**Destinations**

* Cape Regina
* Fox Glacier
* Glow-worms
* Matamata

**Cities to visit:**

* Aukland- north island
* Christchurch- south island
* Queenstown
* Rotorua- north island
* Wellington -north island
* Nelson
* Kaikoura

**Places to hike**

1. Abel Tasman Coast Track, Abel Tasman National Park, South Island
   1. Description- This national park is perfect for hiking with over 30miles of golden sand beaches, granite cliffs, and lush subtropical rainforest around the park makes for a one in a lifetime hiking experience. Abel Tasman Coast Track is the least strenuous of the places to hike in New Zealand, but its equally rewarding. This two to five-day one-way track takes you through verdant fern and manuka groves along empty shores, where you can camp at the many campsites within the park or stay in huts along the water. There are several inlet tides along this track such as the Awaroa Inlet which requires you to pass by at low tide, or you will get stuck if you time the tides wrong. It is highly recommended to plan ahead and set out early. In the evening you can enjoy watching the seals swim, spotting birds, and diving into the water.
      1. Distance – 40 kilometers
      2. Start to finish- Marahau to Totaranui
      3. Time- 3 to 5 days
      4. Difficulty- moderate
   2. PICTURE

A body of water surrounded by trees

Description automatically generated

<https://www.atlasandboots.com/hiking-the-abel-tasman-coast-track-new-zealand/>

A picture containing outdoor, mountain, track, train

Description automatically generated

<https://www.walkmyworld.com/posts/36-photos-to-inspire-you-to-hike-the-abel-tasman-track>

1. Tongariro Alpine Crossing, Tongariro National Park, North Island
   1. Description: This is one of New Zealand’s Greatest Day Hike. For any lord of the ring fans, Tongariro National Park is the land of Mordor in the dark, craggy flesh. This hike weaves through rugged volcanic terrain and provides spectacular views of Mount Ngauruhoe also known as Mount Doom, emerald pools, lakes and craters. This is a one way hike so you will need to plan ahead and organize a shuttle transport a few days in advance.
      1. Distance- 19.4 km or 12mi
      2. Start/Finish- Mangatepopo to Ketetahi
      3. Time- 6-8hours
      4. Difficulty- Moderate
   2. Pictures

A person standing on a rocky hill

Description automatically generated

<https://www.newzealand.com/int/feature/national-parks-tongariro/>

A view of a mountain

Description automatically generated

<https://www.visitruapehu.com/explore/tongariro-national-park/>

INFO

https://www.nomadasaurus.com/hiking-in-new-zealand-trekking-guide/

1. Mueller Hut Route, Aoraki Mount Cook National Park, South Island
   1. Description: COPIED AND PASTED

https://www.outsideonline.com/1856836/top-10-new-zealand-hikes

The snowcapped dome of [Mount Cook](https://www.doc.govt.nz/parks-and-recreation/places-to-go/canterbury/places/aoraki-mount-cook-national-park), New Zealand’s tallest peak at 12,316 feet, dominates the glaciated terrain rising above the path to Mueller Hut, a spare red trekker’s hut cantilevered into the side of a scree slope on a high alpine plateau. The three-mile hike from the valley floor is steep and switchbacked, so you’ll have no problem stopping to take in the immaculate view to the valley’s braided river system or the bright blue glacial pools catching meltwater at the mountain’s foot. Once you pass the tussocky Sealy Tarns, you’ll scramble up a huge field of loose talus to the plateau ridge at 6,000 feet. At the hut, claim your bunk, then savor meditative sunset views to the iconic [Mount Cook summit](http://www.anrdoezrs.net/links/8951223/type/dlg/https:/www.expedia.com/things-to-do/search?location=Mount+Cook+National+Park%2C+New+Zealand&latLong=-43.600192%2C170.286883&rid=6139475&regionType=MULTIREGION&countryCode=NZ&startDate=&endDate=) and the distant valley below. Katabatic winds churn clouds down steep cliff faces above, and the occasional sound of thunder marks distant avalanches.

* + 1. Distance- 10.4km
    2. Start/Finish- Mangatepopo to Ketetahi
    3. Time- 2 days or 7 hours
    4. Difficulty-
  1. PICTURES

A view of a rocky mountain

Description automatically generated

https://www.switchbacktravel.com/new-zealand/mueller-hut

1. Rob Roy Glacier, South Island
   1. Description: This trail is family friendly and offers a variety of alpine landscape such as snowfields, glaciers, sheer rock cliffs, and waterfalls. Roy Rob Glacier includes a bridge that will take you across the West Matukituki River. The track climbs through a small gorge into beech forest, then into alpine vegetation at the head of the valley, and provides a spectacular view of the Rob Roy Glacier.
      1. Distance- 10km
      2. Start/Finish- Rasberry flat carpark
      3. Time- 3-4hours
      4. Difficulty- easy
   2. Pictures

A view of the side of a mountain

Description automatically generated

<https://www.we12travel.com/rob-roy-glacier-track/>

1. Okere Falls Track, Rotorua,
   1. Description: One of the best day hikes…. <https://www.newzealand.com/us/feature/okere-falls-scenic-reserve/>
      1. Distance- 1.3km
      2. Start/Finish- Rotorua
      3. Time- 30min
      4. Difficulty- easy
   2. Pictures

A picture containing outdoor, river, water, nature

Description automatically generated

<https://www.hikespeak.com/trails/okere-falls-track-rotorua-nz/>

1. Lake Waikaremoana Great Walk, Hawke’s Bay, North Island
   1. Description: FILL

* Mountains, forest, lakeside paths
* impressive ridgelines of Puketapu Trig.
* Lake Waikaremoana is a great walk for a reason as views never cease to let down with impressive views of Lake Waikaremoana, giant native trees and a stunning waterfall by the name of Korokoro Falls.
* Huts along trail to stay at booking must be done in advance.
  + 1. Distance- 44km
    2. Start/Finish- Onepoto to Hopuruahine
    3. Time- 4days
    4. Difficulty- easy to moderate
  1. Pictures

A body of water

Description automatically generated

https://www.firstlighttravel.com/hiking-tours-new-zealand/great-walks/lake-waikaremoana

1. Routeburn Track to Routeburn Falls, South Island
   1. Description COPY AND PASTED

One of the most visually appealing hikes in New Zealand, the Routeburn Track offers exceptional views of the year-round snowcapped peaks of Mount Aspiring National Park to the gorgeous Fiordland National Park. Easily accessible from Queenstown, The Routeburn is one of the best hikes in New Zealand by a long shot! The Routeburn offers a mix of alpine wetlands, cascading streams, lush grasslands to silver beech forests which all happens within 32 kilometres of glorious hiking. If you want to challenge yourself, opt to add on a few extra days by taking on Key Summit which is the place where Sir Edmund Hillary trained before his Mount Everest attempt in 1953.

* + 1. Distance- 32km
    2. Start/Finish- Routeburn shelter at Lake Wakatipu to The Divide
    3. Time- 2-4days
    4. Difficulty- easy to moderate
  1. PICTURES

A large mountain in the background

Description automatically generated

<https://www.traveller.com.au/new-zealand-hiking-the-routeburn-track-h1386p>

1. Milford Track, Fiordland National Park, South Island
   1. Description

Verdant valleys and misted mountains, tumbling cataracts and a vast green fjord. The four-day Milford Track is deemed the world’s finest walk for good reason. Once a route Maoris used to hunt greenstones, Europeans cut the 33-mile path in 1888 from Lake Te Anau to Milford Sound, and 14,000 annual hikers now tread it. The track is one-way, beginning with a boat ride to the head of Lake Te Anau and ending with a boat pickup at the aptly named Sandfly Point in Milford Sound. Between, you’ll hike along rivers, lakes, and soggy wetlands and climb the stunning 3,786-foot MacKinnon Pass for dramatic alpine vistas before descending into another river valley rife with waterfalls and a glacier.

* + 1. Distance- 53km
    2. Start/Finish- Lake Te Anau at Glade Wharf to Sandfly Point
    3. Time- 4 days
    4. Difficulty- moderate
  1. PICTURES

A lake with a mountain in the background

Description automatically generated

https://www.macsadventure.com/us/tour-2386/milford-track/

1. Hooker Valley Track, Aoraki Mount Cook National Park, South Island
   1. DESCRIPTION
      1. Distance- 11km / 6.8mi
      2. Start/Finish-
      3. Time- 3hours
      4. Elevation Change: 120m / 400 ft
      5. Difficulty- Easy

Pictures

A path with trees on the side of a mountain

Description automatically generated

<https://www.hikespeak.com/trails/hooker-valley-aoraki-mount-cook-nz/>

1. Rainbow Mountain & Kerosene Creek
   1. DESCRIPTION: Coming in at number 4 on the 10 best hikes on New Zealand’s North Island is a double hike: Rainbow Mountain and Kerosene Creek. This hike forms a large letter ‘Y’, as the trails start on the same track, and then divert to their respective destinations. We recommend doing Rainbow Mountain first, then hiking back to the fork in the road and making the trip up to Kerosene Creek. The hike up Rainbow Mountain is a bit of a challenge, as you’ll be hiking a few steep ascents on your way to the summit. Along the track, there are a few wonderful lookouts including one over a red cliff. At this lookout, look closely and you’ll be able to see steam rising from some geysers in the mountainside! A top Rainbow Mountain you’ll be able to see for miles and miles, especially on a clear day. If you are a mountain biker, this is a great place for you, as there are mountain biking trails along the backside of the mountain, which in fact will take you right to Kerosene Creek! On the return hike from Rainbow Mountain, at the fork in the trail, turn for Kerosene Creek, the best free hot spring in New Zealand! As you hike along, if you are hiking during the Summer you’ll see blackberry bushes lining the trail. If they are ripe, go ahead and have a little snack! Or even better, bring along a baggie and save some for later! Kerosene Creek is an awesome free hot springs. It is really incredible. The hot springs are an entire river, complete with flowing current and cascading waterfalls. And somehow, all of that water is as hot as a hot tub! Lucky for you, you can find a place to hang out and relax. You may be tired after the Rainbow Mountain hike, and no better way to unwind than at New Zealand’s best free hot springs.

* 1. <https://ruhlsoftheroad.com/nz-best-north-island-hikes/>
     1. Distance- 6km to 9km / 3.7 mi
     2. Start/Finish- off Thermal Explorer Highway
     3. Time- 3hours – 5hr
     4. Elevation Change: 285m / 930 ft
     5. Difficulty- Moderate

Pictures

A large waterfall over a body of water

Description automatically generated

<https://www.hikespeak.com/trails/kerosene-creek-hot-pool-nz/>

1. Putangirua Pinnacles, Wellington, North Island
   1. Description: Walk to the spectacular Putangirua Pinnacles or further for excellent views of Palliser Bay and Lake Onoke – the shorter options are suitable for kids.
      1. Distance= 7km / 4.4 mi
      2. start/finish: putangirua pinnacles scenic reserve
      3. Time: 3hr to half day
      4. Elevation change:
      5. Difficulty: easy

Picture

A close up of a rock

Description automatically generated

<https://www.tripadvisor.com/ShowUserReviews-g255115-d3546252-r251534193-Pinnacles_Track-Wellington_Greater_Wellington_North_Island.html>

1. Dusky Track, Fiordland, South Island
   1. DESCRIPTION: <https://www.thehikinglife.com/2018/01/dusky-track/>
      1. Distance: 84km, 52.2 mi
      2. start/finish: Lake Hauroko to Lake Manapouri
      3. Time 7 to 8 days
      4. Elevation change:
      5. Difficulty- Challenging

Picture

A close up of a hillside

Description automatically generated

<https://www.backpacker.com/trips/new-zealand-dusky-hiking-track>

**Best Time to Go Hiking**

* If your looking to plan a trip to spend time hiking and exploring the beautiful places New Zealand has to offer the best time to hike is from mid-October to April. It is summer during these months and the days are longer and the temperature is hotter. The best time to plan a great walk of New Zealand is in mid-November. During the great walk season heavy rain or snow can liner and the alpines can make it impossible with snow. Keep in mind when planning a trip with hiking that the weather can vary and be unpredictable no matter where you go in New Zealand. Be sure to plan alternative activities when planning your trip.

**What to pack**

When Hiking in New Zealand, you should bring with you:

**Waterproof Backpack** (or protective outer liner) – You don’t want your belongings to get wet.

**First Aid Kit** – Just in case as you never know what may happen out on the trail.

**Insect Repellant** – In parts of New Zealand, sand flies can be quite vicious. Insect repellant will be a massive life saver!

**Sun Screen** – The sun in New Zealand is quite strong. Protect your skin by having sun screen, hat, head buff, and sun glasses.

**Whistle** – The weather can change quickly in New Zealand. A [whistle](https://amzn.to/2sciqpl) is a great item to have just in case of an emergency, especially if hiking solo. You’ll always find one in my pack.

**Water Bottle** – Never start on a hiking trail in New Zealand without having water with you. And many trails don’t have a water source available. So, make sure you have plenty.

**Torch** – For those early starts or trails with caves and tunnels, a torch is a must to have with you. I use this [Black Diamond head torch](https://amzn.to/2sXUhU6) and I love it, especially as you can control how bright the light is. And it seems to go on forever before you need to change out the batteries.

**Rubbish Bag** – All New Zealand national parks do not have rubbish bins in them. So everything you bring in, you must also pack out. Don’t be a litter bug!

**Hiking Poles** – On some trails, hiking poles can be very handy. It’s up to you if you’re comfortable hiking with them or not.

**Wool Socks** – Not only are [wool socks](https://amzn.to/2Ng89jl) great for keeping your feet warm, they help regulate your temperature and keep the feet moisture free.

**Layers** – No matter what time of the year you’re hiking in New Zealand, layers are necessary. The weather changes all the time. And, for those trails that gain altitude, it will get chilly. [Wool layers](https://amzn.to/35IZWdY) help you stay warm or cool depending on the temperature. They also wick moisture away and prevents odors. A must when on the hiking trails of New Zealand.

**Rain Jacket** – You should always have a [rain jacket](https://amzn.to/2TbNeSg) in your pack even if it’s sunny when you start out.

**Knit Cap & Gloves** – Again, you’ll want a knit cap and gloves in your pack just in case the temperature drops. Always safety first on the trail.

**Toilet Paper** – Though there are toilets on most of the hiking trails in New Zealand, not all have toilet paper. You’ll definitely want to have some in your pack with you.