

3,000 KILOMETRES OF GRIT,
GROWTH & GRACE ON TE ARAROA

ONE STEP AT A TIME



SHALANE HOPKINS

ONE STEP AT A TIME

3,000 km of Grit, Growth & Grace on Te Araroa

By Shalane Hopkins

PRESALE: 27 November - 4 January 2026

www.shalanehopkins.com

Shalane Hopkins

AUTHOR | CREATIVE STRATEGIST | LIFE COACH

Shalane Hopkins is an author, creative strategist, and life coach based in Otago, New Zealand. After walking 3,000 km along Te Araroa, she carried the lessons of resilience, authenticity, and growth into her writing and coaching. Through her work, Shalane empowers individuals to overcome challenges, embrace their authentic selves, and take courageous steps toward meaningful change. Her debut memoir, *One Step at a Time*, shares her journey of adventure, self-discovery, and triumph over fear.



MY PURPOSE

I'm passionate about empowering people to break free from old habits, people-pleasing, and limiting beliefs – guiding them one step at a time toward a life that reflects their authentic self.

I use storytelling and personal experience to help audiences reframe challenges, embrace growth, and discover what's possible in their own lives.



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In 2010, before Te Araroa was well marked or widely known, Shalane Hopkins walked 3,000 km across New Zealand. Battling storms, injuries, illness, and the disruption of the Christchurch earthquake, her journey tested every part of her resilience.

One Step at a Time is an adventure memoir about courage, identity, and navigating the unknown. It's written for adventurers, personal growth seekers, and anyone drawn to true stories of grit and transformation.

In 2010, before New Zealand's Te Araroa trail was officially open or widely known, Shalane Hopkins set out to walk its 3,000 km length with a friend. With no support crew, no GPS, and only a compass and a hand-drawn map, they pushed into some of the country's wildest terrain. Their journey challenged their grit and resilience as they walked through relentless rain, thick bush, endless beaches, multiple injuries — and even giardia. When the 2011 Christchurch earthquake struck, they paused their thru-hike to support the clean-up efforts before returning to finish the trail.

One Step at a Time is an adventure memoir of courage, growth, and confronting the fears that shape us. It speaks to readers of travel memoirs, inspirational true stories, and women's adventure narratives — a powerful reminder of what becomes possible when you keep putting one foot in front of the other.

THEMES

Fear, identity & self-doubt
Adventure & outdoor exploration
Personal transformation & authenticity

Walking Te Araroa before its opening
Grit, resilience & mental strength
Trusting yourself find a way

TALKING POINTS

TE ARAROA

GROWTH

WRITING

Walking Te Araroa before it opened

Overcoming fear, living small, and breaking free from expectations

Why I wrote One Step at a Time — and why it took 15 years

Navigating NZ terrain with only a map + compass

Overcoming imposter syndrome and refusing to shrink yourself

Turning a life-changing experience into a memoir

Managing a 3,000 km adventure on a backpacker budget

Our power and capacity to design the life we were meant to live

How Te Araroa became the foundation for my platform on growth

Te Araroa as one of the most powerful ways to experience Aotearoa

Authenticity: what it really means and how to cultivate more of it

How writing has been ingrained in everything I've done throughout my life

The Christchurch earthquake & the Student Volunteer Army

How to gain clarity and stop self-sabotaging your goals

Balancing motherhood, creativity, and meaningful work

Then vs. Now: How Te Araroa has changed since 2010

Life lessons from Te Araroa that continue to shape my work and life

My approach to coaching using the lessons the trail taught me

Available for interviews, podcasts, school visits, and events.

GET IN TOUCH

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