



Te Mata at sunrise

GP Wellness Retreat and Medical Tour of New Zealand

17 – 25 March 2022



CPD Applied For



Jon Baines
tours



Cathedral Cove, Coromandel (by Matt Crawford)

Health professionals know better than anyone that self-care is essential, particularly in these times. This tour is designed to let you relax, recharge, and replenish your bodies and minds in some of the most beautiful and rewarding parts of New Zealand. It's designed to let each person do as much or as little as they like, with a range of appealing optional activities within an itinerary that is fully organised, allowing you to sit back and switch off. There will also be a range of CPD medical talks on wellbeing, which we are organising at the time of writing with RACGP and RNZCGP.

The tour visits three stunning destinations: the Coromandel Peninsula, where forests meet hot sand beaches; Taupo, with its active hot mud springs, geysers and Maori culture; and Hawke's Bay, known for its wineries, beaches and dramatic landscapes, as well as its lovely Art Deco capital, Napier.

Arrive in Auckland and transfer to the Coromandel Peninsula for 3 nights. Continue to Taupo via Rotorua for two nights before travelling to Hawke's Bay for three nights, where you will end the tour relaxed and refreshed.



Hilton Lake Taupo

Hotels

Grand Mercure Puka Park Pauanui (Coromandel)

This is the perfect place to escape the hustle and bustle of life and truly unwind. This secluded luxury lodge set amidst 25 acres of New Zealand

native bush on Mt Pauanui features luxurious chalet accommodation in an idyllic natural landscape. It offers the ultimate environment for you to take time out to restore, indulge and completely relax in the spa, sauna and pool. Spend your evenings star-gazing on the private deck of your chalet following a delicious meal at the resort's award winning Miha Restaurant.



Hilton Lake Taupo (Lake Taupo)

Hilton Lake Taupo commands magnificent views over New Zealand's largest lake from a spectacular vantage point. This elegant hotel offers a wide range of comfortable rooms and excellent amenities including tennis courts, a fully-equipped gym, a naturally heated outdoor pool and spa-pool, a sauna and steam room. The flagship restaurant and bar, Bistro Lago offers a menu created by New Zealand celebrity chef, Gareth Stewart.

Porters Hotel (Hawke's Bay)

This elegant, modern and welcoming boutique hotel nestles into charming Havelock North village. Porters Boutique Hotel offers comfortable and well-appointed guest rooms with plush furnishing and featuring original local artwork. It receives rave reviews for its excellent service within a stylish, intimate space that reflects the beauty and grandeur of the breathtaking Hawke's Bay region.



Grand Mercure Puka Park, Coromandel (top);
Porter's Hotel, Hawke's Bay (above)

3 nights Coromandel – 2 nights Taupo – 3 nights Hawke's Bay

Day 1: Auckland / Coromandel Peninsula (Thur, 17 Mar) **D**

Pm: Arrive in Auckland and transfer to Pauanui on the Coromandel Peninsula. There are two departures from Auckland Airport. Arrive and check into the tranquil Grand Mercure Puka Park Pauanui.

Eve: Enjoy a three-course dinner at the award-winning Miha Restaurant.

Day 2: Pauanui Beach, Coromandel Peninsula (Fri, 18 Mar) **B**

Am: Optional yoga early morning on the beach or forest. The Coromandel prides itself on excellent hiking trails, many of which are in and around Pauanui. These trails are easily accessed from Grand Mercure Puka Park. There are two options for morning escorted walks. The easier walk is through surrounding forest on the Pauanui Tairua Trail - a gently undulating scenic trail following the banks of Tairua River. For a more strenuous walk, the Pinnacles Walk and Broken Hills walking tracks offer some of the most spectacular scenery on the Coromandel Peninsula.

Pm: Drive to the pretty town of Tairua with the option of lunch at Flock restaurant.

Eve: At leisure.

Day 3: Pauanui Beach, Coromandel Peninsula (Sat, 19 Mar) **B L**

Am: Optional early morning yoga. Morning at leisure with the option to take part in a medical discussion group.

Pm: Travel to Cathedral Cove followed by lunch at The Church Bistro Hahei. Visit Hot Water Beach, where you can dig a hole on the beach and soak in the thermal hot water pool in the sand.

Day 4: Coromandel Peninsula / Taupo (Sun, 20 Mar) **B D**

Am: Travel to Rotorua and visit Hells Gate National Park. Take part in a guided interactive geothermal walk past Māori carvings before experiencing the geothermal healing properties that the local Māori have been using for centuries. Soak in geothermal mud and sulphur spas, finishing with a cool plunge pool.

Pm: Drive to Taupo and check into the Hilton Hotel with views over Lake Taupo and the surrounding volcanic scenery.

Eve: Dinner is at the acclaimed Bistro de Largo at the Hilton.

Day 5: Taupo (Mon, 21 Mar) **B**

Am: Optional yoga by the lake. Spend the day



Hot Water Beach, Coromandel (by Matt Crawford)



Cape Kidnapper's, Hawke's Bay (by Gary Lisbon)

at leisure relaxing by the lake and using the hotel facilities or choose from a range of optional activities. Take part in a morning riverside walk along the Waikato River to see the Huka Falls where a quarter of a million litres of water per second erupts from a natural gorge, thundering 11m into the Waikato River below. Continue to the Aratiatia Dam where three times a day thousands of litres of water are released for around 15 minutes, creating a spectacular flow of water through a narrow gorge. The other options with an additional cost include visiting more thermal pools at Debretts, a short walk from the hotel; 18 holes at Wairakei Golf Course and Sanctuary; bike rides; fly fishing; a scenic lake cruise on Lake Taupo; or the stunning Tongariro full day hike.

Day 6: Taupo / Hawke's Bay (Tue, 22 Mar)

B L

Am: Drive to Poronga Falls and visit Arataki Honey, famed for its Manuka honey. Continue to Hawke's Bay.

Pm: Enjoy a platter lunch at Black Barn Winery. Continue to the village of Havelock North and check into Porters Hotel. At leisure or optional medical educational meeting. Time to explore the attractive village with a thriving arts community, boutique shops, cafés, restaurants and specialty food stores. The village is a few minutes from

some of the region's best-known wineries and restaurants.

Day 7: Hawke's Bay (Wed, 23 Mar)

B

Am: Optional yoga. Spend the day at leisure or take up a number of optional activities including: Cheese and wine experience with Juliet Harbutt, golf day at Cape Kidnappers, Cape Kidnappers spa day, a wine tour of four selected vineyards, Bell Rock hike (3 hour medium intensity), return transfers to Napier to explore the Art Deco Town and its shops.

Eve: Dinner at leisure. Complimentary transport service available to Craggy Range, Mangapapa, Black Barn and Elephant Hill restaurants.

Day 8: Hawke's Bay (Thur, 24 Mar)

B D

Am: Optional yoga. Spend the day at leisure or take up a number of optional activities including: a spa day Mangapapa exclusive boutique resort, a golf day at Cape Kidnappers, an optional day hike to Te Mata Peak, optional wineries by bike return transfers to Napier to explore the Art Deco Town and its shops.

Eve: Farewell dinner at Maina.

Day 9: Hawke's Bay / Napier / Auckland (Fri, 25 Mar)

Am: Departure to Napier - Hastings for flight to Auckland and onward destination.



Bike riding in Taupo (by Fraser Clements)

Optional Activities

18 & 19 March - Coromandel Peninsula

Yoga: One-hour yoga class on the beach or forest (or if raining, indoors.) **\$30 pp.**

21 March - Lake Taupo

Thermal pools at Debretts: These are a short walk from the hotel. Customers pay admission on arrival for access to the hot pools and then for spa treatments if required.

Golf: The cost of 18 holes of golf and return transfers at Wairakei Golf and Sanctuary is **\$265 pp.** Cart and rental club prices on request.

Bike Rides: Taupō's volcanic terrain and forested surrounds are a stunning setting for some of New Zealand's best mountain bike trails. The cost of mountain bike and helmet hire is **\$70 pp per day.**

Fly Fishing: Half day fly fishing in spectacular scenery. Cost with transfers **\$390 pp** (based on minimum two people).

Scenic cruise on Lake Taupo: see Māori rock carvings which are only accessible by water, with a commentary on the cultural significance of the carvings and the lake. Cruise with transfers is **\$58 pp.**

Walking: The Tongariro Alpine Crossing is often labelled as one of the world's best day walks past ancient lava flows, an active volcano crater, turquoise green lakes and panoramic views of the Central Plateau (19km). Free, including shuttle service.

23 March - Havelock North

Cheese and wine tasting: Take part in an cheese and wine experience with Master of Cheese, Juliet Harbutt for **\$99 pp.**

Golf day at Cape Kidnappers: Acclaimed as one of the great modern marvels in golf, built on a ridge-and-valley landscape with stunning sea views. **\$650 pp** for 18 holes and transfers (cart & club rental club price on request.)

Spa Day: Enjoy a range of treatments at Cape Kidnappers spa. Free transfers, treatments at own expense.

Wine Tour: visit four selected vineyards with free transport, tastings at your own expense.

Bell Rock Walk: Over three hour's walk to the iconic lookout through forest for bird spotting and breathtaking views of Hawke's Bay. Free transfers.

Visit to Napier: Explore the beautifully restored Art Deco buildings that have made Napier



Enjoy optional spa experiences like this Poly Spa



Wine and cheese tasting

famous on a self-guided walk or a guided walk (available daily). Free shuttle.

24 March - Havelock North

Spa day at Mangapapa exclusive boutique resort:

The Mangapapa Zen Day includes yoga, meditation, healthy lunch, spa and transfers for **\$160 pp**.

Golf day at Cape Kidnappers: Visit to Napier (as above)

Te Mata Peak Walk: Te Mata Peak stands nearly 400 metres above sea level, with panoramic views of the Ruahine, Kaweka and Maungaharuru Ranges and Cape Kidnappers. The circuit is approximately three hours. Free transfers.

Wineries by bike: Gravelly soils and a long growing season allows Hawke's Bay to produce sophisticated red blends (rich merlot, spicy syrah and deep pinot noir) and whites including full bodied chardonnay, oaky sauvignon blanc and aromatic pinot gris. Cycling with a map and wine advice is a relaxing way to explore Hawke's Bay wineries and cellar doors, with delicious wine and food stops along the way. Self-guided on e-bike **\$90**; standard bike **\$50**.

Some optional activities have additional costs and others are free. Some will require a minimum number and they will vary in duration. We will try to ensure that as many participants as possible can access as many activities as possible. Bearing this in mind, some activities may be repeated and/or moved.

The cost per person is AUD \$3,580 and includes:

- Eight nights twin share accommodation at first class and boutique accommodation with breakfast daily

The single room supplement is \$1,190

- Transportation by mini coach throughout the tour
- Professional local driver / guide hosts throughout the tour.
- Three course dinner on Day 1 at Puka Park, lunch at the Church Bistro at Hai Hai on Day 3, dinner at Bistro de Largo on Day 4, platter lunch on Day 6 and farewell dinner on Day 7.
- All cultural tours, visits and walks
- All admission fees as per the itinerary
- Coordination of optional activities
- Two shared airport transfers for arrival and departure. The transfers will be timed to coincide with the majority of the flights

Additional Information

Arriving early? Due to the distance from Auckland to the Coromandel we advise staying in Auckland and taking the group transfer on the 17th March. Staying on in Havelock North? Please contact us for a quote for additional nights and a transfer to Napier Airport.

Flying to New Zealand

Flight should arrive in Auckland and depart from Napier Hastings Airport.

Medical Education

Throughout the tour there will be time for medical education talks in the hotels, with a focus on GP wellness. This will involve the GP participants and local speakers and at the time of writing we are working with the RACGP and the RNZCGP on this programme. Participants are very welcome to provide a talk to fellow GPs.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.



A spectacular geyser in Rotorua (top); Otumuheke Spa Park, Taupo (by Miles Holden); A vintage car in Art Deco Napier; Boiling mud pools in Rotorua (above)

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