



NEW ZEALAND WALKING GUIDE

NEW ZEALAND'S MOST
SPECTACULAR WALKS





Bream Head, Northland

IMMERSE YOURSELF IN A NATURAL WONDERLAND

Imagine a holiday where one journey leads to another, taking you to unforgettable places, full of incredible sights.

Welcome to a walker's paradise, where a seemingly endless network of trails wind through some of the best landscapes this country has to offer – from isolated beaches and rugged coastlines, through farmland, wetlands, river valleys and towering forest, to tussock-cloaked high country and dramatic mountain ranges.

New Zealand's Great Walks, Day Hikes, Short Walks, Manaaki Trails and other tracks take you there. Many follow historic byways and pass iconic natural wonders, or offer encounters with unique wildlife such as kiwi, penguins and fur seals. An enviable hut network, peaceful nature campsites and atmospheric lodges make for truly memorable overnight stops.

The diversity of tracks across New Zealand's national parks and reserves means there's something for everyone, from leisurely nature trails that bring unique ecosystems into focus, to challenging multi-day adventures in remote, untouched wilderness.

Although most walks explore our natural world, they are surprisingly easy to reach. Towns and villages are seldom far away, offering a wealth of visitor information and services. Passionate local tour operators run guided trips with great food and comfortable lodging, making it possible to visit places you only ever dreamed of.

This guide shares just a taste of New Zealand's amazing trails. We hope it leads you on a rewarding journey of discovery.

WALKING IN NEW ZEALAND

CHOOSING A TRAIL

New Zealand's well-established and maintained trail network offers a remarkably diverse array of hikes for every ability and interest. The majority can be found in New Zealand's 13 national parks and countless other reserves managed by the Department of Conservation (DOC), although scores of regional parks and recreational areas, managed by local councils, offer even more trails.

Most tracks are officially graded from easiest to expert, making it simple to select a walk that's right for you. Those graded easiest follow flat

terrain and are suitable for people of all abilities, with some accessible to wheelchairs or strollers. At the other end of the scale, expert trails follow challenging routes through often steep and rocky backcountry requiring total self-sufficiency and extensive hiking experience.

Tourism New Zealand's website is a great place to start (newzealand.com), with greater detail provided by the Department of Conservation (doc.govt.nz). On the ground, i-SITE visitor information centres provide excellent advice from locals who know their own back yards.

SHORT WALKS & DAY HIKES



If there's a special place to visit or something remarkable to see, you can be sure that there's a Short Walk or Day Hike that'll take you there. A great way to get to know New Zealand when you're short on time, fitness, or don't want to carry a heavy pack, these trails are well formed and signposted, and usually easy to reach from major highways.

MULTI-DAY WALKS



You may have heard of the Great Walks – ten outstanding outdoor adventures in some of New Zealand's most famous places. But there are plenty more overnight hikes to be enjoyed – independently or with a guide – offering deep exploration on easy-to-follow but sometimes challenging trails dotted with huts, campsites and lodges.

MANAAKI TRAILS



A core Māori value that encapsulates the spirit of looking after manuhiri (visitors), manaakitanga underpins a series of special walking journeys lead by expert local guides. Ranging from 1–5 days, Manaaki Trails allow you to hike with a light backpack and offer home comforts such as great food, hot showers and comfortable accommodation.

GUIDED WALKS

Although a wealth of maps, trail information and track signage makes independent walking possible on major tracks, guided walks offer a more immersive experience. There are a huge number of trips, from half-day to multi-day, with transport, food, and accommodation ranging from basic to luxurious. What's more, passionate local guides enrich the journeys, bringing landscapes to life with stories of natural and human history. Leading New Zealand guiding companies can be found at newzealand.com.



Rois Peak, Wanaka

WALKING IN NEW ZEALAND

WHEN TO WALK

For the most favourable weather and track conditions, plan your trip between October or early November and the end of April. These months are designated the Great Walk season, when the ten walks and other popular tracks will need to be booked in advance (with DOC or tour operators).

Some great weather – and thinner crowds – can be enjoyed early or late in the season, and while high-altitude walks are mostly out of bounds in winter, many low-level tracks can be completed all year round.

WHERE TO STAY

New Zealand has more than 950 huts in its national parks and reserves. At a minimum they have bunkrooms with mattresses, water supply and toilets, and most have some form of heating.

Some also have gas cooking facilities, lighting and a resident hut warden in the high season during which popular huts must be booked in advance.

Of the many campsites along New Zealand’s walking trails, most are basic with a water supply, toilets and a shelter. Many privately run lodges can be found on or near the trails offering all the comforts of home.

WILDLIFE ENCOUNTERS

Walking is a great way to encounter unique and often rare native species in the wild. Inland trails reveal birdlife such as kiwi, kereru, tui and the country’s two cheeky parrots – kea and kaka. Highlights out on the coast include seabirds such as albatrosses and penguins along with fur seals, dolphins and other unforgettable marine life.



Charming Creek, West Coast

OUTDOOR SAFETY

Even if you’re an experienced walker, you may find New Zealand quite different other places you’ve been. The trails in this guide are well formed and signposted, but New Zealand’s terrain and unpredictable weather make it essential to choose a trail that’s right for you and be well prepared. Follow the Outdoor Safety Code for safe, enjoyable adventures.

KNOW YOUR LIMITS

Be sure you’ve selected a walk or hike that’s suitable for you and your group, based on fitness levels, the available time and expected weather conditions. If you’re not sure about this, ask a local – someone at the DOC officer, i-SITE or another knowledgeable person.

WATCH THE WEATHER

Famous for serving up ‘four seasons in one day’, New Zealand’s weather can change fast and between extremes thanks to its maritime and mountain climates. It is vital to check the forecast before your trip, and be prepared for all eventualities.

WEAR THE RIGHT GEAR

You’ll need good quality, sturdy footwear – hiking boots are best. Layer your clothing, preferably wool or other thermals (as opposed to cotton), as it stays warm when wet. Pack a sunhat in summer, and a hat and gloves if there’s any potential for cold temperatures. A rain jacket is essential all year round.

TELL SOMEONE YOUR PLANS

Many tracks go through remote country with minimal cellphone coverage or other support if things go wrong. That’s why it’s important to tell someone about your plans and when they should raise the alarm if you haven’t returned. Kiwis call this ‘leaving your intentions’.

PACK THE RIGHT GEAR & SUPPLIES

Make sure you have all the right gear for your trip – such as a map, torch, sleeping bag, etc – and more than enough food to get you through.

For more advice on staying safe in the New Zealand outdoors, see mountainsafety.org.nz

KEY: TRACK GRADES AND INFORMATION

- | | | |
|---------------|---------------------|------------------------|
| Return track | Intermediate - easy | Booking not required |
| One way track | Intermediate | Guided hikes available |
| Loop track | Advanced | Flight time |
| Time | Best time to go | Drive time |
| Easy | Booking required | Ferry time |



SHORT WALKS

Rangitoto Summit Track

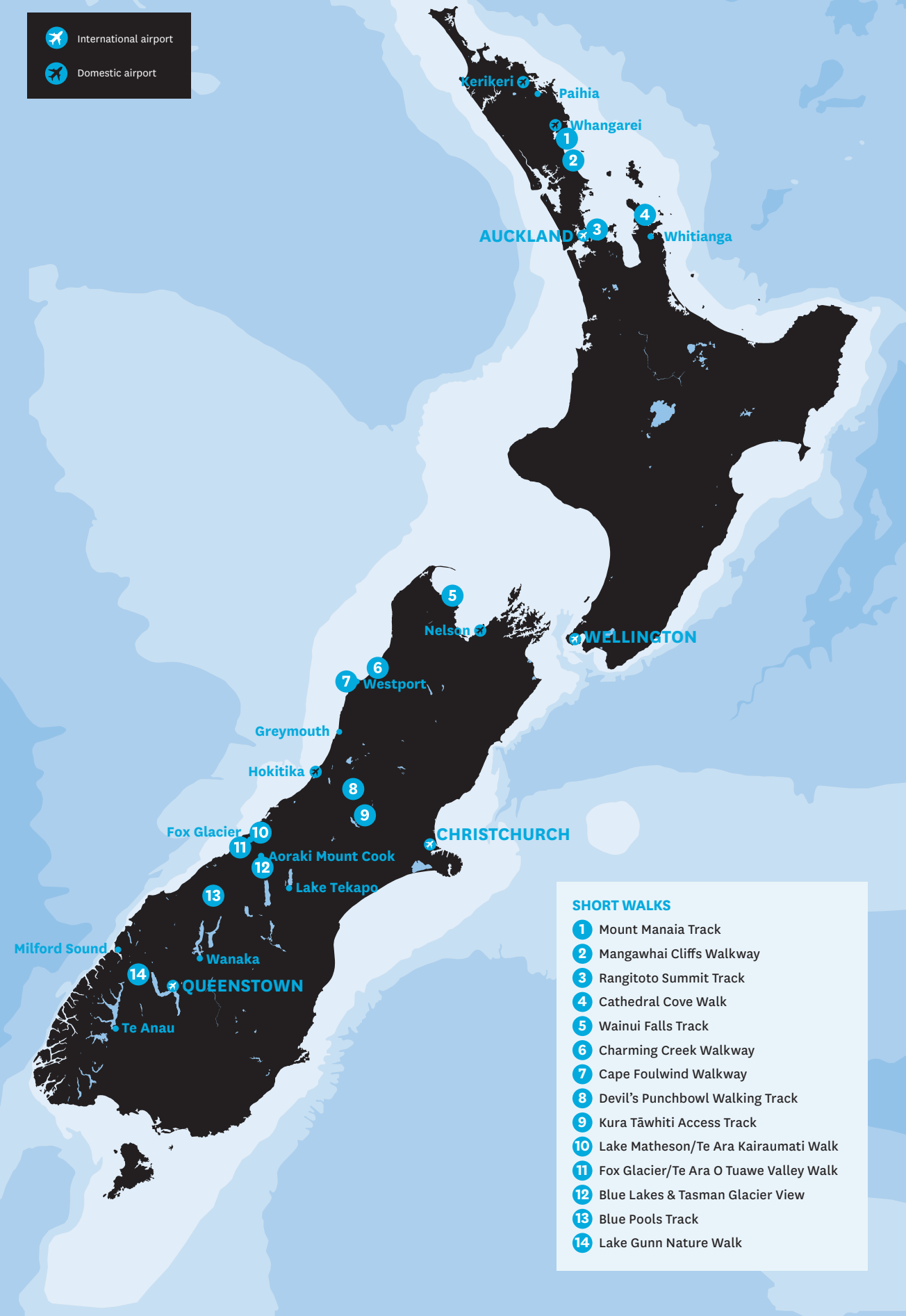
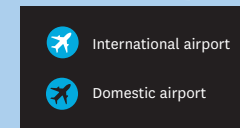
Easy to get to and great for all ages, New Zealand's Short Walks are a brilliant way to get to know New Zealand and take in heaps of must-see sights including epic beaches, ancient forest and glacier-carved valleys.

Spread throughout New Zealand, each of the 14 walks takes between 30 minutes and three hours. They are graded Easiest to Easy, which means they follow mostly flat or gently undulating paths with steeper sections easily achieved via well formed trail or even steps.

Most can be enjoyed by walkers with low to moderate fitness, while some of the easiest trails are even suitable for wheelchairs or strollers.



Mangawhai Cliffs Walkway



SHORT WALKS

- 1 Mount Manaia Track
- 2 Mangawhai Cliffs Walkway
- 3 Rangitoto Summit Track
- 4 Cathedral Cove Walk
- 5 Wainui Falls Track
- 6 Charming Creek Walkway
- 7 Cape Foulwind Walkway
- 8 Devil's Punchbowl Walking Track
- 9 Kura Tāwhiti Access Track
- 10 Lake Matheson/Te Ara Kairaumati Walk
- 11 Fox Glacier/Te Ara O Tuawe Valley Walk
- 12 Blue Lakes & Tasman Glacier View
- 13 Blue Pools Track
- 14 Lake Gunn Nature Walk

MOUNT MANAIA TRACK

Just a stone's throw from the coast, this proud mountain is a magnet for lookout-lovers.

A head for heights and some huff and puff are required for this steep, forested walk to the 420m summit of Mount Manaia. But oh, the views! Various rocky outcrops command breathtaking views over Whangarei Harbour, Bream Head, and offshore islands.

Short
Walks

- 2 hrs
- 4 km/2.5 mi
- Easy

GETTING THERE

- 30 mins from Whangarei



MANGAWHAI CLIFFS WALKWAY

A stretch of ruggedly beautiful Northland coast is revealed on this walk atop the cliffs.

This track climbs from Mangawhai Heads Beach over to a stony cove via farmland and forest (with a low-tide return option along the coast). Highlights include nikau and pōhutukawa trees, and a natural 'giant staircase' carved into the hillside. Panoramic views stretch from Bream Head to the Hauraki Gulf.

Short
Walks

- 2–3 hrs
- 9 km/5.6 mi (via same track)
- 8 km/5 mi (via low tide track)
- Easy

GETTING THERE

- 1 hr from Whangarei
- 1 hr 30 mins from Auckland



RANGITOTO SUMMIT TRACK

Auckland's youngest volcano, Rangitoto is a must-see for any visitor.

A scenic ferry ride kick-starts this walk on this pleasingly symmetrical volcanic island in the glittering Hauraki Gulf. From the wharf, the trail climbs 259m through lava fields and striking pōhutukawa forest to the top of the conical peak. The summit affords spectacular panoramic views of both city and sea.

Short
Walks

- 2 hrs
- 7 km/4.3 ml
- Easy

GETTING THERE

- 25 mins from Auckland



CATHEDRAL COVE WALK

Admire New Zealand's most famous rock arch and take in stunning views of the Coromandel coast.

The iconic arch may get all the glory, but this walk serves up stacks more sensational sights on its way from Hahei to dreamy Cathedral Cove. Drop in to Gemstone and Stingray Bays, see a precious stand of puriri trees, and take in epic views from cliff-top lookouts.

Short
Walks

- 1 hr 30 mins
- 2.5 km/1.5 mi
- Easy

GETTING THERE

- 50 mins from Whitianga
- 2 hrs 30 mins from Auckland



WAINUI FALLS TRACK

Admire Golden Bay's largest waterfall and lush coastal forest lining the top of the South.

After a pretty coastal drive, this track crosses farmland before entering a forest of feathery ferns alongside native trees like nīkau palms and rātā. The climb alongside the Wainui River offers glimpses of the water that thunders louder as you approach the falls, curtained in a halo of spray.



1 hr 20 mins

3.4 km/2.1 mi

Easy

GETTING THERE

2 hrs 10 mins from Nelson

1 hr 30 mins from Motueka



CHARMING CREEK WALKWAY

An old bush tramline reveals rusty relics, a remote gorge and a stunning waterfall.

The tiny West Coast settlements of Seddonville and Hector bookend this magical journey made possible by long-gone timber millers. Beautiful and tranquil, it passes endless interesting sights, from hand-cut tunnels, bridges and abandoned mining and mill sites, to lush bush, the cascading Mangatini Falls and boulder-strewn Ngakawau River gorge.



3 hrs

9.5 km/5.9 mi

Easy

GETTING THERE

26 mins from Westport

3 hrs 40 mins from Nelson



CAPE FOULWIND WALKWAY

Ocean and mountain panoramas are just the start of the story on this dramatic coastal walkway.

This headland is rich in human and natural history, retold in interpretation panels along the bluff-top pathway. Walk it in either direction between Tauranga Bay or Lighthouse Road, or turn back at the iconic lighthouse. Near Tauranga Bay, a colony of fur seals lazes around on the rocks.



1 hr 15 mins

3.4 km/2.1 mi

Easy

GETTING THERE

15 mins from Westport

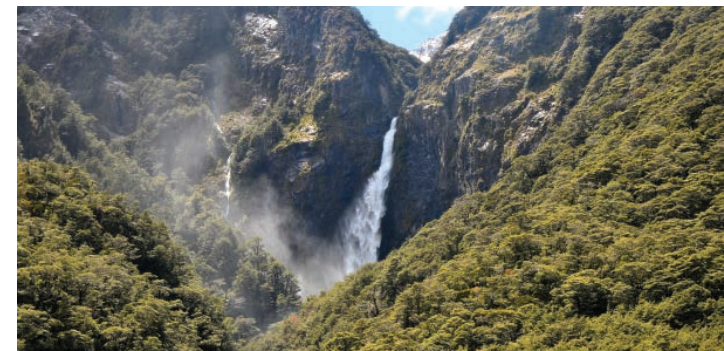
1 hr 30 mins from Greymouth



DEVIL'S PUNCHBOWL WALKING TRACK

Refresh your senses under the superfine spray of a powerful cascade.

Arthur's Pass National Park's classic short walk leads you across the broad Bealey River by footbridge before plunging you into lush native forest and onwards to varying viewpoints of the 131m high Devil's Punchbowl – one of New Zealand's most stunning waterfalls.



1 hr

2 km/1.2 mi

Easy

GETTING THERE

2 hrs from Christchurch

2 hr 30 mins from Christchurch via TranzAlpine



Short Walks

Short Walks

Short Walks

Short Walks

KURA TĀWHITI ACCESS TRACK

Giant limestone boulders scattered artfully across lush farmland make for a magical meander.

A strange and surprising sight on the Arthur's Pass highway, these shapely stones are even more impressive when seen from up close. Admire their form and fire up your imagination on the short and well-worn series of trails that wind gently up, over and around them.



- 20 mins
- 1.4km/0.9mi
- Easy

GETTING THERE

- 1 hr 20 mins from Christchurch
- 2 hrs from Greymouth



LAKE MATHESON/TE ARA KAIRAUMATI WALK

See New Zealand's most famous 'mirror lake' in a splendid rainforest setting.

An essential stop for the West Coast road-tripper, Lake Matheson is delightful in all conditions. Although dawn or dusk offer the best odds of seeing Aoraki/Mount Cook reflected in calm waters, this lake-edge loop also sports a suspension bridge, notable forest and birdlife, and much more.



- 1.5 hrs
- 2.6 km/1.6mi
- Easy

GETTING THERE

- 30 mins from Franz Josef
- 2 hrs 45 mins from Greymouth



FOX GLACIER/TE ARA O TUAWHE VALLEY WALK

Contemplate nature's power as you wander up a raw, ever-changing glacier valley.

Incredible sights and crazy geological stories combine for an unforgettable walk that is never the same twice. Marvel at sheer rock walls, moraine mounds, gushing waters, and hardy plant and wildlife – plus the glacier responsible for all this natural drama (stay safe on this walk by obeying all signs).



- 1 hr
- 2.6 km/1.6 mi
- Easy

GETTING THERE

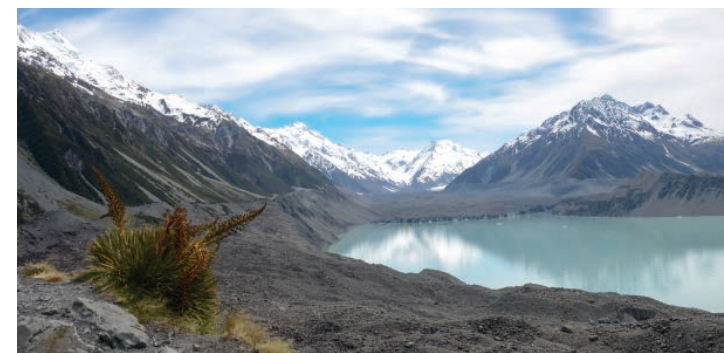
- 30 mins from Franz Josef Village
- 3 hrs 10 mins from Wanaka



BLUE LAKES & TASMAN GLACIER VIEW

New Zealand's longest glacier is just one spectacle on this walk amid the Southern Alps.

Brace yourself for big surprises as you meander past the Blue Lakes and up to the moraine wall where truly breathtaking views await – from surreal Tasman Lake with its floating icebergs, to the grandeur of the glacier and snowy peaks beyond. Wow!



- 40 mins
- 2.7 km/1.7 mi
- Easy

GETTING THERE

- 13 mins from Aoraki/Mount Cook Village
- 2 hrs 35 mins from Wanaka



BLUE POOLS TRACK

How blue? Discover for yourself on this wonderful walk off the Wanaka to Haast highway.

The sweet scent of mountain beech/tawhero is a constant companion on this deep-forest wander alongside the pristine Makarora River. Cross a classic swing bridge, look out for trout and the threatened yellowhead/mōhua, and follow the boardwalk to a platform for great river gorge views.

Short
Walks

1 hr



1.5 km/0.9mi



Easy

GETTING THERE



1 hr from Wanaka



50 mins from Haast



LAKE GUNN NATURE WALK

This easy adventure off the Milford Road offers an intense taste of Fiordland National Park.

Suitable for all ages and wheelchair accessible, this delightful nature walk circuits Lake Gunn nestled in the dramatic Eglinton Valley. Fragrant red beech trees, luxuriant moss, prolific birdlife and lake-edge views are all part of this short but memorable stroll.

Short
Walks

45 min



1.4 km/0.9mi



Easy

GETTING THERE



1 hr from Te Anau



Cape Foulwind, West Coast



Tongariro Alpine Crossing

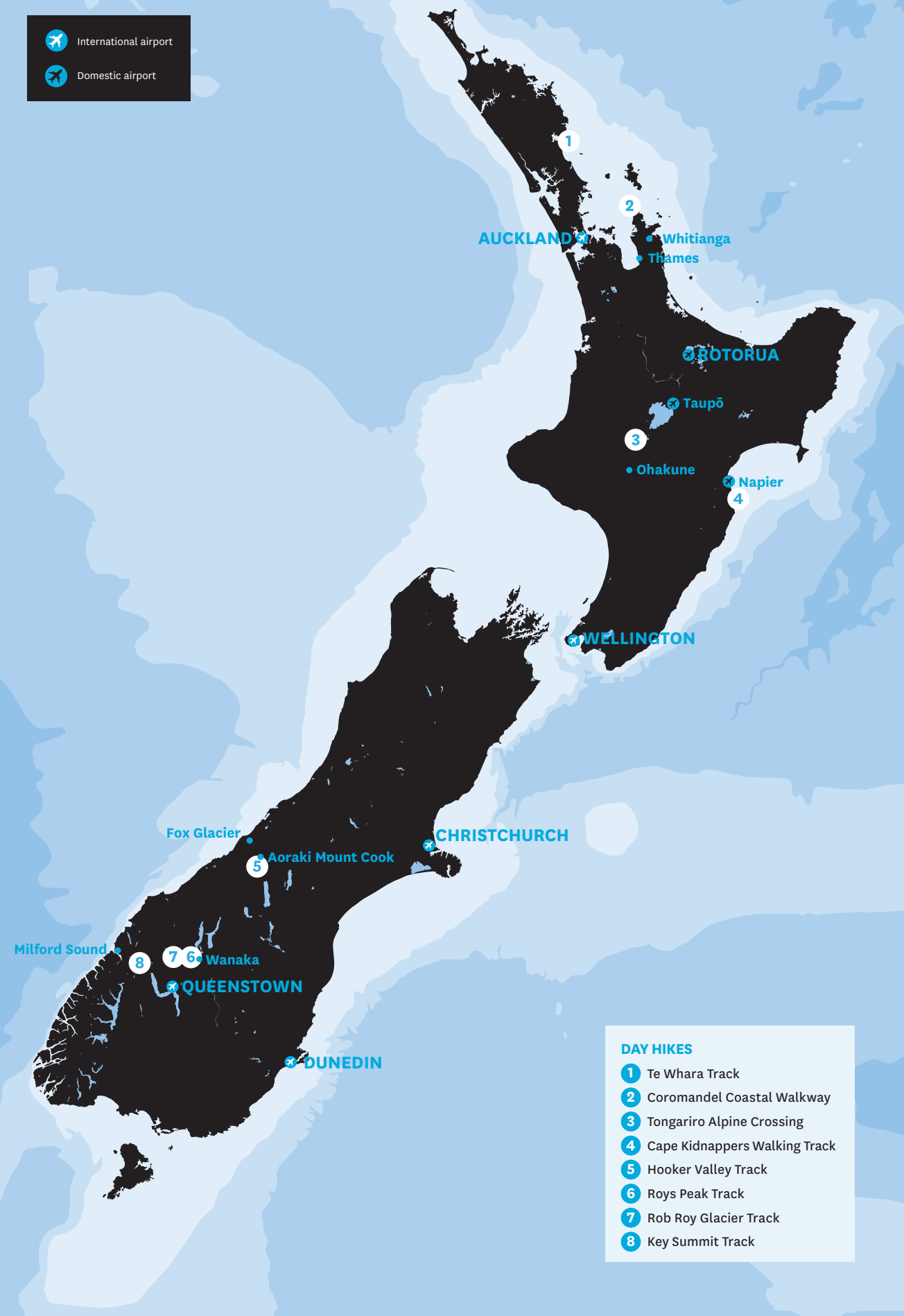
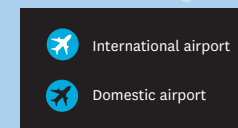
Spread from Northland to Fiordland, these easy to reach trails take in many of New Zealand's most beautiful landscapes and must-see natural sights.

Each of these hikes take 3–8 hours to complete. Their grades vary greatly from easy walking on well-formed pathways to more challenging hiking through rough and

steep backcountry, but a moderate to high level of fitness is required for all. Be sure to choose an adventure that's right for you.



Hooker Valley, Canterbury



DAY HIKES

- 1 Te Whara Track
- 2 Coromandel Coastal Walkway
- 3 Tongariro Alpine Crossing
- 4 Cape Kidnappers Walking Track
- 5 Hooker Valley Track
- 6 Roys Peak Track
- 7 Rob Roy Glacier Track
- 8 Key Summit Track

TE WHARA TRACK

Day
Hikes

Follow in the footsteps of Northland's Māori ancestors on this walk across Bream Head.

From Urquharts Bay at Whangarei Heads, Te Whara Track begins with a sharp climb to the ridgeline from where it becomes undulating and relatively easy-going. Te Whara/Bream Head summit is located towards the Ocean Beach end of the track, not far from the ruins of a WWII radar station.

The track passes through some of the North Island's best coastal forest. At the summit, a magnificent coastal panorama stretches from Cape Brett in the north to Cape Rodney in the south, with islands scattered far and wide across the blue horizon.

Named after the wife of a rangatira (chief), Te Whara is of major significance to the local iwi (tribe) who co-operate with DOC, the Bream Head Conservation Trust and other community members to restore this special headland. Their efforts include revegetation, pest-trapping and weed control, all of which encourages an increase in birdlife.

-  5-6 hours
-  7.5km/4.6mi
-  Advanced
-  All seasons
-  Bookings not required

GETTING THERE

-  40 mins from Whangarei



Nearby Attractions • Whangarei • Waitangi Treaty Grounds • Waipoua Forest



COROMANDEL WALKWAY

The classic Coromandel coastal day walk.

Skirting the tip of the Coromandel Peninsula, this is a contender for New Zealand's finest coastal day walk and an achievable option for walkers of most abilities.

Starting at Stony Bay, the trail traverses farmland and forest as it heads over the low Moehau Range to Fletcher Bay. Memorable offshore landmarks include the aptly named Sugar Loaf (221m) and Pinnacles, as well as Great Barrier Island.

There is just one short steep section – the optional side trip to Poley Bay – but the whole return trip will still take a whole day (around seven hours). A shorter three-hour trip can be enjoyed from Stony Bay to the signposted lookout which affords spectacular coastal, while hardy types can return from Fletcher Bay via an alternative, steep inland track.

-  7 hrs
-  20km/12.5mi
-  Easy
-  All seasons
-  Bookings not required
-  Guided hikes available

GETTING THERE

-  4 hrs from Auckland
-  1 hr 30 mins from Coromandel town



Nearby Attractions • Coromandel Town • Driving Creek Railway • Whitianga

TONGARIRO ALPINE CROSSING

Day Hikes

The finest day walk in Middle-earth.

Often touted as one of the world's greatest day walks, the Tongariro Alpine Crossing traverses a volcanic landscape so striking it had a starring role in the *Lord of the Rings* trilogy.

The crossing takes walkers past two active volcanoes, fumaroles, giant lava fields, a bright red crater and emerald-green lakes, it's like a crazy geology field trip with a whole lot of exercise and plenty of photo ops. The big bonus is mind-blowing views extending across Lake Taupō and around the volcanic plateau.

This is a long day's walk that should only be attempted in good weather. Proper hiking boots and warm, wet-weather gear are essential, even in summer.

On guided trips with expert local operators it is possible to complete the Alpine Crossing in winter when the landscape is spectacularly cloaked in snow.

-  7 – 8 hrs
-  19km/12mi
-  Advanced
-  October – April
-  Bookings not required
-  Guided hikes available

GETTING THERE

-  45 mins to Taupō from Auckland
-  1 hr 30 mins from Taupō
-  1 hr from Ohakune



Nearby Attractions • Ohakune • Whakapapa • Lake Taupō • Whanganui National Park



Credit: The Farm at Cape Kidnappers

CAPE KIDNAPPERS WALKING TRACK

Day Hikes

A captivating gannet colony tops off this beach walk to the tip of the cape.

This wonderful Hawke's Bay walkway follows the beach below towering cliffs for most of the way before climbing up to the tip of the cape. Along the way, all sorts of strange geological sights are revealed in rock layered with stone, gravel, pumice and silt. Petrified wood and lignite, fossilised shells can also be seen, along with fragmented fault and tilt lines that reveal New Zealand's slow-motion rise out of the sea.

The Cape is a bird-lovers' delight. Species include the white-fronted tern/tara, variable oyster catcher/tōrea, reef heron/matuku waitai, Caspian tern/taranui and little blue penguin/kororā, but the gannet is king of the castle here. Australasia's largest mainland colony sits on the tip of the cape – their raucous squawking, preening and flapping is very entertaining.

This walk is only accessible at low tide, while early November to late February is the best time for gannet activity.

-  5 hours
-  19km/12mi
-  Intermediate
-  All seasons
-  Bookings not required

GETTING THERE

-  20 mins from Napier
-  3 hrs 10 mins from Rotorua



Nearby Attractions • Te Mata Peak • Hawke's Bay wineries • Art deco Napier

HOOKER VALLEY TRACK

Day
Hikes

Glaciers, a terminal lake and jaw-dropping views of Aoraki/Mount Cook.

This Aoraki/Mount Cook National Park track is a rewarding outing for those seeking a leisurely walk with maximum mountain scenery. It starts at the visitor centre, an excellent place to learn about the Southern Alps' incredible natural and mountaineering history.

The track leads through the sacred Tōpuni area of the Hooker Valley, which is of special significance to Ngāi Tahu iwi (tribe). From the first of three swing bridges along the way, enjoy the views over Lake Mueller – one of many growing in size as the glaciers retreat. Listen for avalanches rumbling down distant Mount Sefton, and try to spot them before they crash into Mueller Glacier below.

At the end of the track is an enchanting view across the iceberg-dotted Hooker Lake to majestic Aoraki/Mount Cook, New Zealand's highest mountain at 3724m.

- 3 – 4 hrs
- 10km/6 mi
- Easy
- All seasons
- Bookings not required
- Guided hikes available

GETTING THERE

- 4 hrs from Christchurch
- 3 hrs 30 mins from Queenstown
- 2 hrs from Lake Tekapo



Nearby Attractions • Lake Tekapo • Twizel • Central Otago • Queenstown

Day
Hikes

ROYS PEAK TRACK

Find out why this Wanaka peak is one of New Zealand's most photographed places.

Starting at lake level, this track zigzags up a steep 4WD track through alpine meadows before entering the jagged, tussock-covered tops of the Stack Conservation Area.

Listen for the sounds of grasshoppers and skylarks as you soak up utterly spectacular views of vast Lake Wanaka and the mighty snow-capped mountains of the Southern Alps/Kā Tiritiri o te Moana. Mount Aspiring/Tititea is a grand sight, indeed!

High on the grassy, golden tops, there will be no mistaking the 1578m summit of Roy's Peak. Go mad with your camera or – better still – sit and contemplate the rich rewards from your efforts.

- 5-6 hours
- 16km/10mi
- Advanced
- Mid-November/December to April (due to avalanche risks)
- Bookings not required

GETTING THERE

- 6 mins from Wanaka
- 1 hr 45 mins from Queenstown



Nearby Attractions • Wanaka • Aspiring National Park • Central Otago wineries

ROB ROY TRACK

Enjoy an easy route into a dramatic alpine landscape with snowfields, glaciers and waterfalls.

Less than an hour's drive from Wanaka, this track takes walkers into the heart of Mount Aspiring National Park, part of Te Wāhipounamu–South West New Zealand World Heritage Area.

After crossing the West Matukituki River on an impressive swing bridge, the track climbs through a small gorge into beech forest before emerging into a wonderland of snowfields, sheer rock cliffs and cascading waterfalls. At the head of the valley, Rob Roy Glacier can be seen framed by jagged snowcapped peaks. Walkers may well spot the cheeky, highly intelligent kea, the world's only alpine parrot.

Avalanches are a risk from June to November. However, being an alpine environment, walkers should check track conditions and weather forecast before setting off at any time of year.

- 3 – 4 hrs
- 10km/6mi
- Easy – Intermediate
- December to April (avalanche risks from May to November).
- Bookings not required
- Guided hikes available

GETTING THERE

- 2 hrs 30 mins from Queenstown
- 1 hr 30 mins from Wanaka



Credit: Lake Wanaka Tourism

Nearby Attractions • Wanaka • Arrowtown • Central Otago Wine Country • Queenstown



KEY SUMMIT TRACK

A well-graded climb to epic viewpoints and a weird mountaintop world.

Easily combined with a trip to Milford Sound, this half-day hike gives walkers a taste of the world-famous Routeburn track.

Starting from the Milford Sound Road, it climbs gently through pretty silver beech forest to an alpine grotto of tarns, sphagnum bogs, stunted trees and bizarre plants including the world's largest fuchsia which grows up to 12 metres tall. This fascinating environment is explained via a nature trail around the rocky tops, from which there are panoramic views to rival those of Milford itself. Clear days reveal the Hollyford, Eglinton and Greenstone Valleys and the impressive Lake Marian basin with pyramidal Mount Christina.

Among abundant bird species are kererū, tomtits, bellbirds and robins, along with the inquisitive alpine parrot and its squawking keee-aaa call.

- 3 hours
- 7km/4mi
- Intermediate
- October/November – April
- Bookings not required
- Guided hikes available

GETTING THERE

- 3 hrs 15 mins from Queenstown
- 1 hr 30 mins from Te Anau



Nearby Attractions • Milford Sound • Hollyford Valley • Eglinton Valley • Te Anau



Key Summit, Routeburn Track

Taking in many must-see sights and a wide variety of landscapes – remote beaches, river valleys and gorges, volcanoes, forested hills, alpine meadows, mountains and much more – these multi-day hikes are an inspiring way to explore New Zealand’s natural places. Hike them independently or with a guide, staying overnight in memorable campsites, huts and lodges.

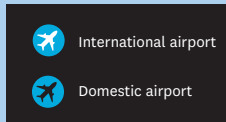
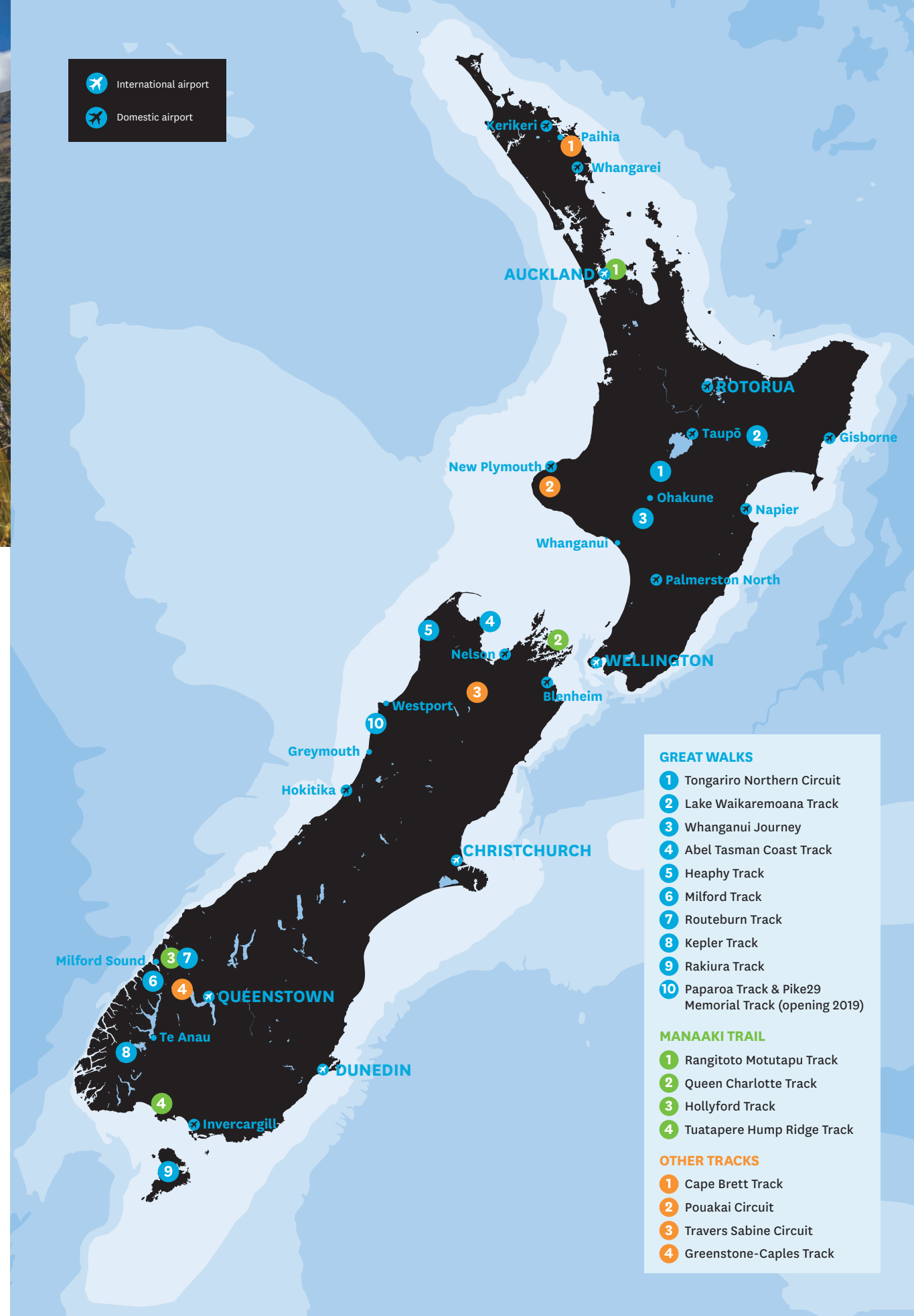


The nine Great Walks – with another opening in 2019 – are two to six-day adventures on well formed and signposted tracks. There’s plenty of easy walking, but some steep, challenging terrain means a moderate to high level of fitness is required for them all. Their length and topography combined with New Zealand’s unpredictable weather make it essential to follow the Outdoor Safety Code.

Great Walks tracks are well formed and easy to follow. While most people prefer to explore on their own terms, guided trips offer a bit more comfort. Great Walks are accessible from major towns that are well serviced by local operators, accommodation and transport providers.



Heaphy Track, West Coast



GREAT WALKS

- 1 Tongariro Northern Circuit
- 2 Lake Waikaremoana Track
- 3 Whanganui Journey
- 4 Abel Tasman Coast Track
- 5 Heaphy Track
- 6 Milford Track
- 7 Routeburn Track
- 8 Kepler Track
- 9 Rakiura Track
- 10 Paparoa Track & Pike29 Memorial Track (opening 2019)

MANAAKI TRAIL

- 1 Rangitoto Motutapu Track
- 2 Queen Charlotte Track
- 3 Hollyford Track
- 4 Tuatapere Hump Ridge Track

OTHER TRACKS

- 1 Cape Brett Track
- 2 Pouakai Circuit
- 3 Travers Sabine Circuit
- 4 Greenstone-Caples Track

TONGARIRO NORTHERN CIRCUIT



Enjoy a close encounter with a crazy volcanic landscape.

This Great Walk is packed with wow-factor as it winds through Tongariro National Park, a dual-World Heritage Area of outstanding natural and cultural significance. Steaming craters, colourful lakes, thundering waterfalls, glacial valleys and beautiful beech forest – this multi-day journey boasts all this and more.

The circuit takes in the famous Tongariro Alpine Crossing that passes the near-perfect cone of Mount Ngauruhoe before climbing to Tongariro's striking red crater for incredible panoramas. Beyond surreal emerald lakes and the lunar landscape of the Oturere Valley are stands of dense beech forest and Taranaki Falls cascading dramatically into a boulder-lined pool.

Challenging terrain and a volatile climate makes this a fair weather hike, with any off-season attempts left to those with the appropriate skills, equipment and a favourable forecast.

- 3 – 4 days
- 43km/27mi
- Intermediate
- October – April
- Bookings required
- Guided hikes available

GETTING THERE

- 45 mins to Taupō from Auckland
- 1 hr 30 mins from Taupō
- 45 mins from Ohakune



Nearby Attractions • Ohakune • Whakapapa • Lake Taupō • Whanganui National Park



LAKE WAIKAREMOANA TRACK



Trace the edge of a lake nestled deep in the heart of a magical wilderness.

This unforgettable journey follows the shore of Lake Waikaremoana in Te Urewera – home of the Tūhoe people whose rich spiritual and cultural traditions are rooted here.

For much of the way the trail is enveloped in virgin forest ruled by giant trees. It skirts secluded beaches and climbs up and over gut-busting Panekire Bluff, from where there are epic views across the lake and an endless horizon of forest-cloaked ridges. Memorable experiences include the side trip to Korokoro Falls, refreshing swims in crystal-clear lake waters, and encounters with unique native wildlife.

This multi-day track can be walked in either direction, but the most popular start-point is at Onepoto Bay, allowing walkers to conquer the Panekire Bluff climb on the first day.

- 3 – 4 days
- 46km/28.5mi
- Intermediate
- All seasons
- Bookings required
- Guided hikes available

GETTING THERE

- 1 hr to Gisborne from Auckland
- 2 hrs 30 mins from Gisborne
- 3 hrs from Rotorua



Nearby Attractions • Pacific Coast Highway • East Cape • Gisborne • Hawke's Bay

WHANGANUI JOURNEY

Take to the water for a trip down the mystical Whanganui River.

The Great Walk that isn't actually a walk, this memorable journey is in fact a remote canoe or kayak adventure between Taumaranui and Pipiriki in Whanganui National Park.

The Whanganui River guides paddlers from the highlands to the lowlands, through sheer rock gorges and densely forested riverbanks, mostly slowly but occasionally bouncing over bubbly rapids. Fascinating sites include the historic Bridge to Nowhere and Tieke Kainga (a Māori meeting house) where visitors can stay overnight. Other sleeping options include DOC huts, campsites and a private lodge.

Some paddling skills and a good level of fitness are recommended, with fully guided trips available for those not wanting to tackle it on their own. A shorter three-day (87 km) option takes in the most scenic stretch of the river.

-  5 days
-  87-145 km/54-90mi
-  Canoeing
-  October – April
-  Bookings required (October/November – April)
-  Guided trips available

GETTING THERE

-  4 hrs from Auckland
-  3 hrs from Whanganui
-  1 hr 45 mins from Taupō



ABEL TASMAN COAST TRACK



Explore dreamy beaches and lush coastal forest in a national park paradise.

With golden arcs of sand, granite cliffs and lush coastal forest, it's easy to see why the Abel Tasman Coast Track is the country's most popular Great Walk.

It traces the coastline of New Zealand's smallest national park, offering opportunities to swim in crystal clear waters, spot seals and birds, stay overnight in DOC huts, private lodges and waterfront campsites, and take side-trips to freshwater pools and an old Māori pā site (settlement). The track has something for everyone, including families, and a friendly climate encouraging year-round adventure.

With an armada of water taxis and tour boats plying the waters, it's easy to split the track into easy day walks or add in a kayak trip offering the chance to explore secluded bays and offshore islands, and encounter the dolphins that frolic along this coast.

-  3 – 5 days
-  60km/37mi
-  Intermediate
-  All seasons
-  Bookings required
-  Guided hikes available

GETTING THERE

-  50 mins to Nelson from Christchurch and Wellington
-  1 hr 15 mins from Nelson
-  30 mins from Motueka



HEAPHY TRACK



Amazing natural history meets mesmerising scenery on this crossing of Kahurangi National Park.

This splendid journey retraces the steps of Māori pounamu (greenstone) gatherers and pioneer gold prospectors between Golden Bay and the West Coast.

The Heaphy Track boasts the widest range of scenery of any Great Walk – from rugged mountains and tussock-covered downs, to densely forested river valleys and wild West Coast beaches fringed with spiky nikau palms. There's some weird and wonderful wildlife in the midst, including great spotted kiwi (roa) roaming the Goulard Downs, weta creeping around limestone caves, and giant carnivorous snails slithering through beech forest.

By road, the end of the track near Karamea back to the start is a whopping 463 km. A scenic flight back to Golden Bay or Nelson is a quicker and highly memorable way to finish the hike.

- 4 – 6 days
- 78km/49 mi
- Intermediate
- All seasons
- Bookings required
- Guided hikes available

GETTING THERE

- 50 mins to Nelson from Christchurch and Wellington
- 2 hrs 30 mins from Nelson
- 2 hrs 30 mins from Westport



Nearby Attractions • Golden Bay • Oparara Basin • Karamea • The West Coast



MILFORD TRACK

Enter an awesome world of towering peaks, deep glaciated valleys and waterfalls.

The Milford Track offers a richly rewarding and highly memorable encounter with Fiordland National Park, one of the world's great, unspoiled wildernesses.

After a scenic boat trip across Lake Te Anau, the track follows the emerald-hued Clinton River before climbing to Mackinnon Pass for awe-inspiring views of the deeply glaciated Clinton and Arthur Valleys and surrounding peaks. The downhill meander follows the Arthur River to majestic Milford Sound. The Sutherland Falls, dropping 580m in three stages, make an excellent side-trip on the penultimate day.

Although most commonly completed during the peak of Great Walks season, shoulder periods (November & March/April) see thinner crowds and some great conditions in favourable weather. Severe avalanche risks in winter make the track a no-go for all but the most experienced alpinists.

- 4 days
- 54km/33 mi
- Intermediate
- October/November – April
- Bookings required
- Guided hikes available

GETTING THERE

- 2 hrs 30 mins from Queenstown
- 20 mins from Te Anau



Nearby Attractions • Milford Sound • Eglinton Valley • Te Anau • Routeburn Track

ROUTEBURN TRACK



Cross the Southern Alps on this Great Walk linking two national parks.

New Zealand's second most popular Great Walk is arguably its most impressive. Straddling two national parks, it crosses the Southern Alps with the highlight a breathtaking day on the tops.

Traditionally started on the Mount Aspiring National Park side, close to Queenstown, the track climbs through grasslands, beech forest, wetlands and tussock-covered flats. Above the bushline, it sidles along bluffs, crosses an alpine saddle and passes impressive lakes, rewarding walkers with expansive views into Fiordland. Beguiling birdlife, unique plants, the amazing 174m Earland Falls and the side trip to Key Summit ramp up the wow-factor.

This is a popular track for guided hikes. Outside the Great Walks season (May to October) facilities are greatly reduced and there's a serious risk of avalanches and flooding.

- 2 – 4 days
- 32 km/20mi
- Intermediate
- October/November – April
- Bookings required
- Guided hikes available

GETTING THERE

- 2 hrs 30 mins from Queenstown
- 20 mins from Te Anau



Nearby Attractions • Milford Sound • Eglinton Valley • Te Anau



KEPLER TRACK

Soak up breathtaking Te Anau and Fiordland views on this unforgettable alpine circuit.

This Great Walk on Te Anau's doorstep takes hikers up into Fiordland's mountains with alpine scenery to rival that of the Milford and Routeburn tracks.

With much of the trail above the bushline, you'll feel on top of the world as it traces ridges and crosses saddles offering ever-changing vistas of Lake Te Anau and the surrounding mountains. The journey is further enriched by a rocky valley scarred by a massive slip, wetlands and moss-laden forest, plus side trips to caves and waterfalls.

The Kepler Track can be completed in either direction, but walking anti-clockwise to Luxmore Hut means the majority of climbing is knocked off on the first day. Visitors with limited time can take a guided heli-hike trip, combining a scenic flight up to Luxmore Hut with the downhill walk to Lake Te Anau. In winter, avalanche risk makes the track suitable only for experienced alpinists.

- 3 – 4 days
- 60km/37mi
- Intermediate
- October/November – April
- Bookings required
- Guided heli hike available

GETTING THERE

- 2 hrs 30 mins from Queenstown
- 5 mins from Te Anau



Nearby Attractions • Te Anau • Lake Manapouri • Doubtful Sound • Milford Sound

RAKIURA TRACK



Explore Stewart Island/Rakiura's remote coastline and wild interior.

Step back in time into Stewart Island's unspoiled wilderness, a haven for bird-life where a chorus of birdsong accompanies New Zealand's southernmost Great Walk. Visitors may even see the Rakiura Tokoeka, the only species of kiwi known to forage during daylight hours.

Starting and finishing near Oban, this remote but relatively easy hike follows open coastline along beaches and through forest before heading inland through a variety of landscapes including regenerating and virgin podocarp forest. The sheltered shores, secluded bays and forest beside Paterson Inlet make for a lovely last leg, with a beer at the South Sea Hotel a great way to finish.

Although Stewart Island's mud is notorious, the Rakiura Track's Great Walk status means the track is mostly firm underfoot. The weather, however, is famously changeable.

- 3 days
- 32km/20mi
- Intermediate
- All seasons
- Bookings required
- Guided hikes available

GETTING THERE

- 20 mins from Invercargill
- 1 hr from Bluff
- 10 mins from Oban



Nearby Attractions • Ulva Island • Oban Township • Paterson Inlet • Kiwi Spotting



OPENING IN 2019

PAPAROA TRACK AND PIKE29 MEMORIAL TRACK



New Zealand's new Great Walk is steeped in gritty mining history and natural splendour.

On the South Island's wild West Coast, this track reveals the alpine ridges, limestone forms and gorges, thriving rainforests and powerful mauri (spirit) of Paparoa National Park. Spectacular views stretch inland to the Southern Alps/ Kā Tiritiri o te Moana and out across the Tasman Sea.

It begins at the historic town of Blackball along the relic-strewn Croesus Track, and climbs through beech forest to the tussock-covered tops and the new Moonlight Tops Hut – the ultimate Great Walk sunset spot. The track continues along a towering escarpment and meets the junction for the **Pike29 Memorial Track** leading to the former Pike River Mine where 29 men died in 2010. This Great Walk is dedicated to their memory.

From the tops, the Paparoa Track descends to another new hut, the Pororari, named for the river and spectacular limestone gorge the track follows through lush rainforest to its end at Punakaiki.

- 2-3 days
 - 55km/34mi
 - Intermediate
 - All Seasons
 - Bookings required
- GETTING THERE**
- 45 mins from Greymouth
 - 3 hrs 30 mins from Christchurch



Nearby Attractions • Punakaiki Pancake Rocks • Great Coast Road • Glowworm Caves

RANGITOTO MOTUTAPU TRACK



Discover two connected and contrasting islands with remarkable tales to tell.

This special day-trip from downtown Auckland starts with a short, scenic cruise out to Rangitoto, the volcanic and truly iconic Hauraki Gulf island created during a series of fiery eruption 600 years ago.

Your knowledgeable Ngāi Tai kaiārahi (guide) will lead an entertaining and interactive tour, during which you'll experience traditional tikanga (customs) such as food harvesting and weaving. Hear of Rangitoto's recent volcanic past, see its pohutukawa forest, and take in panoramic views from its 259m summit.

At Gardiners Gap, Rangitoto connects to its 178 million-year-old neighbour. Motutapu has lived an exciting life – intensively settled by Māori, it was the scene of much Victorian revelry and was an observation post during WWII. Thanks to the world's largest island pest eradication programme, it now offers a chance to spot rare native birds such as the takahē, saddleback (tieke) and parakeet (kākāriki).

- 8 hrs
- 12km/7mi
- Easy
- All seasons
- Bookings not required
- Guided hikes available

GETTING THERE

- 30 mins from Auckland



Nearby Attractions • Arts & Cultural Sights • Cuisine • Nightlife



QUEEN CHARLOTTE TRACK



Meander around the bays, hills and ridges of the Marlborough Sounds.

Delve deep into one of New Zealand's most beautiful waterways on this classic hiking adventure skirting bush-lined bays, linked by saddles and ridges topped with stupendous viewpoints. Along the way are tranquil beaches, historic sites, and resort restaurants serving local specialties such as seafood and Marlborough wines.

The whole track can be completed over three to five days, or broken into leisurely sections and combined with kayaking, mountain biking or a long lunch. It can be walked in either direction, but is most commonly started at historic Meretoto/Ship Cove in the outer reaches of the Sounds, reached via a scenic boat cruise.

Water taxis ferry luggage between memorable overnight stops including nature campsites and waterside lodges, so walkers can travel light and focus on the scenery.

- 3 – 5 days
- 70km/43mi
- Intermediate
- All seasons
- Bookings recommended
- Guided hikes available

GETTING THERE

- 5 hrs from Christchurch
- 1 hr from Picton
- 3 hrs from Wellington



Nearby Attractions • Picton • Marlborough Wine Country • Nelson • Abel Tasman National Park

HOLLYFORD TRACK

Hike from mountains to sea along the history-rich Hollyford Valley.

This remote trail ambles down a remarkable, glacier-carved valley, dominated by the sheer rock faces of the Darran Mountains, reaching its dramatic finale at the wild West Coast.

It passes through dense beech forest and skirts Lake McKerrow, once a fiord now cut off from the sea. Mount Tutoko, Fiordland's highest peak, is glimpsed here and there. Relics and old fruit trees pinpoint the abandoned settlement of Jamestown, while Martins Bay boasts more stories of struggling pioneers. Today the boulder-lined bay is home to hardy fur seals and Fiordland-crested penguins.

There are six huts for independent walkers, but fully catered lodges make the Hollyford an exceptional option for those looking for a challenging hike with home comforts at day's end.



- 4 – 5 days
- 56km/38 mi
- Advanced (Independent walkers)
- Intermediate (Guided walkers)
- October/November – April
- Bookings not required
- Guided hikes available

GETTING THERE

- 4 hrs from Queenstown
- 2 hrs from Te Anau



Nearby Attractions • Milford Sound • Routeburn Track • Eglinton Valley • Te Anau



TUATAPERE HUMP RIDGE TRACK



This track follows the wild southern coast and loops back via a sub-alpine ridge.

With a wealth of natural and cultural history, spectacular scenery and excellent facilities, this track has all the qualities of a Great Walk.

It begins along the southern Fiordland coastline, a wild place frequented by Hector's dolphins and whirling seabirds. From there it heads up onto the aptly named Hump Ridge, topped with craggy limestone tors and faraway views of southern Fiordland, Foveaux Strait and Stewart Island. Okaka Lodge, atop the ridge, is a memorable place to spend the night.

The track is a unique partnership between DOC and the Tuatapere community. The trail's comfortable lodges must be booked in advance, and fully guided walks and heli-hikes are also available. The track may be completed in winter by experienced hikers in favourable conditions.

- 3 days
- 61km/38 mi
- Intermediate
- October/November – April
- Bookings required
- Guided hikes available

GETTING THERE

- 3 hrs from Queenstown
- 1 hr 15 mins from Invercargill
- 1 hr 30 mins from Te Anau



Nearby Attractions • Te Anau • Lake Manapouri • Invercargill • Stewart Island • The Catlins

CAPE BRETT TRACK

Enjoy impressive Bay of Island views on this challenging hike along a craggy peninsular.

Crowned by grandstand lookouts, this trail also boasts sublime coastline, forest and birds, and marine life spotting in the blue yonder. The lighthouse is a fitting finale, with the keeper's house now offering lodgings. Return the same way or on a scenic boat trip taking in the famous Hole in the Rock.



- 2 days
- 33km/20mi
- Advanced
- All seasons
- Bookings required

GETTING THERE

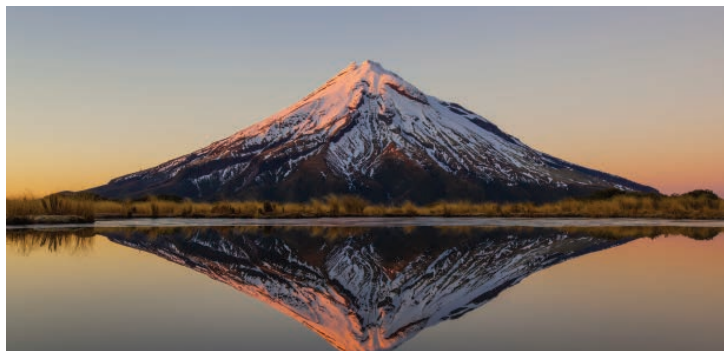
- 3 hrs 30 mins from Auckland
- 45 mins from Russell
- 45 mins from Paihia



POUAKAI CIRCUIT

Expect jaw-dropping views around every corner on Egmont National Park's premier hiking trail.

Looping around the foothills of mighty Mount Taranaki (2518m), this trail offers views seaward, inland, and of Taranaki's incredible cone up close. Unique flora is also a highlight as the trail passes through changing forest, open tussock lands, and Ahukawakawa Swamp brimming with strange plant life.



- 2 – 3 days
- 25km/15mi
- Advanced
- October/November – April
- Bookings not required

GETTING THERE

- 1 hr to New Plymouth from Auckland
- 1 hr to New Plymouth from Wellington
- 30 mins from New Plymouth



TRAVERS SABINE CIRCUIT

Traverse lakeshores, glaciated river valleys and a lofty alpine saddle in Nelson Lakes National Park.

Two bush-fringed lakes – Rotoiti and Rotoroa – vie for attention with rushing streams, grassy river flats, bird-filled beech forest, and rugged mountains on this heavily weather-dependent trip for experienced hikers. Those with more time can amp up their alpine adventure further with overnight side-trips to Blue Lake or Lake Angelus.



- 4 – 7 days
- 80km/50mi
- Advanced
- October – May (recommended)
- Bookings not required
- Guided hikes available

GETTING THERE

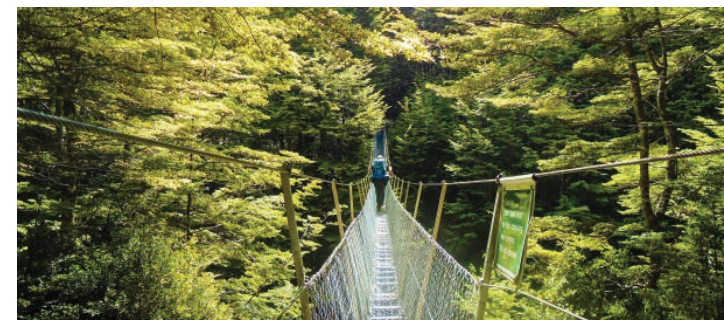
- 50 mins from Christchurch to Nelson
- 1 hr 30 mins from Nelson



GREENSTONE-CAPLES TRACK

This superb round-trip links two spectacular valleys within a World Heritage Area.

Compare the narrower, more forested Caples with the wider, more tussocky Greenstone, linked by the subalpine McKellar Saddle (where it's possible to connect to the Routeburn Track). Grand mountain vistas are a given, but closer attention will reveal ancient rock forms, rich birdlife, lazy trout and other delightful surprises.



- 4 days
- 61km/38mi
- Intermediate
- October/November – April
- Bookings not required
- Guided hikes available

GETTING THERE

- 1 hr 45 mins from Queenstown



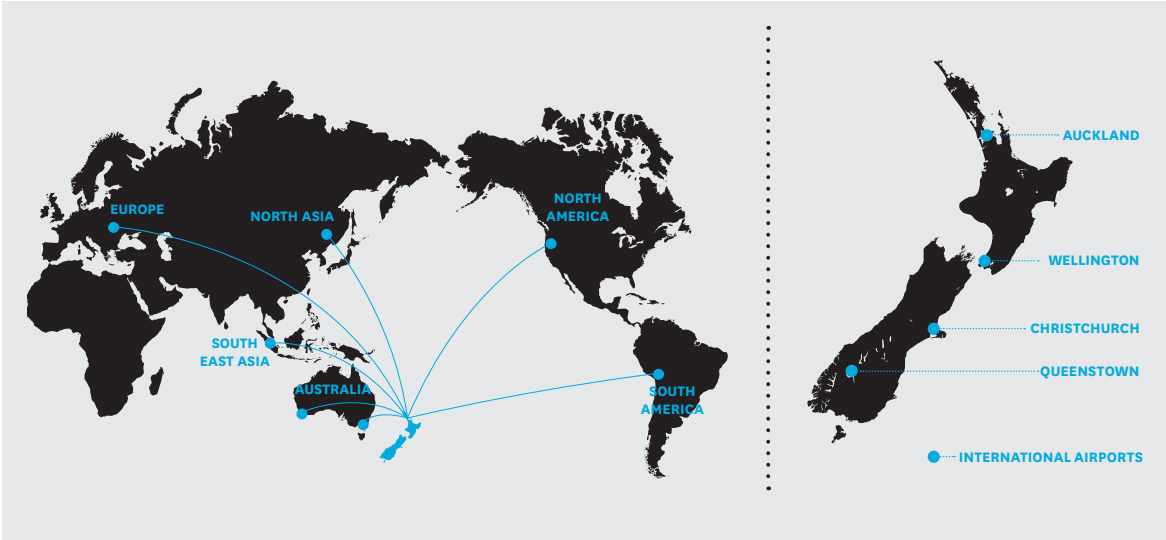
GETTING TO NEW ZEALAND

International flights to New Zealand

New Zealand is approximately a three-hour flight from the eastern seaboard of Australia and approximately a ten-hour direct flight from most places in the Pacific Rim, including Singapore, Hong Kong, Shanghai, Tokyo and the west coast of the USA.

Flights from UK and Europe to New Zealand will have one or more stopovers with the total flight time approximately 24 hours.

Europe – 24 hours
North Asia – 11 hours
South East Asia – 10 hours
North America – 12 hours
South America – 12 hours
Australia – 3 – 6 hours



ENTERING NEW ZEALAND

- Eligible passport holders do not need to apply for a visitor visa before travelling to New Zealand; provided you are staying less than three months, have proof of onward travel, and can provide evidence of funds. For immigration and visa information visit [immigration.govt.nz](https://www.immigration.govt.nz)
- You must declare all food items you intend to bring into New Zealand. For more information visit [biosecurity.govt.nz](https://www.biosecurity.govt.nz)
- For information on duty free allowances visit [customs.govt.nz](https://www.customs.govt.nz)

NEW ZEALAND'S BIOSECURITY

New Zealand's rural-based economy requires strict biosecurity, so it is important for walkers and hikers to enter the country with clean hiking boots/shoes and gear, or risk being diverted to quarantine inspection upon arrival in New Zealand.

GETTING AROUND

- New Zealand has an extensive domestic air network. Book well in advance for the best airfares.
- Trains operate in some cities and there are a range of scenic and world-class train journeys.
- Passenger ferries connect the North and South Island. The journey between Wellington and Picton takes approximately three and a half hours.
- Self-drive is an excellent way to explore New Zealand. Varied landscapes and dramatic geographical features are in close proximity. New Zealand drives on the left side of the road.

**ALWAYS DRIVE
ON THE LEFT SIDE
OF THE ROAD.**



DRIVING IN NEW ZEALAND

Driving in a new country can be challenging, especially if you are tired. Consider staying a night or two in your arrival city before collecting a rental vehicle.

- You must obey all road rules and signs at all times. Always drive on the left side of the road and do not exceed the speed limit.
- Always keep left. Every time you drive, keep left of the centre line
- Driving in New Zealand can be challenging. Many roads are narrow, winding and there are lots of hills and sharp corners.
- Trips will take longer than you think. It may look close on the map, but allow plenty of time for travel.
- In New Zealand, it's illegal to break the road rules, and if you do, you will be fined.
- If you break the road rules or cause a crash, the police will get involved and you could be fined or prosecuted.
- Keep your eyes on the road, not the scenery.
- If you want to stop and look at the scenery, make sure you pull completely off the road in a place that is safe to stop.



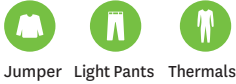
CLIMATE & WHAT TO BRING

Always be prepared for sudden changes in weather, especially during outdoor activities.

Summer (Dec to Feb) 14°C–28°C / 57°F–83°F



Autumn (Mar to May) 10°C–24°C / 50°F–75°F



Winter (Jun to Aug) 9°C–20°C / 48°F–68°F



Spring (Sep to Nov) 12°C–22°C / 54°F–72°F



This is a guide to help you to pack, but always plan what to bring based on activity you intend to participate.



TOP EXPERIENCES IN THE NORTH ISLAND



DOLPHIN WATCHING IN NORTHLAND

Northland is home to large populations of friendly, playful dolphins who flock to the region for its warm waters and sheltered coastline.



ART DECO NAPIER

A tour of Napier's city streets is a must do for any visitor to see some of the finest examples of 1930s Art Deco architecture in the world.



FOOD AND WINE IN AUCKLAND

Auckland is home to award-winning wineries, delicious local produce and buzzing restaurants in the inner-city precincts.



FISHING IN LAKE TAUPŌ

Clear, fast rivers run throughout the volcanic Lake Taupō region, making the area an internationally renowned trout fishery.



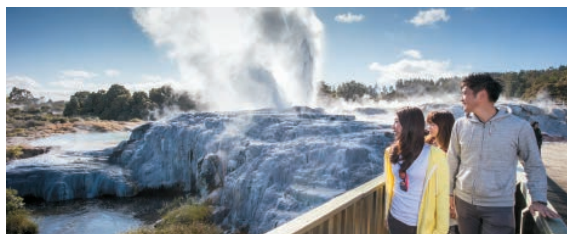
VISIT HOBBITON IN WAIKATO

Experience the real Middle-earth with a visit to the Hobbiton™ Movie Set, featured in *The Lord of the Rings* and *The Hobbit* trilogies.



WHITE ISLAND

Take an unforgettable boat or helicopter tour to New Zealand's only active marine volcano, estimated to be between 100,000 and 200,000 years old.



GEOTHERMAL IN ROTORUA

Get up close to spectacular geysers and colourful crater lakes, relax in a mud bath or enjoy a simple soak in a natural hot stream.



CULTURE IN WELLINGTON

Wellington is home to the Museum of New Zealand Te Papa Tongarewa, as well as many other fascinating cultural attractions.

TOP EXPERIENCES IN THE SOUTH ISLAND



ABEL TASMAN NATIONAL PARK

Abel Tasman National Park is a paradise of white-sand beaches. Home to native seals, dolphins and sea birds, it's the perfect place for a kayak or hiking trip.



CYCLING THE OTAGO RAIL TRAIL

Rich in history, the Otago Central Rail Trail is a 150 km journey through Central Otago country. Explore 20+ townships located near or on the trail and meet with pioneer spirited locals.



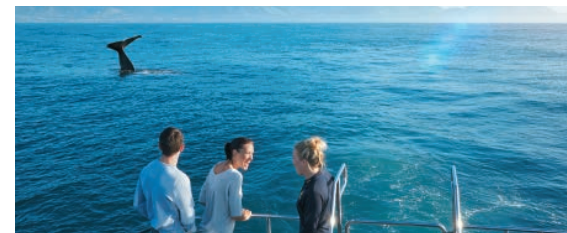
WINE TASTING IN MARLBOROUGH

Marlborough is one of New Zealand's premier wine regions and is world-famous for its sauvignon blanc.



HIKE THE WEST COAST GLACIERS

Witness the puzzle of huge valleys of ice that extend well below the snowline, almost to the sea.



WHALE WATCH IN KAIKOURA

Kaikoura is known as New Zealand's whale-watching mecca. Get up close with majestic giant sperm whales; as well as humpbacks, pilot whales and orca.



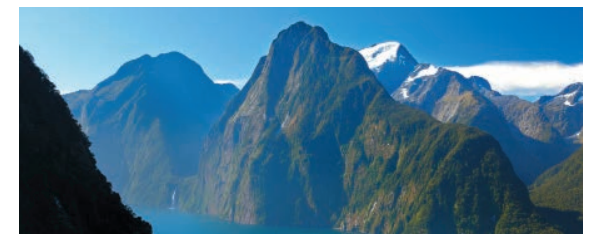
ADVENTURE IN QUEENSTOWN

Queenstown is New Zealand's adventure capital, with a host of activities on land, water and in the air to thrill, challenge and inspire you.



JOURNEY THROUGH THE SOUTHERN ALPS

The TranzAlpine is one of the world's greatest train journeys, travelling coast to coast through forest and farmland and over the spectacular Southern Alps.



SCENIC FLIGHT OVER MILFORD SOUND

From the air, Fiordland's spectacular mountains, waterfalls and alpine lakes are breath-taking – a scenic flight over the area is unforgettable.

100% PURE
NEW ZEALAND
newzealand.com