

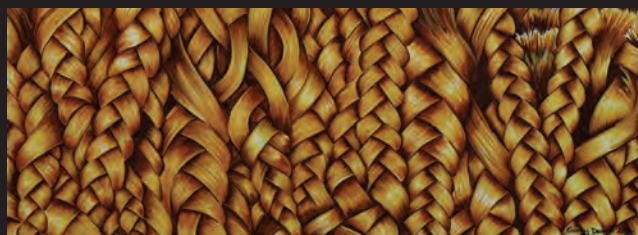
the long way

A Coast to Coast of the South Island by paddle, pedal and foot



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A Coast to Coast of the South Island by paddle, pedal and foot... ...the long way



by Ginney Deavoll

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The Great Outdoors is wonderful for self-development and challenges; to bring balance to our lives and relaxation. As Kiwis we are among the luckiest people in the world with regard to what is there on our own back doorstep. No matter where you are in New Zealand-Aotearoa, the Great Outdoors is never far away. You can go for a stroll along the beach after work, surf the waves, take a bike ride, enjoy a weekend tramp or a day in the mountains. Everyone has their own 'turangawaewae,' or place to stand, that gives back more energy than you put in. In the Great Outdoors, our problems are put into perspective and a weight is lifted off our shoulders. It's a treasure worth protecting.

The more we experience what is waiting for us outdoors, the more we understand. With that understanding and experience comes knowledge and appreciation, making us better equipped to make quality decisions about the future of our Great Outdoors and our own lives.

We would like to share with you some of your own backyard, to show you places that will take your breath away; to give you an insight into our greatest treasure, a treasure not for sale but to be safeguarded for future generations. Our journey will be slow; we're in no hurry and there are no records to beat. Our purpose is to be immersed in the beauty of our backyard as we travel through it, to notice the small things, to learn and grow as individuals and to share the experience with you.

We invite you to follow our journey.





Isn't it amazing how something can begin with a casual or stray thought, a dream that somehow resonates in your mind?

You begin to wonder if it's possible, do a bit of casual research, mention it to family and friends every once in a while. Then before you know it you're printing out maps, buying gear and standing on a deserted south coast beach surrounded by the equipment to make that idea a reality.

Before us the Southern Ocean crashes on the shore in a maelstrom of white water. Beyond those waves is the start of a two thousand kilometre self-propelled journey by paddle, pedal and foot leading to Cape Farewell, the most northerly point of the South Island.

On that journey we would encounter towering mountains, forests of fragile ferns and mosses guarded by sturdy giants, relentless surf and blood-red sunsets. We'd be joined along the way by unique and terrifying wildlife and by loyal friends. At times we'd be thrown challenges that caused us to struggle emotionally and physically, digging deep within ourselves to find a strength we didn't know existed. Often we were awestruck by the incredible beauty or ruggedness of New Zealand's most wild and beautiful places.

Ultimately this is a journey of friendship and adventure while discovering some of the secrets of our greatest treasure.

-Ginney Deavoll



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