

AOTEAROA NEW ZEALAND WALKING & HIKING



Abel Tasman Coast Track
Nelson Tasman

**100% PURE
NEW ZEALAND**



With thousands of kilometres of tracks spanning the length of the motu (country), New Zealand’s walking trails provide one of the best ways to immerse yourself in nature and experience remarkable landscapes close-up. From isolated beaches and rugged coastlines, through farmland, wetlands, river valleys and towering forest, to tussock-cloaked high country and dramatic mountain ranges.

The diversity of well laid out and maintained tracks across New Zealand’s national parks and reserves means there’s a walk for all ages and every level of experience and fitness. From leisurely hour-long nature trails that bring unique ecosystems into focus, to challenging multi-day adventures in remote, untouched wilderness.

Great Walks – the Great Walks are two to six-day adventures through some of the country’s most spectacular and diverse vistas. The Great Walks season runs from late October to late April and booking accommodation, domestic flights and transport in advance is strongly recommended, especially during the summer months

Multi-Day Hikes – these are an inspiring way to discover the natural places of Aotearoa. Hike them independently or with a guide, staying overnight in memorable campsites, huts or lodges

Day Walks – generally between four-eight hours, these are a great way to explore New Zealand when you’re short on time. These trails are generally well formed and signposted and are usually easy to reach from major highways

If you want to find out more about walking and hiking in Aotearoa New Zealand, Tourism New Zealand’s **website** is a great place to start, with more in-depth detail provided by the **Department of Conservation (DOC)**. On the ground, **isite** visitor information centres provide excellent advice from locals who know the trails of the motu (country) like their own backyards.




Kepler Track, Southland



Hooker Valley Track, Aoraki Mount Cook National Park



 Tongariro National Park
Ruapehu

WALKING IN NEW ZEALAND

TIAKI PROMISE

Meaning to care for people, place and culture, the **Tiaki Promise** is a commitment to care for Aotearoa New Zealand while travelling throughout the motu (country). When you follow this promise including taking all rubbish home with you and only using designated toilet facilities, you can help keep New Zealand's outdoors beautiful.

We also ask that manuhiri (visitors) help maintain our rich biodiversity including following **rules** aimed to protect Aotearoa New Zealand's kauri trees which are considered taonga (treasures) and currently under threat from disease.

WHEN TO WALK

New Zealand's walking trails are open year-round, with the most favourable weather and track conditions occurring between October and the end of April. Hiking in spring and autumn often means fewer crowds and while high-altitude walks are mostly out of bounds in winter, many low-level tracks can be completed throughout the year.

WHERE TO STAY

DOC manages a network of 950 huts throughout Aotearoa New Zealand's national parks and reserves. Facilities for huts include bunkrooms with mattresses and water supplied (most often) from streams or rainwater – it's recommended to treat water before drinking. Toilets are usually long drop or composting rather than flush toilets. Heating, either gas or wood, is provided in some huts during peak season. Huts along the Great Walks tracks often have wardens in the peak summer season.

Campsite facilities vary depending on the category. Facilities can include a shelter, toilets and a water supply from streams, lakes or water tank (treatment required prior to drinking). Many privately run lodges can be found on or near the trails offering en-suite rooms and delicious cuisine.



HOW TO KEEP SAFE

Regardless of whether you're doing a short walk or multi-day hike, make sure you are well prepared – even if you're an experienced walker. Follow these tips to keep safe.

- Make sure you know where you are going, have looked at a map of the track and consider downloading the free '**Plan My Walk**' app
- Always tell someone your plans, including your intended return date
- Take sufficient supplies including a waterproof jacket, hiking shoes or boots, thermal layers, a hat, head torch, plenty of food and water and an emergency beacon as remote areas may not have mobile phone coverage
- Before setting out always check the weather conditions on the New Zealand **MetService** website
- Independent walkers should carefully plan their route and pre-book huts for overnight stays
- Ensure the duration and difficulty of the track is within your physical limits and experience

For more information on safety in the outdoors visit the **DOC** or **New Zealand Mountain Safety Council's** websites.

✈ International airport
✈ Domestic airport



GREAT WALKS

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

POPULAR MULTI-DAY HIKES

- 1 Pouākai Circuit
- 2 Queen Charlotte Track
- 3 Aotea Track
- 4 Hollyford Track

ICONIC ONE DAY WALKS

- 1 Te Whara Track
- 2 Hooker Valley Track
- 3 Tama Lakes Track
- 4 Kaikōura Peninsula Walkway

GREAT WALKS

Great Walks



 Routeburn Track
Fiordland

Each of Aotearoa New Zealand's Great Walks is different, though each of these multi-day premier hiking tracks offer unparalleled access to some of the country's most epic landscapes, wildlife and cultural heritage. They can be hiked in sections, in one go, independently or as part of a guided trip – browse the [Tourism New Zealand website](#) for operators offering guided walks. The Great Walks season runs from late October until late April and it's best to get prepared ahead of the booking window opening to secure your spots!

LAKE WAIKAREMOANA TRACK

East Coast

This journey follows the shore of Lake Waikaremoana in Te Urewera. Home of the Tūhoe people, Te Urewera is recognised in New Zealand law as a living person and is spoken for and governed by a board. Care for Te Urewera, including the tracks and facilities, is carried out by Te Uru Taumatua – Ngāi Tūhoe's operational entity.

Trek through virgin forest, skirt past secluded beaches, soak up the incredible views from Panekire Bluff and take a side trip to the spectacular Korokoro Falls. The 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. Visit the [Ngāi Tūhoe website](#) for information on track updates and safety alerts.



 3-4 Days  46km/28.5mi  Intermediate




WHANGANUI JOURNEY

Manawatū & Whanganui

Instead of hiking, travel by canoe or kayak down the Whanganui River – the only awa (river) in Aotearoa New Zealand to be officially recognised as a person in the eyes of the law. Travel between Taumaranui and Pipiriki, gliding through sheer rock gorges and densely forested riverbanks, and occasionally bouncing over rapids.

Fascinating sites along the way include the historic Bridge to Nowhere and Tieke Marae/Kāinga, which as well as being a hut for hikers, is a functioning marae (meeting ground). A shorter three-day (87km/54mi) option takes in the most scenic stretch of the Whanganui River. This trip is suitable for people with good fitness and confidence in a canoe. It's recommended that this Great Walk is only undertaken during summer.

 5 Days

 145km/90mi

TONGARIRO NORTHERN CIRCUIT

Ruapehu

Packed with wow-factor, this loop walk winds through the otherworldly volcanic landscapes of Tongariro National Park, a dual World Heritage Area of outstanding natural beauty and cultural significance, as well as Aotearoa New Zealand's first national park. The circuit boasts red craters, emerald lakes, thundering waterfalls, dense beech forest and an active volcano.

Due to the challenging terrain and volatile climate, this a fair-weather hike that's only recommended to be undertaken during summer. Any off-season attempts to tackle this walk should be booked with an experienced winter guide.

 3-4 Days  44.9km/27.8mi  Intermediate



ABEL TASMAN COAST TRACK

Nelson Tasman

With its golden bays, lush forest and brilliantly blue waters, it's easy to see why this is the country's most popular Great Walk. Tracing the coastline of Aotearoa New Zealand's smallest national park, there are opportunities for spotting marine wildlife including seals and dolphins and side-trips to freshwater pools and an old Māori pā site (settlement).

The temperate climate of the Nelson Tasman region means this is a great year-round walk, though keep in mind some sections can only be completed at low tide. Hike the whole track in either direction or take advantage of the abundant water taxi services and tackle a portion of the different sections.

 3-5 Days  60km/37mi  Intermediate

HEAPHY TRACK

Nelson Tasman & West Coast

Retrace the steps of Māori pounamu (greenstone) gatherers and pioneer gold prospectors between Golden Bay and the wild West Coast of Te Waipounamu (the South Island). Cutting through Kahurangi National Park, home to roa (great spotted kiwi), this is a walk of contrasting scenery from sub-alpine tussock grasslands and rugged mountains to nikau palm-fringed beaches.

If travelling by road, the distance between the start and end of the track near Karamea – the northern most town on the West Coast – is a massive 463 kilometres (287 miles). A scenic flight back to Nelson is a quicker and highly memorable way to finish the hike. Keep in mind that mountain biking is also permitted along the track between May and November.

Note: The Heaphy Track is partially closed – through trips are not possible except by pre-arranged helicopter transfer. The track remains open at either end and all huts are open and bookable. Please check doc.govt.nz for latest track and facility updates.

 4-6 Days  78.4km/49mi  Intermediate



PAPAROA TRACK AND PIKE29 MEMORIAL TRACK

West Coast

Crossing the spectacular Paparoa Range on the South Island's dramatic West Coast, this Great Walk delivers breath-taking views from its alpine ridges – you won't want to miss the sunset views from the Moonlight Tops Hut! Travel through remote wilderness including ancient podocarp forest and the Pororari River Gorge.

Along the way, walk in the footsteps of early gold miners and settlers. A short side-trip to Garden Gully leads to an historic 1930s miners' hut and old mining equipment. The track also links up with the Pike29 Memorial Track, leading to a former mining site where 29 men died in the Pike River Mine Disaster in 2010. This track is dedicated to the men and named in their honour.

It's also important to note that this is a purpose-built shared hiking and mountain biking track (e-bikes are not allowed) with mountain biking permitted year-round.

 3 Days  55km/34mi  Intermediate

ROUTEburn TRACK

Fiordland

Aotearoa New Zealand's second most popular Great Walk is arguably its most impressive. Straddling both Mount Aspiring National Park and Fiordland National Park, the track crosses Te Tiritiri-o-te-moana (the Southern Alps). Wow-worthy mountain views, the 174 metre (570 feet) Earland Falls and possible sightings of kea – the world's only alpine parrot – are highlights.

The Routeburn can be hiked in either direction, though transport is required at either end – the nearest towns are Te Anau and Glenorchy. It is recommended that this track be avoided between May and October due to the high risk of avalanches and flooding. Facilities are also greatly reduced during these months.

 2-4 Days  33km/20.5mi  Intermediate



MILFORD TRACK

Fiordland

Arguably Aotearoa New Zealand's most famous multi-day hike, the Milford Track travels through Fiordland National Park, part of Te Wāhipounamu, a World Heritage Area. Once called the 'finest walk in the world' it begins with a scenic boat trip across Lake Te Anau and ends a short distance from Piopiotahi Milford Sound.

While there's no cell phone coverage along the track, be sure to bring a camera! Snap photos of pristine lakes, sky-scraping mountain peaks and cascading waterfalls – the latter are particularly spectacular after the rain. And if you're lucky, you may hear the call of tokoeka (southern brown kiwi) in the evenings.

 4 Days  53.5km/33mi  Intermediate



KEPLER TRACK

Fiordland

This custom-built circular track was carefully planned to show walkers the very best of Fiordland. Climbing high into the mountains overlooking lakes Te Anau and Manapouri, this journey through the wilderness traces ridges and crosses saddles. The scenic delights of glacier-carved valleys and moss-laden forests – plus side trips to caves and waterfalls – further enrich the adventure.

While the track can be completed in either direction, walking anti-clockwise to Luxmore Hut means that majority of the climbing is out of the way on the first day. Manuhiri (visitors) with limited time may consider a guided heli-hike trip, combining a scenic flight up to the hut with walking down to Lake Te Anau.

 3-4 Days  60km/37mi  Intermediate

RAKIURA TRACK

Southland


Aotearoa New Zealand's southernmost Great Walk winds along Rakiura Stewart Island's remote coastline and forested wild interior. Delivering peace and tranquillity, the island's podocarp forest is a sanctuary for native birds including the tokoeka (southern brown kiwi), the only species of kiwi known to forage during daylight hours.

Another highlight are the fantastic star gazing opportunities. Stewart Island is an International Dark Sky Sanctuary and one of the best places in the motu (country) to view the Southern Lights. And while this is a relatively easy hike for those with a moderate level of fitness, the track can be notoriously muddy – spare socks and gaiters are recommended!

 3 Days  32km/20mi  Intermediate



POPULAR MULTI-DAY HIKES

 Queen Charlotte Track
Marlborough

Experience Aotearoa New Zealand at its very best, spending a night (or several) in the wilderness on one of the many popular multi-day hikes across the motu (country). From the top of the north to the bottom of the south, the wide variety of landscapes – remote beaches, lush rainforests, sky-piercing mountains – are bound to leave you inspired.



POUĀKAI CIRCUIT

 2-3 Days  25km/15mi

Taranaki

Jaw-dropping views of Taranaki Mounga (Mount Taranaki) are aplenty on Egmont National Park's premier hiking trail. Pass through lowland forest, alpine tussock fields and the unique Ahukawakawa Swamp.



AOTEA TRACK

 2-3 Days  10-25km/6.2-15.5mi

Great Barrier Island

With spectacular landscapes and soaks in natural hot springs, this track combines easy walking tracks, boardwalks, steep climbs, stairways and bridges. Great Barrier Island can be reached from Auckland by ferry or by plane.



QUEEN CHARLOTTE TRACK  3-5 Days  73.5km/45.6mi

Marlborough

Meander around the bays and through the native forests of the Marlborough Sounds. Accommodation options include DOC campsites and privately run boutique lodges. Biking is also available on this excellent track.



HOLLYFORD TRACK

 4-5 Days  56km/38mi

Fiordland

A little off the beaten track, travel from the mountains to the sea along this remote trail. Walkable year-round, highlights include views of Fiordland's two highest peaks and spotting wildlife such as penguins and fur seals.

ICONIC ONE DAY WALKS



For a compact adventure on foot that makes the outdoors accessible while still providing wow-worthy views, embark on one of New Zealand's best single day hikes – no sleeping bag required! These exceptional trails offer something for everyone: coastal views, lush forest and picturesque mountains. Which will you choose?

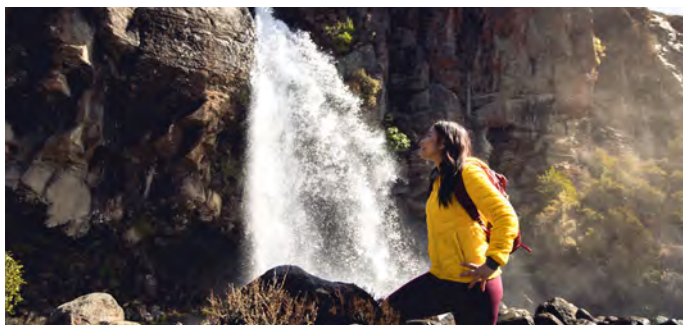


TE WHARA TRACK

🕒 5-6 Hours One Way 📏 7.5km/4.6mi

Northland

Walk in the footsteps of Northland's Māori ancestors on this hike across Bream Head. This challenging track climbs through some of the region's best coastal forest before revealing a spectacular 360-degree panorama.



TAMA LAKES TRACK

🕒 5-6 Hours Return 📏 17.6km/10.9mi

Ruapehu

A fantastic alternative to the Tongariro Alpine Crossing, backdropped by both Mount Ruapehu and Mount Ngauruhoe. Pass by Taranaki Falls and cross undulating tussock country and alpine herb fields before reaching the two pristine lakes.



HOOKER VALLEY TRACK

🕒 3 Hours Return 📏 10km/6mi

Mid Canterbury

A popular walk in Aoraki Mount Cook National Park that rewards hikers with maximum mountain scenery. At the end of the track are awe-inspiring views of New Zealand's highest peak from across the ice-berg-dotted Hooker Lake.



KAIKŌURA PENINSULA WALKWAY

🕒 3 Hours 📏 11.7km/7.2mi

Kaikōura

Starting and ending in Kaikōura's city centre, this family-friendly walk delivers cliff-top views of the Seaward Kaikōura Ranges, a visit to an historic pā site (fortified village) and plenty of wildlife spotting opportunities.

Only have a couple hours spare to get out and stretch your legs?

Check out the wide range of fantastic short walk suggestions on the **Tourism New Zealand** website.

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traveltrade.newzealand.com