



12 Day ExpedNZ Program

This sample program weaves in the best of cultural, adventurous & environmental learning opportunities unique to Aotearoa, New Zealand.

Day 1 Nau Mai Haere Mai - Welcome to Nelson

Arrive in New Zealand. Transfer from international airport to Nelson. ExpedNZ staff will collect you from Nelson airport and it's a short (35-45 min) drive to the ExpedNZ base. Welcome, introductions and program briefing.

Camp overnight at **ExpedNZ base**

Day 2 Prepare for Expedition and Visit Site of Cultural Significance

Morning: It's a short drive (25 mins) to the [Riuwaka Resurgence](#) (site of cultural significance for Māori). Enjoy a stunning bush walk and cultural workshop on the Māori World view. Learn about and prepare for Noho Marae experience (overnight in traditional meeting house) on days 10-11.

Afternoon: Start at Marahau the gateway to the [Abel Tasman National Park](#), paddle along the golden beach coastline to the [Anchorage beach-side campsite](#).

Camp overnight at **Anchorage**

Day 3-4 Abel Tasman National Park

Explore lagoons, the Abel Tasman coastline and meet some of the wild life locals. Depending on the weather paddle to and explore either Falls River, Shag Harbour or [Tonga Island Marine Reserve](#).

Learn from the NZ Department of Conservation about the different environmental protection strategies and programmes in the National Park.

Learn about [Project Janszoon](#) who partner with the Department of Conservation to support the ecological restoration of the National Park.

Paddle to Kaiteriteri and return to ExpedNZ base.

Camp overnight at **Anchorage**

(continued overleaf)

Day 5 Takaka Hill – Caving

Take part in a guided trip through the many cave systems of the Takaka Hill. This is both a rewarding and challenging activity with many excellent personal development and environmental science learning opportunities.

Camp overnight at **ExpedNZ base**

An alternative option to Caving could be Rock Climbing.

Day 6 Prepare For Hiking Expedition

Prepare and pack for 3-day hiking expedition.
Travel to the [Nelson Lakes National Park](#) (90 mins).
Hike the length of Lake Rotoiti and set up camp at the Lake Head

Camp overnight at **Nelson Lakes**

Day 7-9 Nelson Lakes National Park

Spend time hiking in the majestic alpine scenery. The exact hiking locations will be dependent on the weather conditions. Weather permitted reach the snow-line and take in the spectacular mountain and lake views.

Learn about the [Rotoiti Nature Recovery Project](#) which aims to restore approximately 5000 hectares of this beech forest on the shores of Lake Rotoiti. Take one of the many walks through the project and you'll see and hear the results of this work; a forest alive with the sights and sounds of birds.

Return to ExpedNZ base.

Day 7- Camp overnight at **Nelson Lakes**

Day 8- Camping overnight at **ExpedNZ base**

Day 10 Personal Challenge and Cultural Exploration

Morning: Challenge yourself with the on-site High Ropes course, Leap of Faith or Abseil from the ExpedNZ Climbing Tower.

Afternoon: Prepare for [powhiri](#) (traditional welcome) onto a Marae. This includes a formal ceremony and sharing of kai (food). Travel to Whakatū Marae (35-45 mins).

You will be welcomed onto the marae by a group of local students (aged 16-18). Local students will be acting as 'trainee guides' for this cultural immersion experience.

Return to ExpedNZ base.

Overnight at [Whakatū Marae](#)

Extra Notes: Your local student guides are taking part in a cultural programme called Manaaki Tāpoi as part of their studies. The programme is offered by Whenua Iti Outdoors (parent company of ExpedNZ). Read more: [Manaaki Tāpoi Level 3](#)

Day 11 Cultural Exploration

Morning: Take part in a range of indigenous cultural workshops, these could include:

- Cultural storytelling
- Stories of the Whareniui (meeting house)
- [Mau rākau](#) (traditional fighting sticks)
- [Harakeke weaving](#)
- [Rongoa](#) (traditional medicine)

Take part in a Poroporoake (traditional farewell) and say goodbye to your local student guides.

Afternoon: Walk to the [Centre of New Zealand](#) and down into [Nelson](#) for an opportunity to explore a small but vibrant NZ city.

Final celebration dinner and reflections.

Overnight at [Whakatū Marae](#)

Day 12 Farewell – Haere Ra

Pack up and transfer to Nelson airport (15 minutes drive) for the journey home.

Depart Nelson and transfer to International Airport for return flight.



Manaaki whenua, manaaki tangata, haere whakamua
Care of the land, care of the people, go forward

