



MULTI-DAY WILDERNESS EXPEDITIONS

BAY OF ISLANDS | CANTERBURY | OTAGO | YOUNG ADULTS







E3 is a multi-day wilderness expedition for school students (Year 12-13) and young adults (aged 19-25) who want to **explore the wilderness** of Aotearoa New Zealand.

Boost your **confidence**, grow your **leadership skills**, develop your **faith** and be immersed in **God's creation**. Explore how we fit into God's story and reflect on what this might mean for the next season of life, as your high school years come to an end.

We will be travelling through some incredibly **beautiful and remote areas** of Aotearoa New Zealand. Along the way, we will be challenged physically, emotionally, mentally and spiritually. Venturing into the wilderness gives us the opportunity to experience **personal growth** — allowing us to grow in our self-awareness, in our knowledge and in our love of others, of Creation, and the Creator God who made it all. As we journey, we will also explore **eco-theology**. Connecting with nature can be a profound way to connect with and experience our Creator God and appreciate the sacredness of the natural world.



TRAMPING



MOUNTAIN
BIKING



RAFTING



KAYAKING



NATURE



BIBLE
ENGAGEMENT



CAMPING



NEW FRIENDS



DEEP CHATS



JOURNEY OF
A LIFETIME

What happens on an E3 expedition?

We journey together in a small group of 10-12 young people led by 2-3 highly experienced, qualified outdoor instructors and E3 staff. We will go **tramping, mountain biking and kayaking (or rafting)**.

We will also sleep in tents (or under the stars, if you want!), learn about nature and conservation, experience the weather in all its changeable glory, cook together, challenge ourselves physically and mentally, watch breathtaking sunrises and sunsets, make campfires, have daily discussions and Bible engagement, develop our faith, spend time with a group of amazing humans, and enjoy the untamed beauty of God's Creation.

Each E3 expedition is a unique adventure!

- > For school students (Year 12-13), there are three options: **E3 Bay of Islands, E3 Canterbury, E3 Otago**.
- > For school leavers (ages 19-25), we offer **E3 Young Adults**, where the location changes each year.

Read more about each unique journey on the following pages ...



E3 BAY OF ISLANDS



EXPEDITION

Our **E3 Bay of Islands** expedition is an 11-day wilderness journey. Starting from a place of importance in our bicultural journey in Aotearoa New Zealand, we begin with a pōwhiri at Waitangi. Here, we give respect to the whenua/land and moana/ocean that we will travel on.

The next day, we have a day of learning sea kayaking skills on the water before paddling the short distance to Kororāreka/Russell where we will camp overnight, with the sound of kiwi and other native wildlife in the nearby bush.

Returning to our sea kayaks, we make our way to the outer islands. We will either: hike the amazing trail of Cape Brett walkway (including a rest day) or we will paddle to Urupukapuka Island, enjoying the amazing kayaking experience around the surrounding islands. Eventually, we make our way over to Rangihoua/Marsden Cross, which is the site where the Gospel was first shared in New Zealand on Christmas Day in 1814.

After an overnight stay here, we paddle our way back to Waitangi to complete our circumnavigation of the bay, intentionally ending back at the marae where we started.

DETAILS

Purpose: Our E3 expeditions are focused on helping you develop your leadership skills, your faith and your outdoor skills while reflecting on the opportunities and possibilities of life after high school. Along the way, we'll explore how connecting with nature can deepen our faith and reveal more of God.

Activities: Tramping and sea kayaking

Date: 11 days in early/mid December (check the website for exact dates)

Cost: \$500 (this has been heavily subsidized thanks to generous funding)

Participants: Students who have just finished Year 12 or 13

Group: 9-12 young people, led by 2-3 qualified outdoor instructors and E3 staff

Transport: Transport can be provided from our Auckland office or Auckland airport

More info/Register now: sunz.org.nz/event/bay-of-islands

Frequently Asked Questions: sunz.org.nz/e3-faq



“ We started off as a bunch of strangers and ended up like a close-knit family. **”**



E3 BAY OF ISLANDS

E3 CANTERBURY



EXPEDITION

Our **E3 Canterbury** expedition is an 11-day wilderness journey. The expedition starts on Lewis Pass (altitude 864m), on the Main Divide of Kā Tiritiri-o-te-moana/the Southern Alps.

The first five days involve tramping through sections of Lewis Pass Scenic Reserve and the St James Conservation Area in the Canterbury region. Our route passes through pastoral land, beech forest and sub-alpine regions before heading over Fowlers Pass (altitude 1296m), the highest point of our journey.

Putting aside our tramping packs, we spend a day biking 40km on Tophouse Road, alongside the upper section of the beautiful and isolated Waiau Toa/Clarence River. Our cycling leg ends at the historic Acheron Homestead.

Transferring to rafts, we spend our final five days rafting down the remaining section of the Waiau Toa before reaching our final destination – the East Coast!

DETAILS

Purpose: Our E3 expeditions are focused on helping you develop your leadership skills, your faith and your outdoor skills while reflecting on the opportunities and possibilities of life after high school. Along the way, we'll explore how connecting with nature can deepen our faith and reveal more of God.

Activities: Tramping, mountain biking, rafting

Date: 11 days in early/mid December (check the website for exact dates)

Cost: \$500 (this has been heavily subsidized thanks to generous funding)

Participants: Students who have just finished Year 12 or 13

Group: 9-12 young people, led by 2-3 qualified outdoor instructors and E3 staff

Transport: Transport can be provided from our Christchurch office or Christchurch airport

More info/Register now: sunz.org.nz/event/canterbury

Frequently Asked Questions: sunz.org.nz/e3-faq

“ I have a new respect for Creation and the need to conserve it and appreciate what we have been given.”





E3 CANTERBURY

E3 OTAGO



EXPEDITION

Our **E3 Otago** expedition is an 11-day wilderness journey. We start our adventure on the Main Divide of Kā Tiritiri-o-te-moana/the Southern Alps, at the head of the Makarora Valley on Tioripātea/Haast Pass.

For the first six days, we will tramp through parts of Aspiring National Park. This stunning national park is part of the Te Wāhipounamu, a UNESCO World Heritage site which encompasses 2.6 million hectares. We will tramp through dense forest, we will cross glacial-fed rivers and we will traverse alpine passes.

Along the way, as well as enjoying the scenery of snow-capped mountains and alpine lakes, we'll participate in some practical conservation work — potentially checking predator-traps and monitoring water-quality, plus surveying and recording the amazing array of birds that live in the area.

We will then give our legs a break for a couple of days, using paddles to guide our sea kayaks on the vast expanse of Lake Wānaka. Arriving at Minaret Station, we will then spend our final three days biking the western shores of Lake Wānaka — a remote area rarely accessed by the public — before finishing our expedition in Wānaka.

DETAILS

Purpose: Our E3 expeditions are focused on helping you develop your leadership skills, your faith and your outdoor skills while reflecting on the opportunities and possibilities of life after high school. Along the way, we'll explore how connecting with nature can deepen our faith and reveal more of God.

Activities: Tramping, mountain biking, sea kayaking

Date: 11 days in early/mid December (check the website for exact dates)

Cost: \$500 (this has been heavily subsidized thanks to generous funding)

Participants: Students who have just finished Year 12 or 13

Group: 9-12 young people, led by 2-3 qualified outdoor instructors and E3 staff

Transport: Transport can be provided from Queenstown or Wānaka airports

More info/Register now: sunz.org.nz/event/otago

Frequently Asked Questions: sunz.org.nz/e3-faq





E3 OTAGO

E3 YOUNG ADULTS



EXPEDITION

Our **E3 Young Adults** expedition is slightly different to the other E3 expeditions. It is a **7-day** wilderness journey for **school leavers** (aged 19-25). There are **two expeditions each year**: one in summer and one in winter. **The location will change each time**, so come on an adventure with us! In 2025, we explored Nelson Lakes National Park while kayaking, mountain biking and hiking. In 2026, we will adventure into Mackenzie Basin. Who knows where we will end up next?!

Mackenzie Basin expedition: We will travel together to the McKenzie Basin and spend seven days adventuring on/around Lake Ōhau. We will begin our expedition by mountain biking part of the Alps to Ocean CycleTrail, one of New Zealand's Great Rides. Then, trading our bikes for kayaks, we will paddle the beautiful Lake Ōhau for a day. The next few days will be spent enjoying the amazing mountains to the west of the lake on foot, tramping along the Te Araroa Trail, followed by some off-trail adventuring. This will complete a loop that will bring us back to Lake Ōhau.

DETAILS

Purpose: Our E3 expeditions are focused on helping you develop your leadership skills, your faith and your outdoor skills while reflecting on the opportunities and possibilities of life after high school. Along the way, we'll explore how connecting with nature can deepen our faith and reveal more of God.

Activities: Tramping, mountain biking, kayaking

Dates: There are two Young Adults expeditions each year

Summer Expedition (7 days in early/mid Feb, please see website for exact dates)

Winter Expedition (7 days in mid-June, please see website for exact dates)

Cost: \$350 (this has been heavily subsidized thanks to generous funding)

Participants: For young adults aged 19-25

Group: 9-12 young people, led by 2-3 qualified outdoor instructors and E3 staff

Transport: Transport can be provided from our Christchurch office or Christchurch airport

More info/Register now: sunz.org.nz/event/young-adults

Frequently Asked Questions: sunz.org.nz/e3-faq





E3 YOUNG ADULTS

JOIN US FOR
THE ADVENTURE
OF A LIFETIME!

A JOURNEY TO REMEMBER

We have been running E3 wilderness expeditions since 2012 and we know from experience that **spots usually fill up quickly**, so register your interest today!

WEBSITE: sunz.org.nz/camps/e3

REGISTER NOW! Find your expedition on the SUNZ website (sunz.org.nz/e3-camps) and then scroll to the bottom of the page and click the red "Register Now" button.

FITNESS: Participants do not need to be super fit but an average level of fitness is required. All the activities are beginner-friendly and experienced instructors will be there to support you.

NIGEL NO MATES? Don't know anyone going on the expedition? No worries! The groups are usually made up of a bunch of strangers who don't know each other. By the end, you will definitely have made some amazing friends, shared some incredible experiences and created some unforgettable memories!

GEAR: We will give you a list of gear to bring, but all technical equipment is provided (kayaks, life jackets, mountain bikes, helmets, etc.) as well as tents, gas cookers, food and accommodation.

LEADERS: Each expedition will be led by staff from SUNZ, A Rocha and Adventure Specialties Trust, and will always include qualified, experienced outdoor instructors with training in first aid.

FINANCIAL ASSISTANCE: Assistance may be available for families on low incomes or with several children attending our camps. Please contact us to enquire.

FREQUENTLY ASKED QUESTIONS: Still got questions? Check out our E3 FAQs page: sunz.org.nz/e3-faq

STILL GOT QUESTIONS? Please feel free to contact us:

QUERIES ABOUT ACTIVITIES, GEAR, TRANSPORT:

Paul Humphreys (Paul.H@sunz.org.nz or 027-520-3513)

REGISTRATION AND ALL OTHER QUERIES:

Donna Beech (camps@sunz.org.nz or 04-928-0272)

REGISTER NOW



E3 is a partnership between three faith-based, non-profit organisations:

**Scripture Union New Zealand (SUNZ),
A Rocha and Adventure Specialties Trust.**

We believe that wilderness experiences are significant. They help us to understand ourselves better and deepen our relationships with ourselves, with others, with God and with God's Creation.

