The west coast of the South Island is an untamed natural wilderness of rainforests, glaciers and geological treasures. Walk amongst the trees up high in the rainforest, helicopter over the glistening Franz Josef and Fox glaciers, carve your own piece of pounamu (māori jade), or explore the coast’s rich gold mining history.

**FRANZ JOSEF AND FOX GLACIERS**
Take a breath-taking heli-hike onto either of the world famous glaciers with Franz Josef Glacier Guides or Fox Glacier Guiding, or walk along the Franz Josef glacier valley.

**HOKITIKA GORGE**
A short walk takes you to a lookout where stunning views of the glacial river are framed by beautiful native forest. Explore West Coast offers transport and tours to this unique location.

**HAAST UNESCO WORLD HERITAGE AREA**
For a taste of true wilderness take a jet boat safari with Waiatoto River Safari or Haast River Safari. Or a scenic helicopter trip with HeliservicesNZ.

**SHANTYTOWN HERITAGE PARK**
Take a step back in time at Shantytown, a faithfully recreated 1900s gold rush town.

**MONTEITH’S BREWING COMPANY**
Be guided through the traditions and heritage of Monteith’s Brewing Company, followed by a craft beer tasting and tapas.

**OPARARA EXPERIENCE**
Guided tours through the national park, limestone arches and caves. See the remains of the extinct moa bird in its natural final resting place.

**VISIT JADE COUNTRY**
Pounamu (jade) is found in many places on the West Coast and is prized for its strength, durability and beauty. You can also discover the legends around this stone and the land on a cultural tour with Arahura Greenstone Tours.

**LAKE BRUNNER**
Explore the largest lake on the West Coast and take your pick of water activities from jet boating to year-round trout fishing with Brent Beadle’s Moana Trout Fishing Safaris.

**WEST COAST WILDERNESS TRAIL**
This cycling adventure reveals diverse landscapes of dense rainforest, glacial rivers, lakes and wetlands, with views all the way from the snow-capped mountains of the Southern Alps to the wild Tasman Sea.

**PUNAKAIKI PANCAKE ROCKS AND BLOW HOLES**
These ancient limestone stacks were formed over 30 million years ago and are the most visited natural attraction on the West Coast.