

SHERUNZ

MARLBOROUGH RETREAT

We invite you to join our
exclusive retreat.

IMMERSING YOURSELF IN
A 2-NIGHT, 3-DAY
RETREAT FOR WOMEN
SEEKING CONNECTION,
NATURE AND
REJUVINATION.

A unique blend of outdoor
adventure, relaxation and
shared experiences.

Discover the hidden
wonders of the Nydia
Track. Run / hike through
nature with stunning views,
listen to birdsong and soak
up the fresh surrounding
air.

A mix of hiking / running /
relaxing.



ABOUT US

SHERUNZ

Specialize in creating a
safe, welcome space for all
women, to connect through
running and hiking in the
outdoors.

CONTACT US

www.sherunz.org
info@sherunz.org

November 7 - 9th, 2025





WHATS INCLUDED:

- 6 week training plan
- Pre-retreat group online meetings
- Track transfers
- Coffee and cake on arrival
- 2 nights Lodge accommodation
- All meals
- Wellness & learning sessions
- Relaxation & activities

NZD \$830*

*terms & conditions apply



IF YOUR KEEN TO JOIN US...

please send an email to
[info@**she**runz.org](mailto:info@sherunz.org) and we'll
be in touch.

WEBSITE:

[www.**she**runz.org](http://www.sherunz.org)



ITINERARY:

- DAY ONE:

Meet at Havelock Marina, for travel to historic Kaiuma Bay.

Hike / run, ~ 10km / 680m elevation, over the Kaiuma Saddle.

Travel through beech forest, regenerating scrub, offering superb views.

Enjoy Cake & coffee on arrival at the Lodge.

Dinner & dessert.

- DAY TWO:

Breakfast, Lunch, Dinner & Dessert.

2 Seminars

Relax and Rejuvenate.

Paddle Board,

Swim

Kayak,

Read,

Nature walk,

Soak in the Hot Tub.

- DAY THREE:

Breakfast & lunch.

Hike / run, ~ 15km / 1,020m elevation, over the Nydia Saddle.

Undulating track with stunning views over the sounds, through forest and farmland, birdlife...

Boat trip through the Sounds back to the Havelock Marina

