

These are some of my picks for any of you thinking of visiting New Zealand. You will find us friendly, interested in you and full of surprises.



In the North Island, Te Ika a Maui , just 45 minutes by ferry across our beautiful harbor (note the many volcanos, especially Rangitoto - [www.doc.govt.nz/Rangitoto](http://www.doc.govt.nz/Rangitoto) ) is Waiheke Island [www.waiheke.co.nz](http://www.waiheke.co.nz)

A visit here makes a great day to while away time drinking some of our best wine, eating great food and viewing some of the most wonderful views of the Pacific you can see. Waiheke is home to many artists and hosts a major sculpture walk every two years.



On the East Coast, near Whakatane is a serious and beautiful cycle trail, Motu. This is my partner on the one day trip through some fantastic scenery, we call it 'bush'. New Zealand is full of cycle ways from the very challenging (like this one) to very comfortable.

In the middle of Te Ika A Maui lies Tongariro National Park, one of the first established in the world, gifted to all New Zealanders by its Maori guardians, Ngati Tuwharetoa. One of the world's great walks is the Tongariro Crossing [www.tongarirocrossing.org.nz](http://www.tongarirocrossing.org.nz) where you will walk across a live volcano which last erupted in 2012. It is challenging so if you're interested, do your research.



Wellington, our capital, lies at the southern end of Te Ika a Maui. There's not much between it and Antarctica so it's windy. It's the home of our national museum, Te Papa <https://www.tepapa.govt.nz> Currently it's hosting a wonderful exhibition developed by Peter Jackson (Lord of the Rings and the Hobbit among other projects) about the First World War, **Gallipoli: The scale of our war:** Karipori: Te pakanga nui. It's been created by Peter Jackson and Weta Workshop. There's lots more to see at Te Papa if museums are your thing and Wellington's a quirky interesting place.

Te Waipounamu (the home of greenstone –Jade) is our South Island, the one you'll be most familiar with from films. It is amazingly beautiful, and yes it is like the movies. Down in the south visit Dunedin, and take the Taieri Gorge Train [www.taieri.co.nz](http://www.taieri.co.nz) (don't we all love a great train journey!) to the start of another great cycle way, the Otago Rail Trail [www.otagocentralrailtrail.co.nz](http://www.otagocentralrailtrail.co.nz)

And if you love real adventure tramping Te Waipounamu is the home of most of our Great Walks [www.greatwalks.co.nz](http://www.greatwalks.co.nz) ... the Humpidge (truly nothing between you and Antarctica), the Milford, the Rouburn and the Hollyford, the Keppler, The Able Tasman and the Heaphy. They are all fantastic, check them out and come visit.



If you want to see something of our passion, Rugby and our cultural mix, view this music video by Solo Mio, three Pacifica cousins who are opera singers who love our national game, Rugby. <https://www.youtube.com/watch?v=RNByjeimxw&feature=youtu.be>

And remember if you want to visit us, your colleagues in IARPP here at the bottom of the world ( Aotearoa is the last place humans beings have settled, Maori came here across the great ocean only about 800 years ago) will be delighted to help you, host you and inform you in any way we can. Just contact [iarppsydney2017@gmail.com](mailto:iarppsydney2017@gmail.com) and ask to be put in touch.