



“Native Nations – Tracing Indigenous Footsteps” TRENZ Famil

“Native Nations – Tracing Indigenous Footsteps” has received widespread recognition for its innovative approach to regenerative tourism, and last year won the NZ Tourism award for Industry Collaboration & Alignment.

A group of Maori Tourism operators and industry partners who are dedicated to empowering young indigenous people from diverse cultural backgrounds and uplifting their communities as we go, have created a series of youth cross-cultural exchanges between a number of native nations. These exchanges have been developed to reconnect our youth to their own culture, and to establish synergies between other indigenous cultures worldwide, allowing them the understanding their place in the world.

Based upon the healing journeys of our young people, we are building a global network of transformative indigenous and regenerative tourism trails for visitors to follow. These tourism trails follow truthful history of indigenous peoples, and promote responsible tourism practices while celebrating the rich cultural heritage of unique indigenous communities from around the world.

Last year, “Native Nations – Tracing Indigenous Footsteps” successfully completed two indigenous youth cross cultural exchanges in to VIC Australia, following the Aboriginal people’s rich and deep history and connection to stone country, salt country and bush country. We then mirrored that exact same itinerary for our indigenous youth to follow in New Zealand, however through Te Ao Maori lens. This year, we will be embarking on cross cultural exchanges in to QLD Australia and BC, Canada with more cross-cultural exchanges on the horizon.

On behalf of our Maori tourism operators and partners involved in “Native Nations -Tracing Indigenous Footsteps” project, we invite you to the central north island of New Zealand, and out to the beautiful coastal Bay of Plenty area, to walk in the footsteps of our indigenous youth. Follow their journey of healing and reconnection to culture, land, environment, traditional practises and native food, across a 5-day itinerary, that will warm your heart and touch your soul.

Reach deep in to our communities, truly meet our people, and leave behind a positive footprint as part of your TRENZ 2024 experience.

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‘Native Nations – Tracing Indigenous Footsteps’ 5 Day TRENZ Famil Itinerary (ROTORUA & BAY OF PLENTY)

SUNDAY, 12 MAY 2024		
Time	Schedule	Inclusion
4pm	Arrive in Rotorua	Collection at Airport and transfer to hotel
	Accommodation: Sudima Hotel	Includes breakfast
5pm	<p>ARRIVE AT TE PUIA...</p> <p>TE PŌ COMBO (TE RĀ, DINNER + HAKA)</p> <p>An evening of culture, kai and connection! Te Po Combo begins at 4pm with our fully guided experiences to enrich your visit to our historical geothermal valley. Each guide adds a personal touch to inspire and help visitors truly connect with the Te Puia experience.</p> <p>Explore our amazing landscape of native bush, geysers, and mud pools, and feel the natural power of Pōhutu Geyser– the largest geyser in the Southern Hemisphere! Get up close and personal with one of our national treasures in our brand-new Kiwi Conservation Centre. Visit the New Zealand Māori Arts and Crafts Institute and Āhua Gallery.</p> <p>After working up an appetite enjoy a mouth-watering buffet at our world famous Pātaka Kai Restaurant & Bar, followed by an exhilarating cultural performance and then if you want more, head back down into the geothermal wonderland featuring the world famous Pōhutu Geyser.</p> <p>This experience is approximately 4 hours 30 minutes long and suitable for all ages.</p> <p>Tonight, you will be joined for dinner by a number of special guests...</p> <p>Meet our indigenous youth who were part of the 2023 Native Nations Cross cultural exchange in to VIC Australia. Hear their truth, and find out what their aspirations are for the future, after being involved in this exchange. Enjoy a short performance, before they share with you a mini film about their time spent with the Aboriginal youth in Australia.</p>	<p>Inclusions:</p> <p>4.5 hours Guided experience, dinner and haka performance</p>





MONDAY, 13 MAY 2024		
Time	Schedule	Inclusion
7.30am	<p>Board your coach and depart for Kaitiaki Adventures – Mt Tarawera.</p> <p>Te Maunga ō Tarawera is the spiritual home of Ngati Rangitahi Iwi. Standing sentinel high above Rotorua the sacred site of significant, historic events are etched into its landscape. Mount Tarawera is revered by local Māori and offers a unique adventure for those who come and explore it on a guided tour exclusively with Kaitiaki Adventures</p> <p>The Iwi of Ngati Rangitahi are the kaitiaki (custodians) of Te Maunga ō Tarawera and hold mana whenua of the Maunga (Mountain).</p> <p>Experience the unique landscape and history of Mt Tarawera. Infamous for its eruption on June 10th, 1886, Mt Tarawera created the world’s youngest geothermal valley of Waimangu, at the same destroying the legendary Pink and White Terraces. This fully guided walking experience encompasses the unique landscape and history of the area. With unmatched scenic vistas and 360 panoramic views this experience is ideal for all ages and includes an optional run in to the heart of the volcanic crater.</p>	<p>Inclusions: Full Dormant Volcano Experience Packed morning tea</p>
11.30am	Depart for Wai Ariki Spa	
12.30pm	<p>Arrive at Wai Ariki Spa, Rotorua.</p> <p>Nestled on the foreshore of the stunning Lake Rotorua and meaning ‘Chiefly Waters’ - Wai Ariki offers two architecturally stunning and culturally authentic areas for you to explore, unwind, rejuvenate and relax.</p> <p>Truly a feast for the senses, Wai Ariki is inspired, curated and owned by the local iwi, Ngāti Whakaue. Both the Wai Whakaora, meaning (Restorative Journey) and the exclusive Āhuru Mōwai, meaning (Sanctuary - a place of peace and tranquillity) are founded on te ao Māori values, traditions and culture.</p> <p>Enjoy a sensory feast for your body, as you traverse through hot, cold, wet, dry, steam, mud and aromatherapy experiences as part of your 90minute restorative journey.</p>	<p>Inclusions: Spa Restorative Journey Lunch</p>
3.30pm	Depart Wai Ariki Spa and head to your hotel. You have time to relax and freshen up before your evening experience.	
5.45pm	You will be picked up from Hotel Reception at 5.45pm sharp, by Te Pā Tū driver and coach.	



6.15pm	<p>Te Pa Tu – enjoy an evening of ceremony, welcome, interaction, cultural performance and high end indigenous dining with our whanau from award winning Te Pa Tu!!</p> <p>Pā sit at the epicentre of our communities. They were places of physical refuge in times of war, and they remain sanctuaries for our mind and spirit.</p> <p>Pā are where we meet to discuss critical issues, where we celebrate occasions of significance and where we strengthen our own understanding of who we are.</p> <p>Te Pā Tū presents culture and kai (cuisine) events – sharing Māori history, traditions, and future aspirations across four hours of celebration and feasting.</p> <p>Tamaki Māori Village is proud to present, TE PĀ TŪ and its Matariki feast, Tū Te Ihi. This is a uniquely Māori celebration of culture and cuisine which spans the time of year when the Matariki cluster of stars sit high and bright in our winter skies.</p> <p>Tonight, hear how owners of Te Pa Tu, Tauhara North No.2 Trust, has Mana Whenua over its traditional lands and sustainably manages these resources for future generations of owners and their whanau by inspiring and connecting whanau, whenua and whakapapa through Matauranga Maori. Hear how Tauhara North No.2 gives back to its people through employment, housing, education grants and more.</p>	Inclusions: Evening cultural performance and indigenous dining experience.
10.00pm	Transport back to Accommodation	
TUESDAY, 14 MAY 2024		
8.00am	Pack your bags and depart your Hotel for Ngati Manawa tribal lands.	
8.30am	On the outskirts of Ngati Manawa tribal lands, your bus will pull over to the side of the road. Here your Maori guide will meet you and provide a whakatau (welcome) and karakia (traditional prayer) to keep you safe throughout your journey. Your guide will board your bus, and provide an account of a rich history both pre-European and post-Colonial, as you drive through the largest man-made forest in the Southern Hemisphere.	
8.45am	Pull on to the side of the road, and enjoy a short bush walk with your guide down in to Te Ana a Tokowaru (Hidden Maori Rock Carvings). These carvings have been carbon dated to 400 years before the Great Migration. Hear the truthful history of the arrival of Maori to Aotearoa, and how the Marangaranga people survived in these new and foreign lands. Hear the history of Tangiharuru, the epitomes ancestor who secured these lands, and started the tribe known as Ngati Manawa.	Inclusions: Guided tour in to the oldest Maori rock carvings in NZ
9.15am	Journey through Murupara, a once thriving forestry township, and hear the truthful history of what happened to this colourful township once the trees were sold offshore, and jobs became mechanised.	
9.30am	<p>Arrive at the marae and experience a traditional Pōwhiri, welcome, before you enjoy a tour through our elite carved whareniui (meeting house). Enjoy morning tea with the elders from the tribe, and ask any questions you might have about anything you wish.</p> <p>Learn how Kohutapu Lodge has been utilising the marae for tourism, and what tourism has given back to the marae and the people of the iwi...</p>	Inclusions: Marae powhiri (welcome) and morning tea with elders
10.45am	Depart for Whirinaki Forest Footsteps – guided cultural walking tour through our Jurassic Podocarp Native Rainforest.	



<p>11.15am</p>	<p>Welcome to Whirinaki Te Pua a Tāne - the Whirinaki Rainforest - a majestic, ancient and spiritual realm. Join us for a guided walking journey into the heart of this vast, Jurassic, podocarp rain forest. Become awestruck when you feel the earthly vibrations as the ngahere (forest) comes alive.</p> <p>Māori revered the forest for its beauty, spiritual presence, bountiful supply of food, medicines, building and weaving materials. Come with us. Hear our stories as we take you on a journey of discovery...</p> <p>Meet Nga Rakau Rangatira - the chiefly trees of the forest, see our 1,000 year old Totara, learn about our Rakau Rongoa (Natural Medicine Plants), hear (and hopefully see) our native and endangered birds in their natural habitat.</p> <p>Hear history along the way, and experience 'Forest Bathing' - the concept of connecting with nature and enjoying the health benefits of simply just 'being' at one with the forest. During this time of connection to the vibrations of the ngahere (forest) you will hear traditional Maori chants and traditional Maori wind instruments.</p>	<p>Inclusions: Guided cultural bush walk and lunch. <i>Today's bush walk is suitable for all fitness levels</i></p>
<p>12.45pm</p>	<p>As you exit the bush walk, you will meet one of our Rangatahi who participated in the Native Nations exchange into Australia.</p> <p>Today, she is your indigenous chef!!</p> <p>We will be live cooking for you in the forest, dishes that we have hunted, gathered or foraged for ourselves. The entire menu today, is inspired from "Forest to Fork".</p> <p>Meet our hunters and gatherers, and feel free to ask any questions, as our chef also talks to you about her passions, her inspiration, what the exchange meant to her, and what she is now doing post the Native Nations exchange.</p> <p>You may also have met a few of your wait staff today, earlier on in your famil!!</p> <p>Your lunch concludes with hot Kawakawa tea – a traditional Maori medicine tonic, with astounding health benefits.</p>	<p>Inclusions: Indigenous wild food lunch</p>
<p>2.15pm</p>	<p>Depart the forest for Minginui Nursery.</p> <p>Minginui Nursery is a purely native tree nursery specialising in revegetation plants. Find out what this nursery means to the remote community of Minginui and the people of Ngati Whare.</p> <p>With the capacity to produce over 1,000,000 plants per year, the nursery is able to supply pure cold-hardy natives on a commercial scale with orders delivered right to the customer's door.</p> <p>Enjoy a guided tour through the facility, and discover the story behind Minginui Nursery – combining Tikanga Māori and Science to support a new sustainable indigenous forest industry in New Zealand.</p> <p>You will each choose a native tree to take with you, and this will be planted at your next stop.</p>	<p>Inclusions: Nursery Tour and Native Tree</p>



3.15pm	Depart for Kohutapu Lodge.	
4.00pm	Arrive at Kohutapu Lodge and check-in. Here you will plant your native tree.	
4.30pm	Hangi Preparation At Kohutapu Lodge, help prepare your traditional ground cooked hangi and lay in the ground – this will be dinner tonight. One of our men in our famil group will be chosen to help put the hangi in the ground.	Inclusions: Cooking Experience
5.00pm	Interactive activities with our guides and our rangatahi (youth) this afternoon, include: <ul style="list-style-type: none"> • Mau Rakau – Māori Stick games • Haka – War Dance • Weaving – Harakeke (Flax) • Poi – Performing Arts • Fry Bread – Cooking Class 	Learn Haka, Poi, Weaving, Stick Games and spend time with our young people as they share with you our culture.
7.30pm	Enjoy your ground cooked hangi buffet dinner and dessert tonight, as you are hosted by the whanau from Kohutapu Lodge who will share with you their back story – and how they have been harnessing tourism to give back to their community over the past 10 years. Kohutapu Lodge owner is the original founder of “Native Nations – Tracing Indigenous Footsteps”. Meet the architect, and find out the plans for the future of this global indigenous and regenerative tourism campaign. Find out how you can help change the world, through tourism! Dinner: Hangi Buffet & Dessert <i>Please note, tonight you will help pack up any left over hangi into individual meals, and refrigerate them. Tomorrow morning, you will participate in a community visit, where you will drop the hangi meals off.</i>	Hangi & Dessert Buffet Dinner
9.00pm	Storytelling around the fire pit – Tuku Session (Yarning Circle) Time to reconnect, share and learn from each other. <i>If weather is inclement, we will gather around the indoor fire place in the lounge room.</i>	
9.30pm	Accommodation: Kohutapu Lodge	



WEDNESDAY, 15 MAY 2024		
7.30am	Breakfast & Pack bags/load up the bus.	
8.30am	Depart Kohutapu Lodge for Maungarongo Kohanga Reo in Murupara.	
9.00am	<p>Arrive at He Maungarongo Kohanga Reo. Here you will visit our full immersion Maori pre-school, for children aged 0 – 5 years, and drop off the pre-packed hangi meals for their lunch today.</p> <p>Our babies will welcome you in with Waiata (song) and performance, and you will meet the Kaiako (teachers) in the pre-school who will share with you what Kohanga Reo are, the history of Kohanga, and why they are important for our tamariki (children).</p>	Inclusions: Community engagement and give-back
9.30am	Depart for Ōmataroa Eco Tours	
10.15am	<p>Arrive at Ōmataroa Eco Tours</p> <p>Omataroa forest is home to Puhikōkō Reserve and Ngākauroa Wetland, recognised as areas of national significance and outstanding natural character. Located in the Eastern Bay of Plenty, just inland from Whakatāne.</p> <p>You'll be transported and guided through beautiful native bush with stunning views. Explore Aotearoa in an eco-friendly and responsible way.</p> <p>Tour Details:</p> <ul style="list-style-type: none"> • Explore a native private forest and unveil its secrets. • Become a Kiwi hero! Join our conservation efforts. • Māori stories & history come to life. • Herbal remedies: Learn, Taste, Heal. • Plant a native tree, for the future. <p>Learn about Omataroa's involvement in the "Te Teko Texas Rangers" initiative, which was developed to provide a unique opportunity for senior students (aged 11/12) at Te Teko School to learn about kiwi conservation and the wider biodiversity of Omataroa Forest through an outdoor educational programme.</p> <p>"Our tamariki are the Kaitiaki who will lead this conservation work in the future and we hope to nurture their love for the whenua and understand the responsibilities that they hold as Kaitiaki. The programme will cover many aspects of Maori culture and traditions as well as a hands-on role in protecting the environment and wider biodiversity.</p>	2-hour tour Transport Morning Tea Local Māori tour guide Guided nature walk Māori storytelling, Introduction to Kiwi conservation Scenic views Native tree planting Indigenous herbal remedies.
12.15pm	Depart for Tio Ōhiwa Oyster Farm	



12.50pm	<p>Arrive at TIO ŌHIWA. The Ōhiwa Oyster Farm is a must-see attraction. Besides growing all our own oysters, we also smoke a variety of fresh fish. As well as oysters we have a range of seafood, burgers and meals which can be indulged in at a magnificent spot, right by the harbour.</p> <p>Come and hear our stories, sit and enjoy a meal on the shore of Ōhiwa Harbour and watch the Oysters growing.</p> <p>Hear about our community and environmental projects we are involved in, including Mangrove management projects.</p>	<p>Inclusions: 90 mins Experience Guided history tour of Ōhiwa Oyster Farm, Ohakana Island & Tauwhare Pā Interactive oyster experience including: Shucking, Condiments, Tasting, Serving, Oyster processing plant tour. Complimentary meal and mineral water</p>
3.00pm	Depart for Maketū.	
4.00pm	<p>Arrive into Maketū.</p> <p>Maketu is a small town on the Western Bay of Plenty coast in New Zealand.</p> <p>Maketu is rich in ancestral Māori culture, specifically the Te Arawa tribe. Maketu was the landing site of the <i>Arawa</i> canoe. The chief who led the voyage of the <i>Arawa</i> waka from Hawaiki to New Zealand/Aotearoa was Tama-te-kapua. Many of the arrivals settled in Maketu, but some continued their journey inland, using the Kaituna River as far as Rotorua. Maketu is named after an ancient kūmara (sweet potato) pit in Hawaiki, the Māori ancestral homeland.</p> <p>Maketu has a predominantly Māori population, although in recent years there has been an influx of many cultures to Maketu.</p>	
	<p>Meet Dion Muir and join his whanau this afternoon at Muir's Tours for a guided tour and dinner.</p> <p>A passionate New Zealander, Deon Muir has spent most of his professional career representing both his country and the mighty Waikato. Captain of the New Zealand Maori All Blacks and Super captain of the Chiefs Rugby Team.</p> <p>Join Deon on an introduction to cultural landmarks and historic locations belonging to the Ngāti Whakaue kī Maketū tribe including the significant landing site of Te Arawa Waka.</p> <p>Tonight, Deon and his whanau will share a feast from the moana with us for our dinner and share his understanding of what it takes to be a kaitiaki (custodian) of our Moana (ocean).</p> <p>It's "all hands-on deck" learning about traditional cooking methods beneath the ground, revealing the smoky aroma as you assist with unearthing the hangi pit.</p>	<p>Inclusions: Guided tour Interactive home hosted seafood dinner</p>



	Learn to fillet and prepare your fish, shuck mussels & kina (sea urchin) – eating the occasional one fresh from their shell too! - before joining your hosts for a unique dining experience, indulging in the delights of Tangaroa and Papatūānuku.	
8.00pm	Depart Maketū Accommodation: Trinity Wharf or Armitage Hotel	
THURSDAY, 16 MAY 2024		
6.30am	OPTION: Enjoy an early morning walk and watch the sunrise at the popular Mount Maunganui beach	
7.30am	Breakfast: Accommodation Pack your bags and load on to coach (day of departure)	
9.00am	<p>Arrive at Mauao Adventures</p> <p>Mauao Adventure's vision, alongside all tangata whenua of Tauranga and our iwi, is for our whenua/land and our moana/ocean to be so well looked after, from the mountains to the seas, that we humans will also reap the benefits of health and wellness through our actions.</p> <p>We achieve this by facilitating and nurturing your journey and connection with the whenua and moana by providing a safe, interactive and educational platform using ocean activities.</p> <p>WAKA AMA LESSON Team work is the key factor with Waka Ama. Begin with an on-shore lesson learning to paddle as a team, before putting skills to action on the water. Includes circuiting the bay, paddling to the Tangaroa statue and racing.</p> <p>CULTURAL WALK OF MAUAO The Legend of Mauao itself is inspirational, but only one of the many stories we share as we guide you around or up Mauao. Also learn about the wildlife that still reside around Mauao, and other environmental factors.</p>	<p>Inclusions: Guided Cultural walking Tour around the base of Mauau maunga (mountain) Suitable for any fitness level Waka Ama canoe paddling</p>
12.00pm	<p>TRAVEL ED Culture & History Tour</p> <p>To get a feel for the history of Tauranga you will experience the stories of an ancient Māori fortified village and the arrival and impact that missionaries and European settlers had on the Māori people.</p> <p>Meet Les Millard, your guide for this afternoon and a Māori descendant of those who were at the battle.</p> <p>You will stand on the very grounds where one of the most incredible battles occurred and listen to stories of chivalry during the battle.</p>	



	<p>You will have the opportunity to view the Tauranga harbour area from the surrounding hills. A truly stunning view!</p> <p>To conclude this tour you will enjoy an exquisite culinary experience at Izakai, an award winning Māori/Japanese fusion eatery.</p>	
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<p>1.30pm</p>	<p>Izakai (As part of Travel Ed Tour)</p> <p>Keeping it in the whanau, meet Liam, Les Millard’s son, and owner of Izakai restaurant.</p> <p>A local NZ twist on the Japanese Izakaya, Izakai Bar and Eatery brings together culture, tradition and flavours of Maori and Japanese to create a unique dining and drinking experience.</p> <p>Izakai was born when Liam and a friend realised a mutual love of hospitality, their home of Aotearoa and the desire to create a venue that they would want to spend time in themselves.</p> <p>Select from a menu of mouth-watering options including favourites Hangi Pork and Watercress Ramen, Creamed Paua and Prawn Gyoza and our Award-winning mānuka honey roasted kūmara pie.</p> <p>As part of your farewell lunch, you will be joined by some of the Maori operators and partners of “Native Nations – Tracing Indigenous Footsteps” and Rangatahi (youth) who were part of the exchange, and whom you have met throughout your famil itinerary.</p> <p>Here is where most of your hosts will bid you farewell. Before you depart, your hosts will provide each of you with a taonga (treasure/gift) to remind you of your time spent with our people in our communities, and how your visitors are helping us to Change the World....through tourism.</p>	<p>Inclusions: Hosted Lunch</p>
<p>2.30pm</p>	<p>Depart Izakai and Continue on Travel Ed Cultural Tour, as Les Millard regales you with final stories from our history, before bringing your TRENZ famil to a final close, with karakia (prayer) to keep you safe for the remainder of your time in Aotearoa, and your journey home.</p>	
<p>4.35pm</p>	<p>Arrive Tauranga Airport for departure flights...</p>	<p>Inclusions: Flights</p>