

AIRELIBRE

# NEW ZEALAND



# ECOSYSTEMS OF THE TRAIL

**NOVEMBER 10TH - 15TH, 2024**

AIRELIBRE RUNNING & HIKING EXPERIENCE

FALL / WINTER 2024

# New Zealand - Ecosystems of the Trail

## ABOUT THE EXPERIENCE:

Join us in a profoundly transformative experience amidst the enchanting landscapes of Glenorchy, New Zealand, or by its Māori name, *Aotearoa*, which translates to “the land of the long white cloud.” This retreat is an invitation to explore the *whenua* (Māori word for land and placenta), as we foster profound connections with nature and local culture.



# New Zealand - Ecosystems of the Trail

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# Technical Details

**LOCATION:**

Glenorchy, Aotearoa - New Zealand

**DIFFICULTY:**

Nature's Rhythms (Intermediate)

**DAILY DISTANCE:**

Ranging from 6 to 17 km

**MAXIMUM ELEVATION:**

1,100 m above sea level (m.a.s.l.)

**MAXIMUM ELEVATION GAIN / LOSS:**

+1,800 m/ -1,800 m

**TRAVEL TO:**

Queenstown International Airport  
(IATA Code: ZQN)

**TRAVEL DATES:**

Sunday, November 10th to Saturday ,  
November 15th, 2024

# Overview

Embark on a thrilling adventure exploring the untouched splendor of Mount Aspiring National Park, featuring glaciers, snowfields, mountains, valleys, and diverse wildlife.

Immerse yourself in the rich local flora and fauna during a peaceful five-night stay at Kinloch Lodge in Glenorchy, your base for exploration. Refresh in nature's ice baths found in alpine-filled lakes, streams, and waterfalls. Discover serenity through meditation and yoga experiences, harmonizing with the natural surroundings. Indulge in nourishing meals crafted from locally sourced, sustainable ingredients, cooked in the open elements.



# Highlights

- Venture into the wilderness of Mount Aspiring National Park, traversing glaciers, snowfields, mountains, valleys, native bush, and wildlife habitats on invigorating runs and hikes.
- Immerse yourself in the local flora and fauna, connecting with New Zealand's wildlife, and with the beauty of the surroundings.
- Enjoy Kinloch Lodge, our base for 5 nights nestled amidst stunning natural surroundings in Glenorchy.
- Indulge in nature's ice baths, in alpine-filled lakes, streams, and waterfalls.
- Discover stillness through our meditation and yoga experiences, allowing you to connect with yourself and the landscapes surrounding you.
- Savor meals crafted from locally sourced, sustainable ingredients.

BOOK NOW

# Weather

November heralds the peak of the adventure season in New Zealand, and Glenorchy beckons with its diverse weather conditions. Positioned amidst nature's beauty, the temperatures typically fluctuate between 55°F (13°C) and a low of 39°F (4°C). This time of year offers a moderately chilly atmosphere complemented by a gentle breeze, creating an inviting environment for outdoor exploration and discovery.



# Your adventure itinerary

## DAY 1

### ARRIVAL AND WELCOME 7-10 KM HIKE – SUNSET AT LAKE WAKATIPU

As we arrive in the Adventure Capital, we will feel embraced by the majestic mountains and serene lakes surrounding us. Our journey will start with a Welcome Gathering in the charming town of Arrowtown, setting the tone for the adventure ahead.

Embarking on a 7 to 10 km hike and taking us around 3 hours, we will gently immerse ourselves in the terrain, as we get acquainted with the beauty of our new surroundings. As the day unfolds, we will transition to the tranquil shores of Lake Wakatipu to witness the mesmerizing sunset. Meanwhile, our first crew meal is thoughtfully prepared back at the lodge, offering a perfect conclusion to our inaugural day of exploration.

**LUNCH & DINNER:** Included

**ACCOMODATION:** Kinloch Lodge, Glenorchy  
Twin or Triple occupancy

## DAY 2

### MORNING YOGA SESSION – 6 TO 8 KM SHAKEOUT RUN – OPTIONAL LAKE DIP – CULTURAL WORKSHOP

As we wake up in our accommodations at Kinloch Lodge, our day begins with a revitalizing morning yoga class in the lodge's heavenly yurt. A nourishing breakfast awaits, setting the stage for a laid-back trail run along the lake, followed by an optional dip for those inclined to take a refreshing plunge.

Shifting gears, we'll ease into a workshop designed to immerse us in local customs and traditions, taking a moment to slow down and absorb the rich cultural experience.

Later, there will be ample time to relax and retreat before we gather for our evening meal.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Kinloch Lodge, Glenorchy  
Twin or Triple occupancy





# Your adventure itinerary

## DAY 3

### OPTIONAL COLD WATER IMMERSION & BREATHWORK PRACTICE – 10 KM REES RIVER RUN

As we greet the morning, a refreshing opportunity for cold water immersion and breathwork practice awaits, grounding our mind, body, and spirit for the day ahead. Fueled by locally sourced produce, we set out for our initial exploration in our outdoor playground. Following the riverside trails, we venture out and back, prospecting the surrounding mountains for the adventures that await us in the coming days.

We will share a lunch by the riverside before we return to Kinloch for a soothing yoga flow, preparing us for a relaxed wind-down in the evening. Today is about immersing ourselves in the natural beauty that surrounds us, fostering a sense of tranquility and connection with the environment.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Kinloch Lodge, Glenorchy

Twin or Triple occupancy

## DAY 4

### 15 KM ROUTEBURN TRACK RUN

Today, we will embark on the renowned 'Routeburn Track.' Our trail commences at Routeburn Shelter, meandering gently beside the crystal-clear river. Passing Sugarloaf Stream, we climb to Bridal Veil Waterfall, continuing above the gorge. Crossing a swing bridge, we find ourselves on open grassy flats, culminating at the Routeburn Flats Hut. This day promises a collective exploration of Routeburn's scenic grandeur, fostering shared memories and a deep connection to nature. Today unfolds with the majority of our hours spent amidst the trail's beauty.

**BREAKFAST, LUNCH, & DINNER:** Included

**ACCOMODATION:** Kinloch Lodge, Glenorchy

Twin or Triple occupancy



# Your adventure itinerary

## DAY 5

### 16 KM LAKE RERE TRAIL RUN

Embarking out into the wilderness, we traverse through native bushland, gradually ascending to reveal astonishing views.

Weather permitting, our gaze will be captivated by Mt Earnslaw/Pikirakatahi sitting atop of Lake Wakatipu in the distance.

*\*\*Please note that Days 3, 4 and 5 are interchangeable, ensuring flexibility based on weather conditions.*

*Additionally, tailored options for distance and pace will be available to accommodate the varied preferences of the group.*

Elevation gain: 445 m

**BREAKFAST, LUNCH & DINNER:** Included

**ACCOMODATION:** Kinloch Lodge, Glenorchy

Twin or Triple occupancy

## DAY 6

### MAORI SOUND HEALING PRACTICE – FAREWELL

After breakfast, we'll drive back to Queenstown stopping along the way to bid farewell to the National Park.

Together, we will conclude our journey with a profound Maori Sound Healing Practice, hosted by [Aaron Kerehoma](#). Immerse yourselves in the traditional melodies crafted by Aaron, who, guided by his *koroua* (grandparents), learned the art of creating his own instruments. His unique performance promises to leave us feeling not just connected, but also aligned with the energy and essence of this transformative retreat.

**BREAKFAST & LUNCH:** Included





# Included

- Transportation throughout the whole experience.
- Specially designed trails along the magical landscapes of the New Zealand.
- Carefully curated culinary experiences.  
*\*We can accommodate all dietary preferences.*

- Exclusively designed yoga and meditation sessions.

- All meals and accommodations for the duration of the experience.

- Entrance tickets to all national parks and attractions included in the experience.

- Knowledgeable and professional local guides.

- Aire Libre & partner brands merchandise.

- Complimentary La Familia Global Community Membership (\$ 25 USD value)

- Dedicated sports and action photographer to capture your moments.

# Not Included

- Airfare for your inbound and outbound flights to New Zealand.
- Travel Insurance. We highly recommend securing personal travel insurance for your peace of mind.
- Alcoholic beverages and any additional meals beyond the provided ones.

*ADD-ONS* - (Operated directly by our local host)

Additional activities operated by local hosts are not included. Please refer to our check-out for more details on extra activities, such as bungee jumping and jet boat rides.



# Suggested Packing List

- Running vest hydration pack 10L-15L.
- Quality waterproof running jacket.
- Hiking trousers/leggings.
- Long and short sleeve quick-dry t-shirts.
- Warm jacket or poler fleece.
- Beanie, gloves and buff.
- Trail running shoes.
- Headlamp (safety reasons, no night running).
- Suncream.
- Sunhat and sunglasses.
- Insect repellent
- Comfortable clothes for yoga and evenings.
- Towel.
- Personal hygiene kit
- Personal first aid medical kit with personal medications and additional medications such as pain relief and blister plasters.
- Energy snacks (bars, nuts,etc...).
- Waterproof dry bags to keep extra layers on hikes and electrical equipment such as phones and cameras dry.
- Hiking poles.\*

\*Optional\*





# Pricing

INDIVIDUAL BOOKING: \$ 3,199 USD

BOOKING IN PAIRS: \$ 6,198 USD (Save \$200 USD)

Secure your spot with a 10% deposit

Payment installments available at Checkout

# Accommodation options

Lodge in Kinloch Lodge, Glenorchy: A beautifully restored heritage listed property, which comprises a communal dining area and beautiful yurt for our yoga practice.

Standard accommodation option involves twin or triple shared lodging. However, you have the choice to enhance your experience by upgrading to private accommodations at check-out.



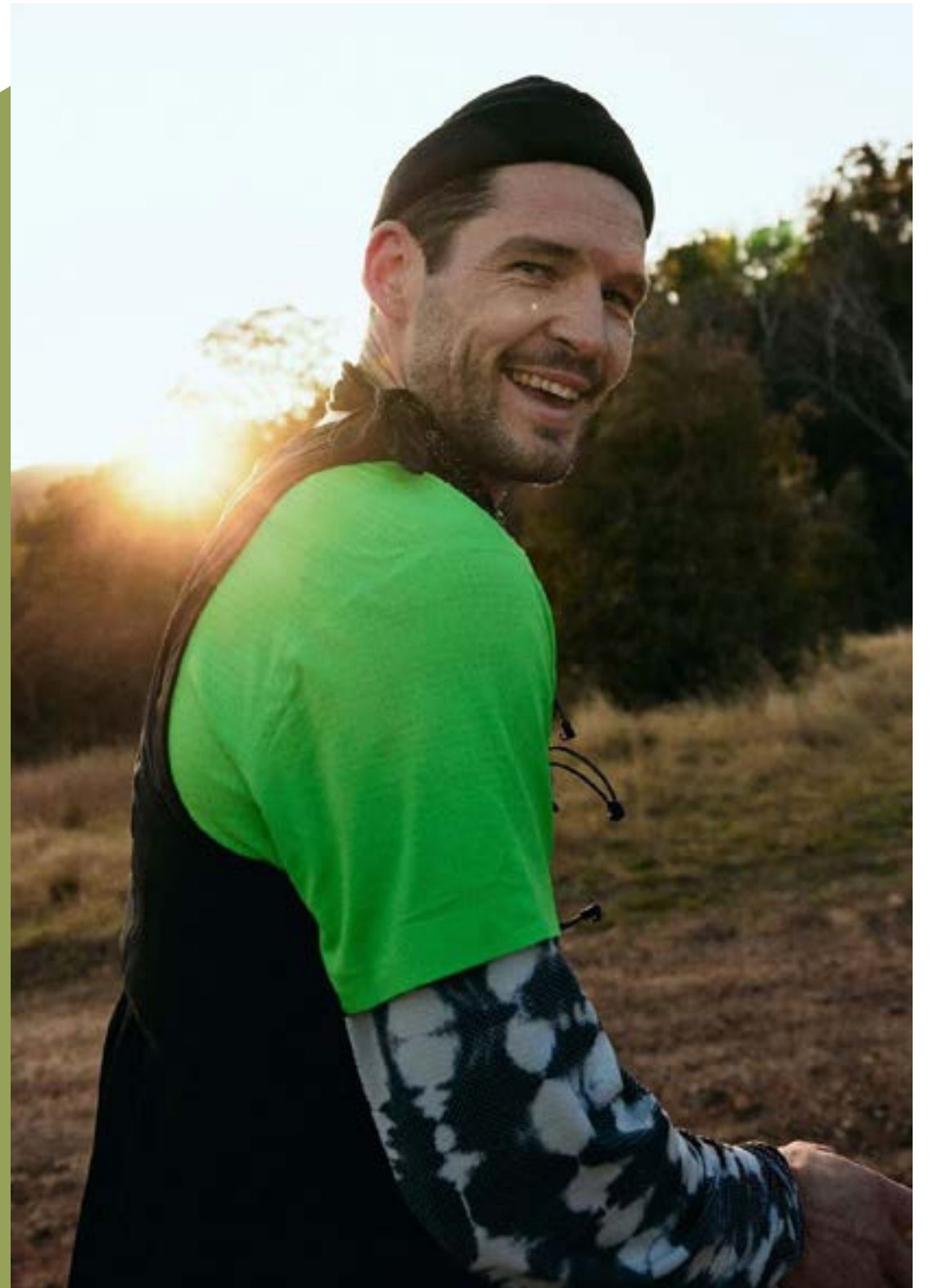


# Your Host

## MATT WILLOCKS

Matt was born and bred in Dunedin, spending most summers and winters exploring Central Otago, New Zealand. Matt studied Ecology at the University of Otago. He spends his spare time trail running, taking photos, and creating wellbeing experiences for his community

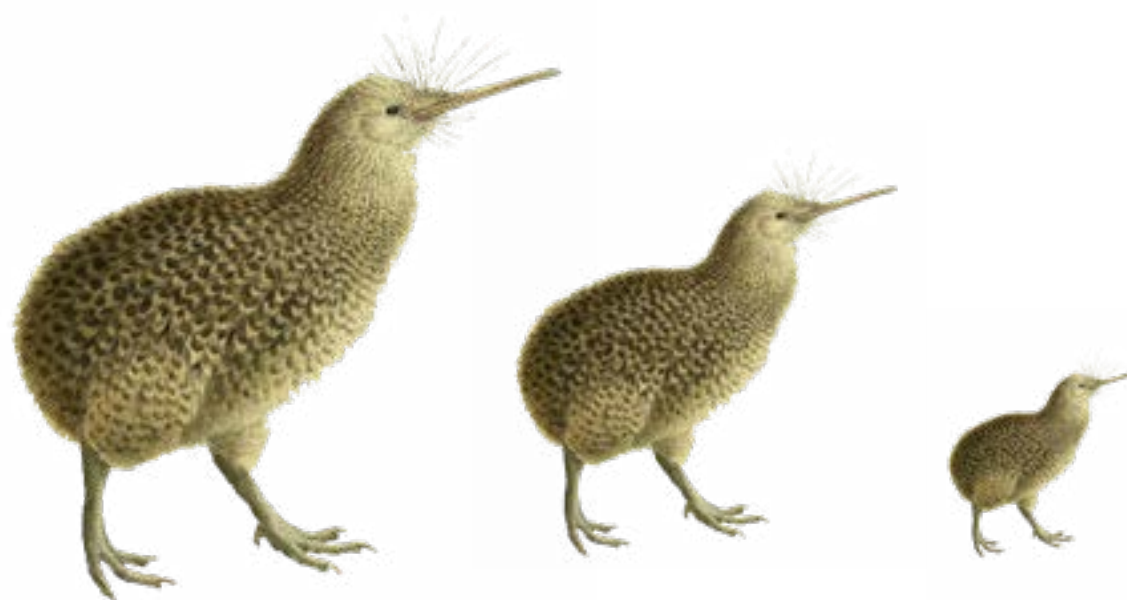
To connect with Matt, you can find him on Instagram as [@willocks](https://www.instagram.com/willocks)



# Before you travel

- Currently, New Zealand's international borders remain open.
- A valid passport is required for entry.
- Foreigners might be required to present a return ticket.
- [NZeTA](#) visa might be required depending on nationality

BOOK NOW



DO YOU NEED ANY ADDITIONAL INFORMATION?  
SCHEDULE A CALL WITH OUR TEAM!

CLICK HERE