

RIMA *Mauri Oho - Whirinaki Forest Footsteps & Wai Ariki Spa Package*

5



Starts
8.15am
Wai Ariki Spa
Rotorua



Concludes
5.30am
Wai Ariki Spa
Rotorua



Duration
9 Hours



Picnic Lunch



**Swim Suit
Required**



Price
\$435pp

**Additional
Added value:**
• Personalised meet
and greet
at each experience.
• All transfers and
bookings arranged as
one package

• Pick up and drop off
included
• All meals and
refreshments for
the day.

8.15am

Pick up with Whirinaki Forest Footsteps bus at Wai Ariki Spa, Rotorua
Depart for Whirinaki Te Pua a Tane, with guided commentary en route.

9.30am

Arrive in to Murupara, meet your forest guides who will provide a
welcome in to Ngati Manawa Tribal lands, before boarding the bus and
continuing storytelling en route to the rainforest

10.30am

Arrive at **Whirinaki Te Pua a Tane**. Here our guides will welcome you in to
the ngahere (forest). This is done by way of mihi whakatau and karakia.
Your cultural guided walking journey begins. Meet our **Rakau Rangatira**
(chiefly trees).

Follow our **Rongoa trail** (Medicine plant trail) as you learn to identify
medicinal plants and learn about their many uses.

Hear, and hopefully see, our native and endangered birds in their natural
habitat.

Hear the history of Whirinaki Te Pua a Tane, and how Maori revered
the forest for its beauty, spiritual presence, bountiful supply of food,
medicine, building and weaving materials. Learn **whakatauki** (proverbs)
and experience **Forest Bathing** – the art of connecting to the natural
healing vibrations of the forest through a meditative state, that includes
traditional wind instruments, karakia and ancient chant.

Your tour concludes with packed picnic lunch and hot **Kawakawa tea**, as
you enjoy a time of reflection with your guide, and an opportunity to ask

any questions you might have about anything.

1.30pm

Depart Whirinaki Te Pua a Tane for Rotorua.

2.15pm

Stop at **Te Ana a Tokowaru** (hidden Maori Rock carvings carbon dated
400 years before the Great Migration).

2.45pm

Depart Te Ana a Tokowaru for Rotorua.

3.30pm

Drop off at **Wai Ariki Spa**. You will be welcomed in by a host and will
hear the commentary of the history of spa in Rotorua, and how our
ancestors have been harnessing these healing muds and waters for
centuries.

Begin your Restorative Spa Journey, which includes: Waterfall
experience, Hot geothermal spa, Steam room, Geothermal muds and
more.

Your mind, body and soul will thank you after spending a day of
immersive, traditional
cultural healing and
wellbeing, set amongst
the natural wonders of our
world.

5.30pm

Prepare to depart Wai Ariki
Spa.



MAURI OHO
Awakening the Essence of You