



SheruNZ

RETREATS | EVENTS | COACHING

QUEENSTOWN

Retreat



Move through Mountains with confidence and support!

Whether you're a first-time back country adventurer, looking for a new challenge, or just love the big open mountain landscapes, then join us in a welcoming, non-competitive environment, where you will be surrounded by like-minded women and guided by experienced leaders.

Embrace feeling tiny in the wide open spaces and towering mountains.

Our Queenstown Retreat show cases some true beauty in nature.



INCLUSIONS

4wd trip Queenstown to Skippers Canyon
45min Jetboat ride with Skippers Canyon jetboat
2 nights accommodation in on a high country station
Linen (sheets, duvet, towel)
Bathrooms with hot showers
3 days access to a private high country station
Return bag transfer to / from Queenstown
Experienced guiding
All meals included
Group comaraderie & support
River swims
Mountain wellness experiences
6 week preparation support

EXCLUSIONS

**travel to / from Queenstown / personal travel insurance/ trail
snacks**



DATES:

5th - 7th December 2025

INVESTMENT:

\$999*

**terms & conditions apply*



FAQ's

WHO IS THIS FOR?

This retreat is designed for women who are looking for connection, adventure, and a deeper sense of self through movement and travel. Whether you're an avid runner, passionate hiker, or simply someone craving time away to recharge and reconnect, this is for you. Expect a supportive, inclusive space where friendships are formed, confidence is boosted, and wellness is prioritised.

WHAT DO I NEED TO JOIN?

A can-do attitude – open to challenge, growth, and good laughs. A willingness to connect, share and experience new environments. A desire to connect with likeminded women who value community, movement, and joy. We're here to support you every step of the way – including free fitness plans if you'd like one.

HOW FIT DO I NEED TO BE?

You don't need to be an elite athlete, however a good level of fitness and strength is needed. Queenstown is our most physically demanding retreat, with 3 big days ~ 15km and 1000m elevation our biggest day!

Expect some gut and leg busting climbs and descents, however we'll be moving together and supporting you along the way. 6 weeks preparation to get you ready is included, and we are more than happy to chat with you about your current level of fitness, expectations, and happy to help with training from the time you sign up.

FAQ's

ARE ALL ACTIVITIES COMPULSORY?

The 4WD into skippers canyon and jet boat ride on the Shotover River are compulsory. Day 1 and 3 hike (or run) are compulsory - this is how we get you into and out of the lodge. Day 2 hike / run is optional, if you would prefer to stay at the lodge and rest, you are more than welcome to.

WHAT IF I GET SICK / INJURED BEFORE OR DURING THE RETREAT?

We understand that life happens. If you become unwell or injured before the retreat and can no longer attend, please note that SheRunz does not offer refunds or transfers. However, we do offer an optional Retreat Insurance add-on at the time of booking, provided by a third-party insurer. It's your responsibility to read and understand the policy terms to ensure you're covered. If you get sick or injured while in Bali, our team will support you and help arrange local medical care — but all associated costs are your responsibility, so comprehensive travel insurance (including medical and trip cancellation cover for Indonesia) is mandatory. By registering, you agree to all SheruNZ Terms & Conditions, Privacy Policy, and Indemnity as outlined at www.sherunz.org.

ABOUT US



Meet Kerry & Gus – Founders of SheruNZ Women’s Retreats.

From nervous first hellos to building a powerful friendship through shared miles, motherhood, and menopausal madness—Kerry and Gus know firsthand the strength found in community.

Their experiences as endurance athletes (Kerry representing NZ on the world stage, and Gus bringing unstoppable energy as a running grandma) inspired them to create SheruNZ: a space just for women to connect, move, rest, and be themselves.

Through SheruNZ Women’s Retreats, we offer a chance to reset—combining movement, mindfulness, nature, and pampering with real conversations and laughter. Whether it’s trail running, hiking, yoga, cold dips, shared meals, or wine by the fire, every retreat is designed to empower women, at every age and stage.

Because it's not about how far or fast you go—it's about feeling safe, seen, and supported. And having a damn good time along the way.

www.sherunz.org