

J-Term 2013

**Exploring New
Zealand with Dr.
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Department of
Movement
Studies and
Wellness
Education**

Learning While Tramping on the Tracks of New Zealand

In the US we “hike the trails in the forest”, but in New Zealand the rugged individualistic kiwis “tramp the tracks in the bush.”

Tony Evans and Brad Moore are in New Zealand leading a group of students who are learning about the history and culture of New Zealand while backpacking and hiking in some of the most dramatic scenery in the world.

The J-Term adventure includes hiking up ancient volcano craters, to glacial mountain lakes, and along sandy ocean beaches; exploring museums that reflect the history and culture of the other land “down under” in Christchurch, the beautiful “garden city”; visiting a local Maori Center and experiencing a Hangi (Maori feast). They will explore the recreational fun town of Queenstown (home of bungee jumping), the dramatic alpine scenery of the Milford Track, and majestic Mt. Cook.

Franz Josef Glacier

is located in Westland Tai Poutini National Park on the West Coast of New Zealand's South Island. Together with the Fox Glacier to the south, it is unique in descending from the Southern Alps to less than 980 feet above sea level, amidst the greenery and lushness of a temperate rainforest. (Wikipedia)



Ocean Beaches
Rain Forest





Christchurch

is the largest city in the South Island of New Zealand, and the country's third-largest urban area with a population of more than 363,000. The agricultural industry is the economic core of the area. The city sustained widespread damage during major earthquakes in 2010 and 2011. (Wikipedia)





The Māori People

are the indigenous Polynesian people of New Zealand. The Māori originated with settlers from eastern Polynesia, who arrived in New Zealand in several waves of canoe voyages at some time between 1250 and 1300 CE. Over several centuries in isolation, the Polynesian settlers developed a unique culture with their own language, mythology, distinctive crafts and performing arts (Wikipedia).

Queenstown

is a resort town in the south-west of New Zealand's South Island, built around an inlet on Lake Wakatipu, with spectacular views of nearby mountains. With a resident population of just over 29,000, Queenstown is a center for adventure tourism. Skiing, snowboarding, jet boating, whitewater rafting, bungee jumping, mountain biking, tramping, sky diving and fly fishing are all popular activities (Wikipedia).



The Milford Track

is a widely known tramping route in New Zealand – located amidst mountains and temperate rain forest in Fiordland National Park in the southwest of the South Island. The 33.2 mile hike starts at the head of Lake Te Anau and finishes Milford Sound at Sandfly Point, transversing rainforests, wetlands, and an alpine pass (Wikipedia).



The Milford Track





Aoraki/Mount Cook

is New Zealand's tallest mountain, standing 12,316 feet above sea level, and is located in the Southern Alps. Also known as Aoraki, the original Māori name meaning "Cloud Piercer." The area is abundant in walking tracks, with walking trails leaving Mount Cook Village taking anywhere between 10 minutes and 4 hours. There are also day tramps to some of the area's alpine huts, and for the more experienced, mountain climbing is widely popular, with guides available.

