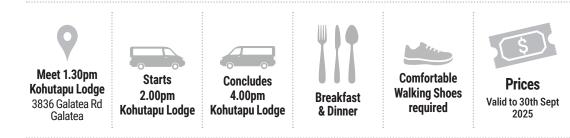
# TORU Kohutapu Lodge & Whirinaki Forest Footsteps Overnight Combo





Departing from Kohutapu Lodge, learn about Ngati Manawa tribal history, as you visit:

- Lake Aniwaniwa domain and waterfall, Ngati Manawa tribal boundary Learn about taniwha (creatures who protect our waterways), hear the story of the native long fin tuna and what our people do to ensure its survival.
- The first battle site of Tangiharuru and the Marangaranga people Learn how this ancestor secured the tribal boundaries of this land locked tribe.

#### • Tawhiuau, our sacred mountain

Enjoy a short walk to the foothills and gather Kawakawa (traditional Medicine plants)

• Township of Murupara

Learn the history of our once thriving forestry community.

- Kaingaroa Forest (the largest manmade forest in the Southern Hemisphere) and visit Te Ana a Tokowaru – the oldest Maori Rock Carvings in New Zealand carbon dated 400 years before the Great Migration
- Kopuriki Road back to Kohutapu Lodge
  - Learn more about the many sacred sites you pass
- 4.30pm Back at Kohutapu Lodge
  - Enjoy an afternoon of interactive activities, including:
  - Mau Rakau (Traditional Maori Stick Games)
  - Haka (learn all about haka, the meaning of haka, and how to perform "Ka Mate")
  - Weaving with Harakeke (Native Flax)

## 7.00pm Dinner

## 10 people or more

Traditional ground cooked hangi buffet feast and dessert.

# Less than 10 people

Home cooked, 2 x course plated meal. Hosting over dinner and storytelling after dinner.

Learn about our community give back arm to our business, and how you contribute.

## Accommodation

Lodge cabin room with communal bathrooms, lounge and kitchen facilities. Please advise if you wish to upgrade, and pricing/confirmation will be given on request.

2 People

\$635pp

Twin Share

Lodge Cabin

\$685pp

Self-Contained

Cottage

Solo Traveller

\$695pp

Lodge Cabin

Room

\$795pp

Self-Contained

Cottage

## 8.00am Breakfast

Continental, featuring cereals, toasts, fruit and yoghurt

#### 9.00am Depart for Whirinaki Forest Footsteps.

#### 10.00am 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 – 2.00pm Tour Concludes

with words of farewell and Karakia before drop off back to your vehicle.





www.kohutapulodge.co.nz

www.whirinakiforestfoosteps.co.nz