



# Can Too NZ Cycle Challenge 2023



## Trip Highlights

Join the Can Too team and help raise vital funds for Cancer Research

Ride the stunning new Lake Dunstan trail through the magnificent Cromwell Gorge

Enjoy easy riding in epic landscapes with big skies on the Otago Rail Trail

Go deep into history through tunnels, over bridges, along railways & riverside paths

Admire architectural gems in Clyde, Ophir, Ranfurly, Dunedin, Oamaru & beyond

Enjoy a marine wildlife cruise on the Sootychaser in Otago Harbour

Savour delicious local wine & food, and stay in great accommodation

Explore Oamaru's atmospheric Victorian precinct and the Pacific Coast



<b>Trip Duration</b>	6 days	<b>Trip Code:</b> CDO
<b>Grade</b>	introductory to moderate	
<b>Activities</b>	cycling	
<b>Summary</b>	5 nights hotel/motel	

## Supporting Your Cause

The Can Too Foundation is an independent health promotion charity committed to funding cancer research and prevention. Can Too has raised over \$23M since 2005, to fund 180 Australian cancer research projects and trained over 17,000 participants to be fitter and healthier.

The health promotion charity is fighting cancer on two fronts - reducing cancer by getting people moving through goal-specific events and adventures and improving patient outcomes through funding lifesaving Australian cancer research projects. At Can Too, we believe everyone can achieve goals they once thought impossible.

We believe life is what you make of it, that anything is possible, and if you're willing to take that first step, you CAN TOO!

## Your Huma Challenge

Thank you for your interest in our Can Too NZ Cycle Challenge 2023. 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 Queenstown from:	\$2595
Non refundable registration fee:	\$200
e-Bike Rental (subject to availability):	\$436
DO - Fundraising target:	\$1500
SS - Single Supplement:	\$545

All prices are per person

You will need to fly into Queenstown the day prior to the tour departure. Your guide will collect you from a central Queenstown pick up point 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 Christchurch 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 Christchurch on the final evening your guide will drop you at a central drop off point around 6pm.

## Trip Dates

**2023** 19 Mar - 24 Mar

## important notes

**RF** - Registration Fee

**DO** - Donation, Fundraising target

**SS** - Single Supplement, Single Supplement

## What Impact Will My Fundraising Have?

- Our Vision - Transforming lives through improving health and well being in the community and supporting the research, prevention, care and control of cancer.
- Our Mission - To inspire and support the community to achieve health, fitness, wellbeing and fundraising goals, which invests in research to better prevent, diagnose and treat cancer.
- Our Values - We are about fun, fitness, friends and fundraising! Our goals are to inspire, motivate, support, empower, and include others.

## Fundraising Impact?



Supporting Cancer Research

## Your Adventure

Ride through an array of spectacular southern landscapes on our fully guided and supported trip taking in both the Lake Dunstan Trail and Otago Central Rail Trail.

The adventure begins with a warm up ride alongside the shimmering waters of Lake Dunstan before we have the option to ride through the dramatic Cromwell Gorge on the new Lake Dunstan Trail.

Then you're off on New Zealand's first and most famous Great Ride. Following the old Otago Central railway line from Clyde to Middlemarch, this iconic, multi-day ride takes in grand landscapes, charming towns, country hospitality and rich history.

Our expert guides will show you the best trilside highlights such as heritage sites, architectural gems, and vineyards.

You'll also enjoy delicious local food and drink, and friendly welcomes in accommodation full of character.

## Fundraising Options

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

1. You can choose to pay for the travel costs yourself and just fundraise the charity donation.
2. You can opt to fundraise the entire amount – the travel cost and the charity donation. You must make sure that funds raised for the travel cost are done so independent of the charity and that donors understand that their donation will be directed towards your travel expenses and are not tax deductible.
3. You may choose to pay for the entire amount yourself and claim the charity donation component as a personal tax-deductible donation to your charity.



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## Fast Facts

### Countries Visited:

New Zealand

### 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

4. Lastly you can attempt to fundraise as much as you can in the given time and personally fund the balance of the total.

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.

## About Your Escort

Our guides are one of our biggest assets and we pride ourselves on their level of quality and high standards. Once the trip reaches 8 people, we provide you with two of our expert guides to maximise your enjoyment and overall experience. You'll know you're in safe hands as all of our guides are certified in first aid and CPR and many of them are trained bike mechanics. They come from all walks of life but our guides have a common desire to give you the best possible experience, fun and lots of fond memories to take home with you.

## Online Fundraising Portal

You will have your own fundraising page to chart your fundraising targets. The team at Can Too will be in touch with you upon registration and provide you with a link to create your fundraising page on Can Too's website.

You will also receive a Huma Charity Challenge comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support.

## Itinerary at a Glance

DAY 1	ARRIVE QUEENSTOWN
DAY 2	CROMWELL TO CLYDE: LAKE DUNSTAN TRAIL - UP TO 55KM CYCLE
DAY 3	CLYDE TO LAUDER - 44KM CYCLE
DAY 4	LAUDER TO RANFURLY - 47KM CYCLE
DAY 5	RANFURLY TO DUNEDIN - 59KM CYCLE
DAY 6	DUNEDIN TO CHRISTCHURCH - 24KM CYCLE

## What's Included

- Tasty breakfasts (x5), lunch (x1), dinners (x5) catered to all dietary requirements
- 5 nights motel/hotel accommodation based on twin share with ensuite facilities
- Regular mountain bike hire (including helmet)
- Two experienced guides who handle all the hard bits and share epic stories
- Full vehicle support along the trail including trailer for luggage
- Transport from Queenstown to Christchurch
- Wine tasting in boutique central Otago vineyard
- Otago Rail Trail passport
- 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
- E-bike hire if required





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## Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## Trip grading introductory to moderate

The Lake Dunstan & Otago Central Rail Trail is graded introductory to moderate. The section of the Lake Dunstan Trail through the Cromwell Gorge on day 1 is moderately technical and is optional as it is more challenging with some short hills, narrow track, tight corners and exposure in places. There is an alternate ride for less confident riders. The Otago Central Rail Trail is graded introductory and is a good, hard packed wide trail with just one significant hill which is a gradual gradient as it follows the course of the old railway. Overall you will need a reasonable level of fitness to enjoy the trip and we suggest 2 hours of cycling per week for the three months leading up to your trip. We recommend training on compacted gravel trails, and completing a multi-day ride prior to your trip to get used to being in the saddle for long periods of time. The more training you have done on hills and on compacted gravel, the more enjoyable your trip will be. For those keen to ride through the Gorge, experience of rougher terrain and riding tight corners is recommended.

- Water bottle (help us save the environment and bring your own bike drink bottle)
- Personal expenses (eg. phone calls, internet, laundry, shopping etc)
- Travel insurance
- Visa (if required)
- Curling at Naseby - optional

## Detailed Itinerary

### DAY 1 Arrive Queenstown

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

On arrival in Queenstown please make your way to the Garden Court Motel for overnight accommodation on a twin share basis. Later this evening we will meet for dinner at a local restaurant.

**meals: D**

### DAY 2 Cromwell to Clyde: Lake Dunstan Trail - up to 55km Cycle

After breakfast in Queenstown we transfer through the Kawarau Gorge to Cromwell. We unload the bikes at Smith's Way and start our journey with an easy ride following the glistening shores of Lake Dunstan. We pass through Cromwell's Old Town, a small historic precinct dating back to the gold rush days of the 1800s, where galleries, coffee shops and boutiques give us a short break from the bike. The trail continues along the Kawarau arm of Lake Dunstan to the Bannockburn Bridge offering stunning views across the lake while passing by wineries and olive groves. This is the perfect stop for lunch and a wine tasting at a nearby boutique vineyard.

From Cornish Point some riders will continue on along the new Lake Dunstan Trail into the dramatic Cromwell Gorge, where the track winds around sheer rockfaces and over lake inlets on impressively engineered platforms and bridges rising above the lake to Clyde. For those riders who wish to avoid the more demanding section through the gorge, there will be an option to drive to Clyde and ride all or part of the easier river trail to Alexandra, or explore the small historic town. We will all meet again in Clyde, settle into our comfortable accommodation and enjoy an early dinner.

Cycling Distances: Smith's Way to Cornish Point – 30km/18miles

Cornish Point to Clyde via Lake Dunstan (Moderate) – 25km/15miles

Clyde to Alexandra River Trail (Introductory) – 12km/7miles each way

**meals: B,L,D**

### DAY 3 Clyde to Lauder - 44km Cycle

Leaving Clyde via the historic railway line, we'll track across rural plains encircled by dramatic mountain ranges.

Beyond the tiny settlement of Chatto Creek, the trail climbs gently before levelling off to reach our lunch stop, Omakau.

We'll then hop on the bus for the short detour to must-see Ophir township and the Raggedy Range lookout for a bird's eye view of region.

Back on the bikes, it's another 9km of easy riding to reach Lauder.

Late afternoon we'll drive to St Bathans for a walk around the surreal Blue Lake formed during the 1800s gold days.

Enjoy a game of pool or banter at the Lauder pub before we tuck into a well-earned dinner.

Cycling distance: 44km/27miles

**meals: B,D**



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## Important Note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, 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 Lauder to Ranfurly - 47km Cycle

Today's ride features the trip's first tunnels and bridges as we trace the pretty Poolburn Gorge and head into the Idaburn Valley.

We'll stop at Hayes Engineering Works, a delightfully rustic heritage site, and Oturehua's old-fashioned grocery store.

After lunch, it's a gentle climb to the rail trail's highpoint, then a downhill roll to Ranfurly with its striking art deco architecture.

Late afternoon, we'll take the short drive to Naseby, a cute forestry town famous for its indoor curling rink. There is the option to try 'bowls on ice' or to stroll around Naseby, or a sup at the old pub. All nice ways to wind down before we return to Ranfurly for dinner.

Cycling distance 47km/29 miles

meals: B,D

### DAY 5 Ranfurly to Dunedin - 59km Cycle

Today combines the trip's biggest daily distance with some of its most fun riding.

The trail tracks towards Waipiata, then follows the edge of an old lake before entering the Taieri Gorge with yet more bridges and tunnels.

It's a flowing downhill run to the historic Hotel Hyde, a picturesque spot for a breather. From here, the final 27km takes in the poignant 1943 Hyde rail disaster memorial, then wends across rolling plains towards the trail's end at Middlemarch.

After lunch, we'll board the support vehicle for the drive to Dunedin where we'll celebrate our trip with a final group dinner.

Cycling distance: 59km/37 miles

meals: B,D

### DAY 6 Dunedin to Christchurch - 24km Cycle

After breakfast, we head off to ride alongside the Otago Harbour to Portobello. This ride takes us down the harbour, surrounded by volcanic hills on both sides, and home to nesting albatross, penguins, and seals, as well as the site of historic shipwrecks. We'll get a closer look as we board the vessel 'Sootychaser' for a mini wildlife tour across to Port Chalmers. The Sootychaser is named after the Sooty shearwater, New Zealand's muttonbird, and on our tour we'll hear about history of the area, see the boats, make a detour to see harbour birds and Larnach Castle from a distance.

From Port Chalmers we'll drive north stopping to admire the Moeraki Boulders and for a wander around the Victorian Precinct and portside park in Oamaru. After lunch we continue driving northwards across the Canterbury Plains, and on to Christchurch for a central city drop-off around 6pm.

Cycling distance: 15-20km/10-15 miles

meals: B

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



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## Participant Kit

Your group will include riders covering a broad spectrum of ages and experience. We generally have a mix of men and women. We also have clients who come from a range of countries. Some participants are seasoned cycle tourists, while many are first-timers. Whatever the mix at the start of a tour, new friends and great stories are the end result. If you're a bit worried whether the pace is going to be a bit too fast or too slow, don't be. Our bike tours are designed so that there are opportunities to extend yourself if you wish and if you want to have a more relaxed ride, don't worry, our support van is never very far away.

## 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.

## Cycling

We believe that cycling is one of the best ways to see a country. Our cycling trips have been well researched to take you on the best route. Our Rail Trail tours travel through historic and scenic countryside on cycle trails based on a disused railway line. With easy gradient cycling and character lodgings these tours are suitable for all level of cyclists. You can enjoy incredible scenery and landscapes, view the historic sights and along the way eat delicious food, stay at unique accommodation and meet the locals. The best thing about cycling on a disused railway line is that there aren't really any hills; a couple of gradual inclines but nothing that after a good breakfast you couldn't tackle!

We have two different styles of bikes available for hire, or you are welcome to bring your own bike. The Avanti Discovery hybrid mountain bike allows a relaxed upright riding style and has 27-speed Shimano gears, 29" wheels, front suspension, hydraulic disc brakes and comfortable saddles. These bikes are available in a low rise, also known as a step through bike frame.

We are pleased to offer a new fleet of Avanti Discovery e-Bikes providing people who might need a little pedalling assistance the opportunity to enjoy our cycling holidays. e-Bikes are simple to operate, and more gentle on the knees and joints than using a traditional bike. Please note that you still need to pedal and an e-Bike is a much heavier bike overall than a regular bike, if needing to push it. Most e-Bikes provide up to 80kms of pedal assistance before requiring a recharge.

Please see our website for the cost of bike hire, all our rental bikes can be fitted with flat pedals, toe clips or MTB SPD pedals. We can also fit your own pedals and seat if you have a favourite. Bike helmets will be supplied with your rental bike, along with a 15L saddle bag for any personal items you might need in the day.

All equipment and luggage will be carried by the support vehicle. These cycling journeys are not designed to be a marathon event and no one needs to feel under pressure to ride, everyone is able to ride at their own pace. If at any point you do not wish to ride, the vehicle is always available for you and your bike.

Remember that cycling involves some physical exertion and some pre trip preparation will help towards making your cycle tour a more enjoyable experience. Cycling, of course, is an active pursuit and to maximise your own personal protection in case of a tumble or fall, the wearing of a bicycle helmet is compulsory at all times whilst cycling. We also highly recommend wearing bright, fluoro cycle clothing to increase your visibility on the road.



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## 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.

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.





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## Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## Accommodation on the Trip

The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. During the tour we stay at character accommodation. The rooms are based on a twin / double share with en-suite facilities.

If you wish to reserve a room to yourself a single supplement is available at extra cost, however are limited to 2 per departure.

PLEASE NOTE: although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.

## What You Carry

The tour is fully supported so you won't have to carry anything. If hiring one of our bikes it will have a rear saddle bag with enough space to put an extra layer, your camera, wallet, phone etc. We recommend you pack your luggage in a soft sports bag for easy stowing in the trailer/vehicle. We urge you to keep your luggage to a minimum. If you have extra luggage you do not require for your holiday we can arrange to store it until the end of the trip.

## Equipment Required

A comprehensive gear list will be provided on confirmation of your trip.

## Vehicles & Safety

During the course of your trip, we will use a variety of vehicles, all which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example. Whilst we do not include animal rides on most of our trips, there are occasions where it may be possible to undertake them optionally and to do so is at your own risk. Note that helmets and professional riding equipment are not available in all circumstances.

## How To Book

To register on this Charity Challenge please complete the registration form on the Can Too website: <https://www.cantoo.org.au/home/events>

