

Further information

**Te Rua-o-te-moko / Fiordland
National Park Visitor Centre**

1 Lakefront Drive

PO Box 29

Te Anau 9600

PHONE: 03 249 7924

EMAIL: fiordlandvc@doc.govt.nz

doc.govt.nz

Day walks in Fiordland



Cover photo: Lake Howden.
Photo: Anja Köhler

Published by:

Department of Conservation

Te Papa Atawhai

Te Rua-o-te-moko / Fiordland

National Park Visitor Centre

PO Box 29

Te Anau 9640

November 2025

Editing and design:

Te Rōpū Ratonga Auaha

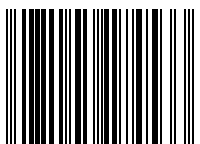
Creative Services

**0800 DOC HOT
362 468**

**For safety hazards and
conservation emergencies**



**Te Kāwanatanga
o Aotearoa**
New Zealand Government



9 421005 174533 >



Department of
Conservation
Te Papa Atawhai



Te Wāhipounamu – South West New Zealand World Heritage Area



South West New Zealand is one of the great wilderness areas of the Southern Hemisphere. Known to Māori as Te Wāhipounamu (the place of greenstone), the South West New Zealand World Heritage Area incorporates Aoraki/Mount Cook, Westland Tai Poutini, Fiordland and Mount Aspiring National Parks, covering 2.6 million ha.

World Heritage is a global concept that identifies natural and cultural sites of world significance, places so special that protecting them is of concern for all people.

Some of the best examples of animals and plants once found on the ancient supercontinent Gondwana live in the World Heritage Area.

Contents

Fiordland National Park	3
Be prepared	4
History	5
Weather	6
Natural history	6
Formation	7
Fiordland's special birds	8
Marine life	10
Dogs and other pets	11
Te Rua-o-te-moko / Fiordland National Park Visitor Centre	11
 Walks from the Milford Road Highway	 13
 Walking tracks around Te Anau	 19
 Walks around Manapouri	 27
 Walking tracks around Manokīwai / Lake Monowai Borland and the Grebe valley	 33
 Walking tracks around Lake Hauroko and the south coast	 37
 What else can I do in Fiordland National Park?	 40



Mitre Peak at Milford Sound / Piopiotahi in Fiordland National Park.
Photo: Stewart Genery



Fiordland National Park

Established in 1952, Fiordland National Park is a vast, remote wilderness and the heart of Te Wāhipounamu – South West New Zealand World Heritage Area. It is the largest national park in Aotearoa New Zealand, covering over 1.2 million ha.

People are drawn to Fiordland for the untouched landscapes, extreme wilderness and natural history of the area. It is a place where mountains, rock, ice, lakes, forests and grasslands collide with stunning beauty. Some of the best examples of animals and plants that were once found on the ancient supercontinent of Gondwana still exist here.

Fiordland is also the home of the Takahē Recovery Programme. Takahē is the largest living member of the rail family and was once thought to be extinct. After it was rediscovered in the Murchison Mountains in 1948, a special 500 km² area was set aside in Fiordland National Park for its conservation.

The lakeside township of Te Anau is considered the gateway to Fiordland National Park and offers visitors a fantastic choice of walks, activities, accommodation and restaurants. An overnight stay here is not to be missed!



Kepler Track in snow. Photo: Richard Kinsey

Be prepared

To make your trip as enjoyable as possible, make sure you have the correct clothing and supplies for your activity. The Department of Conservation Te Papa Atawhai (DOC) recommends you take:

- sturdy shoes
- a first aid kit
- suitable headwear for the season and conditions
- sunscreen (all year round)
- extra warm clothing
- insect repellent
- a waterproof jacket
- a camera.
- water and food

For more information, visit mountainsafety.org.nz. We also recommend you carry the appropriate NZTopo50 maps for the longer tracks in this brochure.

Care for Aotearoa



Protect nature

Keep your distance and don't feed wildlife. Follow any rules restricting dogs, fires, drones or vehicles.



Keep NZ clean

Use toilets where provided. Take all rubbish with you.



Show respect

Respect others, respect culture.



Be prepared

Stay safe in the outdoors by following the Land Safety Code.

- ▶ Choose the right trip for you.
- ▶ Understand the weather.
- ▶ Pack warm clothes and extra food.
- ▶ Share your plans and take ways to get help.
- ▶ Take care of yourself and each other.



Department of
Conservation
Te Papa Atawhai



Te Kāwanatanga
o Aotearoa
New Zealand Government



WARNING

- Many short walks in Fiordland are adjacent to fast-flowing streams and rivers. If you leave the formed track, please ensure that the people in your group are safe and supervise children at all times.
- The weather can change quickly here – high winds are common and snow can fall at any time of the year. Check the NIWA weather forecast before you go at weather.niwa.co.nz/parks.
- Snow and ice conditions can be treacherous. Always walk with care over snow or ice.
- Avalanches can occur at any time of the year but are most common in winter and spring. Take special care when travelling through known avalanche areas and check the avalanche advisory at avalanche.net.nz/region/12.
- The alpine areas in the park are very exposed and, at any time of the year, spending a long time in the sun or hot conditions can lead to dehydration and severe sunburn – be well prepared.

History

Fiordland was well known to Māori, and many legends recount its formation and naming. The demigod Tuterakiwhanoa is said to have carved the rugged landscape from formless rock. Few Māori were permanent residents of the region, but seasonal food-gathering camps were linked by well-worn trails. Takiwai, a translucent greenstone, was sought from Anita Bay and elsewhere near the mouth of Milford Sound/Piopiotahi.

Captain Cook and his crew were the first Europeans to visit Fiordland, and in 1773, they spent 5 weeks in Tamatea/Dusky Sound. Cook's maps and descriptions soon attracted sealers and whalers who formed the first European settlements of New Zealand. From the middle of the 19th century, surveyors, explorers and prospectors began to penetrate the unexplored interior of Fiordland. Rakituma/Preservation Inlet boomed briefly in the 1890s after gold was found, but efforts to establish mines, timber mills and farms in Fiordland have generally been short lived.

Quintin McKinnon and Donald Sutherland opened up the Milford Track in 1889 and began guiding tourists through the now world-famous route. Richard Henry, one of the pioneers of threatened species work, transferred kākāpō and kiwi to islands in Tamatea/Dusky Sound in the late 1890s and early 1900s.

Fiordland National Park was officially constituted in 1952. It was declared a World Heritage Area in 1986, and today covers more than 1.2 million ha.

Weather

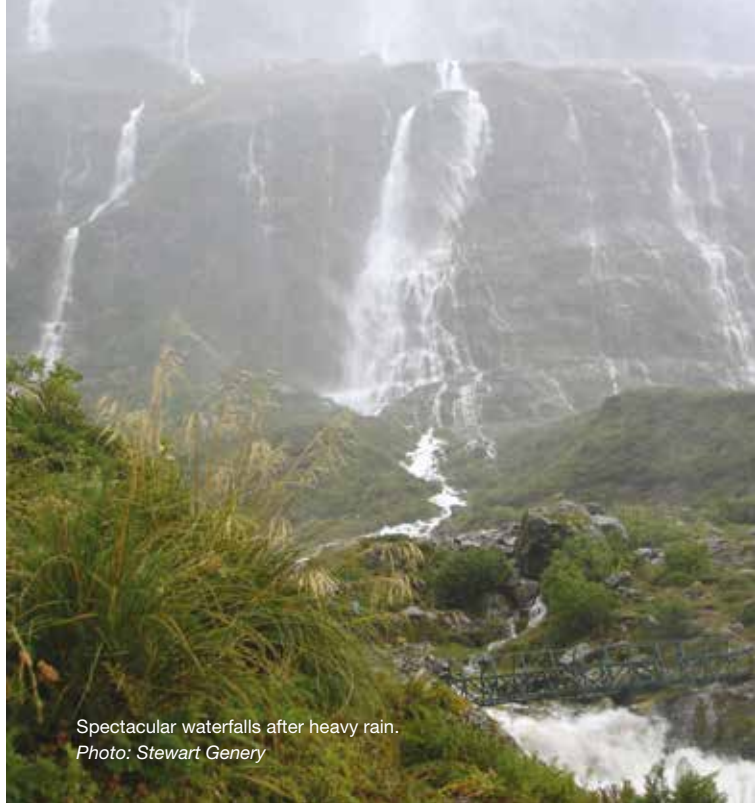
Fiordland weather is often dramatic and extremely unpredictable. Westerly airflows hitting and rising over the Southern Alps/Kā Tiritiri o te Moana often create heavy rain and snow throughout the region. Rain falls in Fiordland on more than 200 days a year, with around 1,200 mm falling in Te Anau and 8,000 mm in Milford Sound/Piopiotahi, creating thousands of spectacular waterfalls, which cascade from sheer-sided mountains. Fine weather will reward you with amazing views, but the true Fiordland visit would not be complete without experiencing it in the rain!

Natural history

Much of Fiordland's forest clings to steep faces of hard rock that are covered by a thin layer of rich, peaty humus and moss. Beech forest is dominant, with red and mountain beech growing around the eastern lakes and in the Eglinton valley. Silver beech is the most widespread of the beech species, sometimes growing in association with podocarp species such as tōtara, rimu and miro. On the western areas, the forest type has a luxuriant understorey of lancewood, tree ferns, coprosmas, broadleaf, fungi, mosses and lichens.

One of New Zealand's few deciduous trees and the largest fuchsia in the world, the tree fuchsia, can be found in the area's lush, wet forests. It has orange, papery bark and pendulous, purple flowers. Kererū feed on the purple fleshy berry known as kōnini. Ferns throughout the forest are lush and varied.

Above the 1,000 m bushline, snow tussocks dominate with alpine daisies, buttercups and herbs.



Spectacular waterfalls after heavy rain.

Photo: Stewart Genery

Formation

Fiordland contains some of the oldest rocks in New Zealand, including predominantly hard, crystalline metamorphic rocks like gneiss and schist, and volcanic rocks like granite. Lying close to the alpine fault where two plates of the Earth's crust meet, the area has been folded, faulted, uplifted and submerged many times. Periods of submersion under the seabed have created areas of sandstone, mudstone and limestone that can be seen today at Te Anau Glowworm Caves and on the Tuatapere Hump Ridge Track. Over the last 2 million years, glaciers have at times covered the area, gouging into the rock and creating U-shaped valleys, many of which are now lakes or fiords.

Today, hundreds of lakes dot the landscape, including Lake Hauroko, the deepest in New Zealand at 462 m. Fourteen fiords, some stretching up to 40 km inland, extend from Milford Sound/Piopiotahi in the north to Rakituma/Preservation Inlet in the south.



Takahē. Photo: DOC



Kea. Photo: Colin Bishop



Tui. Photo: Tui de Roy

Fiordland's special birds

Takahē

The flightless takahē (*Porphyrio hochstetteri*) is a colourful green and blue bird with an impressive red beak and stout legs. Thought to be extinct until its rediscovery by Dr Geoffrey Orbell in 1948, the recovery of the species now falls under DOC's Takahē Recovery Programme. The programme focuses on establishing self-sustaining populations in Fiordland and predator-free islands around New Zealand. DOC also manages a captive breeding and rearing programme for takahē at Burwood Bush.

Kākāpō

Fiordland was also once considered to be a stronghold for kākāpō. The kākāpō or night parrot is one of New Zealand's unique treasures. It is listed under the New Zealand Threat Classification System as Threatened - Nationally Critical, with fewer than 300 birds alive today. All birds now live on predator-free offshore islands. Large, flightless and nocturnal, the kākāpō is an eccentric parrot that can live for decades. With mottled, moss-green feathers, camouflage is the bird's main form of defence.



Sinbad the kākāpō. Photo: Andrew Digby

Other bird species

Visitors are likely to see forest birds like miromiro / tomtits, pīpipi / brown creepers, riroriro / grey warblers, pīwakawaka / fantails, tūī, korimako / bellbirds and kererū on day walks in the area. The Eglinton valley is also a stronghold for kākāriki, kakaruai / South Island robins and kākā. Kea, the cheeky mountain parrots, are regular entertainers at higher altitudes and can often be seen around the Homer Tunnel.



Clockwise from top: Miromiro, Brent Beaven; Kererū, Eamonn Ganley; Kākā, Sarah Stirrup; Kakaruai, DOC



Terehu. Photo: Jason Pratt



Kekeno / New Zealand fur seal. Photo: DOC

Marine life

The marine environment of Fiordland is unique. Heavy rainfall creates a permanent freshwater layer above the sea water within the fiords. Stained by tannins washed out of the vegetation, this layer reduces light, restricting the majority of marine life to the top 40 m of water. This band is calm, very clear and relatively warm – home to sponges, corals and fish of subtropical, cool water and deep water varieties.

The fiords support the world's biggest population of black coral trees – about seven million colonies, some of them up to 200 years old. They are home also to brachiopods: primitive clam-like animals bypassed by evolution, remaining unchanged over 300 million years.

Terehu / bottlenose dolphins, kekeno, tawaki / Fiordland crested penguins and kororā / little blue penguins all live in the fiords. Ten marine reserves have been established in Fiordland, protecting all life within them.

Around the southern coast, New Zealand's endangered Ahoaho / Hector's dolphin can often be seen, as can kekeno, kororā and tawaki. Very lucky visitors may also see whales around the coast.



Te Rua-o-te-moko / Fiordland National Park Visitor Centre in Te Anau. Photo: DOC

Dogs and other pets

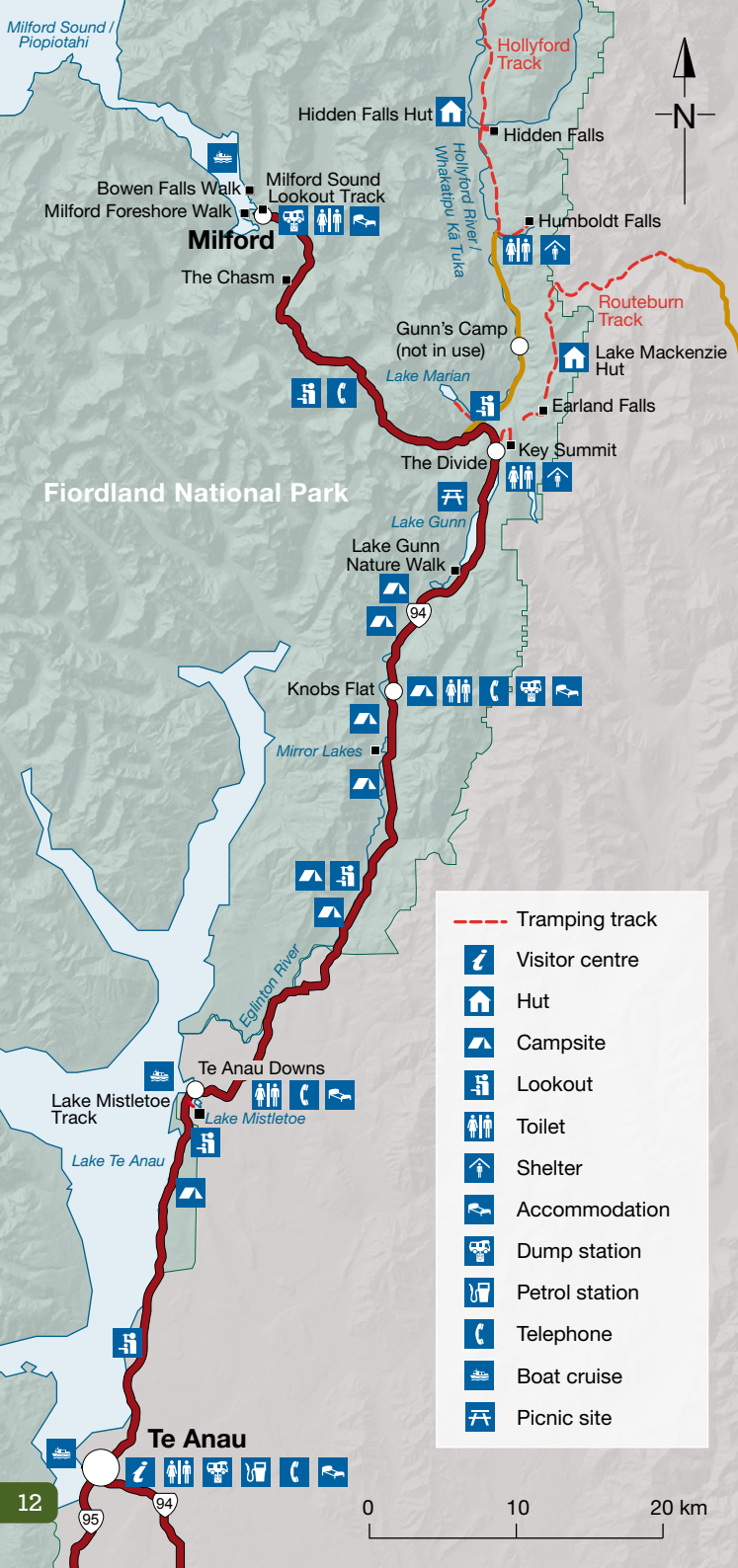
It is an offence under the National Parks Act 1980 to bring dogs or any other introduced animals into Fiordland National Park. Help protect native wildlife by leaving your pets at home.

Te Rua-o-te-moko / Fiordland National Park Visitor Centre

Situated on the shores of Lake Te Anau on Lakefront Drive, Te Rua-o-te-moko / Fiordland National Park Visitor Centre is open daily, including public holidays, but closed on Sundays in winter.

The centre offers:

- park and conservation information
- up-to-date weather and track information
- a Great Walks booking office
- hut tickets and hunting permits
- publications, outdoor equipment and souvenirs in support of conservation
- screenings of the short film *Stepping into Fiordland National Park*.



Walks from the Milford Road Highway

Tracks from the Milford Road introduce you to some of the most spectacular alpine and forest scenery in New Zealand. The drive itself is magnificent. Take the opportunity to delve deeper into the wilderness rather than simply seeing it from your car.

Tips for travellers on the Milford Road













- Be aware that there are no petrol stations on the Milford Road.
- Allow at least 2 hr–2 hr 30 min to drive from Te Anau to Milford.
- Check road conditions during winter and spring. Snow chains may be needed. It is a steep and twisty road. Drive carefully.
- Be aware that there is limited mobile phone coverage outside Te Anau.
- There are many DOC campsites between Te Anau and The Divide. Check doc.govt.nz/campsites for more information.

Do not feed the kea.



Earland Falls, Routeburn Track.
Photo: Lyn Trewella

All track times are one way unless stated otherwise.

Track categories	Other symbols
 Wheelchair-accessible short walk: Even, well-formed track suitable for people of all abilities, wheelchairs and baby buggies.	 Birds nesting
 Easy short walk: Well-formed track; easy walking for up to an hour.	 Visitor shelter
 Easy to intermediate walking track: Mostly well-formed track; easy to moderate walking for up to a day.	 Hut
 Intermediate tramping track: Generally well-formed track for day or multi-day tramping/ hiking trips.	 Interpretation walk
 Advanced tramping track: Mostly unformed track with steep, rough or muddy sections; has directional markers, poles or rock cairns.	 Lookout
	 Picnic site
	 Toilets

Lake Mistletoe Track

45 min / 1.3 km (return)



Lake Mistletoe is reached by an attractive forest walk at Te Anau Downs. You can either return via the same track or complete the loop and carefully walk back along the highway.

Mirror Lakes Walk

10 min / 400 m (return)



A good place to stretch your legs during the drive to Milford Sound / Piopiotahi. Small lakes seen from the wheelchair-accessible boardwalk provide outstanding reflective views of the Earl Mountains. Waterfowl and wetland plants can be seen against a backdrop of beech forest. Interpretation panels provide information on local wildlife.

Lake Gunn Nature Walk

45 min / 1.4 km (loop)



Accessed from Cascade Creek car park, this easy 45 min loop walk is suitable for all ages. It is wheelchair accessible and passes through red beech forest and birdlife typical of the Eglinton valley. The valley is a stronghold for New Zealand's native birds – check out the interpretation panels along this walk.

Key Summit Track

3 hr / 6.8 km (return)



From The Divide car park, follow the Routeburn Track (one of the Great Walks) for about an hour to the junction where the Key Summit Track branches off. From here, it is a 20 min climb to Key Summit, with panoramic views over the Humboldt and Darran Mountains. The track passes through a range of native vegetation, including beech forest, subalpine shrublands, alpine tarns and bogs. Keep to the track, as alpine soil and vegetation are very fragile. Birdlife in this area is prolific and miromiro, kakaruai, kererū and korimako are commonly seen. If you only have time for one walk on your drive to Milford Sound / Piopiotahi, and the weather is fine, this track is well worth the effort!

Lake Howden Track

3 hr / 3.4 km (return)



From The Divide car park, follow the Routeburn Track through silver beech forest to the Key Summit turn-off (see previous). From here, it is a short descent to Lake Howden.

Earland Falls Track

6 hr / 7.5 km (return)



From The Divide car park, follow the Routeburn Track to Lake Howden (1 hr 30 min). From here, take the track to Lake Mackenzie Hut – the falls are halfway to the hut. Clearings give excellent views of the Hollyford valley. Earland Falls are 174 m high and originate from Lake Roberts.

Check track conditions at the visitor centre during the snow/avalanche season (winter and spring) as Earland Falls is in an avalanche-prone area.

Lake Marian Falls Track

10 min/360 m



From the Lake Marian car park, cross the swing bridge and follow the track to the spectacular series of waterfalls.

Lake Marian Track

1 hr 30 min/3.1 km



The car park is 1 km down the Hollyford Road. From here, cross the swing bridge and continue to the spectacular series of waterfalls, viewed from the gantry hugging the side of the steep bank.

From the gantry, the track becomes steep and sometimes muddy during the ascent to Lake Marian. This beautiful alpine lake is in a hanging valley surrounded by mountains, with magnificent reflections if the weather is calm. Do not walk around the lake edge during the snow/avalanche season (winter and spring).

Humboldt Falls Track

30 min/1.2 km (return)



This walk starts from the end of the mostly unsealed Hollyford Road. A well-graded track takes you on a short climb through rainforest to the lookout of the impressive Humboldt Falls.

Hidden Falls Track

4–6 hr/18 km (return)



Leave your car at the Hollyford Road end and cross the swing bridge over Humboldt Creek onto the Hollyford Track. The track follows the Hollyford River/Whakatipu Kā Tuka and offers occasional views of the Darran Mountains. At Hidden Falls Creek, the track passes the private Sunshine Hut and continues upstream to the swing bridge. Take the rough track to the right of the bridge to view Hidden Falls. Hidden Falls Hut (12 bunks) is a further 20 min along the track over the bridge.

The Chasm Walk

20 min/400 m



This walk on the Milford side of the Homer Tunnel is well signposted and very popular. The walk is parallel to the Cleddau River and offers dramatic views of a series of powerful waterfalls. Thousands of years of swirling water have sculpted shapes and basins in the rock. The sheer velocity of water gives an appreciation of how much rainfall the Milford Sound/Piopiotahi area receives each year.

Milford Foreshore Walk

30 min/400 m (loop)



At the entry to the main visitor car park at Milford Sound/Piopiotahi, you will find the start of this interpretation walk. Some of the best views of Mitre Peak are from this walk. Take sandfly repellent with you!

Milford Sound Lookout Track

20 min/400 m (return)



Access to this track is from the car park at the rear of the cafe. Pass in front of the two brown buildings to the south of the car park and towards Donald Sutherland's grave. Continue on the path around this to the edge of the bush. Follow the track from this point. There are a number of steps up to the lookout, which gives impressive views of spectacular Milford Sound/Piopiotahi. Return the same way. You may see weka along the way.



Milford Sound/Piopiotahi. Photo: Anja Köhler



Walking tracks around Te Anau

Te Anau township, nestled on the shores of Lake Te Anau, is the gateway to Fiordland National Park. An ideal place to spend a few days, it offers a wide variety of accommodation, restaurants and services, and many commercial operators that can help you explore the park.

All track times are one way unless stated otherwise.

Track categories	Other symbols
Wheelchair-accessible short walk: Even, well-formed track suitable for people of all abilities, wheelchairs and baby buggies.	Birds nesting
Easy short walk: Well-formed track; easy walking for up to an hour.	Visitor shelter
Easy to intermediate walking track: Mostly well-formed track; easy to moderate walking for up to a day.	Hut
Intermediate tramping track: Generally well-formed track for day or multi-day tramping/ hiking trips.	Boat access
Advanced tramping track: Mostly unformed track with steep, rough or muddy sections; has directional markers, poles or rock cairns.	Picnic site
Grade 2 (easy): Mostly flat, smooth track with some gentle climbs and easily avoidable obstacles such as rocks and potholes.	Mountain biking track
	Toilets
	Helicopter access

**Visitor centre to Punanga Manu
o Te Anau/Te Anau Bird
Sanctuary Walk**
20 min/1 km



This track is shared use for walkers and cyclists. The Lake2Lake Cycle Trail also starts from the visitor centre. Follow the path around the shore of the lake, past the yacht club to Punanga Manu o Te Anau. The park is open from dawn until dusk and entry is by a gold coin donation. The aviaries and pens that house the birds are set in beautiful grounds with views of the lake. Be sure to visit the takahē enclosure, as this is one of the few places to see this unique Fiordland bird. Free-flying birds enjoy the trees planted there, and ducks like the water's edge near the takahē enclosure.

**Visitor Centre to Ivon Wilson
Recreation Reserve Walk**



15 min/1 km

From the visitor centre, walk about 1 km around the lake edge, then cross the road to Ivon Wilson Recreation Reserve. This is a 35 ha reserve, planted with native and exotic trees. There are several paths leading to picturesque Lake Henry, which is stocked with rainbow and brown trout as a children's fishery. Fishing licences are available from Fish & Game New Zealand at fishandgame.org.nz/licences. There are also mountain bike tracks and an 18-hole disc golf course located in the reserve – enquire at the visitor centre for more information. There are toilets near the entrance.

**Visitor Centre to Kepler Track
Carpark Walk**



50 min/3.5 km

Walkers share this track with cyclists when they follow the path from the visitor centre around the edge of the lake, passing through Punanga Manu o Te Anau. Excellent lake and mountain views are enjoyed as the track crosses open land below the golf course. The control gates regulate water flows between Lake Te Anau and Moturau/Lake Manapouri for the Manapōuri hydro power station. They mark the start of the Kepler Track, a 3–4 day walk. A toilet and a shelter are available at the car park.

Control gates to:

Dock Bay (Kepler Track)

30 min/2 km



Brod Bay (Kepler Track)

1 hr 30 min/5.6 km



Luxmore Hut (Kepler Track)

8–10 hr/13.8 km



From the control gates, the Kepler Track follows the lake edge through mountain and red beech forest. In spring, the yellow-flowering kōwhai and scented orchids are attractive. Dock Bay is suitable for swimming and has a toilet. The track continues around the lake for another hour to Brod Bay. From here, it ascends steeply through mountain and silver beech forest, passes under towering limestone bluffs, and climbs above the bushline to Luxmore Hut. This strenuous, full-day walk provides impressive views of Lake Te Anau, Moturau/Lake Manapouri and the Te Anau basin.



Luxmore Hut on the Kepler Track. Photo: Stefan Marks



Swing bridge over the Waiau River at Rainbow Reach.

Photo: Pania Dalley

Brod Bay to Te Anau

(Kepler Track)

3–4 hr / 10.7 km



A local water taxi will take you from Te Anau across the lake to Brod Bay. From Brod Bay, a pleasant walk on the Kepler Track beside the lake will lead you back to Te Anau via Punanga Manu o Te Anau. The visitor centre has departure times and prices for the water taxi.

Luxmore Hut to Te Anau

(Kepler Track)

4–5 hr / 18.2 km



A helicopter can drop you off at Luxmore Hut so you can walk back down the mountain into Te Anau. There are beautiful views over the Te Anau basin on a nice day. This trip is weather-dependent.

Control gates to Rainbow Reach

(Kepler Track)

2 hr 30 min / 9.2 km



Follow the terraces of the Waiau River along the Kepler Track through red and mountain beech forest. An area of mānuka shrubland marks the home of early runholder Jack Beer, who drove his sheep onto Mount Luxmore to graze. There is a swing bridge to cross over the Waiau River to get to Rainbow Reach. A shuttle bus service back to Te Anau operates during the summer months. Alternatively, you may choose to return to Te Anau along the cycle trail on the east side of the Waiau River.

Rainbow Reach to Moturau Hut

(Kepler Track)

1 hr 30 min / 5.7 km



Rainbow Reach is 12 km from Te Anau on the Manapouri / Te Anau Highway. To access this part of the Kepler Track, cross the swing bridge beside the car park and follow the track towards the control gates for 200 m before turning left towards a short steep ascent. After that, the track is gently undulating and wanders through mountain beech forest with great river views. Some scenes in *The Lord of the Rings* movies were filmed near this part of the river. Further along, cross a kettle bog, then continue to the shores of Moturau / Lake Manapouri, past the turn-off to Shallow Bay Hut. Moturau Hut is located near the lakeshore and offers shelter and toilet facilities.

Rainbow Reach to Shallow Bay Hut

(Kepler Track)

1 hr / 3.9 km



Follow the Kepler Track towards Moturau Hut as described above, and turn off to the left at the sign to Shallow Bay Hut.

Lake2Lake Trail



The new cycle trail will connect Lake Te Anau and Moturau / Lake Manapouri over a distance of 28 km. There are various access points to choose your preferred walking distance. For more information, visit fiordlandtrails.nz/trails/lake2lake.

Visitor centre to Upukerora River

3 hr/9 km (return)



Follow the Te Anau lakeshore towards the main shopping centre, then continue along the footpath to the boat harbour at Bluegum Point (30 min). For a longer trip (3 hr return), continue round the lake front, past the rodeo grounds to the mouth of the Upukerora River. Return the same way or follow the gravel road alongside the river to the Te Anau – Milford Highway and back into town. Please be careful as cars travel quickly on this road. Although not in Fiordland National Park, both these walks provide pleasant views of the Murchison Mountains and Lake Te Anau.

Wilderness Lookout Walk

5 min/300 m



The Wilderness Scientific Reserve is situated on State Highway 94, a 15–20 min drive from Te Anau towards Mossburn. The track is wheelchair accessible and leads to a viewing platform over ancient, low and slow-growing *Halocarpus bidwillii* bog pine forest. Although not in Fiordland National Park, the 360° views of the Takitimu Mountains and foothills, Fiordland National Park, and farmland are spectacular.

Access by private boat only

The following track is accessible by private or chartered boat only.

Hidden Lakes Track

1 hr 30 min/2.6 km (return)



The Hidden Lakes Track leads around small, scattered kettle lakes at the mouth of the South Fiord of Lake Te Anau. Access is by boat only, via East Cove or Mussel Cove. An easy walking track connects the two coves.













Walks around Manapouri

Manapouri township is 20 min drive from Te Anau on State Highway 95. It is located at the edge of Fiordland National Park, on the eastern shore of Moturau / Lake Manapouri, close to its outflow into the Waiau River. The town is a gateway to Doubtful Sound / Patea. These tracks are accessed from Pearl Harbour in Manapouri via a 5 min boat journey across the Waiau River.

Water taxis are available in summer. Contact the visitor centre for details.

All track times are one way unless stated otherwise.



Track categories	Other symbols
 Easy short walk: Well-formed track; easy walking for up to an hour.	 Birds nesting
 Easy to intermediate walking track: Mostly well-formed track; easy to moderate walking for up to a day.	 Visitor shelter
 Advanced tramping track: Mostly unformed track with steep, rough or muddy sections; has directional markers, poles or rock cairns.	 Hut
	 Lookout
	 Boat access
	 Picnic site
	 Toilets



Views of Moturau/Lake Manapouri from Circle Track.
Photo: DOC

Fraser's Beach Track

30 min/2.1 km



The views from the beach of the national park are awe-inspiring, especially at sunset. Walk along the beach or the track parallel to the beach. The track starts and finishes from Pearl Harbour or at the road entrance just north of Manapouri township.

Circle Track

3 hr – 3 hr 30 min/8 km



From the jetty, follow the riverside track for 15 min to a track junction. Turn left and head up the hill to the viewpoint overlooking the lake. This part of the track is steep and slippery so take care. The track then descends down the ridgeline to the Hope Arm Track. Turn right to return to Pearl Harbour, which takes about 1 hr. Turn left for Hope Arm or Back Valley Hut options.

Pearl Harbour to Back Valley Hut Track

4–5 hr/7.8 km



Follow the jetty as described in the Pearl Harbour to Hope Arm Track description and then take the left branch at the Hope Arm/Back Valley turn-off. The track passes through beech and podocarp forest and a stand of ribbonwood, before emerging into some small clearings where the hut is situated. After heavy rain, this part of the track can be quite muddy. From the hut, it is possible to do a side trip up to Lake Rakatu. This trip takes an extra 2 hr return and be aware that the track is very muddy, as it follows the creek to the lake.

Pearl Harbour to Hope Arm Track

4–6 hr/7.8 km



From the jetty, follow the track by the Waiau River for 15 min. A signposted junction indicating the Circle Track is to the left – carry on straight ahead. There are good views of the Manapouri boat harbour from the terraces above the river. The track follows close to the lake edge in several places and there are some unofficial tracks that lead to the lake itself. From here, the track climbs gently to the spur where the Circle Track rejoins the main track. Continue straight ahead through the diverse understorey of plants until reaching the Back Valley / Hope Arm Hut junction. Turn right for Hope Arm and proceed through a narrow neck of the forest on boardwalks over swampland. Cross the bridge over the Garnock Burn before descending to Hope Arm beach. The hut is at the far end of the beach.

Pearl Harbour via Hope Arm and Back Valley Huts

6–7 hr/17.6 km (return)



This is a loop walk visiting both huts. See above for the track description to Hope Arm Hut, then take the track located behind the hut to Back Valley Hut. It is an easy grade to the Garnock Burn, which is spanned by a three-wire bridge. See above for details on the track from Back Valley Hut to Pearl Harbour.

Access by private boat only

The following tracks are accessible by private or chartered boat only.

Monument Track

1 hr 30 min – 2 hr / 2.1 km (return)



The Monument Track starts 2 km north of Hope Arm Hut. From here, it is a short but challenging 290 m climb to The Monument summit. From the beach, the track climbs steeply through forest onto the ridge before reaching the bushline. Take extreme care, as there are exposed sections with crumbling rock and narrow ledges. At one point, there is a chain anchored into the rock to help you. From the top, there are spectacular views of Moturau / Lake Manapouri and the surrounding mountains.

Stockyard Cove Track

45 min – 1 hr / 3 km (return)



Two tracks can be explored from the western entrance to Hope Arm. The first track heads west to West Beach, where there are nice views of Moturau / Lake Manapouri. The second passes through ancient podocarp forest, climbing briefly until reaching the high bluff waterfalls and then descending through mountain beech forest to the lake edge. This track is also known as the Waterfall Track. It is best to return to Stockyard Cove following the same track, as the foreshore is rocky and slippery, and parts of it can be underwater if the lake level is high.



Moturau / Lake Manapouri, Fiordland National Park.
Photo: Stefan Marks

Home Creek Walk

30 min / 1.6 km (loop)



Home Creek is a unique natural meandering stream originating in the internationally renowned Kepler Mire, draining to the Waiau River. It is 1 km east of Manapouri township and reached via a signposted public road from Hillside-Manapouri Road. This walk is on private land owned by the Waiau Fisheries and Wildlife Habitat Enhancement Trust (Waiau Trust), which manages the area and oversees restoration efforts. Most of the native plants on the reserve were propagated and planted by volunteers.

Rakatu Wetlands

1 hr 30 min – 2 hr / 9 km (loop)



These spring-fed remnant wetlands in old channels of the Waiau River also feature 50 ha of open water. They were created to help fish (both native fish and introduced trout), waterfowl and protected birds, to mitigate and remedy the effects of the Manapōuri hydro power station. The wetlands are maintained by the Waiau Trust.



Rakatu Wetlands. Photo: Anja Köhler

Walking tracks around Manokīwai / Lake Monowai, Borland and the Grebe valley

The Lake Monowai / Borland Road area offers access into a different and very handsome part of Fiordland National Park. It offers great tramping, hunting, boating and fishing opportunities, and (mostly unsealed) road access into Fiordland National Park.

All track times are one way unless stated otherwise.



Track categories



Easy to intermediate walking track: Mostly well-formed track; easy to moderate walking for up to a day.



Advanced tramping track: Mostly unformed track with steep, rough or muddy sections; has directional markers, poles or rock cairns.

Other symbols



Hut



Toilets



Mount Burns tarns. Photo: Anja Köhler



Green Lake Track. Photo: Anja Köhler

Borland Nature Walk

40 min / 2.2 km (loop)



This is a loop track walk. From Borland Lodge, head towards the Borland Road gate, where you will find signs for the start of the nature walk. The walk leads through gentle Fiordland forest with a variety of plant types, many small bush birds and a picturesque creek. It is a great place to spot flowering pikiraki/ mistletoe in summer.

Burnt Ridge Track

1 hr 30 min / 3.8 km



This tramping track starts from the Borland Lodge grounds and leads through forest and scrub to the car park at Manokīwai/ Lake Monowai, where there are toilets. This is a good track for children and families.

Lake Monowai Peninsula Lookout Track

30 min / 1 km (loop)



This pleasant, short walk leads from the car park at Manokīwai/ Lake Monowai, through mature beech forest to a rest area overlooking the lower reaches of the lake. An enjoyable, easy walk for families, with opportunities for picnics and water activities.

South Borland Track

3 hr / 6 km



This track begins from Borland Road, about 6 km from the access gate. It drops down from the road, past impressive limestone cliffs and through beech forest, before joining the Borland Nature Walk and the Borland Road access gate.

Mount Burns Tarns Track

45 min / 1 km (return)



This track leads from the Borland Saddle car park through the bush to the open tops of Mount Burns. The array of tarns and unique views are well worth the steep climb. Take suitable clothing – it can be very cold and wet.

Green Lake Track

3 hr 30 min / 8 km (to lake)

6 hr / 11 km (to hut)



The track starts from Borland Bivvy and passes low-lying areas of tussock and small lakes and low beech-covered saddles. Turning off at the junction to Green Lake, the track climbs a steep bush-clad hill before descending to the shores of the lake. Green Lake Hut is at the far end of the tussock-covered shoreline.



Green Lake. Photo: Anja Köhler



Walking tracks around Lake Hauroko and the south coast

Experience wild, dramatic mountain and coastal landscapes in the Waitutu / south coast area, which includes Lake Hauroko. Reach the lake via the Lillburn Valley Road, which is mostly unsealed.

Lake Hauroko is New Zealand's deepest lake (462 m), with its lakebed reaching well below sea level. In Māori, 'hauroko' means 'the sougning of the wind', as the wind can create huge waves on the lake in minutes, funnelled by the steep surrounding hills.

All track times are one way unless stated otherwise.

Track categories



Easy to intermediate walking

track: Mostly well-formed track; easy to moderate walking for up to a day.



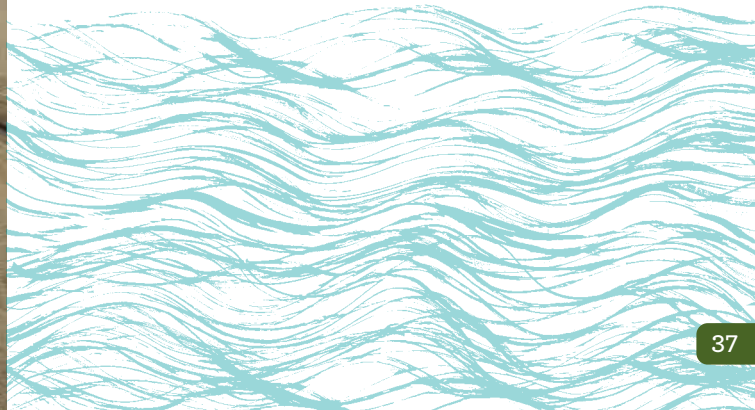
Advanced tramping track:

Mostly unformed track with steep, rough or muddy sections; has directional markers, poles or rock cairns.

Other symbols



Toilets



Lake Hauroko Track

40 min / 1.1 km (loop)



From the car park at Lake Hauroko, this easy loop walking track skirts a swampy area close to the lake. Note how the trees change from mainly matai, tōtara and rimu in the wetter areas to mountain beech in the drier areas.

Lake Hauroko Lookout Track

3 hr / 5.8 km (return)



This steep and rough tramping track is well worth the effort. It starts near the jetty and follows along the lake edge before climbing steeply to the lookout. On a clear day, there are stunning views of Lake Hauroko, Foveaux Strait to the south, the Takitimu Mountains to the east, and the Princess and Kaherekoau Mountains in the northwest.



Tōtara, Dean Forest. Photo: Anja Köhler

Big Tōtara Walk

30 min / 600 m (loop)



Travel up the unsealed Dean Forest Road for 12 km to reach this pleasant, short walking track. It winds through forest to a small pocket of some of Southland's largest tōtara trees, which have never been logged. Some of these forest giants are over 1,000 years old.

Rarakau car park to beach

1 hr 30 min / 6.2 km (return)



From Rarakau car park, follow the South Coast Track through lush rainforest until you reach some steep steps descending to a terrace outside the bush. From here, an easy stroll overlooking Te Waewae Bay leads to the swing bridge over the Waikoau River. Once over the river and past the cluster of whitebaiters' baches, you reach the beach. Ahoaho are often seen all along this coast, and you might also spot a tohoraha / southern right whale.



Ahoaho, Te Waewae Bay. Photo: DOC



Lake Hauroko. Photo: DOC

What else can I do in Fiordland National Park?

Hunting

In the early 1900s, red deer, wapiti, possums and moose were liberated into Fiordland. No moose are thought to have survived, but deer and possums have adapted too well to the Fiordland environment. The annual wapiti bugle brings hunters from around the world each autumn. A ballot is held annually to hunt wapiti during the 'roar' in March and April. To get a hunting permit, visit the visitor centre or doc.govt.nz/hunting.

Fishing

The lakes and rivers of Fiordland offer excellent fishing for brown and rainbow trout. You need to purchase a fishing licence from Fish and Game New Zealand at fishandgame.org.nz and adhere to the regulations. The invasive alga didymo is present in some areas of the park, and some rivers in Fiordland require a Clean Gear Certificate to stop the spread of this freshwater pest.

Kayaking and packrafting

Kayaking and packrafting are available. A permit control system may be in place for some waterways.

Boating

There are a number of boat launching ramps at the lakes in Fiordland National Park. Please note that weather conditions can change very rapidly. Help keep invasive weeds such as oxygen weed (*Lagarosiphon*) and didymo out of the lakes and rivers.

Mountain biking

There are mountain bike tracks at Ivon Wilson Recreation Reserve in Te Anau. Perenuka Mountain Bike Park is located on Sinclair Road, about 5km out of Te Anau via Milford Road. If you are a keen mountain biker, Borland Road has an excellent challenge for you – and is the furthest you can get with your bike into Fiordland National Park (biking is **not otherwise permitted** on tracks in the park). You can also check out the Lake2Lake Trail that runs alongside Lake Te Anau and the eastern side of the Waiau River towards Moturau/Lake Manapouri.

Scenic trips

Commercial operators offer boat trips, flights and guided walks within Fiordland National Park. For more information, enquire at the Fiordland isite or visit fiordland.org.nz.

Camping

DOC administers numerous campsites within Fiordland National Park. There is a small charge and facilities are basic. Information on locations, prices and facilities is available online at doc.govt.nz/camping.

Longer walks

This brochure only covers easy to medium day hikes for walkers with average fitness. There are other more demanding day and overnight walks. Enquire at the visitor centre or visit doc.govt.nz.



BETWEEN WATERWAYS

CHECK, CLEAN, DRY

Stop the spread of didymo and other freshwater pests. Remember to Check, Clean, Dry all items before entering, and when moving between, waterways.