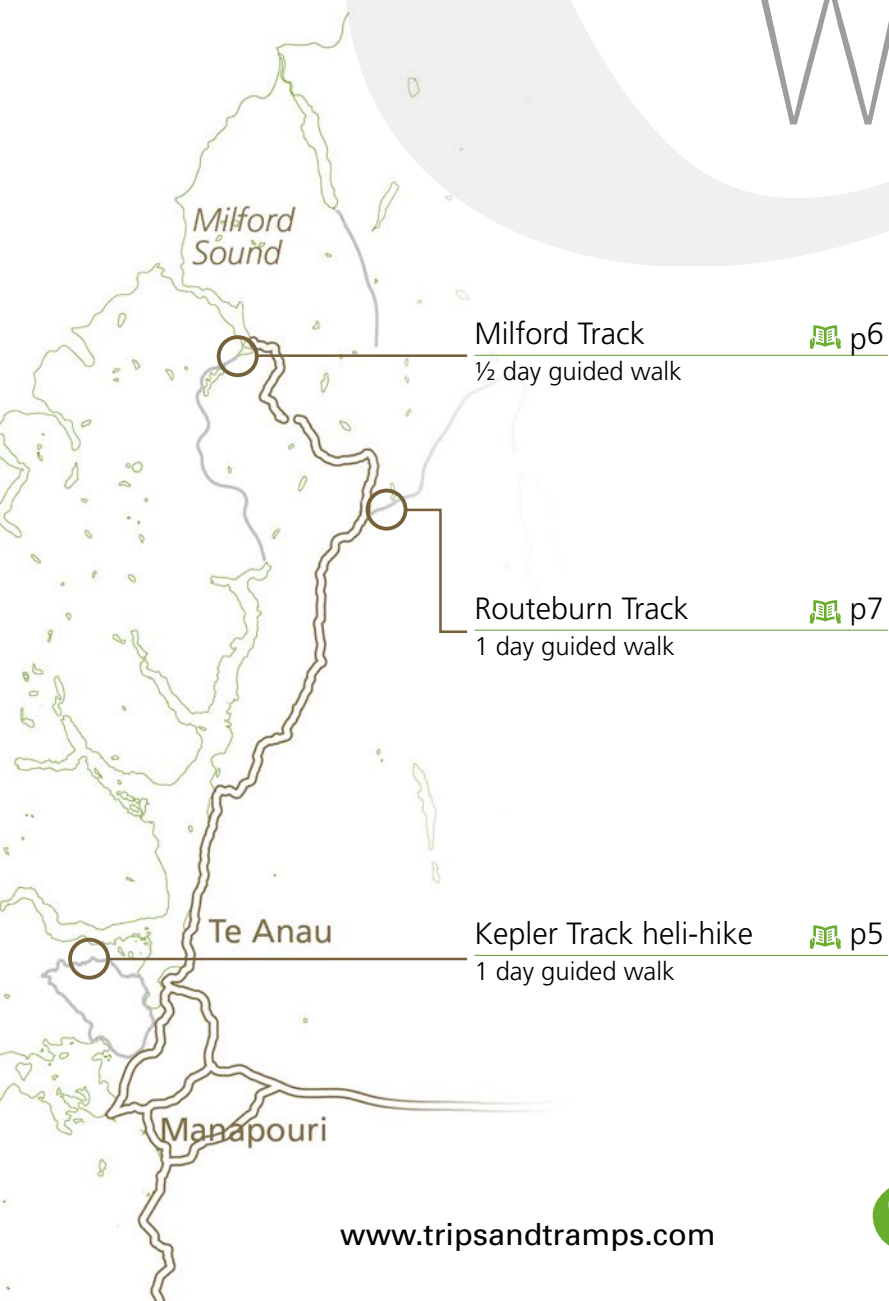




# Fiordland Great Walks 3 day package

# Welcome



Milford Track  
½ day guided walk



Routeburn Track  
1 day guided walk



Kepler Track heli-hike  
1 day guided walk



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 to 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, patient and with a deep affinity 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 logistics

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 Tracknet bus. Tracknet have 3 departures daily, and we can organise this for you if required.

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. Sorry we do not pickup from outside the township.

## Accommodation

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

Please note the cost of your accommodation\*, dinner and breakfast is not included in the package and should be arranged separately.

Once again, let us know if you need any help with your selection, we are happy to share our local knowledge. We recommend you book your accommodation directly to receive the best available rate.

\*Note: packages are available from local accommodation providers which may include extra meals and activities.

## Health and Fitness

The Great Walks are well formed, with no drop-offs and the steeper places are either negotiated by steps or zigzags. The trip is suitable for most ages (8+ years) and abilities. The Kepler Heli Hike is the hardest day, due to the sustained downhill walking which can affect knees, and it is the day we usually cover the most distance (up to 16 km if you go all the way to the summit). The guide will manage each day to ensure the best possible experience, while making the most of the landscape, weather, and groups' fitness levels.

If you have a reasonable level of fitness you will find each day pleasantly challenging and highly rewarding. We recommend you are capable of walking for 4 hours on varied terrain, to get the most out of this package.



# 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 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.

## Cancellations & Travel Insurance

We have a 7 day cancellation policy, however we will honour refunds within 7 days should you be unable to travel due to COVID related issues. Our policy is to work with you to give you confidence to travel. 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.

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, which is generally sufficient to keep you going, but bring additional hiking snacks if you like too.



# Day 1 Kepler Track guided heli-hike



-   
4-6hrs\*
-   
8-16km\*
-   
800m-  
1200m\*  
(Descent)
-   
moderate+
-   
7.5hr trip

## Schedule

Departs Te Anau 9.30am

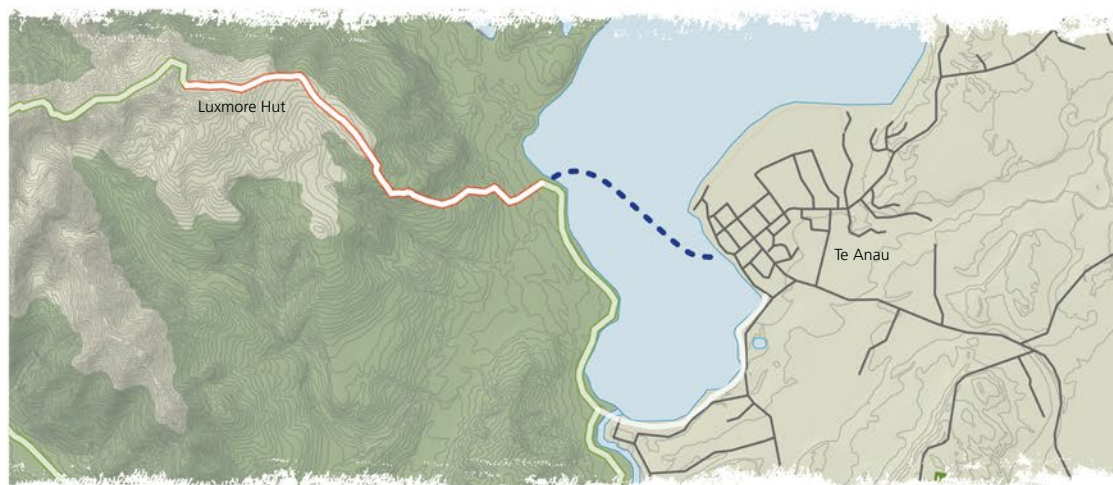
Returns around 5.00pm

Includes helicopter and water taxi

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

## 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. 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.





# Day 2 Milford Track

## ½ day guided walk & boat cruise



4hrs



11km



50m



easy



2hrs



11.5hr  
trip

### Schedule

Departs Te Anau 6.30am

Returns around 5.45pm

Water taxi and boat cruise  
included

### 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.

### A guided ½ day walk to Giant Gate Waterfall on the world famous Milford Track.

Departing from Milford Sound we begin with a short boat ride to Sandfly Point. 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.

After your walk enjoy Milford Sound's awe-inspiring scenery from the comfort of a small boat cruise, as you sit back and relax. Cruise the length of the fiord and experience the beauty of Mitre Peak in all its grandeur.





# Day 3 Routeburn Track guided day walk



- 5hrs
- 7km
- 400m
- moderate
- 8hr trip

### Schedule

Departs Te Anau 8:30am  
Returns around 4:30pm

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

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.



[www.tripsandtramps.com](http://www.tripsandtramps.com)  
0800 305 807

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