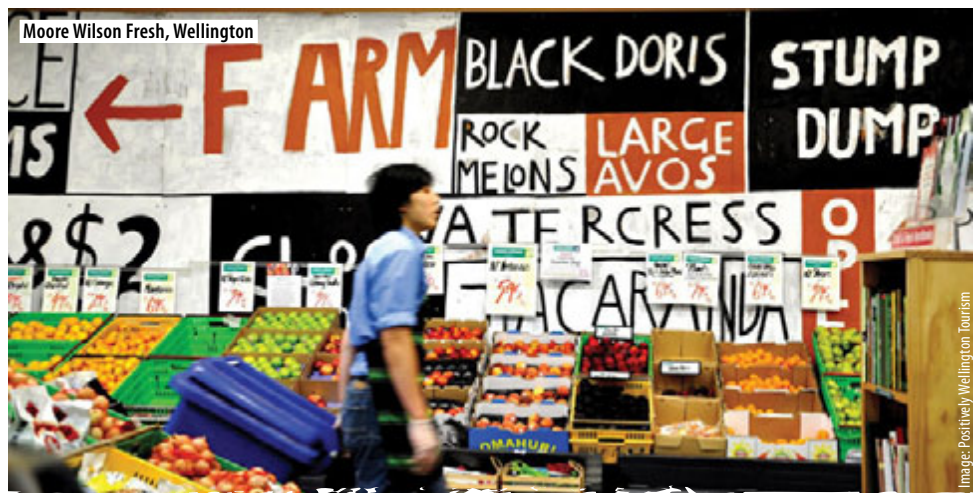


Image: Positively Wellington Tourism

## SAMPLING NZ CUISINE

Sample Kiwi dishes at a restaurant, then browse markets, visit food festivals and take a cooking class!

### Learn to Cook

Cook schools can be found in all major centres and they provide an insight into culinary New Zealand. Learn how to cook national dishes, match food and wine, and find out about indigenous ingredients! Renowned schools include celebrity chefs' cooking schools like Sachie's Kitchen in Auckland or Ruth Pretty Cooking School just north of Wellington. Another gem is the Akaroa Cooking School on Banks Peninsula (near Christchurch).

✦ **Sachie's Kitchen** [www.sachieskitchen.com] With a truly international flavour, culinary queen Sachie Nomura teaches authentic Japanese, Thai, Vietnamese, Malaysian, Chinese, Indian and Pacific Fusion.

✦ **Ruth Pretty** [www.ruthpretty.co.nz] Ruth Pretty and her team of chefs run

cooking series with themes varying according to season. Book your spot online or organise a private lesson.

### Buying Food & Wine

New Zealand cuisine dishes up delicacies ranging from cheeses and seafood to premium wines. You can buy these goodies at the cellar door and direct from the grower at many places around the country – look for roadside stalls in places like Hawke's Bay, Nelson and Kerikeri and have some cash on hand to put in the honesty box! Also look for gourmet grocery stores such as Nosh Food Markets in Auckland and Moore Wilson stores in Wellington. Farmers' markets are another great place to buy local produce. Fill your picnic basket with:

✦ **Gourmet Foods** Artisan breads, whitebait and oysters, olive and avocado oils, local blue cheeses and fruit.

✦ **Gourmet Beverages** Homegrown wines, distilled liqueurs, fresh fruit juices and organic beers.

## INDIGENOUS INGREDIENTS

Kumara (sweet potato) is the staple of Sunday roast dinners in most New Zealand homes and is found in every supermarket, but in recent years the rise of Maori chefs in local and international restaurant kitchens has seen traditional Maori foods such as harore (mushrooms), Puha (a thistle), Pikopiko (Fiddle-head Fern), Horopito and Kawakawa (different types of pepper tree) start to adorn New Zealand plates. Chef Charles Pipi Tukukino Royal has championed the cause of Maori bush ingredients in contemporary cooking. With a background as a chef in the New Zealand Army and

a stint in Air New Zealand's kitchen, Charles uses his extensive knowledge for specialist events and food tours into the New Zealand bush and along the coastline. When it comes to seafood, Kina (Sea Urchins) and shellfish, such as Paua (Abalone) and Pipi, are delicacies widely collected by Maori.



Cable Bay Vines

## HOW TO HANGI!

A hole is dug in the ground and filled with hot stones. Baskets of vegetables and meat are placed on top and covered with earth to cook in their own steam.

**FUSION CUISINE** Multicultural influences and a wide variety of ingredients to draw on make NZ a natural home for fusion cooking. Blending flavours from around the Pacific Rim, this style is internationally popular and trend-setting Kiwi chefs such as Peter Gordon have played an important role in its development.





**Wine Tasting, Gibbston Valley  
Cave, Queenstown**

Image: Destination Queenstown

# New Zealand Wine

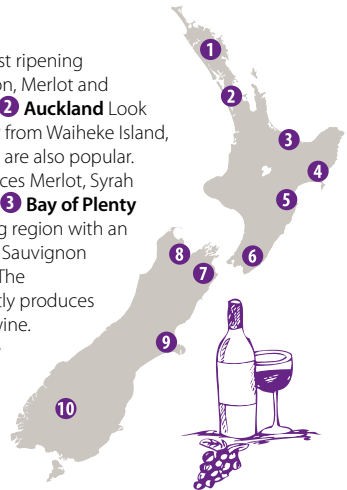
Wine has been produced in New Zealand since the arrival of the first European settlers, but in recent years the industry has rapidly evolved to take centre stage internationally.

The nation's oldest winemaker, Mission Estate, has been producing wines in Hawke's Bay since 1851, and today New Zealand is internationally lauded for producing wines of note. A wide range of landscapes (or terroir) makes for unparalleled variety, from Central Otago's Pinot Noirs to Marlborough's Sauvignon Blancs and Hawke's Bay's Merlots. In order to get the best out of New Zealand's 10 significant wine growing regions, it's a great idea to embark on a wine tour or book a personal wine guide.

If you're exploring New Zealand's vineyards independently, then sampling wines at the cellar door is a great way to spend the day – just make sure you have a nominated non-drinking driver. Self-guided and guided wine tours by bicycle also enjoy huge popularity. Martinborough is a great place to try this fun approach to wine tasting, as numerous vineyards are situated within easy reach of the town square so you don't have to cycle too far! For the ultimate experience of wine growing in New Zealand, drive the Classic New Zealand Wine Trail [[www.classicwinetrail.co.nz](http://www.classicwinetrail.co.nz)] from sun-drenched vineyards in Hawke's Bay right down to Marlborough in the South Island! New Zealand's major wine regions all have a particular climate and geology producing distinctive types of wine.

## WINE REGIONS

- 1 Northland** The country's warmest ripening conditions make Cabernet Sauvignon, Merlot and Chardonnay the varieties of choice.
- 2 Auckland** Look for superb Chardonnays, particularly from Waiheke Island, but Cabernet Sauvignon and Merlot are also popular. Matakana, north of Auckland, produces Merlot, Syrah (Shiraz), Chardonnay and Pinot Gris.
- 3 Bay of Plenty** A small but growing wine-producing region with an emphasis on Chardonnay, Cabernet Sauvignon and Sauvignon Blanc.
- 4 Gisborne** The Chardonnay capital of NZ consistently produces delicious examples of this popular wine.
- 5 Hawke's Bay** This region has one of the longest traditions of wine making in NZ. Local Chardonnays are stunning, as are the reds. Look for Cabernet Sauvignon, Merlot, Cabernet Franc, Syrah and Pinot Noir.
- 6 Wairarapa** This small but significant wine-growing area produces premium examples of Pinot Noir, Merlot, Chardonnay, Sauvignon Blanc, Gewürztraminer, Riesling and Pinot Gris.
- 7 Marlborough** Many consider this the Sauvignon Blanc capital of the world – hot, sunny days and crisp nights intensify flavour. The region also produces Chardonnay, Pinot Noir and Riesling, and is developing a reputation for Méthode Traditionelle sparkling wines.
- 8 Nelson** Chardonnay, Sauvignon Blanc, Riesling and Pinot Noir are best suited to this region's cooler growing conditions.
- 9 Canterbury** The crisp climate makes for good Riesling, Chardonnay, Pinot Noir and Sauvignon Blanc.
- 10 Central Otago** Home to some of the southernmost vineyards in the world, here the emphasis is on Pinot Noir, with some Chardonnay, Sauvignon Blanc and Riesling also produced.



**CLASSIC NZ WINE TRAIL** A must-do for wine lovers, this self-guided trail takes you through NZ's biggest wine-growing regions, from Hawke's Bay via Wairarapa to Marlborough. [www.classicwinetrail.co.nz](http://www.classicwinetrail.co.nz)



### MISSION ESTATE NAPIER

Mission Estate offers the total winery experience. Taste their award-winning wines, take a historical tour, visit the art gallery, or dine in the restaurant.

### BRANCOTT ESTATE BLENHEIM

Birthplace of Marlborough Sauvignon Blanc, Brancott Estate is an iconic Kiwi vineyard that offers great scenery, tasting and tours, and fine dining.

### GIBBSTON VALLEY QUEENSTOWN

The first vineyard in the Queenstown region, Gibbston Valley is also renowned for one of the finest restaurants in the Queenstown area.



### PEGASUS BAY CANTERBURY

Located in the Waipara Valley, Pegasus Bay's restaurant has been judged the country's top winery restaurant by *Cuisine* magazine.



### THE WINE EXPERIENCE @ SEAFOOD CENTRAL AUCKLAND

This wine-tasting experience takes you on an interactive journey to discover the best wines from around New Zealand.

### ZEST FOOD TOURS WELLINGTON

One of a range of food tours in the Wellington region, the Martinborough Food and Wine Producers Tour is a luxury small group tour of food and winemakers in the wine country of the south Wairarapa region.

*YEALANDS Another well-known vineyard of Marlborough, Yealands produced the Sauvignon Blanc judged the world's best in the 2012 International Wine Challenge. Visit in person while in Marlborough to see what makes their wine so special!*



### MARLBOROUGH WINE TOURS BLENHEIM

Tour Marlborough's famous wineries with these personalised, flexible mini-coach tours for the discerning wine taster.

### BREWERIES & DISTILLERIES

New Zealand not only produces world-class wines, but also brews excellent beers, ranging from boutique brews to major brands. Most breweries are open for tours and big names include the Tui HQ and Tui Brewery in North Island's Mangatainoka and Dunedin's Speight's Brewery. Founders Brewery in Nelson, Australasia's first certified organic brewery, is a highlight and there are dozens of craft breweries around the country. If you want to step it up a notch, you can visit one of New Zealand's boutique distilleries, producing fruit brandies, liqueurs, schnapps and rum. The Prenzel Distilling Company has tasting rooms all over the country. Do make sure, however, to appoint a designated non-drinking driver when heading out to sample New Zealand's alcoholic delicacies!

# New Zealand Shopping

Save some room in your suitcase! You'll find an abundance of tempting shopping opportunities and high-quality goods to rival anywhere!



Clothes shopping at Chancery, Auckland

The ubiquitous tourist shops are always on hand with their New Zealand flags and chocolate kiwis, but explore further and you'll find unique arts, crafts, homeware, clothing and culinary treasures. Boutiques and galleries can be found anywhere from the cities to country lanes.

## New Zealand Fashion

Browse New Zealand's fashion boutiques, chain stores and department stores, and you'll be amazed at the quality and range on offer. New Zealand fashion is world-class – no surprise, really, when you consider that Untouched World, Trelise Cooper and Karen Walker have been exporting to the world's fashion capitals for years. Up-and-coming local designers are always an exciting find. For an inexpensive take on the latest fashion trends, head to chain stores Glassons or Max. Head to Barkers, Hallensteins and Meccano for the male equivalent. By all means, explore the high street fashion, but make sure you explore what's on offer in country villages too, or a hidden gem might escape you!

## Arts & Crafts

Art galleries and workshops are great places to pick up arts and crafts – follow an art and craft trail to find them. Look for works of art incorporating Maori cultural symbols. The koru (spiral) stands for new beginnings, the hei matai (fish hook) depicts prosperity and strength, the bird-like manaia is a spiritual guardian and the hei tiki is a good luck charm. Look for: **Original Art** Purchase an original or limited-edition print. **Sculptures** Beautiful artisan pieces in ceramic, wood, glass or metal. **Jewellery** Contemporary or traditional Maori designs.

## Kiwiana

Celebrating New Zealand's cultural quirkiness, Kiwiana items make great souvenirs – or great gifts. You'll have fun explaining the cultural importance of a tomato-shaped ketchup bottle! Reproductions of popular Kiwiana items are readily available in gift shops.

Re:START Container Mall, Christchurch



## SHOPPING PINCENTS

Each town and city has its own shopping areas, but there are some highlights you should schedule into your itinerary. Auckland's Newmarket, Ponsonby Road, Parnell and city centre, along with central Wellington, are renowned for boutiques, while Dunedin's George and Princes Streets are great for art galleries and designer fashion. Christchurch offers fashion in the Re:START Container Mall (Cashel Street), Victoria Street and in Merivale. Outside main centres, Napier (Hawke's Bay), New Plymouth (Taranaki) and Cambridge (Waikato) are great shopping destinations. You'll find world-class shopping in surprising places – keep an eye out for designer fashion in tiny beach towns or slick art galleries among the vineyards. The tiny Waikato village of Tirau has a main street lined with tempting little shops!

## MARKETS

Markets are a good place to pick up gifts and unique mementos while enjoying the atmosphere and feasting on gourmet treats. You'll find everything from craft markets to farmers' markets. Riccarton Market in Christchurch is big, bustling and hugely popular, offering goods from local artisans, while Auckland's Otara Market is a Pacific-flavoured highlight where you can taste Pacific Island culinary specialties. Others include the Rotorua Night Market, Wellington's Frank Kitts Underground Market and the iconic Creative Queenstown Arts and Crafts Market. Keep an eye out for harvest markets in late summer or autumn.

## DESIGNER CLOTHING

Top New Zealand fashion designers, such as Karen Walker, Trelise Cooper and Zambesi, are lauded worldwide for their unique take on high fashion. A few others to watch for are

Untouched World, Sabatini, World, Andrea

Moore, Starfish, Workshop and Helen Cherry, but there are many more that are well worth discovering. Take a look at [www.fashionz.co.nz](http://www.fashionz.co.nz) to preview the latest collections. New Zealand Fashion Week, held in September each year, is a celebration of New Zealand fashion and some events are open to the public. [[www.nzfashionweek.com](http://www.nzfashionweek.com)]

**TAX-FREE SHOPPING** Although NZ does not have a GST refund scheme, visitors can shop tax free at many retailers. Show your international plane ticket at a registered GST-free retailer and your items will be sent to the airport to collect on departure.

## Kiwi Temptations



1. Cherry Black Facial Sunscreen RRP \$114.95 2. Oxygen Purifying Honey Masque RRP \$43.45 3. Trelise Cooper Candy Warhol Dress RRP \$729 4. Filigree Fine Jewels Blue Iris Amazonite Drops with Blue Diamonds in Sterling Silver RRP \$1,550 5. Saben Dash Handbag RRP \$489

## Fabulous Finds

- PAUA** The iridescent shell of the Paua (Abalone) is polished and fashioned into beautiful jewellery.
- CARVED JEWELLERY** Contemporary or traditional Maori designs carved in greenstone, bone or wood.
- WOOL** Fine wool in hand-knitted jerseys or sumptuous sheepskins.
- POSSUM FUR** Blended Merino wool and Possum fur crafted into soft and wearable hats, gloves and many other accessories.
- CERAMICS AND SCULPTURES** Beautiful artisan pieces in ceramic, wood, glass and metal.
- GOURMET FOODS** Including homegrown wines, olive and avocado oils, chocolates and distilled liqueurs.
- QUIRKY CULTURAL ICONS** The Buzzy Bee pull-along toy, a much-loved New Zealand cultural icon, makes a great gift.
- ORIGINAL ART** Purchase an original New Zealand painting or limited-edition print.

## Buying the Essentials

- OUTDOOR GEAR** The ultimate camping and outdoor equipment store is Kathmandu. [www.kathmandu.co.nz] Not always the cheapest option, but it's worth splashing out on a good sleeping bag, waterproof shoes or rain jacket to keep you warm and dry – and they do have great sales on a pretty regular basis. The Warehouse [www.thewarehouse.co.nz] is a discount store for just about everything from cooking equipment to towels, tents and torches. Pop into Briscoes for cooking equipment, sheets and towels. [www.briscoes.co.nz]
- SUPERMARKETS** There are several big supermarket chains, including Pak 'n' Save, New World, Countdown and Fresh Choice.
- DAIRES** Convenience stores (called 'dairies') – some of them open 24 hours – will provide you with essentials like milk and bread.
- CHAIN STORES** Pick up good-value clothing at Glassons (for women) and Hallensteins (for men). Farmers is the largest department store.
- POST SHOPS** Want to send a postcard home? You'll find a post shop in all major centres as well as most small towns.
- BANKS** Like most places in the world, New Zealand has embraced online banking – but you can still find 'bricks and mortar' banks in cities and towns. Many are closed on weekends though – look for branches in malls if you need Saturday or Sunday services.



## ARTY BEES BOOKS WELLINGTON – BOOK STORE

The Oaks, Manners Street, Wellington,  
t +64 4 384 5339, e info@artybees.  
co.nz, www.artybees.co.nz

Bursting with more books than they know what to do with! Arty Bees Books stocks a huge range of books on almost every topic: NZ and non-fiction titles, rare and antiquarian books, sheet music, children's books, new science fiction/fantasy titles and Wellington's largest range of fiction.

*Shamelessly feeding biblioholic addictions in Wellington for 24 years.*

**FACTS TO IMPRESS** *Kiwis are an intellectual lot! New Zealand has more bookshops per capita than any other country!*

## CAPITAL ON THE QUAY WELLINGTON – SHOPPING

Located in the heart of downtown Wellington, this thriving retail precinct boasts a diverse range of nationwide chains and local boutiques.  
[www.capitalonthequay.co.nz](http://www.capitalonthequay.co.nz)

## JACKSON STREET, PETONE LOWER HUTT – PRECINCT

The main retail area of Petone, this heritage-listed street offers over 200 diverse shops including gifts, fashion, cafés and restaurants, and a relaxed retail and dining experience.  
[www.jacksonstreetpetone.co.nz](http://www.jacksonstreetpetone.co.nz)

## KIRKCALDIE & STAINS WELLINGTON – SHOPPING

This supermarket department store has served Wellington for almost 150 years. A retail Mecca where local and international brands line the shelves of three floors of fine shopping.  
[www.kirkcaldies.co.nz](http://www.kirkcaldies.co.nz)



# Spas & Retreats

Ahh! Imagine the blissful pleasure of sliding into the warm waters of a bubbling thermal pool, knowing that a massage by a professional therapist is yet to come.



Polynesian Spa's deluxe Lake Spa, Rotorua

Image: Polynesian Spa

New Zealand's natural environment lends itself to blissful vacations that spell relaxation for body and soul, so take time to indulge in a pampering treatment. Hot mineral bath, Maori massage or geothermal mud body wrap – the choice is yours!

## Geothermal Bathing

A speciality in this part of the world is bathing in a geothermal pool rich with minerals and heated by nature. Bubbling hot pools can be found all over New Zealand and visitors have travelled to places like Rotorua to 'take the cure' since the 19<sup>th</sup> Century. Maori used New Zealand's thermal pools therapeutically for generations before the arrival of Europeans but, for them, geothermal features also held spiritual significance. In Rotorua, you can take a boat trip to Mokoia Island and soak your feet in Hinemoa's Pool – the hot natural pool where the heroine of local legend, Hinemoa, warmed herself after swimming across Lake Rotorua to be with her lover, Tutanekeai. Opinions now vary on the health benefits of thermal bathing, but there's no doubt that a soak is wonderfully relaxing! If you're in The Coromandel, you can even dig

your own hot pool – a geothermal spring filters up through the sand at Hot Water Beach.

## Other Hot Pools

New Zealand also features a range of non-geothermal pools, which may be heated by nature but are not filled with thermal water. The pools of Alpine Springs in Lake Tekapo are fed by mountain springs, while the Glacier Hot Pools in Franz Josef derive their waters from glacial streams. At Ocean Spa in Napier and Mount Maunganui Hot Salt Water Pools you can soak in hot salt water pools.



*GLORIOUS MUD! Indulge your inner kid and get playing with mud. It's not only fun, it's actually good for you – geothermal mud is said to have rejuvenating properties for your skin.*

## Taking the Cure

In 1908 Rotorua's Bath House, which now houses the city's museum, opened as the therapeutic 'Great South Seas Spa'. People from all over the world came to this stunning colonial building to ease their aches and pains in massage rooms and deep pools filled with water from the nearby thermal springs. Today, visitors can still see remnants of the baths in the Bath House's northeast corner.

## Maori Massage

Massage has been practised by Maori for hundreds of years. Traditional Maori healing was based around massage, medicine and spiritual guidance. There are two main forms: romiromi, or deep tissue massage, which applies intense acupressure; and mirimiri, a gentler, soft tissue massage. Both varieties of Maori massage can be experienced in many places around New Zealand. Hells Gate and Wai Ora Spa in Rotorua features a traditional mirimiri experience which concludes with a special karakia (prayer). Other spas may incorporate elements of traditional Maori massage into their treatments: LeSpa at the Sofitel Queenstown offers a hot stone massage with New Zealand greenstone (pounamu).

## Retreats

For the ultimate escape from everyday stresses, unwind at a wellness retreat. There are numerous specialist retreats throughout the country offering all manner of treatments to enhance your wellbeing – from massage, spa therapy and hydro-treatments to yoga and weight-loss programmes. The indulgence offered at these hideaways is often mirrored by stunning surrounds as many are located in wilderness settings.

Holistic sanctuaries take care of mind and spirit as well as body and sometimes feature self-improvement seminars or classes, while eco-retreats seek to look after their guests and the natural environment alike.

## REJUVENATING DAY SPAS AND BEAUTY CLINICS

In addition to geothermal pools or traditional Maori massage, you will also find numerous beauty clinics and day spas throughout the country where you can have essential beauty maintenance performed while being thoroughly pampered by the professionals. Geothermal pool resorts provide luxurious spa treatments and expert massages alongside the healing hot pools.

Away from the pools, destination spas are some of the country's wonderful beauty havens where you'll find everything from detox treatments and anti-ageing packages to aromatherapy, facials, acupuncture and exfoliation. So whether your feet are aching and longing for a massage, whether you want to experience Maori culture in an indulgent way, or whether you feel like a complete make-over, New Zealand's professional beauty and massage therapists will look after you.

### EAST DAY SPA AUCKLAND & WELLINGTON

Specialising in Eastern-style, natural holistic treatments in the urban centres.

### THE LOST SPRING WHITIANGA

Thermal pools and an indulgent day spa nestled in lush forest.

### HELLS GATE AND WAI ORA SPA ROTORUA

Mud and sulphur baths, Maori massage and the Southern Hemisphere's largest hot waterfall.

### POLYNESIAN SPA ROTORUA

Experience Rotorua's famous geothermal waters at a spa voted into the world's top 10 by *Condé Nast Traveller* readers.

### WAI ORA LAKESIDE RESORT & SPA ROTORUA

Wai Ora offers superb spa facilities in beautifully landscaped grounds.

### DEBRETT'S THERMAL SPA RESORT TAUPO

Private mineral pools, wet massage water curtains and extensive spa menu.

### OCEAN SPA NAPIER

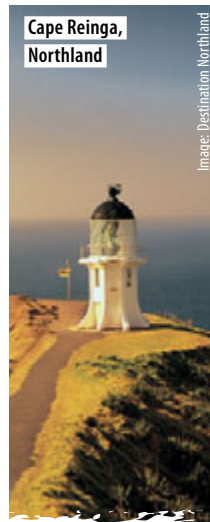
Outdoor spas on the waterfront with ocean views, body therapy facilities and gym complex.

### THE GLACIER HOT POOLS FRANZ JOSEF

Luxurious hot pools and massage treatment rooms nestled in native rainforest on the West Coast.

### HANMER SPRINGS THERMAL POOLS & SPA HANMER SPRINGS

Hot pool complex in an alpine setting with plenty of treatments available.



Cape Reinga,  
Northland

Image: Destination Northland

### WAAHI TAPU – A SACRED PLACE

The indigenous concept of tapu is about sanctity and respect for people and the environment. For Maori, many places hold a strong spiritual significance and so are regarded as tapu. Burial caves, pa sites, marae, sources of water for healing, and many mountains are considered sacred sites. Hikurangi, for example, is the sacred mountain of Ngati Porou and resting place of demi-god Maui's canoe, while Cape Reinga is believed to be the point where spirits of the dead leave to journey back to the ancestral homeland of Hawaiki.

### FIND OUT MORE

This is just a small selection of the luxurious spas available around NZ. To book your personal experience head to [www.newzealandselfdrivetours.co.nz](http://www.newzealandselfdrivetours.co.nz).



Mud massage therapy treatment at  
Polynesian Spa, Rotorua

Image: Polynesian Spa



## Entertainment & Events

Although justly famous for action and adventure, New Zealand boasts a wide range of other activities to keep you entertained from dawn till dusk ... and beyond!

New Zealanders love to celebrate and you'll find all manner of parties and festivals happening throughout the year. Wine, music, arts and crafts, sports, horse racing, dance and fashion, flowers, architecture, scallops and even huhu grubs take their turn – New Zealand loves to highlight its natural talents and bounty! So whether you are a fashionista, want to get a dose of Kiwi live music or sample colourful New Zealand cuisine, make sure to include some of the country's events in your itinerary!

### ICONIC EVENTS

From the American Express Queenstown Winter Festival [June], to top-notch fashion shows such as New Zealand Fashion Week [September], New Zealand hosts a range of iconic events. Music lovers flock to the National Jazz Festival in Tauranga [April] and the Bay of Islands Jazz and Blues Festival [August], while art buffs relish the Otago Festival of Arts in Dunedin [October], the Nelson Arts Festival [October] and WOMAD in New Plymouth [March]. If you're here in May, you can catch the

New Zealand International Comedy Festival on tour, and a must-do in June is a visit to the National Fieldays in Hamilton, the country's biggest agricultural event.

#### World Buskers Festival

[Christchurch, Jan] A 10-day frenzy of street theatre, clowns, acrobats and more. Indoor and outdoor, day and night events. [[www.worldbuskersfestival.com](http://www.worldbuskersfestival.com)]

**Art Deco Festival** [Napier, Feb] Built in Art Deco style, Napier is the perfect place to celebrate the exciting razzmatazz style of Art Deco.

[[www.artdeconapier.com](http://www.artdeconapier.com)]

**PASIFIKA** [Auckland, Mar] A

kaleidoscope of events celebrating NZ's Pacific roots. Cultural performances and competitions, markets and Pacific-flavoured events. [[www.aucklandnz.com/pasifika](http://www.aucklandnz.com/pasifika)]

**WOMAD** [Taranaki, Mar] The World of Music, Arts and Dance brings together international artists in a dynamic celebration of music, arts

and dance from around the world. [[www.taft.co.nz](http://www.taft.co.nz)]

#### American Express Queenstown Winter Festival

[Queenstown, Jun] New Zealand's biggest winter party winter is a 10-day celebration featuring street parties, fireworks, comedy, music and competitions. [[www.winterfestival.co.nz](http://www.winterfestival.co.nz)]

#### Montana World of WearableArt™

[Wellington, Sep] Spectacular wearable creations presented in an amazing choreographed stage show. Definitely one to catch if you're in Wellington during September. [[www.worldofwearableart.com](http://www.worldofwearableart.com)]

#### Whitianga Scallop Festival

[Whitianga, Sep] A weekend of gastric indulgence with the famous ocean delicacy [[www.scallopfestival.co.nz](http://www.scallopfestival.co.nz)]

#### Oamaru Victorian Heritage Week

[Oamaru, Nov] The whole town gets out and about in period costume in the historic whistone precinct. [[www.historicoamaru.co.nz](http://www.historicoamaru.co.nz)]

*MATARIKI is the name of a cluster of stars visible in May and June. The stars' rise indicates the beginning of a new crop season and marks the start of Maori New Year.*

## SPORTS EVENTS

Kiwi athletes stand tall on the world stage and if you've ever heard of the All Blacks, you'll know that rugby is the big national game! Catch a game at a stadium – or head to a pub and watch it on the big screen. Cricket also draws crowds of Kiwis and so does netball – the ladies' number one sport. Big events on the horse racing calendar are de rigueur for trendy locals. In Christchurch the biggie is NZ Cup & Show Week [November] which combines horse racing with fashion, food and agricultural events, and in Auckland there's *New Zealand Herald* Christmas Carnival [Boxing Day] and the Auckland Cup [Feb].

**Auckland Anniversary Day Regatta** [Auckland, Jan] Celebration of sailing on the Waitemata. [www.regatta.org.nz]

**Speight's Coast To Coast** [West Coast – Canterbury, Feb] Competitors cycle, kayak and run across the South Island. [www.coasttocoast.co.nz]

**Sevens Wellington** [Wellington, Feb] This annual seven-aside rugby tournament draws costume-bedecked fans from all over the world. [www.sevens.co.nz]

**Ironman New Zealand** [Taupo, Mar] Big sporting event attracting international competitors. [www.ironman.co.nz]

**New Zealand Cup and Show Week** [Christchurch, Nov] Canterbury's biggest social occasion, featuring fashion, food and racing. [www.nzcupandshow.co.nz]

## FOOD & WINE FESTIVALS

New Zealand's cuisine deserves to be celebrated! Many festivals combine delicacies for the taste-buds with

musical treats for the ears, and they make for a great day out. Those with a sweet tooth will relish Dunedin's Cadbury Chocolate Carnival, while wine buffs love events such as Toast Martinborough.

A special highlight is the annual Hokitika Wildfoods Festival. As the name suggest, things get wild here as stall holders offer anything from wasp larvae ice cream to huhu grubs!

### Hokitika Wildfoods Festival

[Hokitika, Mar] An unforgettable event featuring totally unique foods sourced from the surrounding area! [www.wildfoods.co.nz]

**Bluff Oyster & Food Festival** [Bluff, May] Celebrating the local delicacy – Bluff Oysters – at the start of the oyster season. [www.bluffoysterfest.co.nz]

**Scallop Festival** [Whitianga, Aug] A celebration of Coromandel seafood and cuisine coinciding with the opening of the scallop season. [www.scallopfestival.co.nz]

**Seafest** [Kaikoura, Oct] Kaikoura's premier food and wine festival is an exciting celebration of the region's abundance combined with live music. [www.seafest.co.nz]

**Toast Martinborough Wine, Food and Music Festival** [Martinborough, Nov] Wine, food and music event set amongst the picturesque vineyards of the beautiful Wairarapa region. [www.toastmartinborough.co.nz]

**Christchurch/South Island Wine & Food Festival** [Christchurch, Dec] Burgeoning annual food festival in Hagley Park coupling wineries and top chefs around the South Island with live entertainment.



## Mardi Gras at Queenstown Winter Festival



*Give me, give me God's own country! There to live and there to die.*  
(Thomas Bracken, poet)

## KIWI HOLIDAYS

New Zealand's national day is Waitangi Day [February], marking the signing of the Treaty of Waitangi in 1840. Another public holiday is Anzac Day [April], a commemoration of the Australia and New Zealand Army Corps' ill-fated Battle of Gallipoli during World War I. And Christmas is extra-special, too. It falls in summer in this part of the world, so many Kiwis love to spend their Christmas Day at the beach!



Jet boating, Wilkin Valley, Wanaka



Image: Lake Wanaka Tourism

# ACTIVE NEW ZEALAND

New Zealand is naturally endowed with a breathtaking panorama of lakes, forest, coastline and snow-capped mountains that adds an unforgettable dimension to outdoor activities. From high-adrenaline to relaxing pursuits, there's something for every traveller.

# ADVENTURE CENTRAL



No wonder New Zealand is such a hugely popular destination – visitors have an enormous variety of fantastic activities at hand, ranging from sightseeing by land, air and sea to adrenaline-pumping activities that were ‘made in New Zealand’; bungy jumping, globe riding and jet boating among them.

## New Zealand Activities

Even if your visit is short, make sure you take advantage of some of the many exciting outdoor activities on offer. Try mountain biking, heli skiing or white-water rafting. Then swim with dolphins, fly over a volcano or go hiking. Whew!

### Adrenaline Rush

Looking for an adrenaline rush? Then you’ve come to the right place! From adrenaline-pumping thrills for brave (and not so brave!) beginners to hard-core action for professionals, New Zealand is renowned for its adventure activities! The most famous one is bungy jumping. In 1988 the world’s first commercial bungy jump opened at the Kawarau Bridge near Queenstown, and now visitors can experience this activity all over the country. Try a night jump or take a leap off the iconic Auckland Harbour Bridge – if you dare! Shwebbing (human-powered monorail) and Zorbing (participants are strapped into an air-cushioned

ball and rolled downhill) are other unmissable adventures invented in New Zealand. You can also get your adrenaline-high canyon swinging, sand tobogganing (Ninety Mile Beach in Northland is a highlight!), caving (in the famous Waitomo Caves, for example) or blokarting (land sailing). And don’t forget about the mother of all adrenaline rushes, skydiving! Jump sites are located all around the country and jumping from a plane offers a new perspective on the landscape! Choose a tandem jump or take lessons and jump solo. Most activities can be enjoyed by people at a range of skill levels, and operators must abide by the strictest safety standards.



AJ Hackett's  
Kawarau Bridge Bungy

### ADVENTURES ON OFFER

**4WD Adventure** Hire a quad bike or a 4WD vehicle and get off the beaten track. **Bungy Jumping** From Auckland’s Harbour Bridge to a night bungy on a ledge above Queenstown. **Caving** Absell into an immense forest-fringed cavern or slide down an underground waterfall. **Globe Riding** Participants are strapped into a plastic ball and rolled downhill. **Heli Skiing** Fly into the mountains to ski or board untracked powder. **Ice Climbing** Experience a climb on an incredible glacier with a guided tour. **Jet Boating** Head for the river rapids in the country where these super-fast boats were invented. **Mountain Biking** Trails range from entry level to remote, steep and extreme. **Paragliding** Leap off a cliff and admire the scenery as you glide all the way back down to terra firma! **Rafting** Take on the white water in a wild river valley – or try the sensation of black-water rafting underground! **Skydiving** This extreme airborne thrill is even better when you’re hurtling towards stunning scenery! **Sledging** Grab onto a body board and plunge head-first down thrilling rapids.

### QUALMARK QUALITY ASSURANCE



An excellent way to choose a quality activity operator is by looking for the Qualmark. Activity operators that carry the Qualmark as an Endorsed Visitor Activity have been assessed to ensure they meet quality standards in safety, facilities, equipment and customer service – so you can be assured that you will enjoy a positive experience.



## TAUPO TANDEM SKYDIVING

### TAUPO – SKYDIVING

Journey high above the spectacular Lake Taupo region with views of snow-capped volcanoes and pristine coastline. Skydive from 12,000 feet with just under 40 seconds of freefall, or from 15,000 feet with over an entire minute in freefall!

With the largest range of camera options available and multi-lingual staff, your skydive will be unforgettable. Our camera options include freefall DVD and photos, handycam DVD and photos, ground footage and an exit photo. You can receive all of your digital footage in High Definition on one of our 8GB USB flash drives.

Experience the adventure with New Zealand's original tandem skydiving company, operating since 1992. As a Qualmark endorsed activity, your safety is our number-one priority.

You are sure to be a bit nervous when you arrive at our drop zone. You are, after all, about to jump out of a plane! Our friendly staff will explain everything you need to know before your skydive. We will provide you with a jumpsuit, harness, and one of our experienced tandem masters.

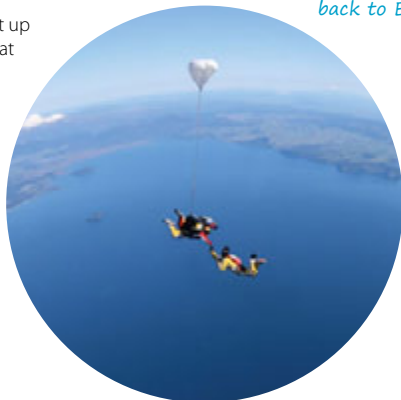
After getting geared up and meeting your tandem master, it's time to board the plane. The journey begins with a scenic flight above the central plateau, taking in views of the Southern Hemisphere's largest lake.

Your excitement climbs with the altitude. Exiting the plane at up to 15,000 feet, you experience the exhilaration of free falling at 200 kilometres per hour! Catch your breath as you enjoy a spectacular parachute ride back to Earth.

The beauty of tandem skydiving is that you don't have to worry about a thing. Leave it all to us – we have taken over 200,000 people skydiving! No training or prior experience is required. You are in the capable hands of your tandem master who will ensure your safety as you enjoy the ride.

From 15,000 feet you will see coast-to-coast views of the North Island. With the crisp, clear days and blue skies of the gorgeous central plateau, Taupo really is New Zealand's home of skydiving.

*Your excitement climbs with the altitude. Exiting the plane at up to 15,000 feet, you experience the exhilaration of free falling at 200 kilometres per hour! Catch your breath as you enjoy a spectacular parachute ride back to Earth.*





## Boating

View the landscape from the deck of a steamship, indulge in a dinner cruise, or combine boating with fishing, diving or dolphin and whale watching. Go island-hopping in the Bay of Islands or take a high-speed boat trip through the 'Hole in the Rock'. Take an Auckland Harbour boat ride at dusk to see the city lights or catch a ferry to Waiheke Island for a day of wine tasting. Cruise alongside waterfalls in Fiordland, explore alpine rivers on a jet boat, or use a water taxi as a budget scenic cruise in Marlborough or Abel Tasman National Park. Auckland, the City of Sails, is a highlight for sailing adventures – you can even book an experience on an actual America's Cup yacht.

## Cycling

Cycle-based activities are becoming increasingly popular all over New Zealand. Some visitors travel the entire country by bike, while others prefer to explore a few localities. Rent a mountain bike and explore, or take a cycle tour with a group. In Marlborough and Wairarapa, visitors can even go

wine touring by bike. The Otago Central Rail Trail, in Central Otago, is a popular 150-kilometre cycle trail through stunning scenery, while Whakarewarewa Forest in Rotorua is criss-crossed with renowned mountain bike tracks. The Port Hills in Christchurch, Makara Peak in Wellington and Woodhill in Auckland are also popular with mountain bikers of all abilities. Competitive cyclists might plan a trip around a major cycling event, such as the Wattyl Lake Taupo Cycle Challenge. For more on New Zealand cycling events, visit [www.cyclingnz.com](http://www.cyclingnz.com). Note that cyclists must wear helmets on the road.

## Diving

A mix of currents from the Antarctic and the tropics, which results in a remarkable diversity of species, combined with clear water ensures that New Zealand is a popular diving location. The Poor Knights Islands Marine Reserve, off the Tutukaka Coast in Northland, is considered to be one of the world's top dive sites, with a remarkable

mix of species and the world's largest underwater cave. At the Cavalli Islands, you can dive the wreck of the Rainbow Warrior, and the active marine volcano of White Island is another amazing diving location. For beginners, instruction and certification programmes are available, while experienced divers should bring their Diver's Certification Card. Dive New Zealand [[www.divenewzealand.com](http://www.divenewzealand.com)] contains a wealth of information for divers.

## Flight-seeing

Helicopters, fixed-wing or float planes offer scenic flights, fly fishing and heli-ski packages, air taxi services and charter flights in many locations. Fly over White Island, an active offshore volcano, or spot whales and dolphins! Admire New Zealand's highest peak, Aoraki Mount Cook, or book a glacier flight-seeing trip. Omarama in Mackenzie is known for its optimal gliding conditions. Some clubs offer flights with a qualified instructor. You can



Helipro over White Island crater



Diving Poor Knights Marine Reserve, Northland





Kayaks on a Marlborough  
Sounds beach

Image: Destination Marlborough

also give tandem paragliding in Queenstown a go. A tranquil option is a hot air balloon flight – the Canterbury Plains and Hawke's Bay are especially renowned for this relaxed pastime.

### Golf

Golf is popular in New Zealand and there are more than 400 crowd-free golf courses where visitors can play year-round – more golf courses per capita than any other country! There are breathtaking international courses like Kauri Cliffs in Northland, Gulf Harbour Country Club north of Auckland, Cape Kidnappers in Hawke's Bay, Clearwater Resort in Christchurch, Terrace Downs in Canterbury and Millbrook Resort in Queenstown, offering world-class golfing in unparalleled scenery. But there is also an excellent selection of inexpensive golf courses scattered the length of the country. Even the smallest country golf course offers a tranquil way to unwind in a beautiful landscape – and the fees are often remarkably inexpensive.

[[www.nzga.co.nz](http://www.nzga.co.nz)]

### Horse Trekking

Horse trekking is a great way to explore New Zealand's landscapes in peace and quiet. Adventures range from half- to multi-day trips, and horse trek operators cater for all levels and abilities. Equipment is provided – all you have to do is get in the saddle and ride across high country, beaches and farmland and spend your nights at idyllic Kiwi farms, home stays or remote camping spots! Horses are matched according to temperament and size, so there are options suitable for the whole family. Some of the best treks lead through Otago's gold mining settlements, high country tussock grasslands, the volcanic plateau's highlands and Pakiri's sandy beaches, north of Auckland City.



Horse riding, Newdicks  
Beach, Bay of Plenty

### Kayaking & Canoeing

Kayak and canoe adventures are a great way to get up-close with penguins, seals, dolphins and other wildlife. Join a canoe expedition on the Whanganui River (classified as one of the Great Walks) or in Buller

Gorge on the West Coast, and make sure you try sea kayaking – in Abel Tasman National Park you can book an overnight trip and sleep on a beach. The Bay of Islands, The Coromandel and Marlborough Sounds

are all perfect for kayaking, while the waters of Fiordland are unforgettable. For a different take, combine Maori culture with canoeing and join a guided expedition in a Maori waka, or step it up a notch with white-water kayaking on the Rangitaiki and Kaituna Rivers in the North Island

**CAPE KIDNAPPERS** This magnificent golf course is regularly voted one of the world's best golf courses by prestigious magazines such as *Golf Magazine* and *Golf Digest*.

Image: Tourism Bay of Plenty

and the Hurunui and Kawarau Rivers in the South.

### Skiing & Snowboarding

New Zealand is a great destination for skiers and snowboarders! The seasons occur in reverse of the Northern Hemisphere, with the ski season generally running from June to October; a good snow base and warmer temperatures make spring skiing a big draw. There are commercial and club fields offering downhill skiing and snowboarding, cross-country skiing and terrain parks. Larger fields offer dedicated areas for learners, while extreme skiers and snowboarders will enjoy heli skiing in remote locations. Renting or purchasing quality equipment is easy in cities and ski resorts. Most ski areas also rent gear on site. If you are heading out to the slopes, it's best to check conditions before you leave. The latest weather forecasts for the mountain areas are available at [www.metservice.co.nz](http://www.metservice.co.nz).

### Surfing

New Zealand has a huge variety of different surfing breaks. Piha, on Auckland's west coast, is a Mecca for surfers, as is the boho village of Raglan in Waikato. Northland offers great surf, especially on the

Tutukaka Coast. Whangamata in The Coromandel is a drawcard for surfers, while the Bay of Plenty is home to a long arc of beach perfect for beginners and pros alike. Gisborne has numerous surf beaches and Taranaki is renowned for offering great breaks no matter what the prevailing wind, due to its curving coastline – follow the surf along Surf Highway 45. [[www.taranaki.co.nz](http://www.taranaki.co.nz)] In the South Island, Kaikoura and Dunedin are popular spots, though you'll need a wetsuit because the water is cold!

### White Water

Rafting, sledging, dam dropping and tubing the pristine white water of fast-running rivers in a wild landscape are popular activities with thrill-seekers. The Wairoa and Kaituna Rivers in the Bay of Plenty, Tongariro National Park in the Ruapehu region and Rangitata River in Canterbury are all popular, but there are dozens of other places to try your hand. A unique alternative to try is black-water rafting on an underground river – sample this amazing experience in the Waitomo Caves in the western North Island. Be aware that powerful rivers can be dangerous, so join a guided expedition for safety's sake.

## New Zealand Ski Regions

### NORTH ISLAND ① Ruapehu

Ski a volcano on the North Island's volcanic plateau.

② **Taranaki** Great boarding on Mount Taranaki.

### SOUTH ISLAND ③ Nelson

Uncrowded ski slopes.

④ **Canterbury** New Zealand's largest variety of ski areas.

⑤ **Mackenzie** Blue lakes and mountains are an awesome scenic backdrop. ⑥ **Southern Lakes** Adventure capital, on and off the mountains. Downhill, freestyle and cross-country action.



## Full Throttle Boating

Designed in New Zealand by William Hamilton in the 1950s, the jet boat provided the solution to traversing shallow and fast-running rivers. Jet boats now allow access to difficult terrain – for instance, you can catch a ride with the crew at Dart River Wilderness Safari to see Mt Aspiring National Park.

### FIND OUT MORE

Check out the full activity listings at [www.destination-nz.com](http://www.destination-nz.com) where there's an activity for everyone, whether it's an adrenaline-pumping thrill or a relaxing boat cruise, and search by activity type. To book, visit us at [www.newzealandselfdrivetours.co.nz](http://www.newzealandselfdrivetours.co.nz).



Walk the line, Hollyford Track, Fiordland



Image: Destination Fiordland, photo by M. Grochinski

## Walking & Hiking

From a garden stroll or forest walk to a coastal hike in Abel Tasman National Park or a multi-day adventure on the Milford Track, the choice of walking experiences is vast.

No visit to New Zealand is complete without taking a walk in an unspoilt landscape. A huge variety of short and medium-length walks are accessible by road, and some trails provide access for disabled visitors.

### Guided Walks

Guided walks are a great option for visitors less experienced in the outdoors and those seeking a more intense trekking experience. Taking the hassle out of organising food and transport, they also offer the advantage of an experienced escort who can explain local features and wildlife. Maori guides give another level of insight into the spiritual aspects of the landscape, while luxury tours offer the comfort of staying in lodges along the way and not even having to carry your backpack!

### Walking Independently

Walking independently is a great way to explore the stunning scenery at your own pace, tailoring the journey to your personal preferences. If you are going independently, however, take care with planning and seek advice before setting out, especially when attempting an overnight walk. Make sure that the walk is suitable for your fitness level and enquire about accommodation options along

the way. Food, water, emergency gear and warm, waterproof clothing should always be carried – the weather can change quickly. Visit a Department of Conservation Information Centre in the area you intend to walk for assistance and to register your departure. Visit [www.destination-nz.com](http://www.destination-nz.com) for more tips.

### Walking Around the Country

**Auckland** The 'hike that defines Auckland' runs 16km from the Viaduct Basin at Waitemata Harbour across the city to Manukau Harbour, crossing the Domain, Mount Eden and One Tree Hill along the way.

**Northland** A great way to see this very special part of the country, the Cape Reinga Coastal Walkway is 53km long and takes three to four days, but it is made up of a series of interlinking tracks.

#### Waikato & Waitomo

The Waitomo Walkway starts in Waitomo Village and follows the Waitomo Stream through forest and farmland to Ruakuri Scenic Reserve.

**Rotorua** There are numerous good walks for all levels of fitness both in Whakarewarewa Forest and around Rotorua's famous lakes. Try the Blue

Lake Track, a 1.5-hour circuit of this popular lake.

**Marlborough** The Queen Charlotte Track is justifiably famous for its fantastic coastal scenery and good amenities. A total of 71km in length, walkers can catch a water taxi to hike shorter sections.

**West Coast** Ever taken a stroll on a glacier? The expert team at Fox Glacier Guiding can guide you across the West Coast's longest and least crowded glacier for an unforgettable blue ice experience.

**Canterbury** The Banks Peninsula Track is a walk across private coastal land with hut accommodation available along the way. The walk can be completed in either two or four days and bookings are essential.

**Dunedin** There are many walks in this area, but a very popular option is the Cathedral Caves Walk, which leads through coastal forest to a beach featuring impressive caverns.

**Fiordland** In addition to the Great Walks, Fiordland is home to numerous day walks. The Lake Marian Track, for instance, is three hours return and climbs to a beautiful hanging valley. Contact the Fiordland National Park Visitor Centre for more information.

Hiking, Mt Cook National Park

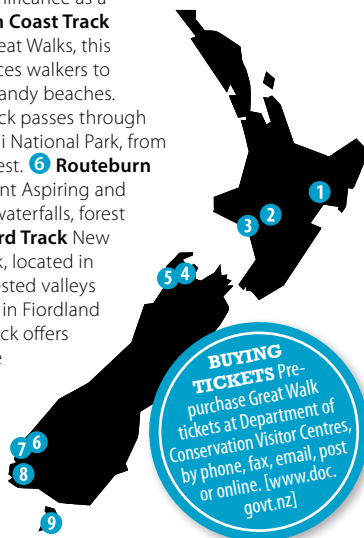


Image: Destination Mt Cook/Mackenzie

## NEW ZEALAND'S GREAT WALKS

The best-known hiking trails are known as the Great Walks. Administered by the Department of Conservation (DOC), these trails are maintained to a high standard. Many require bookings.

- 1 Lake Waikaremoana Great Walk** Discover the varied beauty of Te Urewera National Park on a three- to four-day walk through dense rainforest along the lakeshores.
- 2 Tongariro Northern Circuit** Passes through an unforgettable range of volcanic landscapes.
- 3 Whanganui Journey** Travelled by canoe rather than by foot, the Whanganui Journey is grouped with the Great Walks due to its significance as a national treasure.
- 4 Abel Tasman Coast Track** Perhaps the most gentle of the Great Walks, this 51-kilometre coastal track introduces walkers to an intriguing blend of forest and sandy beaches.
- 5 Heaphy Track** This popular track passes through a range of landscapes in Kahurangi National Park, from tussock land to West Coast rainforest.
- 6 Routeburn Track** This popular track links Mount Aspiring and Fiordland National Parks, passing waterfalls, forest and lakes along the way.
- 7 Milford Track** New Zealand's most widely known walk, located in Fiordland National Park where forested valleys abound.
- 8 Kepler Track** Located in Fiordland National Park, this 60-kilometre track offers a varied landscape of forest, alpine areas and a glacial valley, and can be walked in three to four days.
- 9 Rakiura Track** Located on Stewart Island, in New Zealand's newest national park, this coastal track can be walked in three days.



## THEMED WALKS

For an alternative take on local culture, you'll find walking tours with some unique themes! In the Waikato town of Cambridge there's an Equine Statue and Stars Walk of Fame paying tribute to the many equine and Olympic sporting achievements of this thoroughbred racehorse capital. In nearby Te Awamutu, pick up a brochure at the info centre and take a walking tour of sites relating to Neil and Tim Finn – the brothers

behind bands Split Enz and Crowded House. For another dose of the arts, wander the Writers Walk along the Wellington waterfront. If you're feeling brave, you could even take a 'Ghost Walk'. Dunedin hosts tours offering a hair-raising glimpse of the darker side of local history – murder, misdeeds and ghosts – while those in Oamaru can venture off the beaten path into a world of hidden pasts and dark secrets on the Hair Raiser Ghost Walk Tour.

## BEFORE SETTING OUT

**Check weather conditions.** [www.metservice.co.nz] **Don't walk alone,** and register at a DOC office. **Stick to the track** to protect wildlife. **Carry warm, waterproof clothing** – the weather can change quickly. **Wear quality boots** that support your ankles. **Drink plenty of water** – water from streams must be purified. **Wear sunscreen** even if it's cold. **Take a first-aid kit** with something for blisters. **Seek advice** from DOC or an outdoor equipment retailer on food, clothing, emergency gear and fitting backpacks comfortably. [www.doc.govt.nz or www.mountainsafety.org.nz]



## FIND OUT MORE ...

**Bookings** Bookings are required during peak season (1 October to 30 April) for the Milford, Routeburn and Kepler Tracks, and year-round for the Lake Waikaremoana, Heaphy and Abel Tasman Coastal Tracks. Bookings open on 1 July. Book online at [www.doc.govt.nz](http://www.doc.govt.nz) or email [greatwalksbookings@doc.govt.nz](mailto:greatwalksbookings@doc.govt.nz). **Facilities** During peak season, huts along tracks offer cold water, toilets and heating fuel. Find out the latest info at the nearest DOC Visitor Centre before starting on your hike. **Fees** All walkers must purchase a Great Walk Pass or Great Walk tickets to use hut and campsite facilities. Maximum stay periods apply. **More advice and info** Read the DOC and Mountain Safety Council websites [www.doc.govt.nz or www.mountainsafety.org.nz], and check out [www.destination-nz.com](http://www.destination-nz.com) and [www.newzealandselfdrivetours.co.nz](http://www.newzealandselfdrivetours.co.nz)

*New Zealand's Great Walks are not to be missed!*

## PARKS & GARDENS

Take a stroll in one of the gorgeous parks and gardens that thrive in New Zealand's temperate climate: **Hamilton Gardens** [Hamilton] Six fascinating themed gardens, from a Chinese Scholar's Garden to an Italian Renaissance Garden. **Pukekura Park** [New Plymouth] A Garden of National Significance, it boasts 52 hectares of native forest and is adjacent to the natural amphitheatre of Brooklands Park. **Fitzherbert Park** [Palmerston North] Alongside the Manawatu River and home to Dugald McKenzie Rose Garden, voted one of the world's top five rose gardens in 2003. **Christchurch Botanic Gardens** [Christchurch] Home to a magnificent collection of over 10,000 native and exotic plant species. **Dunedin Botanic Gardens** [Dunedin] New Zealand's oldest botanic gardens, established in 1863. **Dunedin Chinese Garden** [Dunedin] An authentic Chinese garden, prefabricated in Shanghai, with a jade-coloured lake.



# ESSENTIAL INFORMATION

**ACCOMMODATION** New Zealand offers all standards, from hotels to backpacker hostels. Book in advance whenever possible, at least a day or two ahead. Always confirm bookings for accommodation if you are travelling during public or school holidays, particularly in the high season (December to February).

**AIRPORTS** Key international airports are located in Auckland, Wellington and Christchurch. Limited Australian flights land at Hamilton, Palmerston North, Queenstown and Dunedin.

**ALCOHOL** The legal age limit for consuming alcohol in New Zealand is 18. Anyone who looks under 25 years of age will be required to produce proof of age before buying alcohol.

**BANKS** Banks are generally open working hours from Monday to Friday, except on public holidays. All major credit cards are accepted and automatic teller machines (ATMs) are widely available in all but the smallest towns.

**BUSINESS** Infrastructure is of a high standard, with excellent telecommunications and transport. Business services are easy to find. Hotels may offer an in-house secretarial service.

**CITIES** More than one quarter of New Zealand's population lives in Auckland in the North Island. The capital is Wellington, located in the south of the North Island. Christchurch is the largest city in the South Island.

**CLIMATE** The climate is temperate, except Northland, which is subtropical. Average maximum summer temperatures are 20 – 30°C and in winter, 10 – 15°C. The seasons occur in reverse of the Northern Hemisphere seasons. Outside of alpine areas, temperatures generally do not fall below freezing.

**CLOTHING** Conditions can change rapidly – always keep a sweater handy for sudden changes in weather. Rain can occur at any time, so bring a waterproof jacket, plus warm clothing for winter visits.

**CURRENCY** New Zealand's currency is the New Zealand dollar (NZ\$), comprising coins of 10, 20 and 50 cents, \$1 and \$2; and notes of \$5, \$10, \$20, \$50 and \$100. Major credit cards can be used and travellers cheques are accepted at hotels, banks and some retail stores. Most banks are part of Cirrus or Plus.

**DEPARTURE TAX** May not be included in airfares. A tax of NZ\$22 – \$25 is collected from all adult (12 years and over)

international passengers departing NZ (except at Auckland and Christchurch Airports). This can be paid by cash or credit card at the airport. Regional airports may charge a small domestic departure fee.

**DISABLED ACCESS** The law requires new buildings to provide access for people with disabilities, but check when booking. Obtain a parking concession with a mobility card or medical certificate. Visit Enable New Zealand at [www.weka.net.nz](http://www.weka.net.nz).

**DRIVING** Visitors will need to provide their home country licence or obtain an International Driver's Permit.

**DUTY FREE SHOPPING** Goods may be purchased at airport stores on arrival and departure, and downtown duty free stores will deliver purchases to airports.

**ELECTRICITY** Electricity is supplied at 230/240 volts (50 hertz). Most hotels also provide 110 volt a/c sockets (rated at 20 watts) for electric razors. For most other equipment an adaptor is necessary. Power outlets accept only flat 2- or 3-pin plugs. Use an RJ 45-type plug to connect your laptop to a computer socket and an adaptor with a flat 2- or 3-point plug to connect to the power supply.

**ENVIRONMENT** New Zealand is known as 'clean and green' for good reasons! A growing number of tourism operators are benchmarking with the globally recognised sustainable travel and tourism brand Green Globe New Zealand.

**ETIQUETTE** New Zealanders are generally friendly, obliging and polite. They are egalitarian by nature and New Zealand has no formal class structure.

**GAY AND LESBIAN TRAVELLERS** New Zealanders are generally very accepting of homosexuality. The Human Rights Act 1993 makes it unlawful to discriminate on grounds of sexual orientation. [[www.gaynz.com](http://www.gaynz.com)]

**GOODS AND SERVICES TAX** All goods and services purchased in New Zealand are subject to 15% Goods and Services Tax (GST), which is included in the display price. Goods bought from duty free shops before departure are exempt from GST.

**HEALTH AND SAFETY** New Zealand is one of the world's safest destinations, but basic safety precautions should be taken. New Zealand's medical facilities operate to a

high standard but services are not free, so purchase comprehensive travel insurance. Take care in the water [[www.watersafety.org.nz](http://www.watersafety.org.nz)] and when hiking, especially into remote areas. Ensure that you are appropriately equipped for the conditions. See Walking & Hiking [pg 46] for further advice. The sun is intense, so wear sunscreen. New Zealand has a relatively low crime rate but please take sensible precautions such as keeping valuables out of sight and locking doors and vehicles, even in remote locations. In some areas it is inadvisable to walk alone late at night. In health and safety emergencies, dial 111 for ambulance, police or fire services. Doctors, dentists and 24-hour surgeries are listed in all regional telephone directories.

**INSURANCE** Most visitors are not eligible for publicly funded health services. Those covered by reciprocal health agreements with Australia and the UK are entitled to publicly funded health care for immediately necessary treatment only. Travel insurance is recommended.

**INTERNET** Internet access is widely available in internet cafés and public libraries for an hourly charge. Hotels often have internet access, including wireless access, for their guests' use.

**LANGUAGE** English is the major official language. Maori is the second official language. New Zealanders are generally understanding if you do not speak English and will appreciate any effort made. Look online for English language courses. [[www.englishnewzealand.co.nz](http://www.englishnewzealand.co.nz)]

**LAPTOPS** Use an RJ 45-type plug to connect your laptop to a computer socket and an adaptor with a flat 2- or 3-point plug to connect to the power supply.

**MAORI CULTURE** Go walking with a Maori guide, visit a marae or watch carving, weaving and traditional performance art. See the Maori Culture section. [pg 16]

**MAPS** You can purchase detailed regional maps from [www.terralink.co.nz](http://www.terralink.co.nz) or [www.wises.co.nz](http://www.wises.co.nz), or pick them up from any of the visitor centres around the country.

**MEDIA** New Zealand has AM and FM radio stations. Radio New Zealand National broadcasts news and weather on AM and FM (around 101 MHz FM). There are four major nationwide free-to-air TV networks and regional stations. SKY TV is the main pay-



television operator. There are several major daily newspapers and many towns also have their own local newspapers.

**MOBILE PHONES** New Zealand has analogue and GSM digital networks. International mobile roaming is available with some providers.

**PASSPORTS AND VISAS** Passports are required for all visitors and must be valid for at least three months after the date the visitor intends to leave. Visas are not required for most visitors staying less than three months. For longer stays, a Visitor's Visa may be required. For more information and to check requirements, visit the New Zealand Immigration Service website. [www.immigration.govt.nz]

**POPULATION** New Zealand has a population of approximately 4.4 million people, mostly of British descent. New Zealand's indigenous Maori make up around 14 per cent of the population. Other European cultures and people of Asian and Pacific Island descent have become an increasingly large proportion of the population.

**POSTAL SERVICE** Post Shops (or smaller agencies run in conjunction with another business) are available in most centres. Most post shops open 9am to 5pm on weekdays. Some post shops are open from 9am to noon on Saturdays. [www.nzpost.co.nz]

**PHONING HOME** A prepaid international calling card is usually the cheapest option, though you could rent or buy a cell phone for convenience and flexibility.

**PRICES** New Zealand is a good value destination, particularly for visitors from Australia, Europe and the United States of America. Visitors can spend as little as NZ\$65 per day or as much as they like. As a general rule, a main meal may cost NZ\$15 to NZ\$45. A night's accommodation will cost anywhere from NZ\$30 to NZ\$300 and beyond.

**PUBLIC HOLIDAYS** There are trading restrictions on Christmas Day, Good Friday, Easter Sunday and before 1pm on Anzac Day. Banks generally close on public holidays, but many shops remain open. Confirmed bookings, especially for accommodation, vehicle rental and Cook Strait ferry sailings, are essential if you're travelling during public holidays. See the list of public holidays on this page. Some establishments, such as cafés, may charge a holiday surcharge of 10 – 20 per cent.

**QUALMARK** New Zealand tourism's official mark of quality. Accommodation providers are rated on a star grading system. See the website to find out about the star grade definitions or to search tourism operators that carry the Qualmark. [www.qualmark.co.nz]

**REGIONAL TOURISM** New Zealand is home to a network of Regional Tourism Organisations (RTOs) that offer a wealth of visitor information about their region. Each maintains a region-specific website full of in-depth information for visitors, visit [www.rtonz.org.nz](http://www.rtonz.org.nz) to find out more.

**RELIGION** The population is predominantly Christian, but followers of many religions will find places of worship in cities and larger towns. New Zealand is accepting of many different religious beliefs.

**SCHOOL HOLIDAYS** Although businesses usually don't close during school holidays, attractions and popular holiday destinations may be busier than usual so it is a good idea to book accommodation and transport ahead of time. The dates of holidays vary from year to year, so visit the Ministry of Education website for current information. [www.minedu.govt.nz]

**SHOPPING** In resorts and cities, shops open 7 days, 9am to 5pm, with late nights on Thursdays and Fridays. Smaller centres may have more restricted hours.

**SMOKING** Smoking indoors is prohibited in all hospitality venues and public buildings in New Zealand. If you want to smoke, you will have to take your cigarette outside. The legal age limit for purchasing cigarettes in New Zealand is 18. [www.moh.govt.nz/smokefreelaw]

**TELEPHONES** Public phones can be operated with phonecards purchased from convenience stores and information centres. Some public phones accept credit cards but few accept coins. The international dialling code for New Zealand is +64. National area codes are listed in the front of phone directories. 0800 and 0508 numbers are free within New Zealand. 0900 numbers will incur an additional charge.

**TIME DIFFERENCES** New Zealand standard time is Greenwich Mean Time +12 hours; ahead of all other OECD countries. From the last Sunday in September to the first Sunday in April, New Zealand is on daylight saving time of GMT +13 hours. Find out the correct time and date at [www.timeanddate.com](http://www.timeanddate.com).

**TIPPING** Employees in New Zealand do not depend on tips for income. Tipping in appreciation of good service is at your discretion.

**VACCINATIONS** No vaccination certificates are required to enter New Zealand.

## PUBLIC HOLIDAYS 2015/16

*Labour Day 26 October*

*Christmas Day 25 December*

*Boxing Day 26 December*

*New Year's Day 1 January*

*New Year Holiday 2 January*

*Waitangi Day 6 February*

*Good Friday 25 March*

*Easter Monday 28 March*

*Anzac Day 25 April*

*Queen's Birthday 6 June*

**VISITOR INFORMATION** New Zealand has an extensive visitor information network providing visitors with free and comprehensive local knowledge to help you plan your trip – see [www.i-site.org](http://www.i-site.org).

**WALKING** Hiking opportunities range from 10-minute urban walks to multi-day alpine tramps. See Walking & Hiking. [pg 46]

**WATER** Tap (faucet) water is fresh and safe to drink throughout the country. Water taken from rivers or lakes should be boiled or treated.

**WEATHER INFORMATION** See [www.metservice.co.nz](http://www.metservice.co.nz) for weather information, tailored reports on New Zealand ski areas and official mountain forecasts. Alternatively, phone one of the MetPhone Mountain & Ski Info numbers listed: Central North Island 0900 999 15; Nelson Lakes 0900 999 02; Canterbury 0900 999 26; Southern Lakes 0900 999 81. Note that 0900 numbers incur a fee.

**WEIGHTS AND MEASURES** New Zealand is metric, though some people still use imperial measurements for distance, height and weight.

**WEBSITES** Travel [www.destination-nz.com](http://www.destination-nz.com); Tourism New Zealand [www.newzealand.com](http://www.newzealand.com); Visitor Information [www.i-site.org](http://www.i-site.org); Weather [www.metservice.co.nz](http://www.metservice.co.nz); Maps [www.terralink.co.nz](http://www.terralink.co.nz), [www.wises.co.nz](http://www.wises.co.nz)

**VISIT US ONLINE** Check out [www.destination-nz.com](http://www.destination-nz.com) for a quick and easy way to locate the travel information you need to plan your NZ adventure.

[IMPORTANT PHONE NUMBERS] Emergency Services (police, fire, ambulance) 111; Local Operator 010; International Operator 0170; NZ Directory Assistance 018; International Directory 0172.



"I am not the same, having seen the moon  
shine on the other side of the world."  
- Mary Anne Radmacher

[newzealandselfdrivetours.co.nz](http://newzealandselfdrivetours.co.nz)



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