

8 days/  
7 nights  
**10 PERSON LIMIT**

# NEW ZEALAND *Adventure*

**A WORLD CLASS TRAIL RUNNING  
ADVENTURE ON NEW ZEALAND'S  
MOST ICONIC TRACKS**



## *Run the Trails*

Experience some of the world's most breathtaking runs on New Zealand's legendary Great Walks. Traverse alpine ridgelines, lush forests, and glacier-carved valleys, with every turn revealing waterfalls, mirror-like lakes, and dramatic Fiordland peaks. Run unguided but within a supportive group, setting your own pace as you take on trails that are as challenging as they are rewarding – this is running at its most epic and unforgettable.



## *End-to-End Service*

From Queenstown's lakefront charm to the remote beauty of Milford Sound, we've taken care of every detail – quality accommodations, delicious meals, seamless boat and baggage transfers, and trail access. All you need to bring is your sense of adventure to run some of New Zealand's most spectacular trails.



## *Beyond the Trails*

This adventure goes far beyond the trails – it's your front-row ticket to New Zealand's wild beauty and rich culture. Glide beneath sheer fiord walls on a Milford Sound cruise, soar above Queenstown on the Skyline Gondola, wander the lakeside charm of Te Anau, and unwind over great food and laughter with new friends. Every moment off the trail is as unforgettable as the runs themselves.



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**Book  
Today!  
Limited  
Spots.**

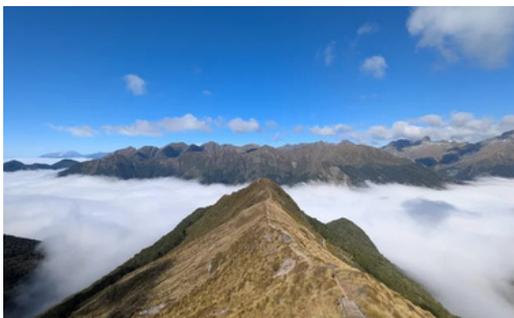


# Why NEW ZEALAND



## Majestic Fiords, Alpine Trails, and the Spirit of New Zealand

Few destinations pack as much natural drama into one trip as New Zealand's South Island. This adventure weaves through bucket-list icons – cruising the majestic Milford Sound, riding the Skyline Gondola for sweeping views over Queenstown, and exploring the serenity of Te Anau's lakeshore. Between runs, you'll discover the country's cinematic landscapes, from glacier-fed rivers to towering peaks made famous on the big screen. Paired with warm Kiwi hospitality, fresh local cuisine, and a laid-back vibe, it's the ultimate way to experience one of the world's most celebrated adventure destinations.



— “ —  
*Braz and Anna are truly passionate about what they do and you can't go wrong by booking a trip to NZ with Trail Run Adventures. Highly recommend!...*  
Michael, Feb 2025





# Why TRAIL RUN ADVENTURES



## Welcome to Our Adventure Family

Trail Run Adventures stands out for its personal, authentic and unique approach to adventure travel. As a passionate family-run business, founders Anna and Braz personally plan every adventure, ensuring an exceptional level of care, attention to detail, and connection with each participant, often running along beside you on breathtaking and carefully curated trails, away from the tourist crowds. The supportive atmosphere ensures every runner of every ability feels welcome, which is why so many guests return for their next unforgettable adventure.

### *Who are We?*

**Ron Braselton “Braz”:** is a trail lover, following his heart to run races as he travels and explores new cultures. His sense of adventure and enthusiasm for life is contagious, and his passion to share that with others is how Trail Run Adventures was born.

**Anna Frost “Frosty”:** is an international and professional mountain, trail and ultra runner who has decades of experience in racing. From Vertical KMs to 100 milers, and adventures in and out of the mountains, Anna’s wealth of knowledge and passion for sharing her expertise with fellow adventurers means you will gain new skills alongside a new friend. She is also a proud ambassador of SisuGirls, an empowerment project to get girls outside reaching their potential!



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# NEW ZEALAND

## Itinerary



## FEBRUARY + MARCH

### Day 1: ARRIVAL

**Accommodation:** Novotel Lakeside

**Included Meals:** None

**Run:** Optional lake run to stretch legs

- Arrival in Queenstown
- Taxi/Uber to hotel, 2pm check-in
- Dinner and briefing

**Additional costs:** Meals + Transport from Airport.

### Day 2:

**Accommodation:** Novotel Lakeside

**Included Meals:** Breakfast

**Run:** ~18km, 1524m elevation +/- on the Ben Lomond Track, out-and-back. Option to shorten with Skyline Gondola.

**Agenda:**

- Buy snacks/running nutrition
- Meeting to discuss Trails + GPS tracking for the following day
- Group dinner

**Additional costs:** Lunch, Dinner, Snacks.

### Day 3:

**Accommodation:** Milford Sound Lodge

**Included Meals:** Breakfast

**Run:** ~33km point-to-point, Routeburn Track, 7-9 hours. Option to skip (additional cost).

**Agenda:**

- Pack bags and check-out
- Snacks (enough for lunch also) + water in running pack
- 1.5 hour drive to Glenorchy to start point
- Transfer to accommodation after run
- Group dinner

**Additional costs:** Lunch, Dinner, Snacks.

### Day 4:

**Accommodation:** Milford Sound Lodge

**Included Meals:** Breakfast

**Run:** Out-and-back on the Milford Track, choose your own distance, 3-4 hour limit.

**Agenda:**

- Snacks (enough for lunch also) + water in running pack
- Boat transfer to start, Sandfly Point
- Afternoon boat cruise on Milford Sound
- Optional scenic flight
- Group dinner

**Additional costs:** Lunch, Dinner, Snacks, Optional Scenic Flight

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# NEW ZEALAND

## Itinerary



## FEBRUARY + MARCH

### Day 5:

**Accommodation:** Distinction Te Anau

**Included Meals:** Breakfast + Lunch

**Run:** Optional runs, either Gertrude Saddle or Lake Marian, out-and-back, or Rest Day for long run tomorrow.

**Agenda:**

- Pack bags and check-out
- Snacks + water in running pack
- 1.5 hour drive to Te Anau after run
- Check-in to accommodation
- Grocery store to buy more snacks
- Group dinner
- Additional costs: Dinner, Snacks.

### Day 6:

**Accommodation:** Distinction Te Anau

**Included Meals:** Breakfast

**Run:** 40-60km loop run, Kepler Track, 8-10 hours. Option to shorten.

**Agenda:**

- Snacks (enough for lunch also) + water in running pack
- Boat transfer to start at Brod Bay
- Optional helicopter drop at Luxmore Hut to skip the first 14km and the first climb
- Group dinner
- Additional costs: Lunch, Dinner, Snacks, Optional Helicopter Drop.

### Day 7:

**Accommodation:** Novotel Lakeside

**Included Meals:** Breakfast + Lunch

**Run:** Options: Easy run around Mavora Lakes, a hike, or rest and enjoy the views. Your legs should be tired!

**Agenda:**

- Pack bags and check-out
- 1.5 hour drive to Mavora Lakes to explore/run/hike
- 1 hour drive to Walter Peak Station for lunch
- Boat transfer to Queenstown aboard the Earnslaw, from 12:45pm - 1:30pm
- Check-in to Novotel Lakeside
- Farewell group dinner, and Party in Queenstown!
- Additional costs: Dinner, Snacks, Drinks.

### Day 8: DEPARTURE

**Included Meals:** Breakfast

**Run:** No Run

- Check-out by 11am
- Taxi/Uber to airport

**Additional costs:**

Transport from Airport.



# NEW ZEALAND

## What to Expect



### *Running Distances*

Our runs in New Zealand are self-paced and unguided, giving you the freedom to choose how far and how fast you go. Distances range from short shake-out runs to stretch the legs, through to big days of 40–60 km on iconic tracks. Most days offer options to shorten the route, take a rest day, or skip a run entirely.

Whether you want to push your limits or enjoy a more relaxed pace, you'll have the flexibility to make each day your own while still sharing the experience with the group.

### *Difficulty Rating (1-5):*

This trip is rated **4 (difficult)**. We will have some bigger days, and some point to point runs where you will need to make the distance. You will have plenty of time, but need to be comfortable with long days on the trail. The better conditioned you are, the more fun you will have, so ensure you are prepared.

### *Local essentials:*

New Zealand is known for its warm Kiwi hospitality, a relaxed and friendly culture shaped by both Māori and European heritage. English is the main language, and the currency is the NZD (\$). Card payments are widely accepted, though it's handy to carry some cash for smaller or remote areas.

### *Transport*

#### **Adventure Travel:**

Transport around the South Island Of NZ will be provided for in shuttle buses and on boats, and is included in the price.

#### **Flights:**

Once we have confirmed you can book flights, ideally you will book your flight to fly in/out of Queenstown Airport. You may need to book connecting flights from the city your international flight arrives/departs from.

#### **Airport Transfers:**

You will be required to arrange and pay for your own Taxi/Uber to and from the airport to the Novotel Lakeside Queenstown.



# NEW ZEALAND

## What to Expect



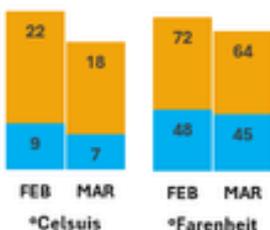
### Accommodation

Your homes for this adventure include 4 star hotels and lodges: the Novotel Queenstown Lakeside, a stylish hotel right on the waterfront and steps from the town’s vibrant heart; Milford Sound Lodge, a tranquil hideaway surrounded by Fiordland’s dramatic peaks; and Distinction Te Anau, set on the shores of Lake Te Anau with easy access to the region’s trails. All offer comfortable twin-share rooms (single upgrade available) and the perfect balance of comfort and location for recovery between epic runs.



### Weather

New Zealand’s late-summer weather brings mild, comfortable conditions perfect for trail running, with average lows of 7–9°C and highs of 18–22°C, with moderate rainfall. Expect lushlandscapes and crisp air for unforgettable runs.



### Meals

**Breakfast:** Is included each day with your accommodation.

**Lunch:** Most days, you’ll need to bring substantial trail snacks (at your own expense) to cover lunch on the go for long run days.

**Dinner:** Enjoy nightly group dinners at local restaurants (at your own expense).

**Trail Snacks:** Be sure to stock up on trail snacks in Queenstown and Te Anau, so you have enough nutrition for the trails and for lunches.



# NEW ZEALAND

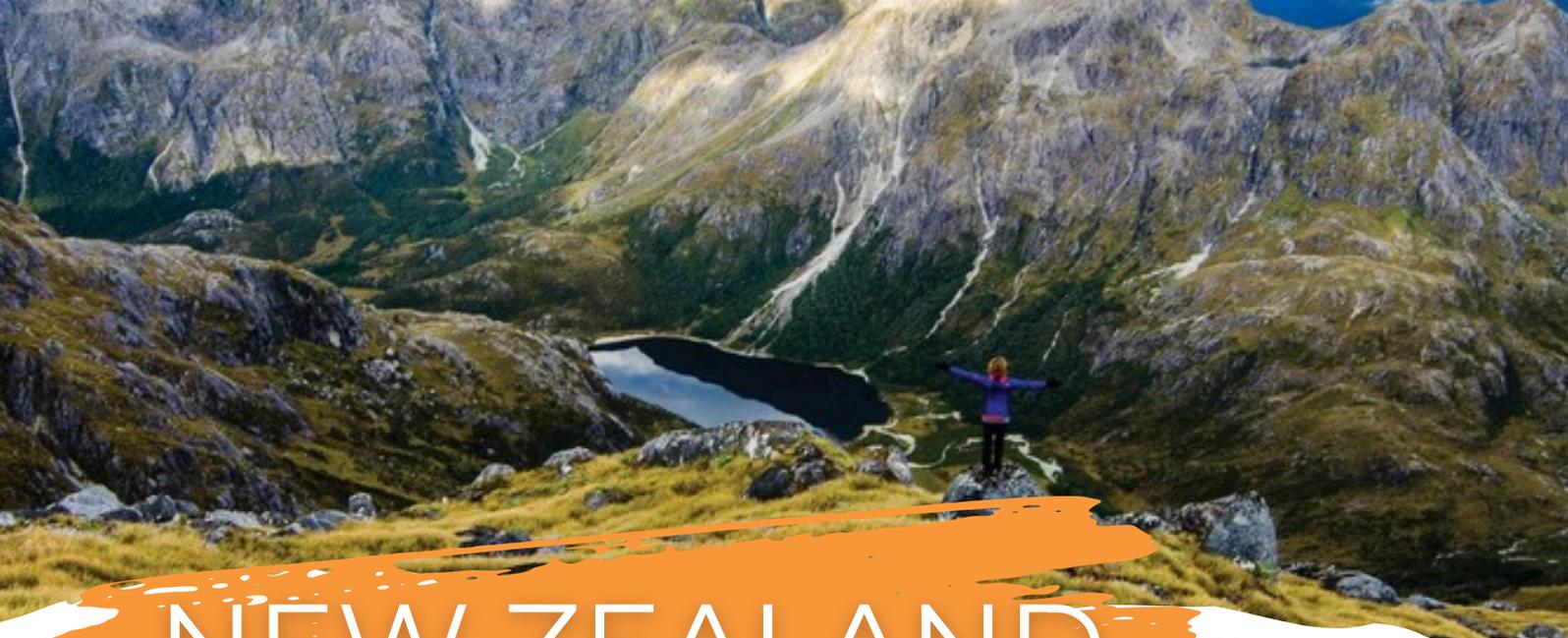
## *The Trails*



### *Where we Adventure in NZ*

Starting in Queenstown, travel via Glenorchy to The Divide, finishing the Routeburn Track before continuing to Milford Sound. After exploring Fiordland, journey to lakeside Te Anau for the Kepler Track, then return through Mavora Lakes and Walter Peak, crossing Lake Wakatipu aboard the historic TSS Earnslaw back to Queenstown.





# NEW ZEALAND

Cost



## The Adventure Investment:

- \$4700 USD: Private Room for the entire trip
- \$3700 USD: Double/Twin shared room
- \$4200 USD: Double/Twin Shared room, with private bedroom for 2 nights at Milford Lodge (shared bathroom)
- USD \$800 non refundable deposit required to secure your place. The deposit can be transferred to another adventure, and will be refunded in full if the adventure doesn't go ahead (**Minimum of 6 people required for trip to go ahead**).
- Remaining balance due by 90 days prior to adventure. Registrations made within 90 days of the trip date must be paid in full.

## Inclusions:

- Accommodation at the at the Novotel Queenstown Lakeside, Milford Sound Lodge, and Distinction Te Anau
- All transportation excluding airport transfers
- All Breakfasts, some lunches
- Queenstown Skyline Gondola (This will take us to our first run)
- Baggage transfers for the entire trip
- Boat transfers to/from Milford Track
- Boat shuttles for the Kepler Track
- Earnslaw boat transfer to Queenstown
- Guides when necessary
- A guaranteed great time!

## Exclusions:

- Flights (Please do NOT make travel arrangements until we notify you that the group size has met the minimum)
- Airport transfers
- Personal travel and medical insurance\*
- Tracking device\*
- Some meals: Expect to pay around \$250-\$300 USD for meals
- Trail snacks (BYO, comply with NZ customs, or purchase in NZ)
- Drinks
- Laundry: Milford Lodge and Te Anau
- Extra activities or transportation not listed on itinerary
- Extra days before or after the trip. Required\*

# NEW ZEALAND

## *Packing List*



**\*\*\*All suitcases must be 90L or less, soft-sided, weather-resistant, and limited to one per person. Duffle Preferred. Pack light. Extra items can be left at Novotel Queenstown. Laundry facilities are available at Milford Lodge and Te Anau.\*\*\***

### *For Running:*

- The correct gear is essential as weather can change quickly.
- All runners must carry a tracking device with SOS capability (Garmin InReach or Spot Tracker).
- Trail running shoes with good grip x 2
- Running vest or hydration pack with minimum 2L water capacity
- Running shorts/tights
- Running socks (several pairs, moisture-wicking)
- Lightweight waterproof jacket (wind/rain resistant)
- Running cap + buff (sun/wind protection)
- All-weather running gear (can get cold in the mountains)
- Wet weather running gear
- Sunglasses (UV-protected)
- Sunscreen (sweat-proof) & bug spray
- Electrolytes/gels – preferred running nutrition
- Small first aid/blister kit (compeed, band-aids, tape, crepe bandage)
- Trail snacks - ample supply

### *Post Run & Casual Wear:*

- Comfortable clothes for stretching
- Swimwear
- Flip-flops or sandals
- Sweat towel (optional)
- Foam roller or massage ball (optional)
- Recovery drink mix or protein powder (optional)
- Casual clothes for dinner or town visits
- Sweaters or jacket (cold evenings)
- Lightweight daypack (for non-running outings)
- Sleepwear and underwear

### *Extras:*

- Plug adaptor (EU plug – Type F)
- Phone and/or small camera
- Power bank
- Passport + travel insurance documents
- Personal medications
- Toiletries



# NEW ZEALAND FAQ



## **Do I need to be an experienced trail runner?**

- Yes. Due to the inclusion of steep, technical terrain and longer days, you should be trained and prepared for these conditions. Preparation = Enjoyment.

## **What distance and elevation can I expect each day?**

- Runs range from short shake-out runs to big days of 40–60 km, with significant elevation on certain tracks. Most days offer optional shorter routes, and some have the option to take a full rest day.

## **What if I want to skip a run?**

- We factor in rest days into the itinerary. If you wish to skip additional run, extra costs may be incurred.

## **What gear do I need to bring?**

- A full packing list is provided (see previous section).

## **Is travel insurance required?**

- Yes, all participants must hold valid travel insurance covering medical emergency and activity-related risks. Mountain Rescue insurance is recommended for races.

## **Is accommodation shared?**

- Yes, accommodation is twin share by default, with an option to upgrade to a private room for an additional fee.

## **Are meals included?**

- Breakfast is included daily. Most lunches are at your own expense, in the form of trail snacks on the go. Dinners are at local restaurants and at your own expense..

## **What's the weather like?**

- Expect mild late-summer conditions with average highs of 18–22°C and lows of 7–9°C

## **Can I come alone?**

- Absolutely. Many guests travel solo and leave with lifelong trail mates. Numbers are capped at just 10 participants to keep the experience personal and flexible.

## **Will I be running with a guide?**

- This is an unguided trip. You'll run at your own pace with GPX route files and a required GPS tracking device. There will be a group sweep for safety on longer point-to-point runs.

## **Do I need to carry all my gear while running?**

- No. Your luggage is transferred for you between locations. You only need to carry what's required for the day's run.

