

# Milford Track Guided Walk & Boat Cruise

3.5 hrs  
Hiking time

11 km  
Length (6.5 miles)

50 m  
Elevation (160ft)

Moderate  
Difficulty level

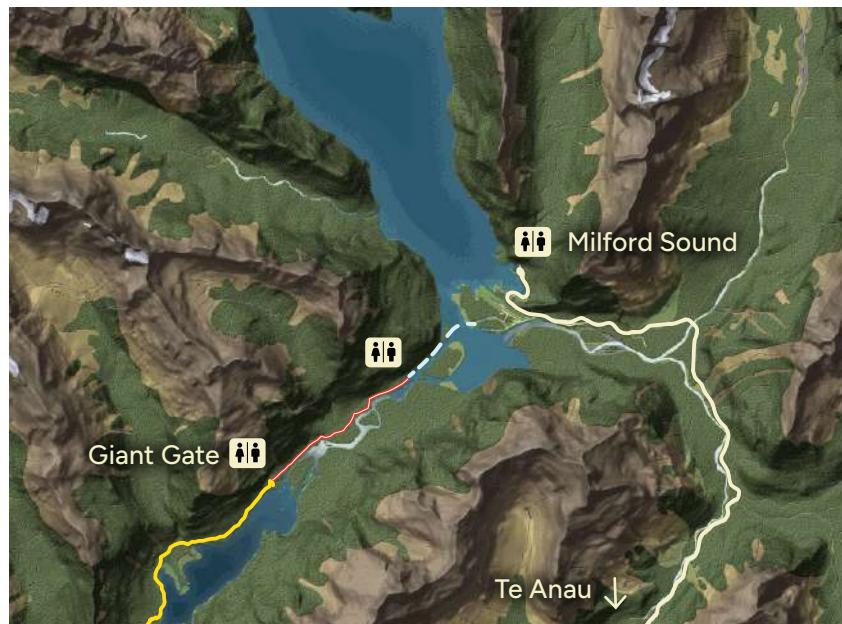
2 hrs  
Boat trip

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 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 journey back to Te Anau by road.



## Schedule



Two ways to go: Pick-up or self-drive

- **Pickup Te Anau:** 6:30am
- **Self drive:** Meet in Milford Sound 8:30am
- **Return to Milford Sound:** 1:00pm
- **Milford Sound boat cruise:** 1:30pm
- **Return to Milford Sound:** 3:30pm
- **Arrive back in Te Anau:** 5:45pm (with transport)

Includes water taxi and Milford Sound boat cruise.



# Being prepared

## Health & Fitness

The Milford Track Great Walk to Giant Gate Falls is well formed, though sections can be rocky underfoot. There are no exposed areas with significant drop-offs, but the swingbridge may be challenging for some. The hike requires a moderate level of fitness and agility. Those with experience in hill walking and navigating uneven terrain will find the day especially rewarding. We recommend you are capable of walking at least 4 hours at a rate of 3 to 4 km per hour on varied terrain carrying a day pack with your clothing, personal items, 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.

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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, or at Milford Sound. 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

- Note there is nowhere to purchase food during the day on the guided walks.
- Bring a spare set of clothes and shoes to leave in the vehicle. You may get wet so a change of clothes is strongly recommended before you cruise.

\*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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