



HIKING & TRAMPING IN New Zealand



Andrew Bain, Jim DuFresne

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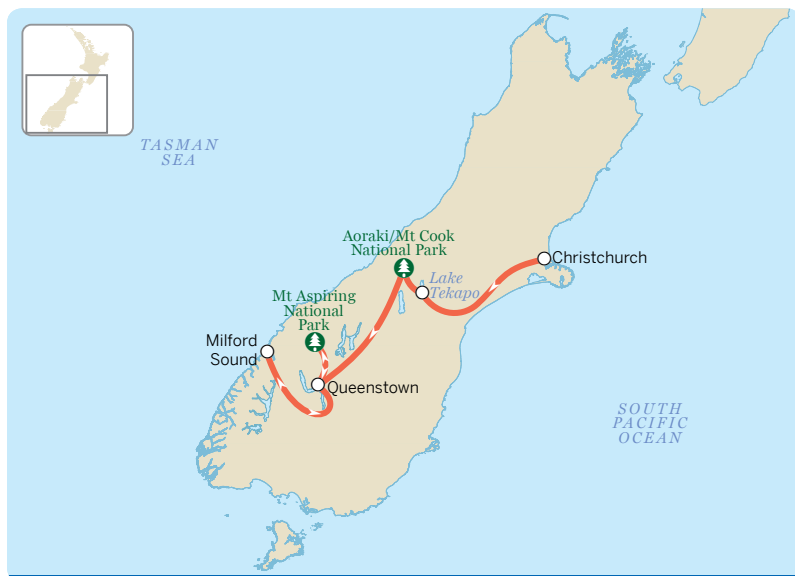
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Itineraries



2 WEEKS Southern Highlights

Wing into **Christchurch** and stock up on supplies before heading for some of the South Island's best tracks.

Head south past gorgeous **Lake Tekapo**, taking in the obligatory view at the Church of the Good Shepherd, before continuing on to **Aoraki/Mt Cook National Park**. Warm up your tramping legs on the easy hike through the Hooker Valley before giving them a sterner test on the Mueller Hut Route, staying up high in one of NZ's loftiest huts.

Drive on over Lindis Pass into the adrenaline bowl that is **Queenstown**. Get perspective from atop Ben Lomond, and detour out past Wanaka into **Mt Aspiring National Park** to climb to a glacial extravaganza on the Rob Roy Track. Only in Queenstown can you then give your legs a rest by taking a bungy jump, or by skimming across Lake Wakatipu in a shark-shaped vessel.

Cross the Southern Alps on the Routeburn Track before taking a day off to ogle, cruise or kayak **Milford Sound**, before returning to Queenstown along the Greenstone Caples Track, which horsehoes through two distinctly different valleys – take your pick – that meet near the shores of Lake Wakatipu.



The Grand Tour

Kick off your tramping bonanza in metropolitan **Auckland**. Warm up with a day hike on the volcanic island of Rangitoto, before driving north to the beautiful **Bay of Islands**. Set out on foot from its shores to rugged, lighthouse-tipped Cape Brett, getting a different perspective on the famed Hole in the Rock along the way.

Head south to the sun-soaked **Coromandel Peninsula** to explore its myriad attractions as well as venturing in to Kauaeranga Valley to scale the Pinnacles. Travel south, getting steamed and sulphured at **Rotorua** and **Taupo** before donning the backpack again among the volcanic landscapes of **Tongariro National Park**. Savour them on the Tongariro Northern Circuit, or, if time is tight, traverse the much heralded Tongariro Alpine Crossing.

Head to **Wellington** to wander through the national museum, Te Papa, before crossing Cook Strait to the South Island. Stretch your arms now as well as your legs in **Abel Tasman National Park**, home to the most popular of NZ's Great Walks as well as golden beaches and turquoise waters begging to be kayaked.

Two more national parks – **Kahurangi** and **Nelson Lakes** – lie nearby. Tramp the Heaphy or Lake Angelus Tracks on your way to the wild West Coast. Follow the stunning coast road, pausing at the Pancake Rocks at **Punakaiki**.

Keep on trucking south towards glacier country. Take a guided glacier walk onto **Franz Josef Glacier** before tramping into **Welcome Flat** for a well-earned soak in the hot springs. Having cleared Haast Pass, head for lakeside **Wanaka**, from where you can head into **Mt Aspiring National Park** along the Matukituki Valley, veering away onto the Rob Roy Track to find a dramatic grandstand position beneath a hanging glacier.

Head over the Crown Range to the self-branded 'adventure capital of the world', **Queenstown**. Take your pick from some of NZ's most fabulous tramps – the Routeburn, Greenstone Caples and Rees-Dart. Head round to the almost-mythical **Milford Sound**, arriving by vehicle through the Homer Tunnel or on foot along the Milford Track, the tramp once described as the finest walk in the world. Finish by heading back to Queenstown, where you can wind down in one of its many inviting bars.

4
WEEKS

The Gentle Option

Ease into things with a couple of days in **Christchurch**, before heading inland and upland to **Arthur's Pass National Park**, where Bealey Spur rewards trampers with a simple climb that's blessed with views. Head north to the hot pools of **Hanmer Springs** before continuing to **Nelson Lakes National Park**, spending your days on the Mt Robert or St Arnaud Range climbs, and your nights in local accommodation. Meander through the Motueka Valley, popping in to the Tableland in **Kahurangi National Park** before hitting **Abel Tasman National Park** and the most idyllic of NZ's Great Walks. You might want to hang around for a few days to get a different perspective on the park from a kayak or boat.

Indulge in the fine local food and wine in **Nelson**, then wind your way eastwards to **Picton** along the scenic Queen Charlotte Drive. Cruise through the Marlborough Sounds, then hit the Queen Charlotte Track while your bags are ferried ahead of you by water taxi. Take a restorative tour of Marlborough's world-class wineries before hopping the ferry to **Wellington**.

Stroll into cinematic excellence at **Putangirua Pinnacles**, with plenty of time left in the day to visit the lighthouse and seals at Cape Palliser. Head north to discover one of the easiest ways to an alpine pass in NZ on the **Sunrise Track** before stopping for a couple of days in art-deco **Napier** in sunny Hawke's Bay. Gorge yourself on the region's ample produce, then burn off the calories on its flat cycling trails.

Venture into mystical **Te Urewera** to complete the Lake Waikaremoana Great Walk then soak up some Māori culture and a good dose of sulphur at the many geothermal delights of **Rotorua**. Be sure to soak away any tramping aches in a hot spring here.

Swing across to Taupo, the lakeside resort just a stone's throw from **Tongariro National Park** and the legendary Tongariro Alpine Crossing. Check out the twinkling glowworms of **Waitomo Caves** before heading to **Auckland**, finishing your journey with an easy day tramp on volcanic Rangitoto Island or heading further north for a couple of days on the rewarding and dramatic Cape Brett Track.



Alpine Explorer

Start in vibrant **Nelson** before heading off on this tour along the spine of NZ's Southern Alps. Drive to **Nelson Lakes National Park**, where the Lake Angelus Track climbs up Robert Ridge for sweeping views of the Southern Alps.

Wend your way through the wild **Buller Gorge**, which doubles as the starting point for one of NZ's newest tramping tracks, the Old Ghost Road – if time is tight, you can always mountain bike it.

Take in the Pancake Rocks at **Punakaiki** as you briefly touch the west coast, before heading east to **Arthur's Pass National Park** to scale Avalanche Peak.

East of the pass, stick close to the mountains on the Inland Scenic Route through to Tekapo and **Aoraki/Mt Cook National Park**, where you can climb to Mueller Hut for views of NZ's highest mountain, or stroll through the Hooker Valley for

Swing through Wanaka and into **Mt Aspiring National Park**, climbing high to Cascade Saddle or low (but with high views) on the Rob Roy Track. Finally, make an alpine crossing on the Routeburn Track before finishing in **Queenstown**.



North Island Wonders

Begin in **Auckland** and head south to the geothermal hot spot of **Rotorua**, where geysers, bubbling mud, steaming vents and Māori cultural performances await.

Venture into densely forested **Te Urewera** and tramp the Great Walk around Lake Waikaremoana, before driving to **Taupo** to do a skydive, raft a river or catch a trout.

Nearby is volcanic **Tongariro National Park**, home to the famed Tongariro Alpine Crossing, almost universally claimed as NZ's best day tramp. Then retire the boots for a few days as you splash into the Great Walk that's actually a river paddle: the 145km Whanganui Journey through the North Island's largest lowland wilderness, **Whanganui National Park**.

Truck west to **Egmont National Park** and the near-symmetrical cone of Mt Taranaki. Tracks abound on the mountain, but it's worth tramping the Pouakai Crossing to decide for yourself whether it's actually better than the Tongariro Alpine Crossing. Loop back to Auckland via **Waitomo Caves**, where you can ogle at glowworms or don a wet suit and abseil and river-tube deep into subterranean passages and caverns.

Behind the Scenes

SEND US YOUR FEEDBACK

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THIS BOOK

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LONELY PLANET **IN THE** WILD

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We share the best on our Facebook page every week!

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping
- Hut/Shelter

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Andrew Bain

Andrew prefers adventure to avarice and can usually be found walking when he should be working. His writing and photography feature in magazines and newspapers around the world, and his writing has won multiple awards, including Best Adventure Story and Best Australian Story (three times) from the Australian Society of Travel Writers. He was formerly commissioning editor of Lonely Planet's outdoor adventure series of titles, and is the author of *Head-*

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Jim DuFresne

Jim first came to New Zealand more than 20 years ago in search of high peaks and wild places. He found both, along with some fine trout fishing, and has been returning ever since with his backpack and fly rod in hand. Jim began his writing career as the sports and outdoors editor of the *Juneau Empire* and was the first Alaskan sportswriter to win a national award from Associated Press. Today he lives in Michigan and feeds his appetite for the alpine world with frequent trips

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