



# WALKING & HIKING

Exploring New Zealand’s walking and hiking trails is one of the most rewarding ways of seeing the country’s outstanding natural beauty.

## WALKING AND HIKING IN NEW ZEALAND

Walking in New Zealand is the best way to see beautiful landscapes and explore vast wilderness areas. With thousands of kilometres of tracks, there are walking options to suit all levels of fitness and experience.

## WHY WALK IN NEW ZEALAND?

New Zealand offers walking experiences for every taste and interest. There are tracks to suit all fitness levels, whether you want to walk for an hour, a day or multiple days.

New Zealand is a safe walking destination, with well laid out and maintained tracks. You will feel at ease in the vast outdoors, greeting friendly locals and fellow travellers.

The country is also free of hazardous or poisonous animals.

## WHEN TO GO

New Zealand’s walking tracks are open year round, so get your hiking boots ready and choose the month that suits you.

**Summer** (Dec to Feb) 14°C – 28°C



T-shirt    Shorts    Jumper

**Autumn** (Mar to May) 10°C – 24°C



Jumper    Light Pants

**Winter** (Jun to Aug) 9°C – 20°C



Pants    Jacket    Gloves    Thermals

**Spring** (Sep to Nov) 12°C – 22°C



Layers    Jacket    Light Pants

If you are planning on travelling during New Zealand’s peak season (December to February) it is recommended that you book accommodation, domestic flights, transport and activities in advance. Travelling in spring and autumn gives you the opportunity to experience New Zealand’s ever-changing landscapes and enjoy walking on trails with fewer crowds.



Hooker Valley Track, Canterbury



Bridge to Nowhere, Whanganui National Park



Waitakere Ranges, Auckland

## GUIDED WALKING

Walking with a local guide gives you an insider's knowledge of the area's wildlife, flora and fauna.

Guides will not only help you make the most of the experience, they will also take away any safety concerns you might have and provide an extra level of convenience.

Some multi-day guided trips include meals and overnight stays in comfortable lodges with facilities, such as hot showers and laundry.

Guides can customise walking itineraries and provide essential accessories for exploring New Zealand on foot, making it a great option for visitors with minimal hiking experience.



Queen Charlotte Track, Marlborough Sounds

## SAFETY IN THE OUTDOORS

Regardless of whether you're doing a short walk or multi-day hike, make sure you are well prepared.

- Always tell someone your plans, including your intended return date.
- Wear comfortable footwear and pack sufficient supplies, including warm clothes, plenty of water and food, and an emergency beacon (remote areas may not have mobile phone coverage).
- Before setting out always check the weather conditions on the New Zealand MetService website and the Department of Conservation (DOC) website: [metservice.com](http://metservice.com) and [doc.govt.nz](http://doc.govt.nz)
- 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 website: [doc.govt.nz](http://doc.govt.nz)**

## DAY WALKS

Day walks and hikes for all levels of fitness are plentiful and easy to find. Beautiful nature walks are right on the doorstep of cities and towns and in just a few hours, you can experience some of the best New Zealand scenery.

One of New Zealand's most famous day walks is the 19.5km (12.1mi) Tongariro Alpine Crossing which traverses volcanic landscapes of turquoise crater lakes, alpine meadows and rugged peaks.

## GREAT WALKS

New Zealand's Great Walks are premier tracks through some of the country's most spectacular and diverse vistas. Journey through landscapes of native forest, lakes, rivers and golden beaches to rugged mountain peaks, deep gorges and vast valleys.

The Great Walks are all multi-day hikes, with the exception of the Wanganui Journey which is a multi-day river trip. The walks can be hiked in sections, providing the opportunity to experience just one day on the track. Each trail is well-formed, easy to follow and accessible from major towns.

Great Walks can be hiked independently, meaning you carry your own gear and stay in well maintained back country huts. Or if you're looking for a bit more comfort and a richer understanding of the surrounding area, the Great Walks can be explored as part of a guided trip.

The Great Walk season runs from late October to late April. Booking in advance is recommended, especially if you're planning to visit during the summer months. Walking the tracks at the beginning or the end of the season is a great way to avoid crowds and to experience New Zealand's vibrant and lush landscapes.

## MANAAKI TRAILS

DOC's Manaaki Trails are complementary to the Great Walks of New Zealand. They are hosted journeys that provide hospitality for visitors in a way that is easy to access, comfortable, fun and safe.

The Manaaki Trails traverse some of New Zealand's most scenic and special places. They are 2-4 days in duration and are hosted by guides with expert local knowledge. No navigation skills, tramping experience or specialist equipment is required. All Manaaki Trail operators are Qualmark licence holders – New Zealand tourism's official mark of quality.

Furthermore each of the trails have conservation legacies so with every step you take, you know you're helping the environment.



French Ridge, Mt Aspiring National Park