

A full-page background image showing three hikers with backpacks standing on a grassy mountain ridge, looking out at a range of jagged mountains under a bright sun with lens flare. The hiker on the right is pointing towards the mountains.

Trips
& Tramps

Fiordland Great Walks Package

📅 3 day hiking package

Operated by Trips & Tramps



Experience the best of Fiordland Great Walks



Welcome to Fiordland, home to New Zealand's grandest scenic wonders and hiking adventures. Trips & Tramps offer you the ultimate hiking experience with the comfort of returning to your accommodation each night.

Discover the diversity of Fiordland's Great Walks over three days from Te Anau with guided day hikes on the Kepler, Milford and Routeburn Tracks.

Let our friendly local guides share with you Fiordland's spectacular scenery from ancient forests, crystal clear lakes and rivers and towering peaks.

Enjoy the freedom of booking your own accommodation or let us take care of it for you in partnership with Distinction hotels. Te Anau is a vibrant town on the shores of Lake Te Anau with great options for relaxing, dining and exploring.

Trips & Tramps is a small, award-winning family business. We're proud to share our backyard with you and thank you for choosing to travel with us. We hope you enjoy Fiordland as much as we do!

General information

Departure point, and transport logistics

This package is based out of Te Anau, approximately a 2.5-hour drive from Queenstown. From Queenstown, you can rent a vehicle, catch a bus with Tracknet, or book a private transfer with us. Invercargill and Dunedin are also reasonably close; however, public transport options are limited, so you would likely need a hire car or arrange a private transfer.

Accommodation in Te Anau is mostly within walking distance of the town center so you won't require a vehicle while you are here, and we pick you up from your accommodation each day. If you book your accommodation through us the hotels are central.

Health & Fitness

The Great Walks are well formed, in some places they are rocky underfoot. Steep sections are negotiated by steps or zigzags and a good gradient, there are no exposed areas with significant drop offs. Suitable for most ages (8–70 years), the hikes require a moderate level of fitness and agility. The Kepler Heli Hike is the hardest day, due to the sustained downhill walking which can be hard on knees, but this day can be swapped out for the Kepler Jetboat + Hike which is much kinder on the body! The longest day is the Kepler Heli Hike which is 10-16km including 8km of downhill. The guide will manage each day to ensure the best possible experience for the group.

If you have a good level of fitness and training including hill walking and uneven terrain you will find the each day rewarding. We recommend you are capable of walking at least 4 hours a day at a rate of 3-4km/hour, on varied terrain carrying a day pack with your clothing, lunch and water.

If you are unsure of your ability or want more information, please contact us directly, we are happy to answer your questions. We can also operate this package on a private basis to accommodate those who may require more time or care during the hike.



Accommodation

Trips & Tramps are proud to partner with Distinction hotels to offer central accommodation for your stay in Te Anau. Choose between a Standard or Lakeview Room. The booking includes 4 nights bed & breakfast and 3 days hiking (picnic lunches included). If you would prefer to book your own accommodation in Te Anau there are many options.

We offer pick-ups from any accommodation within the Te Anau town boundary, as well as from selected accommodation along the Milford Road. For guests staying outside of town without transport, transfers are available at an additional charge.



Pre-departure briefing

Before you begin hiking on the first day, we will have a briefing where one of our friendly guides will give you more information about the itinerary, you can meet the rest of the group and have the chance to ask any questions. If you need to borrow any equipment such as walking poles we will get that sorted as well.

Being prepared

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. Whilst we will have plenty of stops for snacks, water and lunch, this will help get your body used to processing food while you are moving. Unless you are a seasoned hiker your body may take some time to adapt to long periods of physical activity, requiring you to eat and drink more than you might usually do.

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 very 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. In the event of extreme weather, 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 and our operation, (including contractors e.g., helicopter and boats) are all operated within the parameters of a Safe Operation Plan. Your guides are trained in first aid plus emergency procedures and will carry a first aid kit. Communication outside of Te Anau is limited and there is no cell phone reception on our walks, or at Milford Sound. The guides do have communication available to them in the unlikely case of an emergency.

Cancellation & 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 costs related to personal injury while in New Zealand, but not all associated expenses. We strongly recommend that all walkers arrange personal travel and medical insurance to cover any costs associated with injury, medical events, or last-minute cancellations.

Gear checklist

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



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.
- ☐ **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!
- ☐ **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.
- ☐ **Socks** – wool or thermal blend.
- ☐ **Hat** – wool/fleece for cold and brimmed hat for when hot.
- ☐ **Day pack** – about 25 litres is good.

Items for your pack

- ☐ **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, 750 ml is recommended.
- ☐ **Sunscreen**
- ☐ **Insect repellent** – (just keep this in your pack and use only if required)
- ☐ **Personal medication**
- ☐ **Camera** or phone for photos

Other things to bring

- ☐ On the Milford Track day, we do recommend you take a spare pair of clothes and shoes, which you can leave in the vehicle during the walk.
- ☐ We provide a hearty lunch each day, generally enough to keep you going, but you may choose to bring extra hiking snacks. Please note you’ll need to carry your lunch in your pack, so ensure there’s space available.

DAY 1

Kepler Track

Guided heli-hike – Option 1

5-6 hrs

Estimated time

8-16 km

Length (5-10 miles)

800-1200 m

Descent (2600-5200 ft)

Moderate+

Difficulty level

7 min

Helicopter Ride

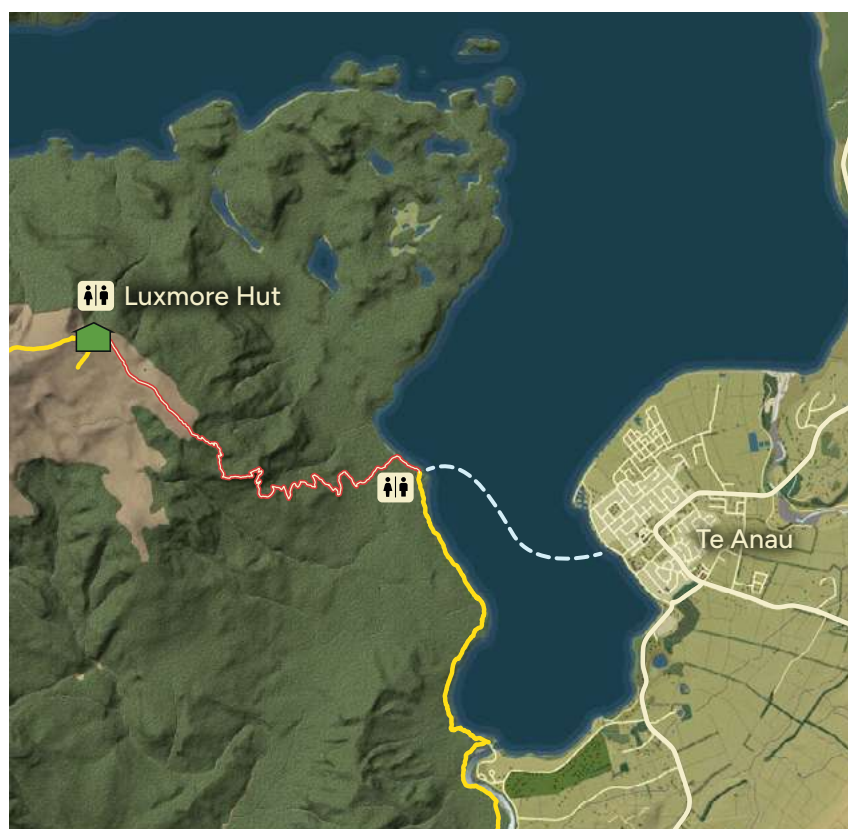
7.5 hrs

Trip duration

A guided Kepler Track walk with helicopter access

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.

Then 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.



Schedule



Pickup: 8:45am

Pre-departure briefing will take place at the Trips & Tramps office 24 Caswell Road before we depart.

Walk departs Te Anau: 9:30am

Returns around: 4:30pm

Includes helicopter and water taxi

**Additional walk to the summit of Mt Luxmore (or party-way), additional ascent 400m and maximum distance/walking time.*



**Walks may be arranged in a different order due to weather or operational considerations.*

DAY 1

Kepler Track

Jetboat and guided hike – Option 2

2-3 hrs
Hiking time

6 km
Length (3.7 miles)

50 m
Elevation (160 ft)

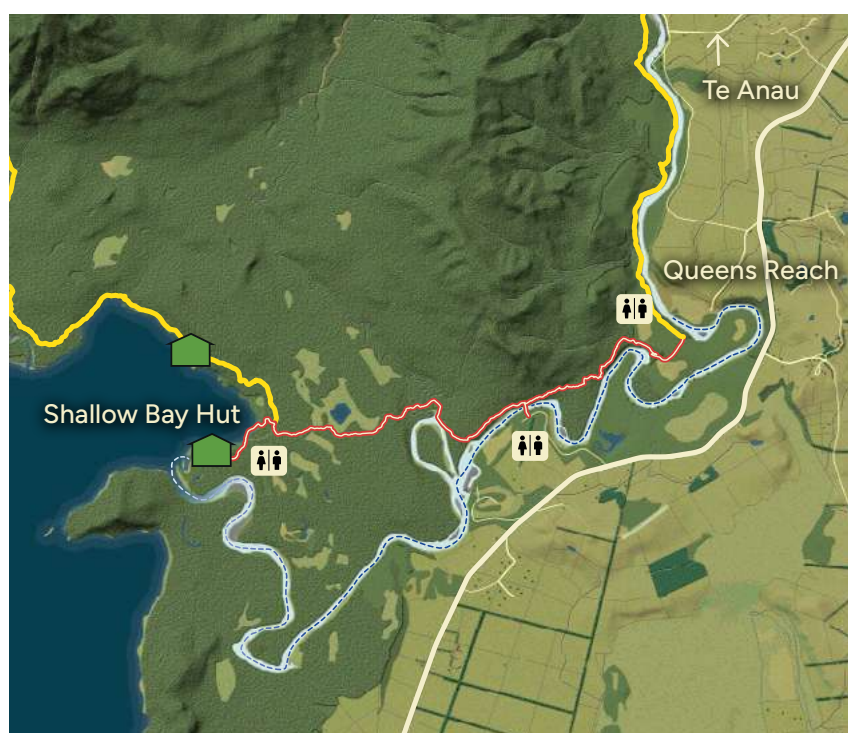
Easy
Difficulty level

1 hr
Jetboat ride

6 hrs
Trip duration

A guided Kepler Track bush walk with jetboat access

Experience the thrill of jet boating on the majestic Waiau River, fringed by ancient beech forest and scenery straight out of The Lord of the Rings. Feel the surge of the river before drifting across the tranquil waters of Lake Manapouri, soaking in the serene surroundings. After the jetboat adventure, set out on a guided hike along the Kepler Track from Lake Manapouri to Rainbow Reach. This mostly flat, well-formed trail meanders through native forest, wetlands, sandy beaches, and past an authentic 'kiwi' tramping hut. Cross a swing bridge, admire stunning scenery, and learn about Fiordland's unique flora and fauna, as well as local community conservation projects.



Schedule



Pickup: 8:45am

Pre-departure briefing will take place at the Trips & Tramps office 24 Caswell Road before we depart.

Walk departs Te Anau: 9:30am

Returns around: 3:30pm

Includes jet boat ride



**Walks may be arranged in a different order due to weather or operational considerations.*

DAY 2

Milford Track

1/2 day guided walk & boat cruise

3.5 hrs
Hiking time

11 km
Length (6.5 miles)

50 m
Elevation (160ft)

Moderate
Difficulty level

2 hrs
Boat trip

11.5 hrs
Trip duration

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.

Schedule



Pickup Te Anau: 6:30am

Returns around: 5:45pm

Includes water taxi and Milford Sound boat cruise.

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.



DAY 3

Routeburn Track

Guided day walk

5 hrs

Estimated time

7 km

Length (4.5 miles)

400 m

Elevation (1300ft)

Moderate

Difficulty level

8 hrs

Trip duration

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.

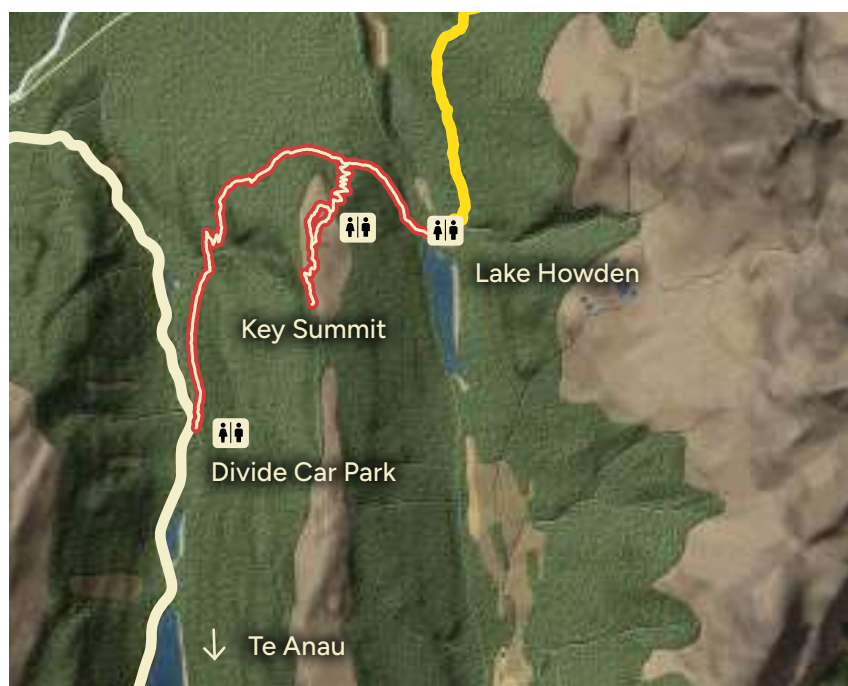
This walk offers an incredible day out in the heart of New Zealand's Southern Alps with awe-inspiring views.

Schedule



Pickup Te Anau: 8:30am

Returns around: 4:30pm



Your Comfort and Safety

We want everyone to enjoy their time exploring Fiordland's Great Walks, but it's worth noting that this trip can sometimes stir up existing aches and pains. Most medical conditions can be accommodated, and we simply ask that you let your guide know about any concerns before you join the walk.

Please note: This trip isn't recommended for guests with neurological conditions that affect balance, mobility, or decision-making. It's also not suitable for those with recent knee injuries or surgery, moderate to severe joint problems, or heart conditions.

We also find this experience is best suited to those happy to walk at a group pace. If you prefer to push on further or faster than most, or would rather not take part in a group activity, this particular trip may not be the right fit.

That said, we believe everyone should have the chance to experience Fiordland's beauty in their own way. If you think any of the above applies to you, get in touch, we can usually tailor a private trip to suit your comfort and abilities.



Questions?

If you have any questions prior to your trip feel free to contact us.

+64 03 249 7081 • info@tripsandtramps.com



Risk Disclosure Statement

Fiordland is a remote and rugged wilderness environment. Participating in outdoor activities in this region involves inherent risks that may impact your safety, comfort, and the delivery of our tours. These risks include, but are not limited to:

- Environmental hazards such as rapidly changing weather, earthquakes, tsunamis, avalanches, flooding, landslides, and rough or uneven terrain.
- Remoteness from immediate medical assistance or emergency services.
- Travel risks associated with transportation on sealed or unsealed roads, boats, and aircraft operated by third-party providers.
- Physical challenges of guided hikes, which may include sustained walking over steep, slippery, or uneven surfaces, and the potential for injury, fatigue, or medical events.

Trips and Tramps Ltd. operates under a robust Safety Management System designed to identify, manage, and respond to hazards and emergencies across all tours and transport services. However, some risk is inherent and cannot be entirely eliminated.

By joining our tours, you acknowledge these risks and agree to:

- be physically fit and disclose any relevant medical information,
- follow all staff and third-party instructions,
- bring suitable clothing, footwear, and equipment,
- and ensure children are supervised.

We recommend comprehensive travel insurance for all participants.