



# New Zealand Rail Trail Adventure



## TRIP DURATION

8 days, 7 nights

## GRADE (Moderate)

You need to be reasonably fit and enthusiastic. The Rail Trail is one of the easiest NZ Cycle Trails with a smooth, wide surface and almost entirely flat gradient with the occasional long incline. We will be doing roughly 3hrs of cycling per day whilst on the trail.

Kate Auld PT definitely recommends re-acquainting your butt muscles with sitting on a bike before embarking on this adventure

## START & FINISH LOCATIONS

Dunedin & Queenstown, New Zealand

## ACTIVITIES

Cycling, Walking, Curling, Train Travel, Wine Tasting

## ACCOMMODATION

Hotels, Lodges and B&Bs (twin share with ensuite)

## INCLUDED

All accommodation, train travel, shuttles, bike hire, baggage transfers, Rail Trail Easy guidebook, kaPT Visor, plus recovery leg massages and meals itemised in full itinerary

## GROUP SIZE

7 women maximum + 1 female adventure leader

## SUMMARY

**5 days cycling, half-day Otago Peninsula coastal walk, wildlife, curling, wine tasting, twin share accommodation.**

## WHY TRAVEL WITH kaPT ADVENTURES?

Kate Auld PT Adventure trips are a unique experience specifically tailored for women with a desire to live life actively.

All our leaders are qualified and experienced to ensure your trip is safe and enjoyable.

Our services provide more than a travel holiday! Kate Auld PT Adventures connect like-minded women who want to try new things, push personal boundaries, make lasting friendships and have fun.

We make sure trip numbers are suitable for the terrain and all women feel welcome and comfortable on every outdoor encounter.



# New Zealand

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## THE ADVENTURE

**Our women's New Zealand Rail Trail Adventure starts in Dunedin and finishes in Queenstown - the adventure capital.**

Explore Dunedin and the remote hills and beaches of the Otago Peninsula on foot. Experience stunning views and rewarding encounters with rare wildlife like New Zealand fur seals, sea lions, and sometimes the Yellow-Eyed Penguin.

Sit back and take in the scenery as the Taieri Gorge Railway transports us into the spectacular Central Otago Hinterland and up the rugged Otago Coast. Cycle the Otago Central Rail Trail over five days through beautiful, big-sky country. Taking in New Zealand's southern-most wine region, friendly towns, country pubs, and peaceful golden-hued landscapes.

As we pedal our way along, there will be plenty of time to rest the legs, indulge in the local pinot noir and even have a go at the winter olympic sport of curling.

## INCLUSIONS

- 7 nights accommodation
- 7 breakfasts, 2 dinners
- All cycling equipment for Rail Trail
- Rail Trail luggage transfers (one bag)
- kaPT Visor & Rail Trail Guide Book
- 2 recovery leg massages
- 1 experienced professional female leader
- Group first aid equipment and supplies
- All shuttles & train travel
- Guided Coastal Walk & Curling Session

## EXCLUSIONS

- Flights
- Travel Insurance
- Airport Transfers
- Items of personal nature - alcohol, coffee purchases etc

## HIGHLIGHTS

- Adventure with a group of like-minded women
- Otago Peninsula Coastal Walk and encounters with rare wildlife
- Cycling the Central Otago Rail Trail
- 2 post-ride massages
- World famous train journey on Taieri Gorge Railway
- Award-winning wineries
- Curling in Naseby
- Travel with experienced and professional female leader

## TRIP SUMMARY

**DAY 1.** Arrive in Dunedin to our Kingsgate Hotel accommodation

**DAY 2.** Explore Dunedin & the Otago Peninsula: Lovers Leap Coastal Walk

**DAY 3.** Depart Dunedin via Taieri Gorge Railway train journey + Cycle Rail Trail to Hyde

**DAY 4.** Cycle 32km from Hyde to Ranfurly + 'Have A Go' Curling Session

**DAY 5.** Cycle to Oturehua. Relax in the outdoor spa and take in the magnificent mountain views

**DAY 6.** Cycle to Omakau. Option to visit Ophir

**DAY 7.** We're on the home stretch! Cycle the remaining 37km to Clyde, via award-winning cellar doors. Shuttle to Queenstown for our final night together

**DAY 8.** Depart Pinewood Lodge accommodation at Queenstown



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## DAY 1

### Arrive in Dunedin at our Kingsgate Hotel accommodation

We will meet in the heart of Dunedin city at our Kingsgate Hotel accommodation. It's best to arrive in the afternoon. Check in time at Kingsgate is from 2pm onward. Please note transport from the airport is not included (approx. \$20 for an airport shuttle). At Kingsgate we've multiple twin rooms to share, each with a private bathroom and sleeping up to 2 women. As a group, we will meet and greet at the hotel which is a great time to connect with other women attending and cross check essential gear.

Depending on your arrival time, the group has options to stretch the legs and wander around the town, or simply relax - take in the city views from your room balcony and have a wine! We'll head out for dinner in Dunedin.

We will be collected from our accommodation the following morning to explore the most scenic areas of the Otago Peninsula.

Note: If you can only get a flight arriving late afternoon/night, that's okay. Meet us in Dunedin at your earliest convenience.

**Accommodation** Kingsgate Hotel Dunedin

**Address** 10 Smith St, Dunedin 9058  
New Zealand  
+64 3 477 6784

**Meals** Dinner at groups own cost

## DAY 2

### Explore Dunedin & the Otago Peninsula: Lovers Leap Coastal Walk



Wake up, it's time to get excited! Ensure your day packs are ready - as we will be collected from Kingsgate for a guided coastal walk along the Otago Peninsula.

Look forward to panoramic seaside views, rolling sand dunes and beach walks where rewarding encounters with rare wildlife like New Zealand fur seals, sea lions, and sometimes the majestic Yellow-Eyed Penguin can be experienced. Our coastal experience is expected to last approx. 4 hours, with refreshments to be enjoyed in private beach hut.

The afternoon is free for you to further explore Dunedin!

**Coastal Walk** Sandymount Recreation reserve (4 hours)

**Grading** Moderate. This walk requires a reasonable standard of fitness

**Meals** Includes breakfast & private beach hut refreshments. Lunch, dinner and snacks at groups own cost

**Accommodation** Kingsgate Hotel Dunedin



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## DAY 3

### Taieri Gorge Railway + Cycle to Hyde

Today we check-out of Kingsgate and walk to Dunedin's dramatic railway station. Our 9.30am train departure marks the start of our Rail Trail Adventure, with a scenic train trip inland through the rugged Taieri Gorge to Pukerangi.



The Rail Trail Shuttle will transport us from Pukerangi to Cycle Surgery, Middlemarch. Here we'll be professionally fitted onto our hire bikes for optimum comfort. Once fitted, pack your panniers with the bare essentials - Cycle Surgery will kindly transport the bulk of our luggage (1 bag, 15kg weight limit) to our accommodation in Hyde.

Now it's time for the real adventure to begin... we've 29km to cycle to Hyde. But before we venture - we'll make sure every one has a picnic lunch to be enjoyed on the Rail Trail.

**Cycling** 29km (approx. 3hrs)

**Accommodation** The Hyde School, Hyde  
Twin share with ensuite

**Meals** Includes breakfast, dinner + cycling snacks. Lunch at groups own cost

## DAY 4

### Cycle (Hyde to Ranfurly) + Curling

Following our continental breakfast at The Hyde School, we continue cycling to Ranfurly (32km) via the small township of Waipiata.

Hyde to Waipiata is one of the most popular sections of the Rail Trail, with the first tunnel, the Prices Creek Viaduct and the picturesque Upper Taieri Gorge to cycle beside.

We will be picked up from Ranfurly at 3.30pm and transported to the Maniototo Indoor Curling Rink for 'Have A Go' session of the ancient sport of curling on ice. Later we'll enjoy a BBQ dinner at our Ranfurly accommodation, Hawkdun Lodge.

**Cycling** 32km (approx. 3+ hrs)

**Curling** 1.5 hours. Much easier than you may think!

**Meals** Includes breakfast & BBQ dinner + cycling snacks. Lunch at groups own cost

**Accommodation** Hawkdun Lodge, Ranfurly  
Twin share 'studio suite' with ensuite





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## DAY 5

### Cycle (Ranfurly to Oturehua)

Enjoy a leisurely breakfast before leaving Hawkdun Lodge to cycle through the heart of the Maniototo, surrounded by farmland and mountain ranges via Wedderburn.

Today is our shortest day on the bike, but an exciting one as we will reach the highest point on the Rail Trail - 618 metres above sea level. It's downhill from here!!



Inverlair Lodge is situated just metres from the Central Otago Rail Trail, with magnificent mountain views. The outdoor spa is a welcome sight at the end of a days cycling.

We're booked into The Oturehua Hotel for an evening meal at 6.30pm.

**Cycling** 25km (approx. 2hrs 45min)

**Accommodation** Inverlair Lodge, Oturehua  
Twin share with ensuite

**Meals** Includes breakfast + cycling snacks.  
Lunch, dinner at groups own cost

## DAY 6

### Cycle (Oturehua to Omakhua)

From Oturehua we'll begin cycling down the long Ida Valley, you may think the long stretches of Rail Trail are never going to end - but they do and you will eventually enter the Poolburn Gorge - this is one of the most spectacular sections on the Rail Trail.

Please note that there is no food or refreshment stops between Oturehua and Lauder (2hr 20min cycle) - please carry plenty of snacks and drinking water today. It's highly recommended we lunch at The Stationside Cafe, Lauder.

From Lauder it's a short 45min cycle to Mandy's Accommodation. Stay & relax, or there's option to visit the quaint little town of Ophir.

**Cycling** 29km (approx. 3 hrs)  
Optional 5.5km loop to Ophir

**Meals** Includes breakfast + cycling snacks.  
Lunch, dinner at groups own cost

**Accommodation** Mandy's Accommodation, Omakhua.  
Mix of twin share studios (sleeps 2) and self-contained cottage (sleeps 4)



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## DAY 7

### Cycle (Omakhua to Clyde) + Drive to Queenstown

We've a big final day on the bike, with plenty of worthy stops along the way - including the historic Chatto Creek Tavern for lunch and award-winning wineries. The Hinton Estate Vineyard Tasting and Sales Room is right on the Rail Trail ...very handy.

We finish the Otago Central Rail Trail at the Clyde Rail Head - CONGRATULATIONS! From here we'll cycle just a little further (2km) into the township of Clyde before bidding farewell to our bicycles.

We will be picked up from outside The Merchant Café in Clyde at 3.30pm and transported by bus to Queenstown for our final night together.



**Cycling** 37km (approx. 4.5hrs)

**Accommodation** Pinewood Lodge,  
Queenstown  
Twin share with ensuite

**Meals** Includes breakfast + cycling snacks.  
Lunch, dinner, wine tasting at  
groups own cost

## DAY 8

### Depart Queenstown / kaPT Team NZ Rail Trail Adventure

Today concludes your awesome Rail Trail Adventure with Kate Auld PT. Big hugs and high fives! You're on your own today. Check-out of Pinewood Lodge (10am).

The next chapter is up to you ...extend your stay a little and make the most of the NSW long weekend in Queenstown. Or make your way to the airport for the journey home.



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## GRADING Moderate

This trip will require you to be cycling roughly 3 hours per day over five days (and up to 4.5 hours on the last). We cycle at an easy, steady pace and ensure all women are professionally fitted onto their hire bike for optimum comfort.

You will need a good level of fitness and general overall health. Please be prepared to cycle in a variety of weather conditions such as rain or head-winds. Central Otago weather can be very changeable.

We highly recommend dusting off the exercise/push bike to re-acquaint your butt muscles with the seat ...otherwise known as 'Bottom Conditioning'. It is a great idea if you can go for 2-4 bike rides a week (in Aug/Sept) to best prepare you for this trip and maximise your enjoyment in New Zealand. Regular walking is also beneficial. These activities will help with your fitness and get your bottom used to sitting on a bike seat.

## PACKING

When packing for your adventure please make sure you have all items on the packing list provided to you. There are weight and quantity limits for our convenient luggage transfers along the Rail Trail, so you will need to pack:

- 1x overnight pack/case (maximum 15kg) +
- 1x day pack. You will be cycling with your day pack. Each bike is fitted with panniers to help carry your daily Rail Trail supplies.

Aim for 20kg or less for this trip.

## FOOD ON YOUR TRIP

Where possible Kate Auld PT has included meals and/or dinner bookings for your convenience. These meals are catered by local accommodation venues and eateries.

There are some long stretches on the Rail Trail with no refreshment/food stops. No need to panic though - kaPT will supply you with plenty of snacks to be enjoyed along the trail.

**The types of food/venues you can expect on your trip include:**

**Breakfasts** Continental style - cereals, toast + hot drinks / juice.

**Lunches** Varies - depending on location we may have access to supermarket/cafes for picnic supplies, wraps & salad rolls, or pub lunches.

**Dinners** Varies - depending on location we'll have access to pubs, restaurants, home-cooked style meals or barbecue.

**Snacks** Muesli bars, fresh fruit, nuts and seeds (please pack any personal snacks you prefer)

## DIETARY REQUIREMENTS

Passengers with special meal requirements or food allergies must ensure they inform Kate Auld PT of this at the time of booking.



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## YOUR BIKE

The team at Cycle Surgery have custom-made their bike fleet specifically for the Otago Central Rail Trail conditions - with comfort and reliability at the forefront. Each bike can be dynamically fitted to your individual needs.

The bikes feature gel seats ...PLUS a gel seat cover offering maximum comfort! This doesn't mean you get to skip your 'bottom conditioning' mind you.

Panniers are included so you can carry essentials for your days cycling - water, snacks, camera, jacket, sunscreen, extra clothing, wallet and tour itinerary.

Bike hire includes a helmet, high quality repair necessities (including spare tube and pump) as well as a bottle cage to fit a 750ml bottle.



## THE WEATHER

Though the weather on the Otago Central Rail Trail is most often dry and sunny, it's good practice to be prepared for all weather conditions at all times.

Our cycling adventure falls in spring - late September, October and early November. The weather during spring is often quite changeable.

Spring days can be filled with fine, sunny weather and then a sudden change can bring winds, showers and even the occasional snowfall.

Temperatures range from -3 to 20°C.