

# Kepler Track Guided Heli Hike

**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

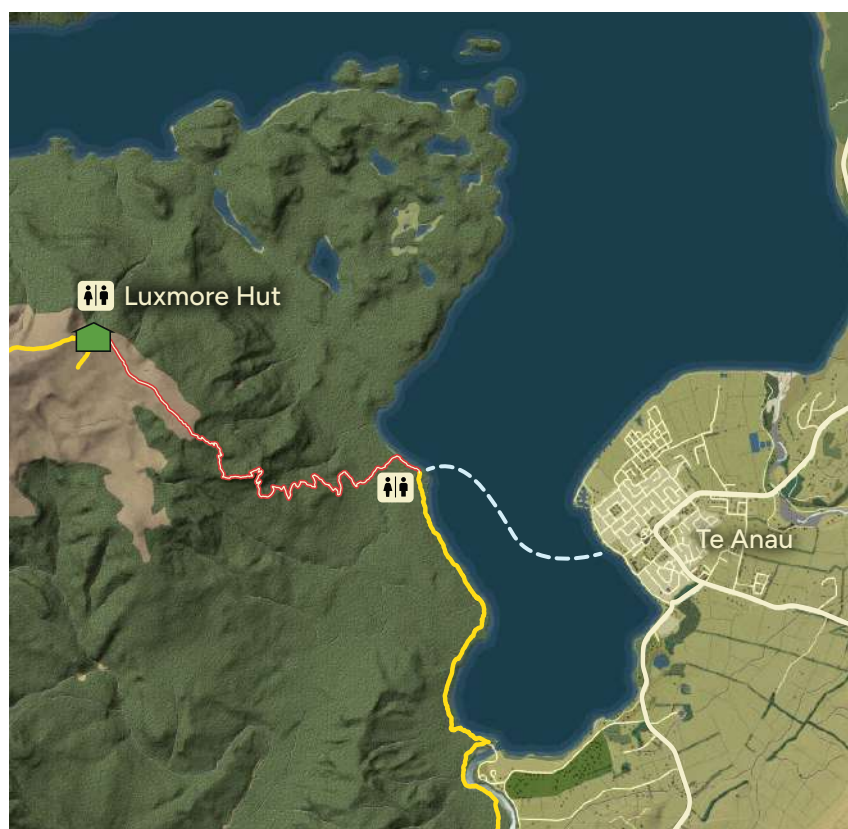
**7.5 hrs**

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 Te Anau: 9:30am**

**Returns around: 4:30pm**

Includes helicopter and water taxi

\*Additional walk toward the summit of Mt Luxmore, additional ascent 400 m and maximum distance/walking time. Decided on the day dependent on weather and group interest.



# Being prepared

## Health & Fitness

The Kepler Track is a well-formed Great Walk, though some sections can be rocky. Steeper areas have steps or zigzags, and there are no exposed sections with significant drop-offs.

The Kepler Heli Hike requires moderate to high fitness and agility. It is challenging due to a long, sustained downhill section, covering 10–16 km, including a minimum 8 km of descent. With good fitness and some hill training, the day is very rewarding.

We recommend being able to walk at least four hours carrying a day pack with clothing, personal items, lunch, and water.

If you're unsure of your ability or need more information, please contact us. Private departures are also available for those needing extra time or support.

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## Fiordland 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 15 °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. The guides do have satellite communication 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 or for medical events. 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

Due to Fiordland's unpredictable weather, it is essential to be prepared with appropriate clothing and equipment. **We do not recommend wearing cotton, silk, or denim**, as these materials are unsuitable for Fiordland conditions, they don't breathe well and become cold and heavy when wet. Instead, choose **merino, thermatech, or quick-dry fabrics** to stay warm, dry, and comfortable on the track.

## Walking gear

- ☐ Base layer
- ☐ First layer t-shirt
- ☐ Outer layer
- ☐ Rain jacket\*
- ☐ Trousers/tights or shorts
- ☐ Socks
- ☐ Boots or sturdy walking shoes
- ☐ Day pack

## Items for your pack

- ☐ Gloves & warm hat
- ☐ Waterproof trousers\*
- ☐ Walking poles\*
- ☐ 1.5 + litres water bottle
- ☐ Sunscreen, sun glasses & sunhat
- ☐ Insect repellent
- ☐ Personal medication
- ☐ Camera
- ☐ Lunch

## Other things to bring

Please purchase lunch from us in advance or bring enough food for the day, as there are no opportunities to purchase food on the hike.

*\*We can provide these free, just tell us ahead of time.*

## Risk Disclosure Statement

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 natural 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 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.



## Questions?

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

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