

Trek Tracks Tips

Dear Trekker,

Welcome to the world Trek Tracks New Zealand!!

This edition of our Trek Tips has been specifically designed to help you

prepare for your upcoming adventure to New Zealand.

You are sure to have plenty of questions regarding the start of your trek and

what to expect along the way.

Trek Tracks NZ is not your typical holiday tour. Teamwork, flexibility and

experience are at the very core of our philosophy. The true success

of each tour depends on you and your fellow trekkers

pitching in and

making the most of each and every day. We work hard to

show you the

adventure holiday of a lifetime, but it is your job to live it up!

The following information should help you prepare for your

travels 'down

under' with the essentials on budgeting, packing and joining

your tour. You

will receive additional information from your tour leader in the

beginning

and throughout your tour. Should you have further questions

or require any

assistance, please feel free to contact us at

sales@trekadventuretours.co.nz

One last bit of advice before we see you off ... pack light and

be prepared

for anything!

From the team at Trek Tracks New Zealand

All details are provided in good faith. Due to the

nature of travel, this information can change and

should therefore be taken as an indication only

and not as a contractual obligation on the part

of Lets Trek New Zealand

Trek Tracks New Zealand SALES CONTACTS

If you have any questions, after reading through our Trek

Tracks Tips, please contact the

relevant sales office below. Please also use these numbers

in case of any emergencies

that arise before you depart for your tour.

NZ sales office Tel: +64 6 364 0909 Email:

sales@trekadventuretours.co.nz

EMERGENCY CONTACT DETAILS

In case of a personal emergency while en-route to join a tour,

or if your travel has been

delayed in any way, please contact us at

Tel: Int'l: 0064 (6) 3640909, when calling from New Zealand

please dial 06 364 0909

Or call or text Mobile 021 0493590 8.00am till 5.00pm NZ

time

PROBLEMS ON TOUR

If you encounter any difficulties, or become dissatisfied with

your trek, trek leader,

accommodation, or any aspect of your New Zealand tour,

you

must inform us immediately. **We can only help if we know**

there's a problem. Call the

above emergency number and speak to our staff.

IF YOU MISS YOUR TREK'S DEPARTURE

The unexpected can happen. Your plane may be delayed or

you may even miss it (oops)!

If you have missed your trek departure, first check with the

hotel to see if your trek leader

left you a message. If not, call the emergency number and

speak to our

staff that will be happy to help you catch up with the

group. You are responsible for any extra travelling expenses incurred because of a missed trek, so please be on time.

TOUR DEPARTURE AND CONFIRMATION DETAILS

It is very important that you check your tour voucher for

details of where and when you

will be picked up on the morning of departure. The tours

begin at 7:30am

and start and finish at our gateway hotels.

Tour and accommodation vouchers (where requested) and

our Trek Tips (providing you

with essential pre tour information) will be emailed to you on

receipt of final payment and after

any amendments.

It is very important that you check your tour vouchers for the correct details.

FLIGHT ARRANGEMENTS

All international or domestic flights are the passengers' own

responsibility. Trek Tracks

New Zealand is unable to delay a tour, or finish a tour early

due to your flight

times. We recommend you book your flight to arrive into the

departure city at least one

day prior to your trek's departure. This will allow you some

adjustment time and

opportunities for sightseeing.

We also recommend that you book your return flight the day

after your trek finishes. If you

do have to return home on the day your trek finishes, please

make sure your flight does

not depart before 9pm. Please remember to take time/date

differences into account when

planning flight arrangements. In the event you must leave the

trek early for your return

flight, Trek Tracks New Zealand must be informed at least

two weeks before your trek's departure.

Trek Tracks New Zealand cannot be held responsible for any

delays,

cancellations or changes to your flights.

PASSPORTS & VISAS

It is your responsibility to obtain the proper passport and

visa(s)

for the country/ countries you are visiting. To apply for a visa

online go to:

<http://www.immigration.govt.nz> for New Zealand.

IMMIGRATION & CUSTOMS

On entering a country you will need to proceed through

customs. As long as you have

a valid passport and visa (if necessary) you will have no

worries. If you are asked at

your destination how you intend to support yourself just show

your tour voucher and

return airline ticket.

HEALTH REQUIREMENTS & VACCINATIONS

If you have any medical condition such as diabetes, epilepsy,

asthma, take prescribed

medicines, or have a condition that will effect your

participation in the trek, you must tell

Trek Tracks New Zealand at the time of booking. This

information is essential in

case of emergency. All our vehicles carry a basic first-aid kit,

but for everyday use you

should bring your own medical supplies; such as pain

relievers, antibiotic cream, upset

stomach relievers, in addition to sunscreen and insect

repellent.

We recommend that you contact a physician or travel medicine clinic at least two months before travel in order to allow enough time for you to obtain any immunisations that may be required. A health professional will be able to assess your individual need for immunisations or preventative medication depending on your health situation, previous immunisation history and your travel itinerary. Information prior to your consultation with a doctor can be obtained from the 'Fit for Travel' website

<http://www.fitfortravel.nhs.uk/>

TRAVEL INSURANCE

It is a condition of joining any of our tours that you must be insured against medical and personal accident risks (including repatriation costs, air ambulance, and helicopter rescue service). You must ensure that the policy you do take offers an equivalent level of protection and covers you for the activities involved - be aware that some policies do not include, or may restrict, coverage for this type of travel. There may be cheaper policies on the market, but this does not mean it may better value - we strongly advise you check fully what will and won't be covered. In particular, cover provided by Credit Cards is often very restricted. Any claims concerning matters for which you are insured must be directed to your insurers.

LUGGAGE

Luggage Allowance

Your luggage will either be carried in the vehicle itself and on our tours you're able to bring a medium sized suitcase, soft rucksack or duffel bag up to a maximum of 20kg in weight. We also recommend you bring a daypack as certain tours have overnight stops where you are not allowed a bag. On the GIA and VTA New Zealand tours, your first night stop is an overnight cruise so please have an overnight bag packed and ready (seasonal).

Packing Tips

Keep in mind that our dress tends to be informal. Take a practical selection of clothes for both hot and cool climates to suit the season. Be prepared to encounter a wide variety of temperatures en route due to altitude and unforeseen weather conditions. Besides your essential clothes, here's a checklist of other items you should take:

- ✓ Waterproof jacket and trousers ✓ Toiletries / Personal medicine
- ✓ Waterproof sandals or flip-flops ✓ Warm sweater
- ✓ Comfortable day shoes ✓ Hiking shoes / Boots
- ✓ Sunscreen / Sunglasses ✓ Hat / Gloves
- ✓ Binoculars ✓ Swim wear
- ✓ Flashlight (Torch) ✓ Camera & film
- ✓ Travel power adaptor (optional) ✓ Alarm clock / Watch
- ✓ Insect repellent ✓ Towel & face cloth (containing at least 20% DEET) ✓ Shaving supplies

Clothes Washing

You will have the opportunity to wash your clothes while on the trek. This can often be done at the campsite, or in a nearby town. Ask your trek leader for local information.

Footwear

Comfortable shoes with good ankle support will make all walking more enjoyable. We strongly recommend a pair of walking boots/shoes. If you do not own a pair, sneakers/trainers will suffice.

SLEEPING BAGS

On New Zealand tours sheets and blankets are provided in most hostels avoiding the necessity for a sleeping bag on most nights. In the few hostels that do not offer sheets and blankets FOC you can rent them for a few dollars therefore avoiding the need for a sleeping bag altogether.

SPENDING MONEY

We recommend you take \$50 AUD/\$60-\$70 NZD per day to budget for your optional activities and snacks along the way on our Trek Tracks New Zealand tours.

This does not include money for food kitty. Of course if you do wish to participate in all the optional activities, purchase more expensive souvenirs, enjoy local nightlife and want to offer a larger tip for exceptional service bring more funds, you can always take them home if you don't spend them.

Facilities are not always easily available in isolated areas to exchange Travellers

Cheques in New Zealand. Some banks may charge a large fee on this

transaction. The most convenient way to obtain extra cash while touring is via an ATM

(fees may still apply) - the Guide will be able to advise you on the nearest ATM to your location.

FOOD KITTY

New Zealand Tours

We operate a food kitty on all our New Zealand tours Your leader will collect the food kitty payment \$70 AUD per week in Australia and \$70 NZD New Zealand. The kitty must be paid in cash. Sorry, credit cards cannot be accepted for food kitty payment. Food kitty money will cover most meals.

Some nights the group may decide to eat out which is extra (approx. \$15 - \$25).

We will provide all cooking equipment and everyone will take turns in the buying, preparation and cooking of group meals.

TIPPING

Your trek leader works long and hard for you. He or she may well become your close friend during the trek, but they also need to pay their bills. If the leader's performance meets or exceeds your expectations we recommend a tip of AUD/NZ \$3 per person, per day.

MUSIC

Most vehicles are equipped with a CD player or ipod connection so don't forget your favourite tunes!

CULTURE SHOCK

Knowledgeable ex-trekkers advise handling 'culture shock' with adaptability, humour and a lot of common sense. Give yourself time to get used to culture differences, you may even find that they make a pleasant change from home.

The more you accept things as being merely different, neither better nor worse than at home, the more you'll be able to enjoy YOUR trek. In other words, the less you make comparisons, the more you'll enjoy your new experiences. Remember too, you will not only be discovering a different continent on your holiday - you may also have the chance to learn from your fellow Trek passengers about their countries and customs.

LANGUAGE

Although Trek carries passengers from many countries, the tours are primarily conducted in English.

TREK ITINERARIES

Although each trek follows an itinerary, there is a certain amount of flexibility, and from time to time your trek leader may suggest changes. This may be due to road conditions, weather, or a visit to a special attraction that happens to be in progress.

Flexibility is the key and often a side diversion will be a highlight of the trek.

COMBINATION TOURS

Please note that the Grand Island tours are a combination of 2

shorter trips. While most travelers will be booked on to the longer tour, a few clients may 'hop on' or 'get off' at the larger gateway cities. This allows us to offer more choices of departures and gives our groups the opportunity to meet more new friends as they travel. As the tours are already designed to visit these cities, your itinerary will not be affected in any way.

SPECIALIST LOCAL OPERATORS

Trek Tracks New Zealand enables you to explore further off the beaten path and into even more remote regions of New Zealand by utilising the specialist expertise or regional operators. Our independent regional operators are carefully selected for their vast local knowledge, experience and professionalism. Please note

that some of these tours are not exclusive to Trek Tracks New Zealand, so you will be joining a group of passengers represented by a different company. Rest assured, that these independent operators maintain the Trek Tracks New Zealand philosophy of delivering friendly, personal tours that offer unbeatable value for money.

SECURITY

No matter where you find yourself in the world you need to look after your valuables.

Use your best common sense! While in cities, do not leave valuables in the vehicle.

In general, the safest place for items such as passports, flight tickets and cash is on your person or in a hotel safe where available. When in doubt consult your trek leader.

DRINKING & DRUGS

Drinking

Alcoholic beverages are easily obtainable and many of you will undoubtedly wish to sample the local brews, such as a 'Steiny' - just remember not to over-indulge.

Drugs

Possession of drugs without a proper medical prescription will not be tolerated. If anyone is found with an illegal drug, they will be instantly removed from the trek.

ACCOMMODATION ON TREK

Hotels En-Route

All en-route accommodation is included in the price of your tour and you will find the style of accommodation indicated in the tour itinerary for each night.

SB Sailboat (overnight cruise)

TEAMWORK

While our trek leader will do everything possible to make your holiday one of the best you've had, its full success will depend to a "real extent on your own enthusiasm and

cooperation". A Trek is a unique holiday, and much of your enjoyment will come from the team spirit of your group and the fun you'll have together, as well as from the local setting. We cannot stress too strongly the importance of your own positive attitude - given which even the adversity of a rainstorm can be good fun!

CLEANLINESS

It is important that you and your fellow trek members keep the vehicle, and cooking equipment clean as they are in regular use. At all of the hostels

there are hot shower facilities. Please ensure that you keep yourself and your clothes clean, to avoid offending others and causing unnecessary friction amongst the group.

PASSENGER MESSAGE BOARD

Want to contact your fellow trekkers before your tour? Trek Tracks New Zealand has created a Facebook page so you can leave messages for fellow passengers as well as write about your trip.

Check today to see if your fellow trekkers have left a message for you!

PRE TOUR AND POST TOUR HOTELS

If you are travelling on your own, for most of our gateway hotels we can book you into a twin room sharing with one other passenger for one night before and after your trek.

If you would prefer to have your own room, we can also book single rooms (at double the twin rate). Additional nights may be requested but would be on a single basis only.

GATEWAY HOTEL DETAILS

All transfer details are based on travel between the closest international airport and our gateway hotel. Prices and transfer times are approximate. These hotels are subject to change so please check your vouchers to confirm this information.

AUCKLAND HOTEL

Scenic Circle Airedale Hotel
380 Queen Street, Auckland
Tel: (09) 374 1741
Fax: (09) 374 1740

Transfer: A taxi from the airport costing around NZ\$60 - NZ\$80, are available 24 hours a day and can be found just outside the terminal. Alternatively there are 2 shuttle options that stop at the hotel and take approximately 30 mins; the Super Shuttle (NZ\$25) and the Airbus (NZ\$15).

CHRISTCHURCH HOTEL

Scenic Circle Cotswold Hotel
88-96 Papanui Road, Christchurch
Tel: (03) 355 3535
Fax: (03) 355 6695

Transfer: Catch an airport shuttle for around NZ\$20 per person (the price reduces if there are 2 or more people travelling together). Alternatively a taxi will cost approximately NZ\$30-35 and takes around 20 minutes. cost approximately NZ\$30-35 and takes around 20 minutes.