



REALSWIM

ADVENTURES

Nelson Lakes



This weekend RealSwim Adventure is located at St Arnaud, the gateway to Nelson Lakes National park. The national park is situated in the north of New Zealand's South Island. The park encompasses 102,000 hectares of New Zealand's Southern Alps. The park offers tranquil beach forest, craggy mountains, clear streams as well as big and small lakes.

The lakes are clean, deep and clear and offer the opportunity to sportive swim in one of New Zealand's most beautiful locations.

RealSwim Nelson Lakes \$295NZD

Day 1 17 January 2014. Arrival and check in at [The Alpine Lodge](#). Please let us know your arrival details. Pick-ups from Blenheim airport or Sounds Air are available \$25 each way. That evening we'll have a meet and greet, complete our safety brief and swim procedures and an acclimatisation swim in the lake.

Day 2 18 January 2014 Up early (7.30am) to motor up to the head of Lake Rotoiti for the swim back. Total straight line swim distance of about 7km. After the swim we'll have the afternoon to enjoy the [Nelson Lakes summer festival](#). Tickets for the festival are additional.

Day 3 19 January 2014 Check out of the accommodation before we over to Lake Rotoroa for a morning 3km swim starting from Boulder Stream. This day is also our back up for Rotoiti if weather means we cannot swim Rotoiti on day 2.



Getting there

Travel: Flights are not included in Nelson Lakes RealSwim Adventure. Air New Zealand www.airnewzealand.co.nz is our recommended travel partner. You can fly into Nelson or Blenheim airports. We can provide a pick up from Blenheim Airport only. Ask us if you need some advice on how to get there.

Accommodation

Accommodation will be shared rooms at [The Alpine Lodge](#). Comfy single beds with linen provided. Private rooms are available at an additional cost. Please let us know your arrival time if you do not require transport and please be there no later than 4pm.

What you need to know

Lake Water Temperatures are refreshing; Rotoiti 15C if we are lucky, Rotoroa 13 or 14C. Please bring a wetsuit if you think you'll need one.

Equipment

RealSwim Adventures will provide you with a high visibility swim hat.

Other Essential equipment - You'll need gear for all conditions

- Reef shoes or sandals
- Insect repellent - sand flies are present lakeside
- Rain jacket
- Sun screen
- Sun hat
- Sun glasses
- Goggles x 2 clear and tinted
- Drink bottle
- Swim suits
- Warm garments/fleece
- Shorts and light long trousers (to keep the Mozzies at bay after the swim at Rotoroa)
- Walking shoes
- Two towels



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Food

RealSwim Adventures will supply snacks and drinks during and immediately following each swim. Meals are not included in the trip. All meals are available at our accommodation; we'll eat out as a group for lunch and dinner on day 2.

You can find basic foods at the local store across the road from the accommodation.

Climate

St Arnaud in Nelson Lakes enjoys temperate climate January average max Temperature is 20C and average minimum temperature is 12C.

Other activities

The trip is timed with

<http://www.festivalnelsonlakes.co.nz/>

Which is the annual Nelson Lakes summer festival. We will visit the festival between swims. There is also bike hire, local walks and a Conservation guest centre. Note that the entire population of the township is around 90 permanent people.

Banking

There is an ATM at St Arnaud but experience dictates it is probably a good idea to carry some cash.

Electricity = 240v / 50Hz (same voltage as NZ) with plugs being three flat pins (same as NZ). UK/US Visitors will require a converter.

Getting around

Everything is walking distance in Rotoiti. On Sunday we drive the 30mins to Lake Rotoroa.

Is Nelson Lakes safe?

The weather is probably the biggest hazard in the national park. It can change quickly and can be unpredictable. If you decide to go for a walk on your own please make sure someone knows where you are going. Take some warm clothing, food and water. Ask for advice beforehand and make sure you have a map. Swimming outside of our organised events is not recommended by RealSwim Adventures staff. A safe and fun weekend is easily achieved with a little preparation and common sense.



The snow on the hill tops will be gone in January!



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