

Mater Dei NZ Southern Alps Challenge



Trip Highlights

Join the Mater Dei team and support their vital NextPath Continuous Learning program

Hike to some of the most secluded ridges in the Southern Alps

Enjoy sweeping views across the Hooker Glacier and the dramatic sheer ice walls of Mt Sefton

Admire the majesty of NZ's highest peak, Aoraki/Mt Cook

Hike to Rocky Mountain to enjoy unspoiled views of Lake Wanaka from above

Climb to the summit of the Ben Lomond Saddle before descending to Queenstown on the Skyline Gondola



Trip Duration	7 days	Trip Code: NMD
Grade	moderate	
Activities	Trekking	
Summary	6 nights hotel/motel	

Supporting Your Cause

At Mater Dei we work with babies, children and young people with an intellectual disability or development delay, and their families, on their journey from first diagnosis before school, through their formal education and on to post school learning.

At Mater Dei we have high expectations for our children, students and young adults. We do not presume what they cannot achieve. We do not place limits on their horizons. Rather, informed by contemporary evidence based research and professional development as well as a culture of profound commitment among our staff, we continually explore new and different strategies to make learning opportunities accessible for children, students and young adults with all range of ability.

The learning strategies and programs we offer will change the lives of our students, their families, and ultimately our community.

It is your generosity that ensures the continued success of the work of Mater Dei which in turn is helping to build for our young adults the future they deserve.

Your Huma Challenge

Thank you for your interest in our Mater Dei NZ Southern Alps Challenge. 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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Charity Challenge Payments

Joining Christchurch from:	\$3185
Non refundable registration fee:	\$200
DO - Fundraising target:	\$2500

All prices are per person

If you are travelling alone, we will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

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 Queenstown domestic airport later than 7pm. We can drop you off at the airport on the way back into town. We don't recommend catching international flights on the same day as the tour finishes. For those staying in Queenstown on the final evening your guide will drop you at a central drop off point around 6pm.

Trip Dates

2023 31 Mar - 06 Apr
15 Apr - 21 Apr

important notes

RF - Registration Fee
DO - Donation, Fundraising target

What Impact Will My Fundraising Have?

Every dollar raised on this incredible adventure will go towards Mater Dei's NextPath Continuous Learning program. NextPath was formed out of the desire to offer young adults with intellectual disabilities the opportunity to continue learning beyond their compulsory high school education. Mater Dei believes everyone has the right to ongoing learning, to achieve their individual goals and engage in purposeful and meaningful activities.

The program enables people to enrol with a particular area of interest in mind and work with Goal Facilitators to:

- Equip the person with skills to direct them on the path they would like their life to follow
- Provide a range of experiences that may assist the person in determining what they enjoy or want to work towards in the future
- Set goals that relate to their area of interest
- Make plans to work towards their identified goal
- Evaluate the progression towards this goal
- Provide therapy that will assist the person to work towards their goal.

Your Adventure

Traversing New Zealand's Southern Alps, this stunning tour includes mountain peaks, remote lakes and valley systems and spectacular views of Aoraki Mount Cook and Mount Aspiring from high vantage points. The trip begins in the garden city of Christchurch where we meet and drive across the Canterbury Plains before trekking to a remote backcountry hut surrounded by tussock hills, for superb alpine views.

We continue to shimmering Lake Tekapo and on to Aoraki/Mount Cook where we spend time hiking in the National Park, with options to reach a high ridge overlooking the Hooker Glacier and the spectacular Mt Sefton with its sheer walls of ice and rock. On to Wanaka, the Rocky Mountain Trail takes us to a vantage point offering 360-degree views of Lake Wanaka, then we walk in the Matukituki Valley to visit the Rob Roy Glacier. Queenstown is a bustling town nestled on the edge of Lake Wakatipu. We spend our final day climbing to the Ben Lomond Saddle with the option to reach the high summit before descending to Queenstown on the Skyline Gondola.

This trip has been designed to push you to meet your hiking potential, whilst enjoying amazing scenery, quality meals and comfortable lodgings at the end of every day.

Cause Supported by this Huma Challenge

NextPath Continuous Learning offers post-secondary school curriculum and goal facilitation for young adults with intellectual disability. Your participation in this challenge will continue to enable the innovative, research-based programs that NextPath offers and empower the lives of our NextPath Young Adults.

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.



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Fast Facts

Group Size Min:

10

Group Size Max:

14

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

Advice for people with limited mobility

This trip is not suitable for people with limited mobility.

*Ask our staff for more information

Online Fundraising Portal

Mater Dei and Huma Charity Challenge will help you realise your fundraising goal. We have lots of tips to put the FUN into fundraising. With your own online fundraising page you'll meet your fundraising target of \$2500 in no time! Most people exceed their original target easily.

Itinerary at a Glance

DAY 1	MT SOMERS WALKWAY
DAY 2	MT COOK – HOOKER VALLEY WALK
DAY 3	CHALLENGE DAY – TO MUELLER HUT
DAY 4	ROCKY MOUNTAIN WALK - WANAKA
DAY 5	ROB ROY GLACIER - WANAKA
DAY 6	BEN LOMOND & MOONLIGHT WALKWAY - QUEENSTOWN
DAY 7	DEPART QUEENSTOWN

What's Included

- 5 breakfasts, 6 lunches, 4 dinners
- 6 nights hotel/motel ensuite accommodation on a twin share basis
- 2 experienced wilderness guides
- Private vehicle with professional qualified driver
- Private vehicle transport
- Water and snacks while trekking
- Packs and poles (on request if required) - please let our staff know in advance
- Access and concession fees paid to the Department of Conservation
- Queenstown Skyline Gondola (1 journey)
- New Zealand Goods and Services Tax (GST)
- Huma training manual, gear list and fundraising guidebook

What's Not Included

- International or domestic flights and taxes
- Arrival and departure transfers
- Meals not mentioned in the itinerary
- All beverages, other than breakfast
- Water bottle (help us save the environment and bring your own drink bottle or hydration system)
- Optional activities not mentioned in the itinerary
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)
- Tips



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Responsible Travel

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

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

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

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

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

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

Trip grading moderate

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the terrain, the altitude, the number of pass crossings and the length of the trip.

While part of this itinerary does utilise formed tracks, some days the hikes involve untracked scree and tussock. Some of the walking involves gradual climbing without a formed track to follow. The sense of isolation and wilderness is a strong feature of this trip. For you to be able to really enjoy this trip we recommend that you are confident walking across uneven terrain and are able to walk comfortably for up 4-6 hours at a time (with breaks included) and enjoy walking uphill, with some steep sections.

Detailed Itinerary

DAY 1 Mt Somers Walkway

After all the fundraising and preparation, the journey finally begins!

Meet our guides and fellow hikers at the Worcester Street entrance to Cathedral Junction in Central Christchurch at 8:00am. After a group briefing we leave Christchurch and drive across the Canterbury Plains to the start of the Mt Somers Walkway. We set off from the track end and traverse the southern face of Mount Somers, beginning quite steeply along Rhyolite Ridge through a landscape of waterfalls, deep icy pools and rocky tors. We reach a high point with fabulous views of the Canterbury Plains agricultural land to the east and the Southern Alps to the west. We continue on to Woolshed Creek Hut for refreshments and then return via the Miners Track which partly follows an old tramway, back to our start point. We then transfer to Geraldine for overnight.

Distance 11.5km, 620m ascent, duration 4-5 hours.

meals: L,D

DAY 2 Mt Cook – Hooker Valley Walk

We start with a 1 hour drive to Lake Tekapo where we begin our first walk. We walk up a steady track through exotic forest and then open tussock hill slopes to the summit of Mt John, and the location of the Mt John Observatory. From here there are stunning 360-degree vistas of the surrounding mountains, lakes and the vast Mackenzie Basin.

A further 1.5 hours drive takes us to the Aoraki/Mt Cook National Park and our accommodation in the village which will be our base for the next 2 nights. This afternoon we walk to the Hooker Valley, crossing swing bridges to enjoy views over the Mueller Lake. As we progress up the valley, the track crosses old moraine ridges and humps and the vegetation changes to open tussock. The track ends with an amazing view over the iceberg-speckled Hooker Lake alongside huge glacial moraine and underneath the awe inspiring summit of Aoraki/Mt Cook. We then return the same way.

Distance: Walk 1 - 2.5km, 280m ascent, duration 1 hour

Walk 2 - 10km, flat walk, duration 3 hours

meals: B,L,D

DAY 3 Challenge Day – To Mueller Hut

We climb up to the Sealy Tarns gaining 450m in the first hour. From here there are awesome views around the neighbouring valleys, the Mt Cook Range and Mt Sefton. Then the path becomes less defined, a little rocky in places, and as it gets higher and starts to leave the alpine scrub and tussock, it enters boulder fields. The final ascent to the ridge line is up a steepish scree slope. At around 1600m, the view opens up to an amazing vista of Mt Sefton and the Mueller Glacier far below. Mueller Hut is then about a kilometre away, at an altitude just short of 1800m. The route to the hut is marked by poles, across boulder fields, and requires some rock-hopping, but later on crosses a couple of small basins before reaching the hut. The hut is located at a unique vantage point with 360-degree views of uninterrupted alpine beauty. It makes a wonderful location for lunch before returning the same way.

For those who only want to walk a shorter distance can turn around at Sealy Tarns, about half way up, giving equally impressive views, or to walk to Kea Point for glacier views and relax back at base. The Edmund Hillary Alpine Centre and Planetarium is an interesting place to while away some time. We enjoy a second night under the huge peaks at Mt Cook Village.

Distance: 10km, 1000m ascent, 8-10hours duration

meals: B,L



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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 trip 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 itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 4 Rocky Mountain Walk - Wanaka

After breakfast we leave the snowy alps behind and head over the Lindis Pass to Wanaka, a drive of around 2.5 hours. This afternoon we will enjoy a shorter walk to gain expansive views over Lake Wanaka and the surrounding mountains. Our trail winds its way around the east side of Rocky Mountain to the summit offering a superb view into the Mount Aspiring National Park. We descend via Diamond Lake and then drive to Wanaka and our overnight.

Distance 7km, 450m ascent, 3 hours duration.

meals: B,L,D

DAY 5 Rob Roy Glacier - Wanaka

This morning we drive up the scenic Matukituki Valley in the Mount Aspiring National Park to Raspberry Creek. We will embark on a walk up to view the stunning Rob Roy glacier. Our track climbs up out of the valley through a small gorge into beach forest, and then into alpine vegetation at the head of the valley where the vast Rob Roy Glacier can be seen. We will then return the same way and drive back to Wanaka in the afternoon. Here you are free to enjoy the beautiful lakeside resort for the rest of the day, browse the shops and galleries and relax in one of the many cafes and restaurants in town before a second night in Wanaka.

Distance: 7km, 400m ascent, 3-4 hours duration.

meals: B,L

DAY 6 Ben Lomond & Moonlight Walkway - Queenstown

Today's challenge is the culmination of our incredible week's adventure as we head to Ben Lomond Peak. We leave Wanaka behind and cross the Crown Range, NZ's highest motorable road to reach Arthur's Point. We set off along the Moonlight track traversing tussock slopes above the Shotover River, around the base of Bowen Peak, to reach Ben Lomond Saddle at 1316m. From here we enjoy panoramic views of Lake Wakatipu and the Remarkable Ranges. For the fit walkers there is an opportunity to climb to the summit of Ben Lomond (1748m) an additional 400m climb and 1-2 hours walk. Then we descend along a tussock ridge line to Queenstown's Skyline Gondola and ride down into Queenstown. We then walk to our hotel and meet for our final meal and celebrate our trekking achievement.

Distance 14km, 1030m ascent, up to 8 hours duration. With the peak, extra 3km and 400m ascent.

meals: B,L,D

DAY 7 Depart Queenstown

Arrangements conclude today. Make your own way to the airport or shuttles can be booked if required.

meals: NIL

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

Fundraising Support

There are a number of ways you can approach your fundraising:

1. You can fundraise the charity donation.
2. You may choose to pay the charity donation as a personal tax-deductible donation to your charity.
3. Lastly, you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.



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When fundraising for the charity donation component of this challenge you must seek permission of your charity before beginning to fundraise in their name. Huma Charity Challenge can assist you with this by advising contact person.

Once you have registered on this challenge you will receive our comprehensive Confirmation Kit that includes a Fundraiser's Guidebook, a great resource for fundraising ideas and support.

Country Information

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

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

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

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

Climate

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

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.



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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.

What You Carry

On the first day of the tour you will be staying in a private mountain hut. You will need to carry an overnight pack for that day and then back to the vehicle on the second day. The rest of the walks on the tour are day walks so a small pack with personal essentials is all you will need to carry. The support vehicle will then take the rest of the equipment.

Equipment Required

Day pack of sufficient size to carry personal items and a change of clothes for overnight on Day 1. Hiking poles are recommended but not essential. Sturdy walking boots with good ankle support 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 register on this Charity Challenge please complete the registration form and email to megan@humacharitychallenge.com.au or make your booking online by using the REGISTER NOW button found at the bottom of the relevant Charity Challenge page on our website www.humacharitychallenge.com

