



# DAY HIKES



Hike through lush native bush and ancient forests, climb volcanic slopes, walk past glaciers, lakes and along rugged coastlines. These day hikes are perfect for compact adventures in nature.



Roy's Peak, Otago

## DAY HIKES IN NEW ZEALAND

With walks from 4 to 8 hours, New Zealand's day hikes offer something for everyone.

Traverse the rugged volcanic landscape of the North Island's famous Tongariro Alpine Crossing or explore picturesque coastal forests on the Te Whara Track.

In the South Island, majestic glaciers await when you walk the stunning Hooker Valley Track or challenge yourself with a climb to the top of Roy's Peak in Wanaka.

## PLANNING YOUR DAY HIKE

The majority of these trails are well signposted, but New Zealand's terrain and unpredictable weather make it essential to be prepared.

### Think ahead:

Make sure you know where you are going and have looked at a map of the track.

### Tell someone your plans:

Message someone where you're going and when you'll be back.

### Be aware of the weather:

New Zealand's weather can change quickly. Check the forecast ([metservice.com](http://metservice.com)) and expect changes throughout the day.

### Know your limits:

Challenge yourself within the group's limits.

### Take sufficient supplies:

Such as a waterproof jacket, solid footwear (hiking shoes or boots), thermal layers (not cotton), a hat, head torch, water (at least two litres) and food.



Tongariro Alpine Crossing, Ruapehu



Te Whara Track, Northland



Cape Kidnappers, Hawke's Bay

## DAY HIKE ROUTES



### 1. TE WHARA TRACK, NORTHLAND

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Follow in the footsteps of Northland's Māori ancestors. This challenging track climbs through coastal forest before revealing a spectacular 360° panorama.



### 2. TONGARIRO ALPINE CROSSING, RUAPEHU

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Trek across a volcanic alpine landscape of dramatic contrasts - steaming vents, glacial valleys, old lava flows, alpine vegetation and vivid crater lakes.



### 3. CAPE KIDNAPPERS WALKING TRACK, HAWKE'S BAY

🚶 🏔️ 🌊 ↶ 5 hrs | 19 km return

Discover panoramic coastal views, towering stratified cliff faces and Australasia's largest mainland gannet colony on this enjoyable beach walk.



### 4. HOOKER VALLEY TRACK, CANTERBURY

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Enjoy the awe-inspiring landscapes of the Southern Alps on this short walk, winding up the Hooker valley past alpine streams and glaciers in the shadow of Aoraki/Mount Cook.



↶	Return track	🏔️	Low level of fitness required	🌊	Flat
↶	One way track	🏔️	Moderate level of fitness required	🌊	Gradual incline
↶	Loop track	🏔️	Moderate-high level of fitness required	🌊	Undulating
🚶	Walking track	🏔️	High level of fitness required	🌊	Steep
🌊	Tramping track				



### 5. ROYS PEAK, OTAGO

🚶 🏔️ 🌊 ↶ 5 – 6 hrs | 16 km return

A steep climb through alpine meadows and tussock grasslands to the summit is rewarded with breathtaking views over Lake Wanaka, Mount Aspiring and surrounding peaks.