



YOUR MENU OPTIONS

**HIKING FOOD TO TREAT
YOUR TASTEBUDS**

YOUR OPTIONS

Packed full of energy and nutrition, our yummy meal options cater to most preferred diets and lifestyles including delicious gluten free and vegetarian selections.

Hiking offers a great opportunity for you to use more energy and enjoy those extra delicious treats!

We balance meal variety with packaging, simplicity, locally sourced, and planet-friendly.

2 DAY/1 NIGHT MENUS

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2 DAY/1 NIGHT MENU - M1

BREAKFAST

Mixed Berry Breakfast

LUNCH

Roast Vege & Cashew Nut Frittata

DINNER

Bacon Mash

DESSERT

Chocolate

SNACKS

Soup, Trail mix, Biscuits, Bliss balls, Cheese & Crackers, Fruit

DRINKS

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU - M2

BREAKFAST

Apple & Cinnamon Breakfast

LUNCH

Bacon & Egg Pie

DINNER

Grass-Fed Lamb, Mint & Rosemary with Rice

DESSERT

Carrot Cake & Custard

SNACKS

Soup, Trail mix, Biscuits, Bliss balls, Cheese & Crackers, Fruit

DRINKS

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU – M3

BREAKFAST

Porridge

LUNCH

Roast Vege & Cashew Nut Frittata

DINNER

Grass-Fed Barbeque Beef with Rice

DESSERT

Apple & Berry Crumble

SNACKS

Soup, Trail mix, Biscuits, Bliss balls, Cheese & Crackers, Fruit

DRINKS

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU - M4

BREAKFAST

Yoghurt & Muesli

LUNCH

Bacon & Egg Pie

DINNER

Beef Stroganoff with Rice

DESSERT

Apple & Berry Crumble

SNACKS

Soup, Trail mix, Biscuits, Bliss balls, Cheese & Crackers, Fruit

DRINKS

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU - M5

BREAKFAST

Smoky Beef, Tomato, Egg and Hashbrown

LUNCH

Couscous Salad

DINNER

Turkish Style Grass-Fed Lamb with Rice

DESSERT

Strawberry Ambrosia

SNACKS

Soup, Trail mix, Biscuits, Bliss balls, Cheese & Crackers, Fruit

DRINKS

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU – GF1

BREAKFAST

Mixed Berry Breakfast

LUNCH

GF Roast Vege & Cashew Nut Frittata

DINNER

Beef Teriyaki with Rice

DESSERT

Apple & Berry Crumble

SNACKS

GF Soup, GF Biscuits, GF Hiker's bar,
Bliss Balls, GF Cheese & Crackers, Fruit

DRINKS

Hot Drinks

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU – GF2

BREAKFAST

Apple & Cinnamon Breakfast

LUNCH

GF Bacon & Egg Pie

DINNER

Roast Lamb with Vegetables & Mashed Potatoes

DESSERT

Chocolate Brownie Pudding

SNACKS

GF Soup, GF Biscuits, GF Hiker's bar,
Bliss Balls, GF Cheese & Crackers, Fruit

DRINKS

Hot Drinks

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU - V1

BREAKFAST

Mixed Berry Breakfast

LUNCH

Roast Vege & Cashew Nut Frittata

DINNER

Creamy Carbonara

DESSERT

Apple & Berry Crumble

SNACKS

Soup, Trail mix, Biscuits, Cheese & Crackers, Fruit

DRINKS

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

EXTRAS

Contingency Meal

SUBSTITUTIONS:

2 DAY/1 NIGHT MENU - V2

BREAKFAST

Apple & Cinnamon Breakfast

LUNCH

Couscous Salad

DINNER

Turkish Falafel with Rice

DESSERT

Strawberry Ambrosia

SNACKS

Soup, Trail mix, Biscuits, Cheese & Crackers, Fruit

DRINKS

HOT - Tea/Coffee/Hot chocolate, COLD - Raro or similar

EXTRAS

Contingency Meal

SUBSTITUTIONS:

HIKING HACKS

It's hike time!

Hopefully, you've digested the info we've provided, and your mind, body, and hiking boots are feeling prepped and ready to go!

So you'll have the best experience possible, each item in your hiking package has been carefully chosen with you and your preferences in mind.

Now, get out there, embrace our great outdoors, and don't forget to share your experience with us and the world!

PLAN & PREPARE

- **Collect your hut tickets** and check the latest track conditions at the Queenstown or Te Anau Department of Conservation (DOC) Visitors Centre.
- **Review** your TO DO list (emailed to you).
- **Visit www.easyhike.nz/planner** anytime you have internet access to learn more about what to expect out there and along the way.
- **Download** the *Plan my Walk app*, create your walk plan, and download it before you go.

SAFETY

- **You are responsible for your safety, so stay safe out there!**

Although we have provided your hiking supplies, you are responsible for ensuring you take appropriate clothing, food, and gear. We have provided you with a helpful checklist of what to take, so please review it and ensure you are fully prepared for conditions and circumstances. Staying safe also means following the track markers, signposted tracks, and looking out for one another. We recommend familiarising yourself with the Outdoor Safety Code for extra peace of mind.

TRANSPORT

- **Car relocation:** Your lockbox has been delivered with your package.
- **Bus transport:** Check your last email for all the details.

GEAR

- **Familiarise yourself with your pack** and adjust to suit. Ensure it's a comfortable and secure fit. Please call us if you have any questions about any of your gear.
- **Pack light.** We have done our bit with the gear we've provided - now it's over to you to do yours! Don't take too much. Remember, you have to carry out what you carry in - including rubbish.
- **Hiking poles.** Lightweight, height-adjustable, and very sharp at the tips. Be careful storing these in or on your pack as they can rip holes (in packs and skin!).

FOOD

- **Remove and recycle** any excess packaging.
- **A few zip lock bags** are included to help re-organise/distribute your food if needed.
- **Packing tip** - Organise food into bags for each hiking day. Keep the current day and your snacks close and easy to grab.
- **Contingency meals** - The noodles and BackCountry meals have been provided for contingency purposes. It's important you take them.
- **Soups are our secret weapon.** Use when you need a boost, or to warm up if you're cold/wet. Plus it will complete your 3-course meal!

FEEDBACK & REVIEW

We've included a feedback form and would love your thoughts on how we can improve. Every bit helps! As a small, local business, reviews help others learn about our service. We'd really appreciate it if you could take a few minutes to share your experiences with us on **Facebook, Google, or TripAdvisor**.

Thank you, and happy hiking!

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Easy HIKE
No hassle adventuring