Walking tracks in Aoraki/Mount Cook National Park
Welcome to Aoraki/Mount Cook National Park

Enjoy one of our walks or hikes around the village and environs; ranging from 10 minutes to 4 hours – there is something to suit everyone’s ability. For those with moderate fitness, there are options for even longer day walks or overnight tramps: to Mueller Hut (3–5 hr one way), which offers an amazing chance to experience the alpine environment without being a climber, or to Ball Shelter (3–4 hr one way) for breathtaking views over the Haupapa/Tasman Glacier and beyond.

Aoraki/Mount Cook National Park

Aoraki/Mount Cook National Park (70,696 ha) is New Zealand’s great alpine park, boasting the highest mountains and the largest glaciers in the country. The area was formally established as a national park in 1953 and is a harsh land of ice and rock. Glaciers cover 40% of the park. There are 19 peaks over 3,000 metres high, including of course New Zealand’s highest mountain, Aoraki/Mount Cook.
Be prepared

Remember – your safety is your responsibility

Choose a track that suits your fitness and experience. Follow the Outdoor Safety Code:

- Plan your trip
- Tell someone your plans
- Be aware of the weather
- Know your limits
- Take sufficient supplies

For more information, visit: www.mountainsafety.org.nz.

We recommend you carry the appropriate NZTopo maps for the longer tracks in this brochure.

To make your trip as enjoyable as possible, make sure you have the correct clothing and supplies for your activity. We recommend you take:

- Sturdy shoes
- Suitable headwear for the season and conditions
- Extra warm clothing
- Waterproof jacket
- Water and food
- First aid kit
- Sunscreen all year round
- Insect repellent (in summer months)
- Camera

Beware

- The weather can change quickly here – high winds are common and snow can fall at any time of year. Check the weather forecast regularly.
- Snow and ice conditions can be treacherous. Always walk with care over snow or ice.
- Avalanches can occur any time of the year but are most common in winter and spring. Take special care when travelling through known avalanche areas and check avalanche advisory.
- The alpine areas in the park are very exposed, and at any time of year, spending a long time in the sun or in hot conditions can lead to dehydration and severe sunburn – go well prepared.

The park is also recognised for its outstanding natural values and forms part of the internationally celebrated Te Wāhipounamu – South West New Zealand World Heritage Area.

Glacier country

The glaciers that have helped shape the park’s landscape include five major valley systems: Godley, Murchison, Tasman, Hooker and Mueller. There are also over 150 named smaller hanging glaciers on the mountainsides, which add to the dramatic landscape.

Haupapa/Tasman Glacier, New Zealand’s largest and longest glacier, is clearly visible from the main highway at the entrance of the park. It is 27 kilometres long, up to 3 kilometres wide and extends over 100 square kilometres. Although covered with rock material in its lower reaches, the ice of the Tasman is about 600 metres deep near the Hochstetter icefall.

The naming of a mountain

The mountain from which Aoraki/Mount Cook National Park takes its name was originally named Aoraki by Ngāi Tahu, the first settlers in the area. It received its European name, Mount Cook, in 1851 from Captain J.L. Stokes, who first sighted the impressive peak as he sailed down the West Coast. Stokes named the mountain in honour of the English navigator and discoverer of New Zealand, Captain James Cook.

In 1998, both names were officially recognised and the mountain is now known as Aoraki/Mount Cook.
Enjoy

- Stunning scenery • wide-open spaces • breathtaking sunrises and sunsets
- Dramatic weather events, including thrilling electrical storms and impressive cloud formations
- Glaciers – lots of them, from hanging to valley floor; from pearly white to gravel grey
- Clear night skies for stargazing • wildflowers

Walks from the village and campground

Governors Bush Walk

Time 1 hr return (loop track)
Grade Short walk: Easy
Start place Public shelter
Height gain 100 m – steps plus well-gravelled track

A delightful bush walk that joins with Bowen Bush Walk to form a nature trail and explores one of the few stands of silver beech/tawai (also known as tawhai) forest in the park.
A gradual climb leads to a lookout point of Wakefield Ridge and Aoraki/Mount Cook. This popular walk offers birdlife, a great view of the mountains and a sheltered place to experience the outdoors in poor weather.

Bowen Bush Walk

Time 10 min return (loop track)
Grade Short walk: Easy
Start place Opposite petrol pumps
Height gain Predominantly flat with some steps

An easy forest walk that can be joined with Governors Bush Walk to form a nature trail. This track wanders through tōtara and celery pine/mountain toatoa forest, and has an alternative exit/entry towards the Mount Cook Lodge. In summer a ‘Bird Song’ sounds system enhances the experience.
**Glencoe Walk**

**Time** 30 min return  
**Grade** Short walk: Easy  
**Start place** Behind The Hermitage hotel  
**Height gain** 40 m – steps and some zigzags

This walk zigzags through tōtara trees with a ferny understorey, emerging at a lookout near the prominent water tanks above The Hermitage. A short climb rewards with a bird’s-eye view of the village and beyond to the white ice of Hooker Glacier and Aoraki/Mount Cook. Sunrise and sunset are good times to catch the light playing over the mountains.

**Red Tarns Track**

**Time** 2 hr return  
**Grade** Walking track: Steep and mainly stepped  
**Start place** Public shelter  
**Height gain** 300 m

Follow the track downhill from the public shelter to cross the bridge over Black Birch Stream and then climb steeply to the Red Tarns. The vegetation changes as you ascend from the valley floor to a superb panoramic viewpoint of the valleys below, the village and Aoraki/Mount Cook. The tarns are named for the red pond weed that grows in them. An aptly placed seat allows you to recover your breath and enjoy the views. This is a magnificent spot to view the sunset in summer.

**Kea Point Track**

**Time** 2 hr return from the village  
**Grade** Walking track: Easy  
**Start place** DOC Visitor Centre and cross over the road towards Hooker valley  
**Height gain** 180 m over 3 km

This walk gently winds its way through subalpine grasslands and scrub to the Mueller Glacier moraine wall. The track passes through a landscape that was formed in 1913 when a stream cut through from the glacier to the original Hermitage site, damaging the building. The walk ends at a viewing deck that gives stunning views of Mount Sefton, The Footstool, Hooker valley, Mueller Glacier lake and Aoraki/Mount Cook.

**Sealy Tarns Track**

**Time** 3–4 hr return  
**Grade** Walking track: Steep and stepped  
**Start place** As for Kea Point Track, then branch off at the signpost  
**Height gain** 600 m

Dubbed the 'stairway to heaven', 2,200 steps take you straight up to the freshwater lakes of Sealy Tarns. This energetic walk provides spectacular views of the Hooker valley and peaks of the area, including Aoraki/Mount Cook. An abundance of alpine flowers in summer and the views from the tarns make the effort worthwhile. The tarns are the halfway point to Mueller Hut.
**Hooker Valley Track**

**Time** 3 hr return (add 1 hr if starting from the village)

**Grade** Walking track: Easy

**Start place** As for Kea Point Track, or start at White Horse Hill Campground and car park

**Height gain** 80 m over 5 km

The best time to walk this stunning track is at dawn when the first rays of sun creep over the Southern Alps, including over New Zealand’s highest peak, Aoraki/Mount Cook, and there are fewer walkers.

The track leads up the Hooker valley towards Aoraki/Mount Cook. It passes close to the Alpine Memorial (a great viewpoint) and Freda’s Rock before coming to the viewing point of the Mueller Glacier and the first swing bridge.

Cross the Hooker River here and carry on to the second swing bridge. Look out for many different wildflowers along the way, including celmisia and the Mount Cook buttercup/kōpukupuku.

The track from the first swing bridge to the second travels between old moraine ridges and humps. Past the second bridge, the vegetation changes to more open tussock and a wider valley floor. A third swing bridge leads to the east Hooker and the source of the Hooker River. The track ends at the glacier lake, where there are amazing views of Aoraki/Mount Cook, Hooker Glacier and the Southern Alps/Kā Tiritiri o te Moana.

Return the same way, enjoying more views down the valley and across to the Sealy Range.

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**Freda du Faur** was the first woman to climb Aoraki/Mount Cook. She accomplished this amazing feat in 1910 with the help of two guides, brothers Alex and Peter Graham. In 1913, Freda completed the first Grand Traverse (all three peaks) of Aoraki/Mount Cook with guides Peter Graham and Darby Thompson. Freda’s Rock is the site where her now-famous photo was taken just after her first successful ascent of the mountain. For further information, visit the Aoraki/Mount Cook DOC Visitor Centre.
**Mueller Hut Route**

**Time** 3–5 hr one way

**Grade**
- Tramping track: Steep and untracked
- In winter: route

**Start place** As for Sealy Tarns Track

**Height gain** 1,000 m

*We recommend NZTopo50 BX15 map for this route.*

Spectacular panoramic views, a large hut and amazing landscapes are the drawcards for this strenuous walk. During the summer months (December – February) this route offers a mountain experience for anyone with moderate tramping experience – if you take good care. During the winter months (June – August) the route requires a good level of mountaineering experience, including walking on ice and snow with ice axe and crampons, route finding, and using an avalanche transceiver, probe and shovel. Check with the DOC staff at the Aoraki/Mount Cook Visitor Centre for current mountain conditions.

During the summer months, you can book this hut online at www.doc.govt.nz.

In winter, you need to call in to the Aoraki/Mount Cook Visitor Centre to sign into the park’s intention system and pay hut fees before heading to the hut.

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**Track grades**

- **Short walk**: well-formed track, easy walking for up to an hour.
- **Walking track**: track is mostly well formed, easy to moderate walking from a few minutes to a day.
- **Tramping track**: track is mostly unformed, challenging day or multi-day tramping/hiking.
- **Route**: unformed track, challenging overnight tramping/hiking, suitable only for people with high-level backcountry skills and experience, and navigation and survival skills.
Walks in Tasman valley

Blue Lakes and Tasman Glacier View Track

- **Time**: 40 min return
- **Grade**: Walking track: Easy with steps
- **Start place**: Blue Lakes car park
- **Height gain**: 100 m

From the car park, walk past the Blue Lakes shelter and meander up past the Blue Lakes to a viewpoint on the moraine wall. There are good views of the lower Tasman Glacier and lake, icebergs and the mountains at the head of the valley. A side trip to the Blue Lakes offers good swimming in summer.

At around 27 km long, the Tasman Glacier is the longest glacier in New Zealand. The glacier lake has been growing rapidly over the past few years and is now around 7 km

Tasman Lake Track

- **Time**: 50 min – 1 hr return
- **Grade**: Walking track: Easy
- **Start place**: Blue Lakes car park
- **Height gain**: None

This walk branches to the right off the Blue Lakes Track just past the Blue Lakes Shelter and leads to a viewpoint of the Tasman Glacier terminal lake. A further track branches to the right off this track to go to the source of the Tasman River. Icebergs can usually be seen floating in the lake in summer, and in winter the lake freezes over. The track leads through the old terminal moraines of the glacier, and you can see good examples of plant succession along the route.

Tasman Lake is a relatively recent addition to the scene, starting its formation in 1974 and growing steadily since then. It is now large enough to take commercial boat and kayak tours. The large terminal moraines mark the foot of the Tasman Glacier at the time of the lake’s formation and are a sobering reminder of the glacier’s retreat.

Ball Hut Route

- **Time**: 3–4 hr one way
- **Grade**: Tramping track: first section easy, can be a challenging route from the end of the 4WD track. In winter: all a route
- **Start place**: Blue Lakes or Celmsia car parks
- **Height gain**: 100 m over 9 km

*We recommend NZTopo50 BX15 (4WD section) and BX16 (route to Ball Hut) maps for this route.*

The first 5-km section of this track follows a historical road, now a 4WD track. It opens up to spectacular views after the end of the 4WD track, but the route becomes more difficult.

The moraine wall throughout this area, including along the 4WD track, is very unstable and should be negotiated with caution. You will need to move with care and skill around collapsed areas at various stages along the route.

Ball Hut is close to the historic site of the first Ball Hut and offers superb views of the Tasman Glacier and surrounding peaks.
## Cycling

### Hooker valley

<table>
<thead>
<tr>
<th>Distance</th>
<th>2 km</th>
<th>Grade</th>
<th>Easy/Grade 2</th>
<th>Start place</th>
<th>Aoraki/Mount Cook village – veer left at Hooker Valley Road intersection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height gain</td>
<td>50 m</td>
<td></td>
<td></td>
<td></td>
<td>This cycleway runs alongside Hooker Valley Road to the White Horse Hill Campground and car park. It provides stunning views of the Southern Alps/Kā Tiritiri o te Moana along its length.</td>
</tr>
</tbody>
</table>

### Tasman valley

<table>
<thead>
<tr>
<th>Distance</th>
<th>8.5 km</th>
<th>Grade</th>
<th>Easy/Grade 2</th>
<th>Start place</th>
<th>Aoraki/Mount Cook village – veer right at the Hooker Valley Road intersection and head towards the Tasman valley</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height gain</td>
<td>100 m</td>
<td></td>
<td></td>
<td></td>
<td>This cycle trail takes cyclists out to the Blue Lakes car park in the Tasman valley. Follow the Alps 2 Ocean Cycle Trail from either the White Horse Hill Campground or the Aoraki/Mount Cook village as far as the road bridge on the Tasman Valley Road. Cycle along the Tasman Valley Road to the Blue Lakes car park. Take care as the road can be busy with cars and buses. From here, leave your bikes and walk to the Tasman Glacier viewpoint or lake, where you will be rewarded with expansive views of the glacier, moraines and the river winding its way along the valley floor.</td>
</tr>
</tbody>
</table>

### Alps 2 Ocean Cycle Trail (national park section)

<table>
<thead>
<tr>
<th>Distance</th>
<th>5 km</th>
<th>Grade</th>
<th>Easy/Grade 2 – downhill to the airport</th>
<th>Start place</th>
<th>Aoraki/Mount Cook village – as for the Tasman valley, then take the Alps 2 Ocean Cycle Trail at the Hooker River road bridge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height loss</td>
<td>60 m</td>
<td></td>
<td></td>
<td></td>
<td>It’s all downhill to the airport on this section of the Alps 2 Ocean Cycle Trail! Make sure you stop and take a look behind you from time to time to view the Southern Alps as you spin down the Tasman valley. This is the first section of the Alps 2 Ocean Cycle Trail, which leads all the way to Oamaru. From the airport, you need to take a short helicopter ride across the valley to continue on the cycleway through to Twizel and beyond.</td>
</tr>
</tbody>
</table>

**NOTE:** Cycling is allowed only on the Alps 2 Ocean Cycle Trail and on formed roads in the national park. Cycling is NOT ALLOWED on the walking tracks in the park.
Nature walking and wild-flower spotting

Pick up the *Nature-trail guide* and visit one of the short walks in the village for a true nature-trail experience. Use the guide, the plant labels through both Governors and Bowen bush walks, and the Bowen Bush ‘Bird Song’ sounds system in Bowen Bush to help you identify the plants and birds in the park.

Wild flowers abound from October to March, and the Hooker Valley Track is a great place to see these.

**Look out for:**

- **New Zealand falcon/ kārearea**
  
  *Photo: D Busbridge*

- **Paradise shelduck/pūtakitaki**

- **Kea**
  
  *Photo: S Jackson*

- **Rifleman/tītitipounamu**
  
  *Photo: M F Soper*

- **Grey warbler/riroriro**
  *(more commonly heard than seen)*
  
  *Photo: M F Soper*

- **Fantail/pīwakawaka**

- **Tomtit/miromiro**
  
  *Photo: A Fleming*
WARNING

In summer, the native tutu shrub flourishes throughout the Hooker valley walks. All parts of this plant, including berries, contain a poison called tutin.

**DO NOT EAT ANY TUTU BERRIES AND WASH YOUR HANDS AFTER TOUCHING ANY PART OF THE PLANT.**
Travelling with children?

Check out the Toyota Kiwi Guardians programme at www.doc.govt.nz/kiwiguardians, or talk to the DOC Visitor Centre staff.

Further information

Aoraki/Mount Cook National Park Visitor Centre
1 Larch Grove
Aoraki/Mount Cook
Phone: 03 435 1186
Email: mtcookvc@doc.govt.nz
www.doc.govt.nz

Alps 2 Ocean Cycle Trail
www.alps2ocean.com