

# New Zealand South Island Nelson Lakes tour

7 Days / 6 nights Picton to Christchurch

This tour is a combined tour with Natural High and Pedaltours



**Pedaltours**  
VACATIONS FOR CYCLISTS SINCE 1985



Please bring this information with you to the tour start. Distances are given in kilometres. 1 km = 0.62 miles. Cycling distances given are entirely optional; cycle as little or as much as you wish each day, the shuttle van will always be available. Suggested cycling distances are given for each day, as follows:

*Cas = casual cyclists / Int = intermediate cyclists / Adv = advanced cyclists.*

The Nelson Lakes tour begins in Picton – the gateway to the South Island. It is a small town (pop.2,600) nestling under the bushclad hills of Queen Charlotte Sound, named by Captain Cook in 1770

Your options for reaching Picton are as follows: a.. Fly to Auckland, then fly to Wellington and take the ferry to Picton. Please visit [www.interislander.co.nz](http://www.interislander.co.nz) for further information. b. Our guide will be driving from Christchurch to Picton on the meeting day; please let us know if you would like a ride in the minibus with the guide. This journey will now take approximately 7-8 hours due to temporary road closures.

## MEETING DAY / DAY ONE: Picton

We meet at 4.00 pm at Picton Beachcomber Inn, 27 Waikawa Rd, Picton.

Get to know your fellow riders over a delicious lunch at a sea-front café in Picton. Green-lipped mussels are a local specialty. Your tour leader will then hold a trip orientation meeting and fit you to your rental bikes.

We will then take a short ride of around 20 kilometres on a quiet coastal road to Whatamango Bay .

**Meals: L,D**

## DAY TWO: Picton to Pelorus Bridge

Picton to Nelson: (pop 46,200) adv. 110km/ 69 mi

Picton to Havelock: cas. 35km/ 22 mi

Picton to Pelorus Bridge: Int. 56km/ 35 mi

### Highlights and Points of Interest

A spectacular ride through Queen Charlotte Drive, native bush and over Pelorus Bridge.

The quiet back road follows the Motueka River and Nelson Lakes National Park.

We climb out of Picton along a delightful, twisty little coastal road to Mahau Sound and the sleepy town of Havelock, from where the mail boat leaves. The town's claim to fame rests on the fact that two scientific giants grew up here: Ernest Rutherford, who was the first to split the atom, for which he won a Nobel prize in 1908, and later, William Pickering, who spent his career in the U.S. and directed the first successful satellite launches in the late 1950's in response to the Soviet Sputnik program. You will also notice many mussel farms along the Queen Charlotte Sounds.

After riding through dairy farming country we reach an attractive bush reserve at Pelorus Bridge where we have lunch. Due to traffic volumes from here, meet at Pelorus Bridge or Rai Valley to drive into Nelson over the climbs of Rai Saddle and Whangamoia Saddle. Keen riders may enjoy an additional (cycling) side trip to Okiwi Bay on a quiet road with excellent views.

The cathedral city of Nelson is New Zealand's sunniest city with its neighbouring orchards and sandy beaches.

**Meals: B,L,D**

### **DAY THREE: Nelson to St Arnaud**

Motueka to Kohatu: cas. 52 km/ 33 mi  
Motueka to Golden Downs: int. 56km/ 35 mi  
Motueka to St Arnaud: adv.97 km/ 61 mi

We drive 45 minutes to Motueka at the mouth of the river of the same name which empties into Tasman Bay. We cycle up the Motueka Valley, a delightful quiet road that passes apple orchards, berry farms, fields of hops, wineries and dairy farms before reaching open sheep country. After a picnic lunch at Tapawera we continue to climb through Golden Downs forest and mostly uninhabited country before a final descent to St Arnaud, set in beech forest by beautiful Lake Rotoiti ("little lake" in Maori).

**Meals: B,L,D**

### **DAY FOUR:**

St Arnaud to Murchison: 63 km / 39 mi

We take a short walk (up to 1 hour) in the beech forest by the lake before starting the day's ride. From St Arnaud we follow the Buller River downhill through sheep farming country to Murchison. There are virtually no towns or shops before Murchison, once a goldmining town and best known for the devastating 1929 earthquake.

**Meals: B,D**

### **DAY FIVE:**

Murchison to Westport (pop 3,900): adv. 97 km/ 61 mi  
Murchison to Berlins: cas/int 64 km/ 40 mi

There is the option (at extra cost) to raft down the impressive Buller Gorge to Lyell for lunch, or cycle the road which continues to follow the course of the Buller river. The river goes through a narrow gorge for parts of the route but other than the mining ghost town of Lyell and tiny Inangahua there are few services en route before we reach Westport and the sea. The sparsely populated West Coast is relatively isolated being cut off by the Southern Alps.

Westport was originally founded as a gold-mining town c.1860, then served as a port for shipping coal but is now mainly reliant on tourism and fishing.

Before dinner at a superb restaurant on the beachfront at Tauranga Bay, near Cape Foulwind, there will be a chance to visit a New Zealand fur seal colony and see cheeky black wekas (flightless native birds).

**Meals: B,L,D**

### **DAY SIX:**

Westport to Punakaiki (pop 75): int. 57 km/ 36 mi  
Westport to Charleston: cas. 26 km/ 16 mi

At Charleston, the only town en route, you may wish to go caving or underwater rafting. The rolling coastal road offers many spectacular views and delightful sandy coves. The Paparoa Range provides a backdrop of thick native bush and broken by limestone cliffs. At Punakaiki we will take a walk around Dolomite Point to explore the fascinating Pancake Rocks, where the sea has

#### **Highlights and Points of Interest**

Paparoa National Park and the impressive pancake rocks and blowholes at Punakaiki. Punakaiki Resort has a magnificent beachfront location; all rooms have a sea view. Former gold-mining town of Hokitika, also known for jade (greenstone) crafts and jewelry. Stay at the Beachfront hotel with views over the beach and vast Tasman Sea.

undermined the sedimentary rock and created spectacular layered rock formations and dramatic blow holes, especially at high tide.

**Meals: B,D**

**DAY SEVEN:**

Punakaiki to Christchurch

The morning is free to spend at your leisure; options include kayaking, walks in Paparoa National Park, or simply relaxing in the beautiful surroundings. In the afternoon we will drive you over Arthur's Pass to Christchurch where the tour ends.

It is here we say farewell, a safe journey home and hope to see you again one day.

**Meals: B,L**

**What's included**

Mostly 3 and 4 star lodges

6 breakfasts, 5 lunches & 6 dinners

Farm stay

Full minibuss support

Experienced guide/ cycle mechanic

Pedaltours souvenir cycle jersey or T-shirt

Daily route directions and coloured maps with profiles

Twenty nine years of experience in offering guided and fully supported cycle tours in New Zealand

**What's not included**

Any optional activities

Personal expenses

Bike hire

Gratuities, tipping is not expected in NZ but gratefully received. It is at your discretion whether or not to reward for excellent service.

**Route rating**

Moderate

**Accommodation Meal Details** B = Breakfast L = Lunch D = Dinner

**Accommodation**

**Day 1 (L,D)**

Beachcomber Hotel

27 Waikawa Rd, Picton

03 573 8900 [www.pictonhotel.com](http://www.pictonhotel.com)

Stunning harbour side location and only 2 minutes walk to Picton town centre.

**Day 2 (B,L,D)**

Rutherford Hotel

Trafalgar Square, Nelson

03 548-2299 [www.heritagehotels.co.nz](http://www.heritagehotels.co.nz)

The hotel is located in a prime spot only minutes walk from Nelson's landmark cathedral and main shopping district (including just a block away from Jens Hansen Goldsmiths, creators of the ring in The Lord of the Rings film trilogy).

**Day 3 (B,L,D)**

Alpine Lodge St Arnaud, Nelson Lakes National Park

03 521-1869 [www.alpinelodge.co.nz](http://www.alpinelodge.co.nz)

Luxury studios in an alpine design with mountain & bush views located on the first floor. Close to the beautiful Lake Rotoiti which is surrounded by a Beech forest and features a tramping track which circles the lake.

**Day 4 (B,D) Murchison Motel**

53 Fairfax Street, Murchison

03 523 9026 [www.murchisonmotels.co.nz](http://www.murchisonmotels.co.nz)

Contemporary four-star comfort, beautiful gardens and stunning facilities. Only a few minutes walk to cafes, restaurants and bars.

**Day 5 (B,L,D)**

Chelsea Gateway Motor Lodge

330 Palmerston Street, Westport

03 789 6835 [www.chelseagateway.co.nz](http://www.chelseagateway.co.nz)

In a central location only a few minutes walk to restaurants. The Buller River is also within walking distance and is one of New Zealand's longest rivers.

**Day 6 (B,D)**

Punakaiki Resort,

Punakaiki 03 731 1167 [www.punakaiki-resort.co.nz](http://www.punakaiki-resort.co.nz)

Beachfront accommodation with spacious modern rooms situated on New Zealand's wild west coast and only 300m south of the famous Pancake Rocks and Blowholes.

**Day 7 (B,L)**

Depart for Christchurch — or join us on the West Coast tour

**General Information****THE FOLLOWING INFORMATION HAS BEEN PREPARED TO ASSIST YOU IN PLANNING YOUR BICYCLE HOLIDAY IN NEW ZEALAND****PASSPORT**

Passports are required by all visitors to New Zealand except children under the age of sixteen accompanied by a parent, provided the child is included in a valid family passport. Passports must be valid for a period of not less than two months beyond the date the visitor intends leaving N.Z.

**VISAS**

A visa is not required by:

Australian passport holders

American passport holders for visits of up to three months

Canadian passport holders for visits of up to six months

United Kingdom passport holders for visits of up to six months.

**ENTRY PERMIT**

To land in New Zealand bona fide visitors must:

- \* Be in good health and of good character
- \* Intend a short stay only
- \* Hold onward passage (booked and paid for) to a country where they have right of re-entry.
- \* Have sufficient funds to maintain themselves during their stay in New Zealand. Such visitors will be granted a Temporary Entry Permit provided they do not intend to take up employment, to perform any activity for gain or reward, to study, to obtain medical treatment or to stay longer than the period indicated under "Visas" above.

## TRAVEL

Your travel agent will be able to assist with air transport. You may wish to shop around for the best fares, but be wary of discounted non-refundable tickets.

Flights from North America and Europe usually arrive in New Zealand between 6.00 and 9.00 am each day, which does allow time to reach our meeting point by noon. (See start time for your specific trip). However, we recommend arriving the day before if possible.

## **OUR COUNTRY**

### HEALTH REGULATIONS

Visitors entering New Zealand do not need any vaccination certificates provided they have not been in an infected area in the fortnight prior to arrival in the country.

If, within three weeks of arrival any visitor should develop any sickness such as skin rash, fever and chills, diarrhoea, vomiting or general malaise, then he/she should consult a doctor and advise that he/she has only recently arrived from overseas.

### MINISTRY OF AGRICULTURE REGULATIONS

If bringing your own cycle, please ensure that tyres are free of dirt; hiking boots likewise.

### WATER SUPPLY

New Zealand cities & towns have excellent public water supplies. In all cases, tap (faucet) water is fresh and safe to drink.

### CLIMATE

Seasons in New Zealand are the reverse of those in the northern hemisphere. New Zealand's weather is variable, summer temperatures are seldom excessively high with a comfortable average of 25 degrees Celcius for the North and 22 degrees Celcius for the South Island.

During the summer season the weather in New Zealand is pleasant and mostly sunny, but rain is not uncommon. The chance of rain is greatest on the west side of the South Island, near the Southern Alps. Be prepared for all types of weather to ensure that your trip is an enjoyable one.

See 'What to Bring List'

### POPULATION

New Zealand has a multi-cultural, predominantly Caucasian population of around 4.5 million. The indigenous Maori represents about 13% of the population, most of whom reside in the North Island.

### LANGUAGE

English is the common language of New Zealand; Maori is also an official language.

### TIME ZONE

From the last Sunday in October to the first Sunday in March New Zealand is on Daylight Saving Time which makes New Zealand 13 hours ahead of Greenwich Mean Time. (Five hours earlier than Western USA, on the next day). If you are travelling from the northern hemisphere you can expect to arrive 2 days after departing due to crossing the international date line. This lost day will be regained on your return. As New Zealand is close to the international date line, it is the first country to see the sunrise.

### CURRENCY

The currency in New Zealand is New Zealand dollars in \$5, \$10, \$20, \$50 and \$100 notes and coins in denominations of 10, 20, 50 cents and \$1 and \$2. There is no restriction on the amount of foreign currency that a visitor may bring into New Zealand by means of travellers' cheques, foreign bank notes and other means of payment. All major credit cards are readily accepted throughout New Zealand. Major credit cards can be used to obtain NZ currency from money machines (ATMs).

### BANKING

Banks are open between 9.00am and 4.30pm from Monday to Friday only. There is a currency exchange booth at Auckland and Christchurch International Airports, which is open for the arrival and departure of all international flights.

Additional funds are necessary only for the occasional meal, souvenirs, private side trips and other extras.

#### BUSINESS HOURS

Retail business hours are Monday to Friday 9.00 am to 5.30 pm and Saturdays 9.00 am to 1.00 pm. In cities and larger towns many shops will be open longer hours.

#### ELECTRICAL APPLIANCES

Electrical current is supplied domestically throughout New Zealand at 230 volts, 50 hertz. Equipment designed for different voltage will require a transformer although most hotels/motels provide 110 volt a.c. sockets (rated at 20 watts) for electric razors only. Power sockets in New Zealand accept three-pin plugs (with two slanting pins at the top and one straight one at the bottom) or similar adaptors.

#### METRIC CONVERSIONS (approximate)

DISTANCE		TEMPERATURE	
km / miles	miles / km	C / F	F / C
1 = 0.62	1 = 0.62	10 = 50	60 = 15.5
5 = 3	5 = 8	15 = 59	65 = 18.3
8 = 5	8 = 13	18 = 64	70 = 21
10 = 6.2	10 = 16	20 = 68	75 = 24
20 = 12.5	20 = 32	23 = 73.5	80 = 26.5
30 = 18.5	30 = 48	25 = 77	85 = 29.5
40 = 25	40 = 64	27 = 80.5	90 = 32
50 = 31	50 = 80	30 = 86	
80 = 50	60 = 97		

#### MEAL POLICY

Most meals are included. Please inform us if you are vegetarian, or have any other dietary requirements, and we will make every effort to accommodate you.

#### ACCOMMODATION

Although every endeavour is made to stay in the specified hotels, it may sometimes be necessary to use other accommodation, of similar standard, when seasonal shortages occur.

#### REST DAYS

Most tours have one or more rest days. Due to legal restrictions, the guides are not permitted to drive on these days.

#### TIPPING AND SERVICE CHARGES

New Zealanders do not depend on tips or gratuities for their income; while tipping is not customary it is gratefully received for good service.

#### TAXES

All goods and services in New Zealand are subject to a 12.5% Goods and Services Tax (GST) which is usually included in the displayed price. If not included it must by law be clearly stated. GST is refundable for goods sent out of New Zealand at point of purchase.

#### LAUNDRY FACILITIES

Laundry facilities are available at most hotels. Please see day by day itinerary.

#### MEDICAL AND EMERGENCY FACILITIES

Medical and hospital facilities, both private and public, provide a high standard of treatment and care.

Hotels/motels have individual arrangements with duty doctors for guest attention should illness occur.

Medical and hospital treatment is not free to visitors (except for injuries covered by Accident Compensation - see below) but is reasonably inexpensive compared to overseas countries. A doctor's consultation costs about NZ \$50. It is recommended that all visitors have health and travel insurance.

#### ACCIDENT COMPENSATION

If any visitor suffers personal injury by accident in New Zealand, he or she is entitled to limited compensation under the Accident Compensation Scheme, irrespective of fault. Most hospitalisation costs will be borne by the visitor.

#### TRIP CANCELLATIONS & INSURANCE

Please make sure you have read our Tour Terms and Conditions for our cancellation policy. We recommend all clients have full travel insurance for both medical and possessions.

#### TOUR PREPARATION

Pre tour preparation will help to make your trip more enjoyable. Although the support van is always available for a lift, the better shape you are in, the more you will be able to see from the seat of your bike.

If you are bringing your own bike, ensure it is in good working order and has a wide range of gears. (See Bicycle Maintenance Checklist and What To Bring, Cycling Clothing).

If you are new to cycle touring you should build up distance gradually. Riding with a friend will increase the enjoyment. Start at least two months before your holiday, with a ride of just 15 km (10 miles) on relatively flat terrain. For the first week ride every other day with a longer ride on Sunday. Gradually increase the frequency and length of your rides. After three weeks include some hills in your workouts. By the time you are ready to leave for your holiday you should be able to cycle 65 km (40miles) without feeling too tired and still have the enthusiasm to ride again the next day. If you live in an area not conducive to frequent cycling, try running or riding a stationary bicycle to build up your endurance.

#### MAPS / ITINERARY

Maps covering each day's route will be supplied giving a description of the terrain and a profile, and location of the night's accommodation.

#### UNDERSTANDING MAORI

The following words commonly form part of Maori place names.

AHI:	Fire	PA:	Fortified village
AO:	Cloud	PAE:	Ridge, or resting place
ARA:	Path	PAPA:	Broad, flat
ATA:	Shadow	PIPI:	Shellfish
ATAU:	God	PO:	Night
AWA:	River, channel, Valley	PUKE:	Hill
HAU:	Wind	RANGI:	Sky
HUA:	Fruit, egg	RAU:	Hundred, leaf
IKA:	Fish	ROA:	Long, high
ITI:	Small	ROTU:	A sleep-making spell
KAI:	Food	ROTO:	Lake
MA:	White or clear	TAHI:	One, single
MANGA:	Branch, stream	TAPU:	Forbidden, sacred
MANU:	Bird	TE:	The
MATA:	Headland	TEA:	White or clear
MAUNGA:	Mountain	TONGA:	South wind
MIMI:	Stream, creek	UMU:	Oven
MOANA:	Sea	WAI:	Water
MOTU:	Island	WAKA:	Canoe
MURI:	End	WHANGA:	Bay, inlet, stretch of water
MUTU:	End, finished	WHARE:	House

O:	Of, place of	WHATA:	Raised platform for storing food
ONE:	Mud, sand or beach	WHENUA:	Land, country

## WHAT TO BRING

Please limit your luggage to under 20kg/ 44lbs in weight- our guides find it easier to carry two small soft sided bags than one heavy bag. Mark luggage with your name, address and phone number with the luggage tag supplied.

### Cycling clothes:

- \* brightly coloured or high visibility clothing is strongly recommended
- \* brightly coloured T-shirts - to make yourself more visible.
- \* cycling shorts (highly recommended for comfort)
- \* long pants (or cycling tights)
- \* long-sleeve shirt
- \* brightly coloured waterproof rain jacket (better to ride in shorts than rain pants). It can rain at any time, particularly on the West Coast.
- \* lightweight jacket (or windbreaker)
- \* cycling shoes (or sneakers)
- \* cycling gloves
- \* socks & underwear

It is necessary to be prepared for all types of weather. Therefore, please include the following:

- \* long-sleeve warm shirt
- \* wool sweater  
(polypropylene or other synthetic fibres can be substituted for wool).
- \* wool hat, gloves and socks (for October or April trips)

### Off-the-bike clothing:

- \* pants, shirts, or dress for restaurants
- \* shoes for restaurants
- \* walking or hiking shoes and shorts for our bushwalks
- \* bathing suit (togs)
- \* pyjamas

N.B. Dining is very casual in New Zealand; formal wear is not necessary.

### Miscellaneous

- \* wallet (I.D., credit cards, cash)
- \* toiletries
- \* passport with 3 months' validity
- \* sunglasses
- \* sunscreen lotion and lip ointment
- \* insect repellent
- \* camera & film
- \* day pack (for hiking)
- \* 220 volt AC adapter (if bringing electrical appliances that use 110 volts AC)
- \* Small mirror that can be attached to sunglasses or helmet. NB: we cycle on the left hand side of the road in New Zealand

**NB The rear brake is operated by the left brake lever. This is law in New Zealand**

### CYCLING SAFETY - A FEW BASIC ROAD RULES

All traffic drives on the left in New Zealand.

Please keep to the left when cycling, especially on tight left-hand corners.

Give way to traffic approaching from the right at all intersections and roundabouts.

Left turning traffic gives way to right turning traffic.

Cyclists should not ride more than two abreast, and then only when traffic is very light and visibility good.

Road signs are international. Obey Stop signs and Give Way signs.

One Way bridges have Give Way signs one end.

Allow a full bike length between yourself and the cyclist in front.

Warn following cyclists when you plan on stopping.

If it should rain it will take a much greater distance to stop and your tyres will not have as much traction.

We drive out of busy cities and towns before commencing riding, so most cycling is on quiet roads, although we might meet medium density traffic approaching small towns.

Please take great care when approaching train tracks, tram tracks on the inner-city tram route in Christchurch, and "cattle-stops" on rural roads, particularly on the Port Hills near Christchurch. It is very easy for the wheel of your bike to get caught in these hazards, resulting in a nasty fall. Your guide will advise you where the hazards lie, and we strongly advise that you dismount and walk over these hazards.

#### BICYCLE EQUIPMENT:

The items below are included with bike rentals. If you are bringing your own bicycle, use the following list as a guideline for recommended equipment.

- \* bicycle helmet with vents
- \* two waterbottles
- \* handlebar bag with map case or rear trunk bag
- \* rear rack with straps
- \* toe clips & straps (optional)
- \* wide-range gearing, 27 gears
- \* puncture repair kit and tyre levers
- \* spare inner tube
- \* pump to suit valve (rental bikes use Presta (French) valves)

Tour leaders are able to do mechanical repairs. We carry a comprehensive tool kit & spares but no tubulars (sew-ups).

#### BIKE BOXES

You are welcome to store your bike boxes during the tour at our depot either in Auckland or Christchurch. If a one way tour, we can assist with arrangements for boxes to be sent to point of departure at owner's expense (cost from NZ\$40). There will be no room for bike boxes or carrying cases in the support vehicle.

If you need to transport your bike box to or from the airport, there are shuttle buses waiting outside the airport terminal. Many (not all) have trailers large enough to carry your bike box. There is a fee of NZ\$5 to carry a bicycle.

#### BICYCLE MAINTENANCE CHECKLIST

If bringing your own cycle the following checklist may be of assistance.

- \_\_\_ Tyres: in good order - no cuts or bulges, adequate tread  
& inflated to correct pressure (see sidewall for recommended pressure)  
We recommend 700 x 28mm or wider tyres
- \_\_\_ Wheels are held firmly in the frame - no play or tightness in the bearings
- \_\_\_ Rims: true and round (spin to check)
- \_\_\_ Spokes are tight but not corroded.
- \_\_\_ Nuts and bolts are tight: pick up bike and drop from about 5cm; listen for rattles.
- \_\_\_ Handlebars are tight in frame and not above the safety level marked on stem.
- \_\_\_ Pedals spin freely and are tight in cranks.
- \_\_\_ Brakes: Cables not frayed.
  - \_\_\_ cable movement is free
  - \_\_\_ blocks are centred and have sufficient rubber.
  - \_\_\_ brakes mounted securely on frame
  - \_\_\_ brake lever movement about 5 cm
- \_\_\_ Front and Rear Gears work smoothly and cover full range.

- \_\_\_ cables not frayed (they tend to fray at the lever)
- \_\_\_ Saddle securely held. Hold with both hands and try to move.
- \_\_\_ Seat Pillar: not to be raised above the safety mark on the pillar.
- \_\_\_ Headset: Check for tightness by lifting front wheel off ground & turning h'bars  
check for looseness by applying front brake and rocking bike.  
N B excessive looseness can be dangerous.
- \_\_\_ Bottom Bracket: cranks should spin freely (backwards)  
hold crank & try to move sideways to check for looseness.
- \_\_\_ Chain: check for wear by trying to lift it from the chainring. Clean and oil.

If in any doubt about your bike's condition have it checked by a reputable cycle shop.

#### HOW TO SAFELY BOX YOUR BIKE FOR SHIPPING

Some airlines require cycles to be packed in a bag or box. (Air New Zealand does not). A cardboard box in which new bicycles are delivered is perfectly satisfactory; they are usually available free at a cycle dealer's. Boxing will protect your bike and also other passengers' luggage. United Airlines and QANTAS sell extra large bike boxes in Auckland at NZ\$20. There is a designated area for dismantling bikes at Auckland International Airport; two Blackburn workshop stands are attached to the exterior wall outside the QANTAS check-in.

Boxing is not necessary within New Zealand on rail, bus or airlines although the chain must be covered and pedals removed.

There is a fee to transport your cycle by air within New Zealand (cost depends on weight), NZ\$20 on the Inter-Islander ferry, NZ\$10 on Intercity busses or a long distance train.

#### STEPS FOR PREPARING YOUR BIKE FOR BOXING:

1. Shift derailleur into proper gear: BOTH LEVERS FORWARD.  
Front derailleur should be in low gear, i.e., the chain on the small chainring.  
Rear derailleur should be in high gear, i.e., the chain on the smallest sprocket.
2. Loosen handlebars and turn at 90°. Bend them downward slightly. Alternatively, remove from stem and pack beside the frame, keeping the cables attached.
3. Take off pedals from cranks. NOTE: Left pedal has left thread; turn clockwise to loosen. Right pedal has right hand thread; turn counter-clockwise to loosen.
4. Take off front wheel and remove quick release skewer, being careful not to lose the spiral spacing springs. Write your name/initials on the tyre to readily recognise your wheel among the rental bike wheels.

OPTIONAL: Put block of wood or plastic spacer available from bike shop between front forks - and rear, should you also remove the rear wheel - and tape in place.

5. Partially deflate tyres. (Airline requirement)

OPTIONAL: Protect derailleur by padding it with styrofoam or cardboard.

6. Put bike in box. Place foam under chainring to protect teeth/box
7. Put wheels in box with cardboard between wheels and frame. Put pedals and skewers in bag and place in box.

NB It may also be necessary to remove the saddle, along with the seatpillar, depending on the size of the box and the size of the cycle

### Auckland International Airport - New Zealand Customs and Immigration:

Upon arrival in Auckland, retrieve your luggage from baggage claim (look for your bike in the designated oversized luggage area). Have your travel documents ready to show to Immigration.

### Check-in for Domestic Flights:

If you are connecting with a domestic flight the same day, you can check-in at the international terminal. After completion of New Zealand Customs and Immigration formalities, take your luggage/bike, exit Customs Hall, turn left and proceed to the domestic ticket counter (located in the international terminal) to receive your boarding pass for the domestic flight.

### Transfer from International Terminal to Domestic Terminal:

After you have received your boarding pass for the domestic flight from Auckland to your next destination, proceed outside the terminal and take the free bus from the international terminal to the appropriate domestic terminal. If you have sufficient time, you may enjoy walking to the domestic terminal. The walk is less than one mile on a paved path. As you leave the international terminal, turn right and follow the signs.

### UNDERSTANDING KIWI SLANG

To help you better understand the New Zealanders you meet on your tour, we have listed a few common slang words.

Beehive	Parliament House
Big Smoke	large Town or City
Bloke	man, guy
Boot	trunk of the car
Brassed off	angry
Bugged	tired or exhausted
Bush	woodland, jungle
B.Y.O	bring your own bottle
Chilly Bin	cool box, esky
Cocky	farmer
Crook	not well, sick
Dairy	corner shop, local store
Fair Go	fair chance
Fed up	had enough
Fortnight	two weeks
Giddy	greeting, hello, hi
G.S.T	goods and services tax 12.5%
Hard Case	strong character
Hokey Pokey	a flavour of ice cream
Jandals	flip flops, sandals
Jersey	jumper
Judder Bar	speed hump, to slow traffic
Jug	a large container for beer
Mate	friend, pal, cobber
mozzie	mosquito
Ocker	Australian, Aussie
Ta	thank you
Tramping	hiking, walking
Varsity	Uni, University
Wopwops	in the middle of nowhere