



SheruNZ

RETREATS | EVENTS | COACHING

MARLBOROUGH

Retreat



**Immerse yourself in a 2 night / 3 day retreat
for women seeking connection, nature and
rejuvenation.**

**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.



INCLUSIONS

Transport from Havelock Marina to Kaiuma Bay

cake and coffee on arrival

breakfasts / lunches / dinners & desserts

paddle boarding / kayaking

nature walks

swimming

relaxing / connecting with nature

glow worm caves

hot tub soaks

2 days of trekking or running - your own pace (day 1

10km/680m elevation, day 3 15km/1,020m

elevation)

Boat ride through Marlborough Sounds

EXCLUSIONS

travel to & from Marlborough / personal travel insurance / trail

snacks / day 1 lunch



DATES:

November 7th - 9th, 2025

INVESTMENT:

\$830*

**terms and conditions apply*



FAQ's

WHO IS THIS FOR?

This retreat is designed for women who are looking for connection, nature, 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 is needed. Marlborough is our Entry Level Retreat - with day 1 and 3 hikes or runs and a rest day in between. Day 1 and 3, having 600 - 1,000m of climbing, however, this is on well formed tracks and the pace will be dictated by you - walk, hike, jog at your own pace.

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 drive from Havelock, return boat trip and day 1 and 3 are compulsory - as this is a point to point journey. Day 2 is optional, you can be as physical or relaxed as you like, with options to hike, run, swim, kayak, paddle board, read, rest etc totally up to you!

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