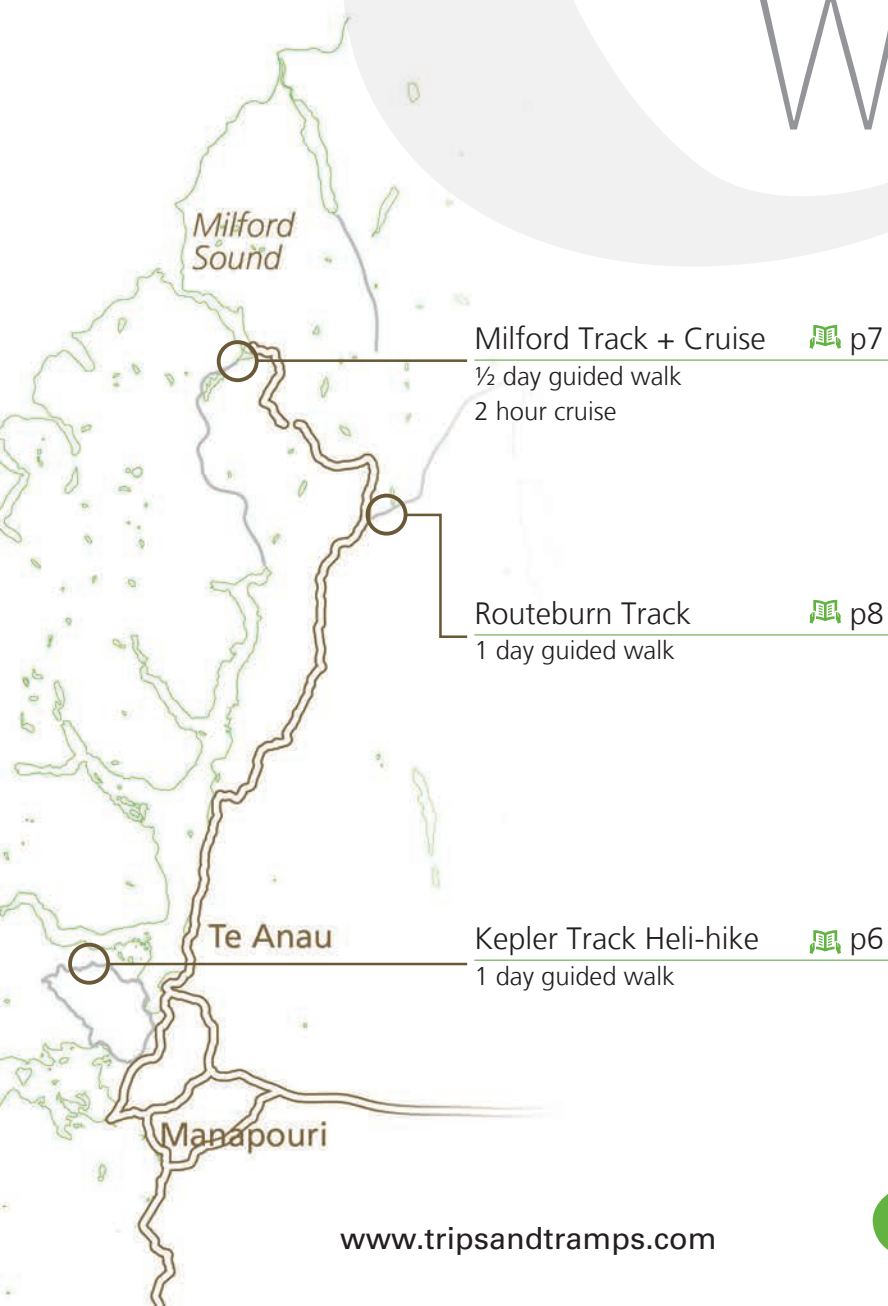




Fiordland Great Walks 3 day package

Welcome



Thank you for choosing Trips & Tramps to explore Fiordland. It is an amazing experience to travel through this area on foot, and this 3 day adventure offers great diversity, with a guided day-hike on each of the Kepler, Milford and Routeburn Tracks. Passing through unique and spectacular scenery, you will discover native forests, lakes and rivers, alongside mountain views, vast fiords and lush valleys.

Each day you will be accompanied by a local guide, who are the backbone of our small, family-run company. Friendly and patient with a deep infinity for all things outdoors, our guides help bring Fiordland's stunning landscapes to life, while providing a safe, enjoyable walk.

This really is the ultimate hiking package, and we hope you enjoy it as much as we do!



General information

Departure Point and Transport

This trip uses the township of Te Anau as the base. With a wide range of shops, accommodation providers and plenty of dining options, it is the perfect place to step into Fiordland National Park.

Most people find it easiest to fly into Queenstown. From there it is a 2-hour drive via State Highway 94 to reach Te Anau. From Queenstown you can rent a vehicle or catch the bus, the local company Tracknet (www.tracknet.net) offer 3 services daily.

It is also possible to access Te Anau via Invercargill or Dunedin, however you would need a car to get to Te Anau from these places.

Once you are in Te Anau we will pick you up each day from your accommodation (if it is within the town boundaries, or on the Milford Highway), this includes private residences.

Accommodation

We recommend a minimum of 3 nights' accommodation in Te Anau, but 4 nights is optimal. Te Anau has plenty of accommodation options to suit every style and budget.

Please note if you have chosen the walking package only, your accommodation, dinner and breakfast is not included in the cost and needs to be arranged separately (see www.fiordland.org.nz for accommodation options).

Accommodation and walking packages are available in conjunction with the Distinction Hotel. These include 4 nights' accommodation and breakfast daily. Dinner is the only meal not included.

Health and Fitness

The Great Walks are mostly well-formed tracks, and the steeper places are either negotiated by steps or zigzags. The trip is suitable for most ages (8+ years) and for those who have the physical ability to walk 3-6 hours, including up and down hills. The Kepler Heli-hike is the hardest day, due to the mostly downhill walking, which can affect knees. Your guide will manage each day to ensure the best possible experience, factoring in the landscape, weather, and group's fitness levels.

If you have a good level of fitness, including hill training, you will find each day highly rewarding. We recommend you are capable of walking for 4 hours on varied terrain to get the most out of this package. Although the tracks are well-formed, they can be rough and rocky underfoot in some places.

Most of us have aches and pains from time to time. This trip can aggravate those. We can accommodate most medical conditions*, but it is important that you disclose these to the guide before participating.

* Note: This trip is not recommended for guests with neurological conditions that affect stability, mobility, and decision making. It is also not suitable for those with recent knee injuries, recent surgery, moderate to severe joint issues and moderate to severe heart conditions. Finally, this trip is not suitable for those who may wish to physically extend themselves by going further or faster than the average person, or for those who are not interested in participating in a group activity. However, we believe in giving everyone the opportunity to experience these Great Walks in a way that meets their wants and needs, and we can accommodate most restrictions on a private basis. If you think you fall into one of the categories listed above, please contact us to discuss booking a private trip.



General information

Risks and Hazards

Fiordland is a remote wilderness area. Events which may impact on our tours and your comfort and safety include environmental conditions such as extreme weather, remote locations, natural events like earthquake, avalanche, landslide, rough terrain, travel on sealed and unsealed roads, travel in boats and aircraft operated by third parties. Risks and hazards also include walking for a sustained period over sometimes steep and or rough terrain, injury, medical event/ fatigue. On the rare occasion adverse weather, road or track conditions may require us to make alterations to or cancel trips, in this event, part refund may be granted on a case-by-case basis.

Trips & Tramps has a robust Safety Management System to manage hazards, risks and emergencies of our tours and transport. Guests must follow the instructions of the guide and parents must ensure children do the same. The guide has the right to amend the trip or a client's participation at any time if they believe safety, or the safety of others may be compromised.

If you participate in this activity, it is taken that you understand there are risks and hazards associated with the tour. We recommend you obtain adequate travel insurance for all those in your group.

In participating in the activity, you confirm that you:

- are physically fit and well enough for this trip and will disclose any relevant medical information to Trips & Tramps prior to the trip.
- consent to receive medical treatment in the case of injury, accident, or illness during the activity and to indemnify Trips & Tramps against any claims, costs, or expenses in respect of the treatment.
- will bring suitable clothing, footwear, and equipment for the trip as outlined in this brochure.
- will follow the directions of Trips & Tramps staff and any third-party operators.
- parents will supervise their children at all times.

Pre-departure Briefing

Before the Kepler Heli-hike begins on the first day, we will have a briefing to give you an opportunity to meet everyone and ask any questions. We will cover in detail the itinerary for each day and any extra information you may need to know. If you need to borrow any of our equipment, we will get that sorted as well.



Being prepared

Pre-trip Training

To prepare yourself, we recommend structuring a training programme at least 6 weeks beforehand. This will ensure your walk with us is comfortable and enjoyable.

Start simple and around town – brisk walks of approx. 1 hour.

Wear a backpack weighing about 4 kgs to get used to this.

One month out increase your walks to 3 hours – more as you get fitter – and try bush tracks or uneven terrain to develop balance and the different muscle groups needed.

Hills and stair work will greatly improve fitness.

Remember hydration and nutrition even in training – drink plenty of water and eat snack foods such as muesli bars, banana chips and chocolate. If you do this in your training walks, your body will become used to processing food whilst on the move!

Weather

Fiordland is in a wilderness environment, and adverse weather conditions can increase the walk difficulty, so you need to be prepared.

The weather in Fiordland in general, can be unpredictable and change dramatically, very quickly; the proximity of towering mountains and the ocean makes for conditions and temperatures that can vary markedly during any day, plus we can get a lot of rain at times. Summer months average around 20°C but in the alpine areas it can still get very cold, with the combination of wind and rain. It is not unusual to experience 4 seasons in the one day!

It is important to be prepared for the worst conditions, even if they do not occur, so always carry the appropriate clothing. The safety of all walkers is our priority. In rare situations your guide may need to adapt the day's walk, any decision to do this is a professional decision made by the guide, please respect their decision as it is based on experience and with your safety and comfort in mind.

Safety

Your safety is always our priority. Your guides are trained in first aid plus emergency procedures and will carry a first aid kit and emergency equipment. Communication outside Te Anau and on our walks is limited. The guides do have communication available to them in the unlikely case of an emergency.

Cancellations and Travel Insurance

We have a 7 day cancellation policy, please see our website for full details. If an accident occurs on the track, the Accident Compensation Corporation (ACC) will cover the costs related to personal injury whilst in New Zealand, but not all associated costs. We highly recommend that all walkers have personal travel/medical insurance to cover any costs associated with injury, medical events and to guard against last minute cancellations.



Gear checklist

You need to bring

Fiordland has very unpredictable weather that can change dramatically, very quickly. It is important that you are prepared with the appropriate equipment and clothing and that you bring your rain coat and warm layers, even on a sunny day.

Walking gear

- ☐ **Base layer** – wool/merino or polypropylene thermal long sleeve top and bottoms (note; if it is a warm day this may not be required to be worn, so put it in your pack. It can be put over your first layer if you need it).
- ☐ **First layer T-shirt** – wool or quick drying fabric (not cotton).
- ☐ **Outer layer** – Warmer, thicker layer, made of wool or fleece.
- ☐ **Rain jacket** – Wind and waterproof jacket (we can lend you one if you need something heavy duty). This is an essential piece of equipment in Fiordland and should be carried every day no matter the weather forecast.
- ☐ **Boots** (or sturdy walking shoes with good grip) – ankle support is recommended, and they should be well 'broken-in'.
- ☐ **Trousers/tights or shorts** – quick drying and light weight is best. Not cotton or denim.
- ☐ **Socks** – wool or thermal blend.
- ☐ **Hat** – wool/fleece and brimmed hat for sun protection.
- ☐ **Day pack** – about 25 litres is good. Please ensure you have space for the lunch provided.

We do not recommend walking in cotton, silk, or denim garments. They are unsuitable for Fiordland conditions, as they do not breathe and can be cold and heavy when wet.

Items to have in your pack everyday

- ☐ **Gloves** – wool or fleece.
- ☐ **Waterproof trousers** (we can lend these).
- ☐ **Walking poles** (we can lend these).
- ☐ **Water bottle** – make sure it is full before you leave each day. At least 1 litre is recommended.
- ☐ **Sunscreen**
- ☐ **Insect repellent** (just keep this in your pack and use only if required). We prefer you use non-deet product to protect clothing and gear.
- ☐ **Personal medication**
- ☐ **Camera** or phone for photos.

Other things to bring

- ☐ On the Milford Track day, we recommend you take a spare pair of clothes and shoes for the cruise which you can leave in the vehicle during the walk.
- ☐ We provide a hearty lunch each day (excluding water), which is generally sufficient to keep you going, but bring additional hiking snacks if you like too.



Day 1 Kepler Track guided heli-hike



5-6hrs*



8-16km*
(5-10miles)



800m
-1200m*
(2600-5200ft)
(Descent)



moderate++



7mins



7.5hr
trip

Schedule

Pick up Te Anau 8.45 am.
Pre-departure briefing will take place at the Fiordland Cinema before we depart.

Work Lunch

Includes helicopter, water taxi and lunch.

Returns around 5.00pm

Includes helicopter and water taxi.

*Minimum walk 8km/800m descent) from Hut to Lake. Additional walking uphill above the hut to the alpine area. Maximum additional walking 8km return 400m ascent/descent.

A guided Kepler Track walk with helicopter access to Luxmore Hut.

Begin your awe-inspiring experience with a spectacular flight to Luxmore Hut from Te Anau. Explore the expansive alpine tussock field and enjoy mountain views. After lunch hike down the mountain on a well-formed track, descending through native beech forest and passing under towering limestone bluffs to reach the sandy lake shore for a short water taxi ride back to Te Anau.





Day 2 Milford Track

1/2 day guided walk & boat cruise



4hrs



11km
(6.5miles)



50m
(160ft)



moderate



2hrs



11.5hr
trip

Schedule

Pick up Te Anau 6.30am

Returns around 5.45pm

Includes water taxi, boat cruise and lunch.

Extra note

In case of a wet day, please ensure you bring spare clothes and shoes for after the walk to make your cruise more comfortable.

Be sure to pack your bug spray today! Full length clothing is also helpful.

A guided 1/2 day walk to Giant Gate Waterfall on the world famous Milford Track, followed by a Milford Sound cruise.

Start the day bright and early with a 2-hour scenic drive to Milford Sound. From here, we take a short water taxi to Sandfly Point on the Milford Track. The walk meanders alongside the cascading Arthur River through lush rainforest to Giant Gate Waterfall. This spectacular sight is best viewed from the swing bridge spanning the river. The track is well formed and relatively flat, but can be rough underfoot in places.

After your walk enjoy Milford Sound's awe-inspiring scenery by boat. Cruise the full length of the fiord and experience the grandeur of Mitre Peak, mountains and wildlife, as you sit back and relax. Following the cruise we journey back to Te Anau by road.





Day 3 Routeburn Track guided day walk



5hrs



7km
(4.5miles)



400m
(1300ft)



moderate



8hr
trip

Schedule

Pick up Te Anau 8:30am

Returns around 4:30pm

Includes lunch.

A guided day walk on the renowned Routeburn Track including Key Summit.

Retrace part of the Milford Road enjoying scenic stops before reaching the main divide.

Ascend through lush, temperate rainforest to emerge into the stunning alpine environment of Key Summit, with panoramic views of high snowy peaks, alpine lakes and glacial carved valleys. Enjoy lunch on the summit amidst the alpine herb field or in a nearby shelter alongside Lake Howden.

This walk offers an incredible day out in the heart of New Zealand's Southern Alps with awe-inspiring views.

