

TASMANIAN  
WALKING  
COMPANY

New Zealand  
South Island  
Great Walks

5 Days/4 Nights  
guided  
hiking-focused  
tour

# Welcome to your South Island Great Walks Trip

Congratulations on booking your New Zealand trip! To help you prepare, we've gathered together some useful information for your trip! Some things, such as flights and insurance will be relevant sooner; and some things such as gear will be relevant closer to your trip.

## Queenstown to Queenstown

If you're short on time and you'd like to experience some of New Zealand's Great Walks, this is the trip for you.

## Five days. Three New Zealand 'Great Walks'

All of these walks are located in the Fiordland National Park - a UNESCO World Heritage area with mystical coves and dense temperate rainforest. This is a bucket list hiking trip where you need not forgo any creature comforts.

Here you will find everything you need to prepare and get excited about your adventure. From pick-up times to gear lists, daily distances to accommodation details, this is your New Zealand South Island Adventure go-to-guide.



## Itinerary...

### At a glance

DAY/S	WALK SECTIONS	DISTANCE/TIME	STAY	MEALS
Day One	Overnight cruise in Doubtful Sound	-	Fiordland Navigator, (Doubtful Sound)	B/L/D
Day Two	Cruise in Doubtful Sound, hike Routeburn Track	3.4 kilometres: 3-4 hours	Milford Lodge Chalets, (Milford Sound)	B/L/D
Day Three	Hike Milford Track, cruise Milford Sound	10 kilometres: 3-4 hours	Te Anau lodgings, (Te Anau)	B/L/D
Day Four	Takahe Bird Park, hike Kepler Track	9.5 kilometres: 2-3 hours	Te Anau lodgings, (Te Anau)	B/L/D
Day Five	Gondola ride, hike Ben Lomond	13 kilometres: 6-7 hours	-	B/L/-



# Trip Notes – South Island Great Walks

## Trip Summary

**Trip Duration:** 5 days/4 nights

**Grade:** Moderate

**Activities:** Spring/Summer/Autumn Multi-activity tour

## What's Included

**All guiding services:** Two experienced New Zealand guides per trip. Having two guides allows for much greater flexibility, meaning you're able to go at your own pace.

**All accommodations:** A range of hotels, lodges, chalets and overnight boat cruises. The only tour company to overnight at the Milford Lodge in Milford Sound!

**All meals:** Breakfast, lunch and dinner on all days, except where indicated on the itinerary

**All activities:** Thinking you can't fit much into 5 days? Think again! Of course you'll hike, but you'll also cruise, ride a gondola and view native wildlife.

**All transport:** Airport transfers on the first & last days. When you're not travelling under our own steam, there will be comfortable air-conditioned vans to stretch your legs.



## Starting and ending your trip

### Flight arrival details

If you're flying into Queenstown Airport on the first morning, book international flights that arrive by 7am, and domestic flights that arrive by 8am. A flight from Auckland to Queenstown is a domestic flight.

#### **Queenstown Airport:**

- / 10 kilometres from town.
- / Taxi: 15 minutes, (NZ\$40 per vehicle)
- / Shuttle: 20 minutes, (NZ\$24 per person)

### Trip start details

Your trip starts in Queenstown and we'll meet you on the day your trip starts, at one of the following locations:

- / Crowne Plaza Hotel, hotel foyer, 7.30am for breakfast.
- / Queenstown Airport, Info centre desk, 8.30am



## First day activity

You'll be hopping on a boat on the first day of your trip after we pick you up, so dress in something comfortable and have your Doubtful Sound overnight bag packed and ready to go (see below)

## Trip end details

Your trip ends in Queenstown and we can drop you in Central Queenstown, around 4:30pm, anywhere in town. If you're flying out this evening, you'll need to make your own way to the Airport.

## Flight departure details

We recommend that you stay overnight in Queenstown at the end of this trip and fly out the following day. A flight from Queenstown to Auckland is a domestic flight, even if it connects with an international flight.

## Extra time in Queenstown

There's bungy-jumping, white water rafting, canyon swings and jet boating – and that's just for starters! For those who prefer more relaxed pace there's hiking, mountain biking, golfing, fishing, wine tasting and gondola rides. Or if you prefer to take things real easy there are shops, cafés, book stores, pubs and restaurants to explore. It's totally up to you!



## Doubtful Sound overnight cruise

On your South Island Great Walks, we spend one night onboard the Navigator ship on the remote Doubtful Sound. It's a stunning environment and you'll probably be one of just a small group of people exploring this part of the country.

### Rooming options

Rooming on the Navigator is in 4 person dorms with bunk - style beds and shared bathroom facilities. There is also the option to upgrade to a private room with ensuite bathroom for an additional cost. If you'd like a private room please let us know as soon as possible, as there are limited rooms available and they can only be requested on a first come, first served basis. You can select from the following

- / Dorm share (bunk-style beds) with shared bathrooms
- / Private twin/queen/single with private bathroom (Additional cost per person)



## Overnight Cruise Gear List

For the Doubtful Sound Overnight Cruise you will only need to take your day pack with the following items:

- / Waterproof jacket
- / Warm fleece top, quick-dry
- / Warm hat and gloves
- / Thermal underwear (if you want to go kayaking)
- / Swimsuit (for kayaking/swimming)
- / Sleepwear
- / Underwear
- / Sun hat
- / Camera, spare batteries and film
- / Torch/flashlight/headlamp
- / Sunscreen and insect repellent
- / Toothbrush and toothpaste
- / Medications/personal items



## Before your trip

### Passports, visas & vaccinations

Visa rules have changed since COVID-19. Please make sure you meet all entry and exit conditions and check with New Zealand Immigration. For more information: [New Zealand Immigration](#)

You'll need a passport that's valid for at least three months beyond the date of your departure from New Zealand.

Australian permanent residents need to apply online for a New Zealand Electronic Travel Authority (NZETA) to enter New Zealand. Australian citizens are exempt from this rule.

No vaccinations are required for New Zealand.

### Travel Insurance

As a Tasmanian Walking Company | New Zealand traveller, you're required to have travel insurance for your trip – please be aware some insurance companies require insurance to be purchased within 14 days of deposit payment (to be eligible for Pre-existing medical cover). We recommend a comprehensive travel insurance policy that includes medical cover, emergency repatriation, trip cancellation and other travel mishaps (e.g. flight cancellations or delays, trip interruption, theft or loss of luggage and personal effects).

We highly recommend Allianz as they offer competitive travel insurance policies that suit our type of travel with the minimum requirements for emergency repatriation, medical insurance as well as trip cancellation cover. We recommend keeping all travel papers (invoices, receipts, police reports) when you travel in case you need them to support a claim.

### Travel agencies

We recommend booking your flights through your travel agent. Let them know your preferred travel plans, including any stopovers or extra nights' accommodation and start and finish times.



## Flights

### Domestic flights

We recommend booking your domestic connections within New Zealand as part of your international fare. It's more economical that way, and can make life a bit easier if your international flight is delayed.

### Airline luggage

We recommend packing valuable and essential items in your carry-on luggage (change of clothing, medication etc.) in case your luggage is delayed. Domestic flights within New Zealand don't generally come with a luggage allowance unless you have specifically included this in your tickets, so if you booked your domestic airfares separately from your international ticket, please be aware you may have to request additional baggage.

### Arriving and departing New Zealand

**Customs and immigration** Once your international flight arrives into New Zealand you'll proceed through immigration to have your passport checked and be issued your visitor's permit (see passports and visas above). You should then collect your luggage before proceeding through customs.

If you're arriving into Auckland and connecting to Queenstown, you'll need to transit from the international terminal to the domestic terminal. There's a free transit bus available, or it's a 15 minute walk. You'll also need to recheck your luggage for your domestic flight.



## Biosecurity

New Zealand is very strict about checking high risk biosecurity items so it's a good idea to:

- / Scrub your hiking boots clean and pack them at the top of your luggage. You'll be asked to declare them and it's highly likely they'll be inspected. As biosecurity is such a serious threat to New Zealand, you can be fined up to NZD\$300 for dirty boots.
- / Declare/dump any food items, especially those that contain produce, meat, fruit or dairy.

If you'd like to know more about our customs requirements, please check out: [www.biosecurity.govt.nz/](http://www.biosecurity.govt.nz/)

## Airport transfers

Transport is easy to arrange from every New Zealand airport. You can either catch a taxi, uber or there are doorto-door airport shuttles. The shuttle takes a little bit longer, however it's an economical option for solo travellers.



## What if there's an emergency?

### Flight delays

If your flight is delayed, or you can't travel for any reason and aren't able to get to your pre-arranged meeting place on time, please let us know as soon as you can. Flight delays and missed connections do happen from time to time so we're pretty accustomed to dealing with them.

It's all part of the whole travel experience, so if it does happen to you, we'll help you get to where you need to be. You'll need to cover any additional costs incurred by your flight delay, so keep all receipts in case you need them later to support an insurance claim. If you can, we recommend arriving earlier to be on the safe side.

### Luggage delays

As with flight delays, losing your luggage does happen from time to time and we can easily help you deal with this. If your luggage doesn't arrive with you for any reason, you'll be directed to the airport baggage claim service where your details will be taken so that your baggage can be tracked down – feel free to give the airlines the emergency contact number below. You'll be given a luggage tracking number and, in most cases, your bags will be delivered to your hotel within 24 hours.

If your luggage hasn't arrived by the time your trip starts, give your New Zealand guide the luggage tracking number so we can continue to track it for you. They'll also help you find some shops to ensure you have everything you need until your luggage arrives – be sure to keep your receipts for travel insurance purposes.

We recommend travelling with a spare set of clothes in your carry-on luggage, and your hiking boots on your feet, just in case your luggage doesn't arrive with you at the same time.



## Emergency contacts

If you have a genuine emergency in the few days before your trip starts, or your family needs to get in touch with you urgently during the trip, please call our reservations team on +61 (0)3 6392 2211. If you are calling outside of office hours, there will be a message with a 24-hour emergency number.

## Time in New Zealand

New Zealand Standard Time (NZST) is the time zone for New Zealand, it's 12 hours ahead of Greenwich Mean Time (GMT).



## Your New Zealand Trip

### Your group

We get a real variety of people on our trips and they all seem to have one thing in common – a love of the outdoors! Our group sizes range from a minimum of four people to a maximum of fourteen people, generally with a mix of singles, couples and friends. If you're travelling with other people be sure to let us know so we can keep you all together in the one group, as we often run two trips over our more popular dates.

### Your guides

Your trip will be operated by two experienced NZ guides, as well as local specialist activity guides. Your guides will make sure you're well informed about each day and New Zealand. They do their best to ensure you are nourished, well-rested and happy! Please let them know if you have any concerns along the journey

### Rooming

Our trip fares are based on a twin share rate (two people per room), so we'll team you up with someone of the same gender to share with if you're on your own, or of course you can share with your travel partner. Those travelling with a partner will have a choice of either twin-share (one room, two single beds) or double-share (one room, one double/ queen bed). Triple sharing is always an option if you prefer, though it may not be available everywhere we stay. Just let us know and we'll see what we can do!



## Single room option

If you'd prefer not to share a room, we have a single supplement option for an additional fare. If you purchase a single supplement, we'll arrange for you to have your own room throughout the trip. In certain places, single rooms aren't available and the price of the single supplement takes this into account.

## Bathrooms

Generally speaking, in most places you stay, you'll have an ensuite or private bathroom. In some places we use two-bedroom units, in which case you may be sharing a separate bathroom between two to four people. In certain places, there may be a large bathroom with private cubicles which is shared by everyone at that accommodation.

## Transport

Your trip fare includes all ground transport, except for airport transfers if you arrive or depart a day or two either side of the trip. We prefer to travel in modern 20-seater buses so you have plenty of room to spread out. Air conditioning, a good sound system, seat belts and comfy seats are all prerequisites!

New Zealand is a small country, but there's still a fair bit of ground to cover to reach the remote destinations we like to explore. On the way, you'll be enjoying spectacular scenery, reflecting on your adventures, and your guide will be sharing stories and knowledge about the area. Our time on the road is a good chance to rest weary muscles, get to know your fellow travellers, or read your favourite book.



## Dietary requirements

If you have any particular dietary requirements, please let us know. We're accustomed to working with the following diets, and if you have any other dietary needs or allergies, let us know so we can plan in advance:

- / omnivore (I eat red and white meat, pork, chicken, fish, dairy, fruit and vegetables)
- / no red meat (I eat chicken, fish, dairy, fruit and vegetables)
- / no pork (I eat beef, lamb, chicken and fish)
- / fishatarian (I eat fish, dairy, fruit and vegetables)
- / vegetarian (I eat dairy, fruit and vegetables)
- / vegan (I eat fruit and vegetables, no dairy or animal products)
- / gluten intolerant (I can't eat wheat, rye, barley or oats)
- / lactose intolerant (I can't eat dairy products)

## Food

Almost all meals are included in your trip fare and any that aren't, are indicated in your itinerary. The type of food varies – on some occasions your guides will cook your meals and on other occasions we'll eat out at restaurants.

We also keep a generous snack basket on the bus at all times. All the food you eat, be it a traditional Kiwi barbeque, or a packed lunch to take with you on a hike, will be of top quality.

All our guides have food hygiene certificates and are well practiced in the art of back country catering!



## Water

All New Zealand tap water is safe to drink. In many places, you'll be able to drink right from our lakes and streams, except for those located near farmland.

## Medical issues, allergies and other information

If you have a medical issue, allergy or recent injury, please let us know – we'll be sure this information gets passed on to your guide discreetly. If you have an allergy, please also let us know whether your allergy is mild or severe (severe being an anaphylactic reaction) so we can be prepared. We love knowing about anniversaries, honeymoons and birthdays too!

## Music

If you've got an iPod, MP3 player or something similar, by all means please bring it along. Our guides like to introduce people to their favourite New Zealand music – so feel free to introduce them to your favourites too!

## Money

New Zealand's currency is the New Zealand dollar. For an up-to-date currency conversion please see: [www.xe.com/uc](http://www.xe.com/uc).



## Forms of payment

We recommend bringing a variety of payment options with you – NZ dollars, an ATM card, and a credit card or two. Cash: Local currency can always be obtained at the airport upon arrival, and a small amount is useful when you first arrive to cover coffee, water etc.

**ATM/Debit cards:** New Zealand has plenty of ATMs. If your card has a pin number AND a ‘Cirrus’ or ‘Plus’ symbol on it, this is a convenient way of withdrawing New Zealand dollars from your home account.

**Credit cards:** Visa and MasterCard are accepted in most places, whereas AMEX is less readily accepted. Credit cards often give the best exchange rate when making a purchase. You should notify your bank you’ll be using your cards in New Zealand before leaving home and be aware your bank may charge a fee for each foreign ATM transaction.

## Spending money

Your trip fare includes all transportation, guiding, meals and activities (except any optional activities). We recommend bringing around NZ\$300 with you, with the option to withdraw more if required. A meal on your day off may cost NZ\$25-35 per main course with a drink costing between NZ\$5-12 per juice/beer/wine. If you’re keen to take part in an extra activity during your free time, expect to pay about NZ\$150+ per half day activity.



## General Information

### Fitness

You'll need a good level of fitness as it's one of our more adventurous trips. Typically, hikes range between two and five hours to complete, more, or less hiking is available depending on your multi-day option.

### Accommodation

We have selected the accommodations on your trip for their stunning setting and location, quality of service, comfort and attentive hospitality.



## General Equipment & Gear

### Trip luggage & daypack

You'll need one piece of luggage on your 'South Island Great Walks' trip plus a sturdy daypack for your days out on the trail. Your main piece of luggage can be anything from a backpack, to a sports bag with wheels or a suitcase.

You'll also need a good quality trekking daypack 25-30 litres to use throughout the days on the trails. It must be well fitting with supportive shoulder straps, a rain cover and a waist-strap. Look for a daypack with wide straps too, as these are generally the most comfortable. It should be large enough for your water bottle, raincoat, fleece, camera and personal items.

### Hiking boots

You'll need a good, comfortable, well worn-in pair of hiking boots for your trip as you'll use them most days. We recommend boots with good ankle support and a solid tread/sole. We'll be hiking over rooty, rocky, uneven terrain so we want you to be prepared with suitable equipment.

Be sure to scrub any dirt off your hiking shoes before leaving home and pack them somewhere easy to reach for inspection by biosecurity on entering New Zealand - they fine people if they have to clean your dirty shoes, and they won't let muddy boots into New Zealand!





## Hiking poles

We strongly suggest bringing one or two telescopic hiking poles on your trip, or renting some from us. Poles help protect your knees on our famous Kiwi ascents and descents, assist over uneven terrain and give greater support if carrying a backpack. We all use them and we think they're great!

## Laundry

Laundry facilities will be available at almost all accommodations (except the Doubtful Sound overnight boat). Please check with reception on check-in, or we can do that for you. Your guides will usually have laundry detergent handy, so if you need some, please just ask.

## Rain jacket and pants

You'll need to carry a waterproof, windproof and breathable rain jacket and some rain pants for your 'South Island Great Walks' trip. A poncho won't cut the mustard! Even in summer New Zealand gets a fair bit of rain here and there - it wouldn't be the country it is without it and our activities don't always stop for it. You need a jacket that's not too light (it won't keep you dry properly and you'll get cold), not too heavy (or you'll get too hot while hiking) and with a decent hood. If you don't already own a waterproof jacket, we recommend chatting to your local outdoor retailer and getting equipped.



# Gear List – South Island Great Walks

## Essential Clothing

- / **Waterproof rain jacket:** a breathable, rainproof and windproof unpadded shell jacket with a hood.
- / **Waterproof/windproof rain pants:** for keeping dry and warm while hiking. Wearing thermal underwear underneath these is best.
- / **Fleece/Down Jacket/Wool sweater:** one or two, something nice and warm for cold days and nights.
- / **Shirts/T-shirts:** two or three, cotton or quick-dry.
- / **Long-sleeve shirts:** one or two, cotton or quick-dry for insect protection.
- / **Lightweight trousers:** a pair for cooler nights, higher elevations and insect protection.
- / **Shorts:** one or two pairs, some cotton, some quick-dry.
- / **Thermal underwear:** one set of top and bottom thermal/polypropylene underwear for cold mornings.
- / **2-3 pairs of Socks:** good quality hiking socks, warm and casual.
- / **Casual Clothing:** if you'd like to bring a nice skirt/shirt to wear out to dinner.



## Essential Luggage

- / **Main piece of luggage**
- / **Day pack**
- / **Rain cover:** for your day-pack in case it's wet.

## Essential Footwear

- / **Hiking boots**
- / **Trail runners/light sandals:** for cycling and casual wear.
- / **Light sandals:** or similar.

## Essential Accessories

- / **Warm hat:** wool/fleece ski hat or similar.
- / **Sun hat:** wide brimmed to protect you from the sun.
- / **Sunglasses:** with polarizing lenses to prevent glare.
- / **Warm Gloves**
- / **Water/Hydration bladder:** 2 litre volume



## Recommended Items

- / **Hiking poles:** not essential, though we highly recommend bringing one or two poles with you to support your knees during the hikes.
- / **Torch/flashlight/headlamp**
- / **Swim suit/shorts:** for any swimming opportunities.
- / **Travel towel:** You might like to bring a travel towel for swimming.
- / **Ear plugs:** recommended for light sleepers, and for use in the public-use huts on the multi-day backpacking option.
- / **Energy snacks/drinks:** snacks will be provided, you may like to bring some along too if you have special dietary needs.
- / **Reusable Coffee Cup:** If you're a keen coffee drinker.
- / **Adapter plug:** depends on your home country.
- / **Reading material**

## Personal Items

- / **Toiletries:** shampoo, conditioner, tooth brush & paste, soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products, wet wipes, hand sanitiser (some is provided), ziplock bags.
- / **Personal medical aid kit:** for any essential items you know you'll need e.g. blister treatment.
- / **Camera:** memory cards and batteries/charger.
- / **Sun-block & Insect repellent:** Both will be provided so only bring your own if necessary, we're keen on reducing our plastic usage! Maximum SPF UVA/UVB broad spectrum sunscreen is recommended all year in New Zealand



## Essential documents and items

- / **Passport:** in a waterproof bag.
- / **Money:** Approx. NZ\$300 cash, credit/debit cards with pin number for cash withdrawals.
- / **Trip notes:** It includes where to meet your group, any extra hotel information and emergency numbers.

## Gear Note

If you're not sure what any of these things are, please ask at your nearest outdoor store, or ask us. We want you to be as well prepared as possible for your trip.

## Fabric Note

We recommend quick-drying, wicking fabrics such as capilene, merino, or other specially designed fabrics for this trip. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim and other non-wicking fabrics on this trip, be aware that they won't be easy to wash or dry.

## Customs Note

If you're carrying prescription medicines or controlled drugs you must have a prescription or letter from your doctor and carry the drugs in their original containers, only carry up to three months' supply of prescription medicines or only carry one month's supply of controlled drugs.



# About New Zealand

## Altitude

The highest elevation we get to on our New Zealand trips is about 1,500 metres (5,000 feet). So there are no real altitude issues to contend with in New Zealand though the tracks can still be quite challenging. Our tracks are often quite steep and will have more switchbacks/hairpin bends than other countries. The best way to prepare for these tracks is to do hikes which involve hills and stairs.

## Flexibility

When it comes to adventure travel, it's always worth expecting the unexpected! Occasionally we have to deal with things like the weather or the environment throwing something in the path of our best laid plans. Our priority is always to run a safe and enjoyable trip, and we always have a plan B in mind. All we ask is you be open to things changing and know our top priority is your safety, best interests and enjoyment!

## Safety

Visitors to New Zealand are held in high regard so you can expect the warmest of welcomes. This also means New Zealand is a safe place to travel and the crime rate is low. We recommend taking the same common sense precautions you would anywhere else – just to be on the safe side! Don't bring valuable things with you unless necessary for your trip. Keep your money and other valuables in a money belt or pouch under your clothes. Lock your bags and luggage, and leave valuable items you don't need for the day (e.g. passports and credit cards) in the hotel safe.



## Drones

Very occasionally we get requests to bring drone's along on our trips though as they're aerial machines. It's fine to fly them around your own property or in places like the beach, though they're not permitted in public places such as conservation land, or over other people's property without their express permission.

All of our hiking/snorkelling/biking/kayaking activities are on conservation land so this means you wouldn't be able to use it on any activity during your trip. It's perfectly OK to use hand-held cameras and video equipment at any time throughout your travels, so we suggest bringing a good camera along and leaving your drone at home.

## WiFi

WiFi will be available at most of the accommodations you'll be staying at, usually for a small most so check this at each location when you arrive. You'll also be able to use your mobile phone about 80% of the time during your trip, and 3G/4G is available too for accessing the internet from a smartphone or tablet.

## Electricity

New Zealand operates on a 240V AC system with the Plug Type I shown here. If your country doesn't use a 240V AC system (e.g. USA = 110V AC) you may need some kind of converter, however many appliances have these inbuilt (e.g. iPods, laptops and camera chargers). If in doubt, ask at your nearest camera or electrical store before you leave home.

## Weather

Given the alpine topography of New Zealand and the proximity to Antarctica, it can get cold and rainy in New Zealand at any time of year. There are four distinct seasons: March to May (autumn), June to August (winter), September to November (spring) and December to February (summer). To monitor the weather please head to: [metervice.co.nz](http://metervice.co.nz)





## Drive Times - South Island Great Walks

### **Day 1: Queenstown to Doubtful Sound**

/ 3.5 hours total, broken up with a boat ride on Lake Manapouri

### **Day 2: Manapouri to Milford Sound**

/ 2.5 hours total

### **Day 3: Milford Sound to Te Anau**

/ 2 hours total, with stops along the way

### **Day 4: Te Anau to Kelper Track return**

/ 30 minutes total

### **Day 5: Te Anau to Queenstown**

/ 2.5 hours

Drive times can be variable due to traffic and weather. All adventure travel requires a certain amount of flexibility and your knowledgeable guides will let you know timings day by day.

## The final word

If there's anything else please don't hesitate to get in touch with us at:  
[bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au) or +61 (0)3 6392 2211.

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