

RIMA MAURI OHO

Whirinaki Forest Footsteps & Wai Ariki Spa Package

5



Starts
8.15am
Wai Ariki Spa
Rotorua



Concludes
5.30pm
Wai Ariki Spa
Rotorua



Picnic Lunch



Comfortable
Walking Shoes
required



Swim Suit
Required



Price
\$435pp
Valid to 30th Sept
2025

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 provided

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