

contiki

—
TRAVEL WITH NO REGRETS

NEW ZEALAND 2018 / 19



TRAVEL CREATES

you.

Each of us is on a journey. Where that journey first started we have no say in, but where that journey leads is entirely up to us. The decisions we choose to make, the paths we choose to go down, the risks we think are worth taking – these are the things that truly define us. At Contiki, we live passionately by one philosophy – to travel with no regrets. Why? Because life, real life, doesn't happen when you colour inside the lines. It's only when you break free, trust your instincts, and intentionally live with your eyes wide open, that you become the person you're meant to be. So ask yourself this – do you want to live life in the shadows, or do you want to live life with no regrets?

CONTIKI CARES

Powered by **TREADRIGHT**

Contiki Cares is our mission to protect and preserve the places we go to and the people we meet, so that the generations who follow us can see the world with the same wide-eyed wonder as we do. It's our dedication to treading lightly, acting with respect, and recognising when to speak for the planet when it can't speak for itself.

Advising us on our journey is the TreadRight Foundation, our older, wiser sister on all things sustainable and our guiding force in seeking to make the world a better, more interconnected place. Together with TreadRight, we're on a journey – to seek out the causes that need support, and the traditions and communities that need protection in our ever changing world.



TREADRIGHT
FOUNDATION

TreadRight.org

CONTIKI LOVES THE PLANET

Contiki is proud to be using 100% recycled LEIPA paper for the body of our brochures. By doing so, we proudly save 41,000 trees per year. It is just part of The Travel Corporation way.



WELCOME TO CONTIKI

You're about to head out on the adventure of a lifetime & experience the way we travel. We can't wait to show you New Zealand, the Contiki way!

Like you, we're a bunch of passionate travellers, so we know all the top tips that you need to know before & during your trip. We've put together this handy (& exclusive!) Traveller's Guide to set you out right.

Before you go...

From the big stuff, like where does my trip start & what should I pack, to the smaller stuff, like where's the best place to find free WiFi on tour – it's all here in our handy guide.

When you're on the road...

We've packed in a heap of awesome things to do in almost all the cities we visit. It's the stuff the locals love – from the best places to shop, where to try some authentic local food or just chill.

Getting Social...

We all know there's nothing better than posting pics from where you'd rather be to your friends & family back home, so make sure you use your trip hashtag, #contiki & #NOREGRETSS so they can follow your epic story!

Keep this in your pocket or take the sharing is caring approach & pass it on to a friend when you're done.

Let the adventure begin...

Love,

Team Contiki

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BEFORE YOU GO

CHECK IN ONLINE

Save time on Day 1 & check in online before you leave home. It's easy. Just give us your details & tell us what you're interested in before you start your trip & you're done! It'll save you time, so you can get on with having fun as soon as you arrive. Visit contiki.com/checkin for details.

PACK YOUR BAGS...

Packing for your trip can be niggly, so we make it easy with some handy tips.

On our trips, you can bring one bag or suitcase of 73cm x 50cm x 25cm (29" x 20" x 10"), with a max weight of 20kg (44lbs) plus one piece of hand luggage suitable as a carry-on for flights.

Note: Contiki is not responsible for any costs incurred by overweight luggage.

Here's an idea of what you could pack before you go. As well as all the standard stuff like jeans, jumpers, T-shirts, plus your iPod etc here are a couple of ideas about what else you might need on tour...

- Rainproof jacket
- Comfy walking shoes
- A watch
- Towel
- Swimwear
- A diary (for writing down all your travel stories)
- Medical stuff & insect repellent
- Travel adaptor/s
- Spare camera memory cards
- Going out gear & shoes
- A couple of fold away travel bags (for all that shopping, girls!)
- Some portable speakers

AND DON'T FORGET...

- Your passport!
- Your Contiki trip documents & hotel vouchers
- Travel insurance details
- Visas (if applicable, see p.8)
- Credit cards & cash
- A spare print out of all your important details, just in case...

For more, head to contiki.com/m/travel-resources for all our suggestions.

OVERNIGHT BAG

On some of our trips, it is necessary to use an overnight bag on the occasional nights when it's not possible to access your luggage (like overnight trains etc). It's a good idea to bring an overnight bag, or hand luggage that's big enough to double up as an overnighter when needed.

FLYING HINTS

- Ensure you carry all your travel documentation, your camera & any items to keep you occupied on your flight in your hand luggage.
- Most airports have restrictions on the amount of liquids that can be in your hand luggage. Check this before you pack.
- Take advantage of duty free shopping but check the current limits that apply in the country of your destination.
- Don't carry articles packed by others & never accept articles to carry from people not known to you.
- Adjust immediately into local time on arrival by staying awake until the evening before sleeping. This will help you recover from jet-lag.

KICK-START MEETINGS

On all our trips, a Kick-Start meeting with your Trip Manager will be held at the beginning of your trip – check your trip docs and the hotel notice board for details.

TRAVEL DOCUMENTS

You should bring a money-belt (or similar) to safely carry your travel documents & cash & ensure that your luggage has a lock. Bring photocopies of your passport & visa, plus some extra passport photos if you're applying for on-arrival visas.

PASSPORTS & VISAS

Depending on your nationality, you may need visas to travel. Check with your travel agent or go online to determine whether or not you need visas to travel.

INSURANCE & SECURITY

It is essential that you are always security conscious. In case the worst happens and your passport is lost or stolen, it is a good idea to have a photocopy or scan of your passport in another bag or saved to your emails, it will make it much easier for you to get a new one.

Your most important possessions, such as your passport, money & camera, should be carefully guarded at all times. Loss of such items could ruin your holiday, so only bring your essential valuables along.

Cancellation, unexpected medical expenses, injuries, theft, lost luggage or money can significantly disrupt your holiday. It is compulsory that you take out comprehensive travel insurance before you travel. Contiki has the right to refuse travellers without the required insurance cover to join our trips. Your insurance must cover personal injury, death, medical expenses, repatriation expenses and evacuation expenses. We strongly recommend your insurance also covers cancellation, personal liability and loss of personal property. If you intend to participate in adventure sports and activities when travelling then please ensure your policy covers such. Some policies exclude certain adventure activities.

HEALTH/VACCINATIONS

Travel insurance is compulsory on our trips. It is compulsory that you take out comprehensive insurance cover for cancellation, personal injury, death, medical expenses, repatriation expenses and evacuation expenses before you travel on a Contiki trip.

We strongly recommend your insurance also covers cancellation, personal liability and loss of personal property. Some policies exclude certain adventure activities, please check that you are covered for all of the activities that you are going to be participating in. Visit contiki.com/insurance for more info.

If you suffer from any form of illness, be sure to have an adequate supply of medicines with you on tour. It's important to advise us through your travel agent of any important medical conditions you may have, before departure. Vaccinations are not required unless a traveller has travelled through an infected area within 14 days of arrival in New Zealand.

MONEY IN NEW ZEALAND

In New Zealand there is one currency, the New Zealand dollar, NZ\$. In paper notes you'll find \$100, \$50, \$20, \$10 & \$5. The coins available are \$2, \$1, \$.50, \$.20 & \$.10

ACCESS TO MONEY

We highly recommend that you carry your currency in a number of different ways (cash, credit cards, pre-paid debit cards) so that you have access to money at all times while you're on tour.

PRE-PAID DEBIT CARDS

These cards can be purchased via a company such as Travelex or through most major retail banks. They operate like a regular debit card & provide a safe & portable way to carry your money. Simply use a cash machine in New Zealand to withdraw NZ dollars from your pre-paid account. Travelex or your bank will provide advice as to what currency is best to initially load onto your card.



CREDIT CARDS

All major credit cards are accepted in New Zealand, including American Express, Diners Club, Visa & MasterCard. Always remember to guard your card, even on holiday:


- Check the expiry date of your card when making travel plans
- Ensure you know your P.I.N. Memorise it. Don't write it down.
- Ensure that your card is kept in view at all times when paying for goods & services
- Ensure that the total amount of your purchase is entered on the sales voucher before you sign it
- Check that you have received your credit card back after using it for payment
- Retain all copies of sales vouchers until you have verified them against your statements
- Insist that all 'spoiled' sales vouchers are destroyed in your presence
- Only carry your cards on your person or in your hand luggage
- Never leave your cards unattended in your hotel rooms, vehicle or any other place
- Treat your cards as you would cash
- Report immediately the loss or theft of your credit cards

The international numbers you should call to report the loss of your credit cards are:

Mastercard:	0800 449 140	(Call Free)
Visa:	0508 600 300	(Call Free)
American Express:	0800 656 660	(Call Free)

Zephyr

Zephyr's the place!
relaxed atmosphere
friendly staff
Sample the "big boys" and enjoy
the social side of Queenstown.


SEARCH ON
FACEBOOK

No.1 Searle Lane, Queenstown NZ

BUDGETING

The amount of extra money you will need to cover expenses such as nightlife, drinks, & gifts and depends entirely on personal tastes & lifestyle. As a rough guide, we suggest you budget approximately NZ\$100 per day.

In New Zealand, there is 15 % GST (Goods & Service Tax, included in the price) on all items (food, clothing, alcohol, souvenirs etc.)

NB: The above is only a guideline & does not include costs of ME Time optional activities.

SHOPPING

During your trip, you will be given the opportunity to see various demonstrations of local craft making where you may also decide to purchase items. The various shops are selected for their standard of demonstration, service & because they guarantee their products. These shops, however, are private businesses & have no connection with Contiki Holidays. Any decision to purchase goods from them is, therefore, entirely up to you. Often, various shops will provide a mail service, but please be aware that it can take a long time for the goods to arrive home & when they arrive they may be liable to customs & excise duty. Customs & excise regulations are different in every country & we recommend you obtain a copy of these before you leave home.

Queenstown's best kept secret...
 "The Money Shot"
 Get lost until the wee hours
 upstairs at Bar Up!

Upstairs, Cnr Searle Lane & Eureka Arcade Queenstown
 party@barup.co.nz (03) 442 7067

BAR UP ON
 FACEBOOK

DEEP VEIN THROMBOSIS (DVT)

Although DVT is rare, we love our travellers & keeping healthy before, during & after your trip is important. If you are flying to &/or from your trip, please read the DVT info below for our hints on what to look for & how to minimise any risks.

WHAT IS DVT?

DVT is when blood clots develop in the veins of the legs, the groin & sometimes the arms. For some people, the risk of DVT can significantly increase after a flight of four hours plus, & it's important to note that it can take a few days before the side effects of DVT become known. If you're on tour & you feel any symptoms below then let your Trip Manager know.

FACTORS CONTRIBUTING TO DVT INCLUDE

- Immobility or cramped seating positions
- Flying
- Recent major surgery
- Personal or family history of DVT, heart disease or Pulmonary Embolism
- Cancer, pregnancy, obesity, or if you're taking contraceptive pills

THE SIGNS & SYMPTOMS

- Redness or skin discolouration, warmth, hardening & swelling in the ankles, calves or thighs
- Tenderness &/or pain on walking, raising or flexing the foot

HOW CAN YOU LOWER THE RISK?

- Make more leg room (pop your hand luggage in the overhead lockers)
- Try not to sit with your legs crossed
- Try some of the exercises listed on the right
- Elevate your legs whenever you can
- Wear your favourite comfy threads when travelling
- Take a short walk every 2-3 hours
- Drink plenty of fluids & keep hydrated
- Avoid too much alcohol & taking sleeping tablets
- If you think you're at risk – throw on some compression stockings for your flight

OUR TOP EXERCISES TO KEEP YOU MOVING...

- Bend & straighten your legs, feet & toes regularly
- Press the balls of your feet down hard on the floor
- Take a short walk

DVT TOP EXERCISES



Take advantage of any breaks by getting off the coach & stretch your legs.

You can also exercise whilst seated. Use the following movements to keep your circulation moving & to avoid getting stiff:



Bend & straighten your legs, feet & toes.



Press the balls of your feet down hard against the floor.



Perform regular upper body movements & breathing to relax the back & shoulders.



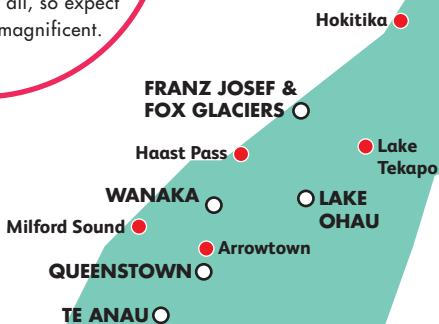
Make sure you drink water regularly to avoid becoming dehydrated.

WHERE WE TAKE YOU

NEW ZEALAND

Ski New Zealand

New Zealand & skiing? You better believe it. The crisp powdery slopes of Queenstown are first class whether total beginner or seasoned pro, and the views? Well this is New Zealand after all, so expect nothing short of magnificent.



Insurance

Travel Insurance is not only a good idea, it's compulsory when you travel with us. Buy it online before you travel at contiki.com/insurance.

- Nightstops
- Places visited
- ★ Special Stopover



Available at most
accommodation across
Australia & New Zealand.

Stay Longer

For exclusive hotel rates
before and after your
trip visit [contiki.com/
staylonger](http://contiki.com/staylonger)

Get Around in Comfort

For transport, we keep it classic – our sleek, efficient and damn comfortable coaches make the journey half the fun. Think reclining seats, WiFi, movies, and prime napping opportunities.



DART RIVER JET

WILDERNESS SAFARI



DART RIVER JET

FUNYAK SAFARI

The only operator on the Dart River invites you to get involved in one of two fantastic experiences.

WILDERNESS Safari jet boat far into the World Heritage area, forest, wild rivers and high country life. FUNYAK Safari and get involved with nature by jet boating up Dart River and drift down exploring the side streams. Book your place today.

**DART RIVER**
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NEW ZEALAND'S MOST SENSATIONAL JOURNEY

www.dartriverjetsafaris.com

A true NZ experience from...

NGĀI TAHU Tourism

CONTIKI ON THE ROAD

ON-ROAD TEAM TRIP MANAGER

Think of your Trip Manager as your walking, talking guidebook. They're there to help you make the most of each day. They've been on an intensive training trip so they really know their stuff & can't wait to share it all with you. Best of all they take care of all the organising – accommodation, sightseeing, optional activities, etc – so that you don't have to.

YOUR DRIVER

Our Trip Drivers are well trained to handle jam-packed streets & busy motorways. They know their way around, so you can sit back & relax. Best of all, they'll drop you right at your door so you won't have to lug your bags around.

WHERE YOU STAY

On all trips, you will experience a whole variety of accommodation that has been specially chosen by Contiki for their local flavour. The location & atmosphere of these nightstops enable you to fully enjoy the surrounding area & are one of the many highlights of your trip of New Zealand. Your hosts are locals who know their region inside out so it's the best opportunity to get to know New Zealanders & their way of life. Breakfast is included every morning. For lunch, there's an opportunity to go your own way, so you can meet some locals & try all kinds of new foods unique to New Zealand. Some evening meals are included in your trip price, like a rooftop dinner in Queenstown to a traditional Maori hangi & concert in Rotorua, or fish 'n' chips in the bay. Your Free Time is also a great opportunity for a night out to sample more of the local cuisine like NZ lamb, delicious green lipped mussels, plus much more. Your Trip Manager can advise on some other great places to go for some great local cuisine.



HOW WE TRAVEL YOUR COACH

Our modern air-conditioned coaches are some of the best in New Zealand & we update our fleet regularly to make sure they're environmentally friendly. Then there are the Contiki extras like panoramic windows, a stereo sound system, reclining seats, a toilet, & powerpoints for 'charging on the go' (don't forget your power adaptor). We've also got WiFi on board most coaches! Perfect for keeping your friends updated on where you're at!

Since you'll spend a bit of time on the coach travelling from place to place, your Trip Manager will explain the best ways of enjoying your time & keeping the coach comfortable for everybody on board.

Your comfort is our top concern & the toilet on the coach is for everyone to use. We do make frequent stops every few hours where you will have the opportunity to buy a drink or snack, smoke (if you do) & use other toilets.

Note: New Zealand law prohibits any consumption of alcohol (or smoking) on board the coach.

VIDEO & MUSIC ON BOARD

All our coaches are fitted with video players & full stereo systems. As our supply of music is not inexhaustible, you are invited to bring along your favourite tunes. You'll be able to take it in turns to choose the music. A guitar is welcome on board the coach – but it is your own responsibility.

EXPERIENCE THE KAITIAKI DIFFERENCE!

World's Highest Commercially Rafted Waterfall

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RIVER PEOPLE

Freesphone 0800 338 736 www.raft-it.co.nz

SITUATED WITHIN THE ROTORUA 3D MAZE, ROTORUA, NEW ZEALAND

SMOKING

Smoking is not permitted on New Zealand touring coaches. However, during each journey frequent stops are made, when you can smoke if you wish. In New Zealand, smoking is also not permitted inside.

HEALTH & HYGIENE

It's important to look after your health whenever you are travelling, as you may have more late nights & early mornings than you do at home. Also, different air, water, food & lifestyle can reduce your resistance to sickness & you may find a course of vitamins will help you. Please keep these points in mind while travelling – sickness can reduce the enjoyment of a wonderful holiday. Your Trip Manager will give you some hints on how to stay healthy while on tour, & will also be able to provide you with obtaining medical assistance if you require it. If you are on a regular course of medicine/contraception, it is a good idea to bring a supply sufficient for the whole time you are away from home as your particular medicine and/or brand may not be readily available in New Zealand.

NB: It is very important you continually maintain high standards of personal hygiene to minimise the risk of infection & illness on tour. Your Trip Manager will provide you with helpful hints relating to your trip.

PHOTOGRAPHY

New Zealand is a haven for the photographer within, so ensure you have enough storage space on your memory cards. Your Trip Manager will try to allow as much time as possible for the taking of photographs. There may be the odd occasion, however, when it could be difficult & impractical to stop the coach.



TIPPING

Every country in the world has different tipping customs & in Australia & New Zealand, tipping is common practice within service industries. Tipping is totally optional & only given if you feel the service has exceeded your expectations. If you think your Contiki Team have done an exceptional job then you may wish to tip them. This is entirely discretionary – it's completely up to you. No compulsory tipping – reward only excellence!

LAUNDRY FACILITIES

Depending on the length of your trip, it's a good idea to start the trip with enough clothes to keep you going for at least a week, so if it does take you a while to get the opportunity to do washing, you won't be caught out. Ask your Trip Manager for any info on accommodation where laundry facilities are available. Laundry services are available at extra cost.

WINTER DEPARTURES

On our Winter departures, please bear in mind the inconsistency of the weather & the shorter daylight hours. For these reasons, it may be necessary to make earlier starts & it may not be possible to offer all our Free Time Add-Ons. During the winter months, these colder periods can be used by some public works departments to decorate, renovate or renew exhibitions & therefore some public buildings could be closed. There is, however, the added advantage of less crowded museums, restaurants, etc. when travelling during this time.

FREE TIME ADD-ONS

A Contiki New Zealand trip is all about exciting 'once in a lifetime' outdoor adventures that really get the adrenaline pumping. Some of these are included in the trip price, which we call No Regrets Inclusions.

Free Time Add-Ons are optional activities available at an extra cost that allow you the freedom of tailoring your holiday so you can see & do what you enjoy. There is a wide range of optional activities available before, during & after your trip. To assist you with planning your budget, a list of Free Time Add-Ons will be sent to you with your travel documents.

Note: Contiki does not operate, nor has any liability for, any listed activities on your trip. These are the responsibility of third party operators. Please remember that all adventure activities are undertaken at your own risk. For any that you choose, your Trip Manager will make firm bookings in advance & you will be liable for the cost.



WHERE YOUR TRIP STARTS

DEPARTURE POINTS

Check final documents for your trip departure time.

AUCKLAND

President Hotel Auckland, 27-35 Victoria St West, Auckland.
Tel: (09) 303 1333

QUEENSTOWN

Jucy Snooze Hotel, 47 Camp Street, Queenstown. Tel: (09) 379 6634

CHRISTCHURCH

Breakfree on Cashel, 165 Cashel Street, Christchurch.
Tel: (03) 360 1064

WELLINGTON

Abel Tasman Hotel, 169 Willis Street, Wellington. Tel: (04) 385 1304

PRE-DEPARTURE KICK-START MEETING

Please bring your passport to the meeting & your Contiki 'Ticket to Ride' vouchers. Afterwards, most of you will want to go out together for a meal – ask your Trip Manager for the best value places in town.

IF YOU MISS THE COACH

Should you miss the Contiki coach on the day of departure, check with the Hotel reception or contact Contiki Operations on (09) 300 1535. Contiki will help arrange for you to catch up with the trip, but you will be responsible for any expenses incurred.



NOTHING CLOSER
gets you

Karetoto Road, Wairakei Tourist Park
(10 minutes north of Taupō)



0800 4 THRILLS



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hukafallsjet.com



hukafalls JET
THE MOST THRILLING BY NATURE

AUCKLAND

CONTIKI'S ACCOMMODATION IN AUCKLAND:

President Hotel

27-35 Victoria Street West, Auckland 1010. Tel: (09) 303 1333.

HOW TO GET THERE

All domestic & international travellers arriving into Auckland Airport can make their way to the President Hotel by using Sky Bus Airport Express. Sky Bus departs both terminals every 20 minutes & tickets can be purchased from the driver.

Sky Bus operates 24 hours a day, 7 days a week, 365 days a year. Another alternative getting to the city is in a Shuttle van. You can book a transfer with Super Shuttle, freephone 0800 748 885 for reservations & prices (or locate them in the "Shuttle" area outside the airport terminal building).

AUCKLAND'S DON'T MISS: SKY TOWER

Rising above the Sky City Casino, the tallest building in the Southern Hemisphere at 328 metres (1,000 ft), provides wonderful views of Auckland city & the surrounding area. The Tower also includes a selection of interactive displays.

KELLY TARLTON'S UNDERWATER WORLD

At road level, motorists heading out along Auckland's scenic Tamaki Drive could not be blamed for believing it was all harbour vistas, sail boats, cappuccinos & ice creams, but all is not as it seems... In a subterranean world, penguins parade in a wonderland of ice & snow, while sharks, giant eels, stingrays & scores of shimmering fish swim the ocean like depth, this is Kelly Tarlton's Antarctic Encounter & Underwater World.

DEVONPORT

A short ferry ride from the Downtown ferry building is the North Shore's suburb of Devonport. The collection of shops & cafés offer a village atmosphere & the climb up Mt Victoria rewards you with beautiful harbour views towards the city & beyond. Or maybe a lazy afternoon on the lawn by the water's edge is for you?



VIADUCT HARBOUR

Conveniently located in Downtown Auckland the Viaduct is home to a great collection of restaurants & bars, the National Maritime Museum & a superyacht marina. A great place to absorb the excitement of the Auckland harbour, daytime or nighttime!

USEFUL INFORMATION

BANKS:

Monday - Friday: 9:00am to 4:30pm
Saturday & Sunday mall hours if located in a shopping mall

CHEMIST: AFTER HOURS

Newmarket Day Night Pharmacy (emergency pharmacy),
160 Broadway, Newmarket, Auckland City.
Tel: (09) 520 6634, Open 9:30am to 12 midnight (7 days a week)

POST OFFICE:

Auckland City Postshop, Citibank Building, 23 Customs Street,
Tel: (09) 302 1059.

Monday - Friday: 8:30am to 5:30pm
Saturday: 9:00am to 2:00pm

SHOPPING: QUEEN STREET, AUCKLAND CITY:

Monday - Thursday: 9:00am to 6:00pm
Friday: 9:00am to 9:00pm
Saturday: 10:00am to 6:00pm
Sunday: 10:00am to 4:00pm

NEWMARKET:

Monday - Wednesday: 9:00am to 5:30pm
Thursday - Friday: 9:00am to 7:00pm
Saturday - Sunday: 10:00am to 5:00pm

PARNELL:

Monday - Friday: 9:00am to 5:30pm
Saturday & Sunday: 10:00am to 4:00pm

KARANGAHAPE ROAD:

Monday - Friday: 9:00am to 5:30pm
Saturday: 9:30am to 12:30pm

CHRISTCHURCH

CONTIKI'S ACCOMMODATION IN CHRISTCHURCH:

BreakFree on Cashel,
165 Cashel Street,
Christchurch 8011.
Tel: 0800 448 891.

HOW TO GET THERE

All domestic and international travellers arriving into Christchurch Airport can make their way to their hotel using the Super Shuttle service. Tickets can be purchased from the driver. This service departs regularly from outside the terminals on the Shuttle/Taxi ranks. The Shuttle company can also transfer you back to the airport. Call Toll Free 0800 748 885 for Super Shuttle reservations & prices.

GETTING AROUND CHRISTCHURCH

Following the 22nd February 2011 earthquake that struck Christchurch some areas of the central city area is currently closed to the public. However, visitor attractions in areas surrounding Christchurch are still open. For up to date info on what visitors attractions are open & what activities are available please ask at the hotel reception or telephone the Christchurch Isite (Tourism information centre) +64 (03) 379 9629.

CHRISTCHURCH'S DON'T MISS...

The River Avon flows through Christchurch & is lined with gardens & trees. Early settlers wanted to call it The Shakespeare. The Christchurch Town Hall is an example of New Zealand architecture & worth a visit as is Christs College – considered by many as 'THE' school in New Zealand. Nearby are the luscious Botanical Gardens, some say they are the most beautiful in the world, open daily, from sunrise to dusk. Christchurch Museum & Art Gallery in the Botanical Gardens are also worth a browse, open every day from 9am to 5pm. Ferrymead Historic Park includes a 100-acre Time Machine, with all kinds of restored vehicles, machines & buildings, including a fully operational railway & tramway. Open daily 10:00am to 4:30pm.

OTHER THINGS TO DO:

- Hire a bike & cycle through Hagley Park.
- Go punting on the Avon River.
- In winter, take a day trip to Mt Hutt – Ski field in the sky.
- Visit the scenic Mt Cavendish Gondola.

USEFUL INFORMATION

BANKS:

Monday - Friday:	9:00am to 4:30pm
Tuesday:	9:30am to 4:30pm

PHARMACIES, POST OFFICES & SHOPPING:

For details on urgent pharmacies, the closest Post Office & the best shopping areas, please see hotel reception or contact Christchurch Visitor Information on (03) 379 9629.



shotover Canyon SWING

queenstown - new zealand

THE
WORLD'S
HIGHEST
CLIFF JUMP



*"In this jungle of adrenalin,
this is the GORILLA!"*

Brad, Aus

Shotover Canyon Swing is an intense, undie staining, adrenalin stimulating activity achieved by launching yourself from a cliff mounted platform. You'll reach speeds of up to 150kph as the rocky cliff face rushes past you in a 60m vertical freefall, the ropes then smoothly pendulum you into a giant 200m swing across the famous Shotover River. With over 70 different solo and tandem jump styles we can expertly manage the scariness for everyone.

109m	High
60m	Freefall
200m	Swing
Solo + Tandem	

JUMP
70+
STYLES

special deal!
(ask your tour manager)

www.canyonswing.co.nz

QUEENSTOWN

CONTIKI'S ACCOMMODATION IN QUEENSTOWN:

Jucy Snooze Hotel, 47 Camp St, Queenstown 9300. Tel: 0800 427 736

HOW TO GET THERE

All travellers arriving into Queenstown Airport can make their way to the Jucy Hotel using the public bus (Orbus), the terminal is located outside the airport entrance. Tickets can be purchased from the driver. This service departs regularly from outside the terminals. Shuttle/Taxi ranks are located outside the terminals also.

GETTING AROUND QUEENSTOWN

The hotel is located in the heart of the city so everything is in a short walking distance. Taxis & shuttles and the public bus are also available at a reasonable cost if you wish to travel outside the city. Speak to the staff at hotel reception for further information.

QUEENSTOWN'S DON'T MISS...

Most of Queenstown's main attractions can be seen on your trip. Here are a few suggestions on other activities in the area.

- Hire a mountain bike & explore the local area
- Try high country fishing
- In summer, go sailing or water-skiing on Lake Wakatipu
- In winter, try snow skiing on one of Queenstown's nearby ski fields
- Take on one of the areas world famous walks
- Go whitewater rafting, skydiving & bungy jumping



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WELLINGTON

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Mercure Abel Tasman Hotel, 169 Willis Street, Wellington 6011.

Tel: (04) 385 1304

HOW TO GET THERE

All travellers arriving into Wellington Airport can make their way to the Abel Tasman Hotel using Super Shuttle. Tickets can be purchased from the driver. This service departs regularly from outside the terminals on the Shuttle/Taxi ranks. Call Toll Free 0800 748 885. Alternatively take a taxi from the airport to the hotel. Wellington Combined Taxis are a reputable operator & they are located in the taxi rank immediately outside the terminal.

GETTING AROUND WELLINGTON

Wellington's main shopping areas are Lambton Quay, Willis Street & Courtney Place. The hotel staff will be happy to advise you of day trips in & around the city.

WELLINGTON'S DON'T MISS TE PAPA - NATIONAL MUSEUM

(55 Cable Street) New Zealand's largest & most modern museum, opened in 1998, contains both local & international exhibits & artefacts. Open 7 days 10:00am to 6:00pm, late night Thursday to 9:00pm. Admission free.

HOUSES OF PARLIAMENT

(Molesworth Street) Conducted trips leave from the Houses of Parliament's ground floor every day except Christmas, Boxing & New Year's Day. Check for details of time. Tel: (04) 817 9503.

MICHAEL FOWLER ARTS CENTRE

(Wakefield Street) Named after the former Mayor of Wellington, Sir Michael Fowler, who was determined the capital would have a new & grand town hall.

WELLINGTON ZOO

(Newtown) Open daily 9:30am to 5:00pm.

CABLE CAR & BOTANICAL GARDENS

Wellington boasts one cable car which whisks you straight up the hillside from Lambton Quay past Victoria University to the Botanical Gardens.

USEFUL INFORMATION

BANKS:

Monday - Friday: 9:00am to 4:30pm

TAXIS:

Wellington Combined Taxis. Tel: (04) 384 4444.

SHOPPING:

Monday - Friday: 9:00am to 5:30pm

Saturday: 9:00am to 4:00pm

POST OFFICE:

The nearest Post Office is on Manners Street, a five-minute walk from the hotel.

Monday - Friday: 8:30am to 5:30pm

Saturday: 9:00am to 3:00pm

CHEMIST:

Wellington Urgent Pharmacy

17 Adelaide Road, Wellington. Tel: (04) 385 8810

Monday - Friday: 9:00am to 11:00pm

Saturday, Sunday

and Public Holidays: 8:00am to 11:00pm

RECEIVING MAIL ON TRIP

If you like receiving mail while you're on holiday, you can! To ensure your mail finds its way to you, make sure you advise your friends & relatives to put your trip code & arrival date as well as your name & address on the envelope. Contiki cannot accept responsibility for mail or lost correspondence.

e.g. Mr. John Smith

Contiki Trip - The Big Tiki

Arrival Date: 16 August 2017

c/o Breakfree on Cashel Hotel

165 Cashel Street

Christchurch

NEW ZEALAND

Important: please advise your friends & family to:

1. Use Airmail only.
2. Always show a return address on the envelope.
3. Airmail at least 10 days from Australia (two weeks all other countries) prior to your arrival at any given place.

MAILING ADDRESSES**AUCKLAND**

President Hotel, 27-35 Victoria Street West, Auckland 1010.

CHRISTCHURCH

Breakfree on Cashel, 165 Cashel Street, Christchurch 8011.

QUEENSTOWN

Jucy Snooze Hotel, 47 Camp Street, Queenstown 9300.

WELLINGTON

Mercure Abel Tasman Hotel, 169 Willis Street, Wellington 6011.



A BIT ABOUT NEW ZEALAND

Get in the know before you go. The following pages contain background notes on the history & geography of New Zealand.

GENERAL

New Zealand is situated in the South Pacific just west of the International Dateline.

It is approximately 1,600 kilometres south east of Australia, 9,000 kilometres from Singapore & 11,000 kilometres south west of San Francisco. The two major islands of New Zealand, the North & South Islands, are separated by the narrow Cook Strait and give the country a combined area of approximately 269,000 square kilometres.

New Zealand has some spectacular scenery in a relatively compact area. The scenery varies from amazing snow capped mountains, deep lakes, sub-tropical rainforests, glow worm caves to glaciers & snowfields, volcanoes, beautiful white sand beaches & thermal geysers.

Mountains are a feature of New Zealand, covering a large part of the South Island & central North Island. There are 19 peaks over 3,000 metres, the highest being Mount Cook at 3,754 metres. This also makes for some great winter skiing conditions in places like the central North Island & in the South Island at places like Queenstown & Wanaka.

COMPARATIVE SIZE OF NZ TO OTHER COUNTRIES:

COUNTRY	AREA (THOUSAND SQ.KM)
New Zealand	269
United Kingdom	244
Japan	368
Australia	7,707
USA	9,363
Canada	9,961

CLIMATE

The climate in New Zealand can vary, with gorgeous sunny days in the summer, to crisp but fine days in the winter (and snow in some places too!) Temperature variations between the seasons aren't huge, but in the central South Island some wider ranges can be recorded.

The sunshine average is about 2,000 hours annually, with rainfall for the greater part of the country ranging between 60-150 cm annually.

A SHORT SLICE OF HISTORY

When New Zealand was discovered by the Dutch navigator Abel Tasman in 1642, it was found to be already inhabited by the Maori people who had migrated from Polynesia in oceangoing canoes (Wakas). Maori history supports the view that the migration was spread over several generations & perhaps centuries, with the last major migration in approximately 1350.

A number of further voyages followed, such as James Cook who in was the first European to set foot on New Zealand. His extensive charting of the New Zealand coastline dispelled the myth that the West Coast, first charted by Tasman, was the coastline of the 'Great Southern Continent' that was believed to exist by leading geographers of the time.

The first European settlers arrived in 1792 & in following years coastal whaling stations were established & missionaries arrived from places like the UK.

Colonisation began in 1825, but it wasn't until 1840 that any major scheme showed success. The immediate effect of European contact was the outbreak of a series of wars between colonists & the Maori. However, after 1870 there was no further hostilities & a lasting peace has prevailed since that time.

British Sovereignty was formally proclaimed over New Zealand in 1840 by Captain Hobson with the Treaty of Waitangi, however all territorial rights remained with the Maori Chiefs & their tribes.

In 1861, gold was discovered in the South Island around areas such as Arrowtown & the West Coast, leading to a huge influx of miners from around the world. The gold rush increased wealth & population, as well as stimulating economic & political growth in New Zealand. In 1907, New Zealand became a fully self-governing nation within the then British Empire. Complete autonomy from Britain was not gained until 1947 when the Statute of Westminster (1931) was formally adopted by the New Zealand Government.

New Zealand is a member nation of the Commonwealth & during World War I & World War II, New Zealand troops fought with British & allied troops & New Zealand soldiers were sent both to Korea & Malaysia in the 1950s & Vietnam in the 1960s.

Historic & economic links with Britain, Western Europe & Australia have remained, but more recently New Zealand's relationships have widened to include South East Asia, the South Pacific & many other areas of the world.

THE PEOPLE

Of New Zealand's population of 4.3 million, approximately 75% live in the North Island. 85% live in urban areas, while 65% of this number are concentrated in eight major centres. Here are some approximate figures to give you an idea:

Auckland 1,500,000, Wellington & Hutt 450,000, Christchurch 350,000, Hamilton 130,000, Dunedin 118,000, Napier & Hastings 125,000, Palmerston North 75,000 and Invercargill 50,000.

New Zealand is a multi-cultural society & here's an idea of our diverse Kiwi culture.

	% of Population
European	68
Maori	15
Polynesian	7
Chinese	4
Indian	3
Other	3

THE MAORI CULTURE

The Maori people are the original settlers in New Zealand whose migrations are thought to have preceded European settlement by around 400-500 years.

Maori have a unique culture & many special customs, which you'll enjoy experiencing & learning about when you travel in New Zealand. Traditional Maori art & craft continues today, with the art reflecting the Polynesian origins of the Maori. It has a distinctive & unique form, ranging from intricately designed wood carvings, to weaving, stonework & tattooing.

NEW ZEALAND'S GOVERNMENT

New Zealand is a self-governing Member of the Commonwealth of Nations, with its seat of Government in Wellington.

The Crown is represented by a Governor-General appointed by the Queen. Parliament consists of one House, the 'House of Representatives' & elections are held every three years. The two main political opponents are Labour & National Parties. Maori votes are allocated seven of the 120 seats in the House of Representatives, with Maori voters having the choice of voting on the Maori or European roll. In defined urban & country areas, a system of local government has jurisdiction over rating, roads, building & general local administration.

RELIGION

New Zealand has a wide range of religious diversity, with freedom of religion being protected since the signing of the Treaty of Waitangi in 1840.

AGRICULTURE

New Zealand is a major agricultural producer - the country's main export. New Zealand has become the biggest exporter of sheep, meat & dairy products in the world & is also the second largest exporter of wool. These three exports account for 64 per cent of the country's total exports. In addition, a wide & expanding range of annual crops is grown.

CROPS

Grain production, fruit growing & berry-fruit cultivation are important forms of New Zealand agriculture.

DAIRYING

Due to the climate in New Zealand, grass grows the year round, so with this good growing climate along with stable rainfall, has assisted the dairy industry in its role as the world's biggest & most efficient exporter of dairy produce like butter & cheese.

WOOL

New Zealand's climate means it's ideal for sheep farming. High-country farms concentrate on wool production, while the more fertile lowland farms - carrying up to 13 sheep per hectare - specialise in lamb & mutton production.

With about 40 million sheep on farms, it's not surprising that New Zealand is the third-largest producer & second-largest exporter of wool in the world.

LANGUAGE

English & Maori are the official languages of New Zealand. Many place names are Maori names, so you'll get used to the pronunciation of names & places whilst visiting. All consonants are pronounced as in English, except 'wh' which is generally pronounced as 'f' & 'ng' which is pronounced as in 'sing'.

FOREST INDUSTRY

After agriculture, forestry is the most important industry. There are more than 750,000 hectares of fast-growing planted forest in the country as a result of over 20 years of extensive planning, development & cutting of earlier, mature forested areas. Forests of native New Zealand tree species cover about 6.2 million hectares of the country.

Forest industries produce timber, wood pulp, newsprint, wrapping papers, carton boards, printing papers, building boards, plywood, veneers, turpentine, tall oil & other products for export while supplying about 90% of New Zealand's own forest product needs.

INDUSTRY

Over 308,000 New Zealanders are employed by the country's manufacturing industries. These include processing plants for textile & leather goods, fruit & vegetables, tobacco, rubber goods, plastics, building bricks, tiles, cement, plywood, hardboard, paints & furniture. Aircraft engineering & manufacture, electrical cable production, the processing of chemicals, soap, cosmetics, pottery, glassware, cardboard cartons, wrapping paper, & the production of whiteware appliances also contribute to employment in the manufacturing industry.

New Zealand also processes natural mineral resources too, including oil refining, the processing of New Zealand's own off-shore oil & gas condensates, the smelting of aluminium, the mining of iron & deposits, & processing associated with steel & glass production.

FLORA

As New Zealand is so isolated from other countries, this has seen the country develop a native tree & plant list with a lot of unique species you won't find anywhere else in the world.

Native forest is varied, from high country 'beech' forests with their carpets of moss underfoot, to lush coastal rainforests with unique species like the 'nikau' (native palm tree) & many large tree ferns. Some of the native trees have been important timber producers, such as the kauri, rimu, totara & cacti.

FAUNA

New Zealand has no native land mammals apart from two rather rare bats. Recently however, imported pigs, goats, deer, rabbits, wallabies, weasels, ferrets, opossums & many others have established themselves here. There are no snakes & very little by the way of other harmful creatures. Our native bird fauna contains many unusual species, like the non-flying kiwi & weka, the bellbird & tui, kea's, moreporks or the native owl, the kotuku or white heron, & the fernbird. Along the extensive coastline are many seabirds, among them penguins & the great albatrosses in places like Dunedin. Lakes & rivers contain trout & salmon.



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