

The Gut Cancer Foundation Coast to Coast Challenge 2024



Trip Highlights

Journey from west to east on a magnificent human powered challenge

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

Cycle through lush native bush of the West Coast Wilderness Trail and along the shores of Lake Brunner

Cross the Southern Alps via Goat Pass on a testing 30km hike

Raft through the stunning Waimakariri River Gorge

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

Celebratory soak in the newly opened He Puna Taimoana Hot Pools



Trip Duration	6 days	Trip Code: SOG7628
Grade	challenging	
Activities	Biking, hiking, rafting,	
Summary	5 nights motel	

Supporting Your Cause

The Gut Cancer Foundation's purpose is to fund world class, innovative research and clinical trials into the causes, treatments, prevention and detection of gut cancers. Alongside this, we are working to raise awareness of the causes and symptoms of this group of cancers. Gut cancers include oesophageal, stomach, liver, gallbladder, bile duct, pancreatic, and bowel cancers. Collectively, gut cancers are the most common type of cancer in New Zealand, with more than 5,700 new cases diagnosed each year. Sadly, more than half of those diagnosed will not survive beyond 5 years. Your support through this challenge will help to bring global clinical trials to New Zealand, giving New Zealanders with gut cancer access to new treatments faster, and will ensure more people understand the causes and symptoms of gut cancer so they can get help sooner.

Your Huma Challenge

Thank you for your interest in our The Gut Cancer Foundation Coast to Coast Challenge 2024. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for a Charity that is important to you. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures ... perhaps you'll even discover how far your personal boundaries stretch as you take on a physical challenge like a cycling, trekking or a mountaineering adventure. We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and real exploration with a responsible travel approach at the core.

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

Trip Dates

2024 21 Mar - 26 Mar

important notes

BP - Base Price Twin share,

SS - Single Supplement,

EB - E-Bike upgrade,

Your Adventure

This epic 6 day journey takes you coast to coast from the Tasman Sea on the west, over the Southern Alps to the shores of the Pacific Ocean on the east.

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

The journey starts with a warm up, exploring and enjoying the West Coast Wilderness cycle trails, before embarking on the epic Coast to Coast.

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

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

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

About Your Escort

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

Itinerary at a Glance

DAY 1	CHRISTCHURCH TO HOKITIKA - WEST COAST WILDERNESS TRAIL - 33KM CYCLE
DAY 2	HOKITIKA TO KUMARA - WEST COAST WILDERNESS TRAIL - 70KM CYCLE
DAY 3	KUMARA TO ARTHUR'S PASS - 50KM CYCLE, 7.5KM WALK
DAY 4	DECEPTION-MINGHA RIVER OVER GOAT PASS - 30KM HIKE
DAY 5	WAIMAKARIRI RIVER - 40KM RAFT
DAY 6	GORGE BRIDGE TO NEW BRIGHTON PIER - 70KM CYCLE

Additional Deposits Required

Due to the nature of this group tour and us needing to pre-book all group arrangements, a non-refundable deposit of \$700.00 is required to confirm your space on this tour. We recommend taking out travel insurance to protect you against any unforeseen circumstances.

What's Included

- Tasty breakfasts (x5), lunches (x6), dinners (x4) catered to all dietary requirements
- 5 nights comfortable accommodation on a twin share basis with ensuite facilities where possible
- Experienced guides
- Transport to West Coast from Christchurch
- Private support vehicle (never far away if you get tired)
- Guided rafting trip on Waimakariri River (weather dependent)
- Entry fee to the He Puna Taimoana Brighton Hot Pools
- Bike hire of mountain bikes (including helmet)
- Healthy fruit and snacks and drinks to keep you energized
- Hiking poles (on request if required) - please let our staff know in advance
- Access and concession fees paid to the Department of Conservation



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Fast Facts

Group Size Min:

10

Group Size Max:

14

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

*Ask our staff for more information

→ Pre-departure Information kit to help you plan and prepare

What's Not Included

- e-Bike hire (including helmet)
- All soft drinks, carbonated drinks and juices, other than with breakfast
- Water bottle (help us save the environment and bring your own drink bottle or hydration system)
- International or domestic flights and taxes
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance

Detailed Itinerary

DAY 1 Christchurch to Hokitika - West Coast Wilderness Trail - 33km Cycle

Our coast to coast adventure begins early in Christchurch around 7am with a drive across the Southern Alps via Arthur's Pass to the West Coast.

We reach the old gold town of Ross, backed by ranges cloaked in native bush.

After a late lunch, we'll saddle up for our first ride on the West Coast Wilderness Trail. We follow a historic tramway through native bush and pass Lake Mahinapua's rainforest and wetlands.

We'll then continue cruising through to Hokitika, a loveable little town fronted by a dramatic beach and famous for pounamu (greenstone) and other arts & crafts. And sunsets. Tonight we enjoy our first hearty group dinner together.

Cycling distance: Ross to Hokitika 33km

meals: L,D

DAY 2 Hokitika to Kumara - West Coast Wilderness Trail - 70km Cycle

We will start with a short walk on the beach, the shore of the Tasman Ocean, where we have chance to dip our toes in the sea, and commence our journey back to the East Coast.

Our ride today takes us inland through rural country to reach the bush-lined Kaniere water race – always a favourite for its flowing riding and babbling waters. Nestled in the forested foothills, Lake Kaniere is a grand sight indeed before we climb over a short hill and down to Milltown, home of saw-milling in earlier times.

The trail crosses a swing bridge and then a kilometre of switchbacks takes us to the highpoint and more superb riding. From here it's mainly downhill, as we follow water races, bush tracks and reservoir roads taking in the spectacular views as we gradually descend to our overnight at Kumara and the beautiful historic hotel that is our accommodation.

Cycling distance: Hokitika to Kumara 70km

meals: B,L,D



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Responsible Travel

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

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

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

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

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

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

Trip grading challenging

This trip is graded Challenging. While much of this itinerary is moderate, the Goat Pass hike is challenging in an exposed alpine environment with sections of untracked trails, riverbeds and multiple river crossings.

The sense of isolation and wilderness is a strong feature of this trip and our support vehicle is not available during the walk. To enjoy this epic trip, you need to be confident walking across uneven terrain and able to walk comfortably for up to 8-10 hours at a time (with breaks included) with some steep uphill sections.

DAY 3 Kumara to Arthur's Pass - 50km Cycle, 7.5km Walk

Today's ride follows a mix of sealed and unsealed roads towards Lake Brunner. We cycle through native bush round the lakeside, and then lush valleys with a mountainous backdrop to the small settlement of Jacksons. The last short section of riding is along highway and brings us to Morrisons River Bridge at Otira, where we load up our bikes.

We drive up towards Arthur's Pass and then take a scenic walk by Lake Misery up to the Dobson Memorial, the surveyor who gave his name to Arthur's Pass, the highest point on the road before it drops to the East. We pass the Bealey Chasm before a short climb up to the Devils Punchbowl Falls and then on to Arthur's Pass Village. Here we transfer to our comfortable accommodation where we will spend the next 2 nights.

Cycling distance: Kumara to Deception River Bridge 50km

Hiking distance: Lake Misery to Arthur's Pass 7.5km

meals: B,L

DAY 4 Deception-Mingha River over Goat Pass - 30km Hike

Today we cross the mighty Southern Alps by foot. After an early breakfast we transfer back to the bridge where we finished riding yesterday, and set away on our challenging hike up to Goat Pass.

We walk up the Deception River which starts as wide river flats and narrows into a forested gorge. We follow a narrow track interspersed with long stretches of bolder hopping and scrambling along with multiple river crossings up to Goat Pass Hut, just before our high point, a fitting place for a rest and lunch. We cross Goat Pass, elevation 1070m and descend into the headwaters of the Mingha River and follow the valley southwards to the end of our walk at the confluence with the Bealey River.

We emerge on the east side of 'The Divide' at Greyneys Shelter, near Klondyke Corner where our support vehicle will meet us and transfer to our accommodation.

Hiking distance: 30km, total ascent 800m

meals: B,L,D

DAY 5 Waimakariri River - 40km Raft

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

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

The river is Grade 2, which is very straight forward and suited to beginner rafters, the ability to swim is recommended.

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

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

meals: B,L,D



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Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

Important Note

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

DAY 6 Gorge Bridge to New Brighton Pier - 70km Cycle

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

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

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

We will arrive in New Brighton and the pier marks the end of our incredible journey where we then enjoy a celebratory soak in the newly opened He Puna Taimoana Hot Pools around 3pm. Don't forget your togs and towel!

In the late afternoon, we can be transferred into central Christchurch or to the airport for an evening flight. We do not recommend getting a flight before 6pm.

Cycling distance: Gorge Bridge to New Brighton 70km

meals: B,L

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

Participant Kit

Your group will include participants covering a broad spectrum of ages and experience. We generally have a mix of men and women. We also have clients who come from a range of countries. Whatever the mix at the start of a tour, new friends and great stories are the end result. If you're a bit worried whether the pace is going to be a bit too fast or too slow, don't be. Our adventure tours are designed so that there are opportunities to extend yourself if you wish and if you want to have a more relaxed ride, don't worry, our support van is never very far away.

Fundraising Support

All travel and trip related costs for the Coast to Coast Challenge are to be met by the individual taking part. As this is a fundraising challenge, we request you fundraise/donate a minimum of \$2000 to help improve outcomes for gut cancer patients in NZ. You will be able to setup your own online fundraising page to help raise your fundraising target for your trip. The team at the Gut Cancer Foundation will be in touch with you upon registration and provide you with a link and support to set this up. Ongoing tips and advice will be provided to help you reach your fundraising goal.

Country Information

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

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



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

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

Climate

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

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

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

Dietary Requirements

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



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Accommodation on the Trip

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

If you wish to reserve a room to yourself a single supplement is available at extra cost.

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

Pre and Post Tour Accommodation

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

What You Carry

Our support vehicle will carry all of your gear each day, and it will be available to you throughout the day on days 1, 2, 3 and 6. You will be required to bring a small day pack on day 4 and 5.

Equipment Required

A bike suitable for gravel and paved roads. Bikes are available to hire or you can bring your own. Day pack of sufficient size or running vest to carry personal items, waterproofs, thermals, camera, snacks and a change of clothes for the hike on day 4. Sturdy walking boots with good ankle support or trail running shoes that are well broken in are essential. A comprehensive gear list is included with your trip confirmation.

Protecting the Environment

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

How To Book

To book this trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function, or if you prefer, download a booking form from the website and return to us by email, or mail your booking form and deposit to your nearest World Expeditions office. We can also help you with any additional arrangements that you may require pre or post trip.

