

QUEENSTOWN

MOUNTAIN

RETREAT

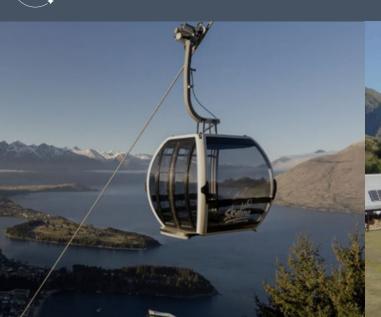
Move through Mountains with confidence and support!

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.





3 Queenstown Skyline Gondola



2 3 x back country runs / hikes



Private High
Country Mountain
Lodge



Whats included?

- 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 training plan

DAY ONE

- Pick up Queenstown, Transport into Shotover Canyon
- Jet boat ride on the Shotover river, to run / hike start
- 15.5km / 600m elevation, run / hike. A stunning journey along the river, through ruggared landscapes and into the heart of the back country
- Lunch & dinner provided
- Accommodation in a private chalet



DAY TWO

- 11km / 400m elevation, run / hike through stunning bush trails
- River swims
- Wellness & learning session
- Relaxation & activities
- Breakfast, lunch & dinner provided
- Accommodation in a private chalet



DAY THREE:

- 14km / 1000m elevation, run / hike a nice sustained track to a stunning view point saddle high above Queenstown
- Additional option to summit Ben Lomond (weather permitting)
- Farewell lunch & coffee at Skyline gondola
- Gondola ride back into Queenstown
- Breakfast & lunch provided

5 - 7 December 2025

Date:

NZD \$999* *terms & conditions apply If your keen to join us, send an email and we'll be in touch!

EMAIL: info@sherunz.org



