

FIORDLAND

SOUTHLAND

# Fiordland Day Walks



Department of  
Conservation  
*Te Papa Atawhai*



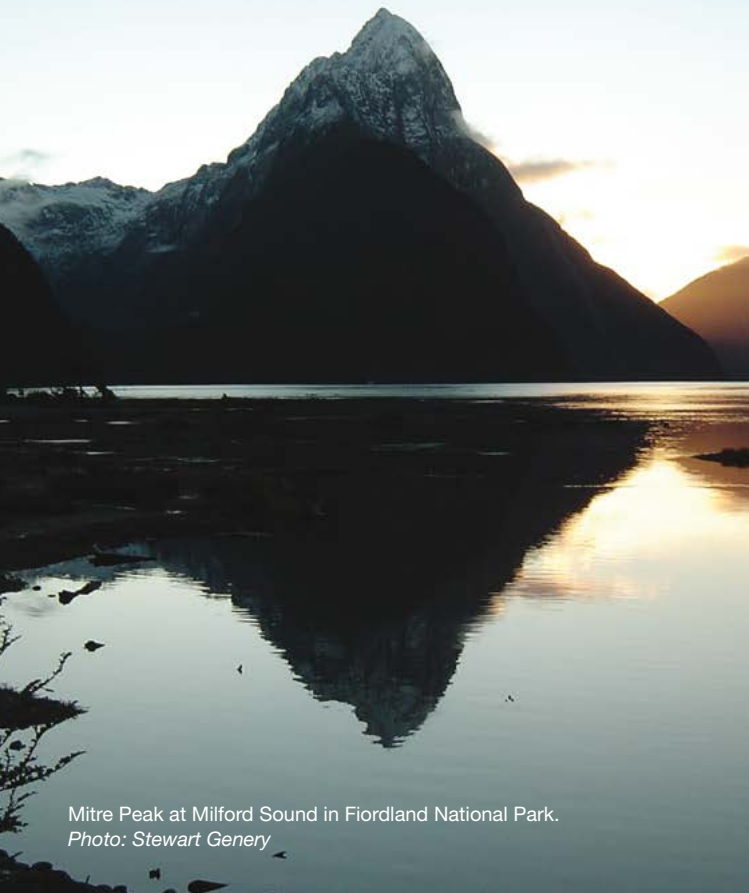
## Te Wāhipounamu – South West New Zealand World Heritage Area



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 hectares.

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.



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

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Milford Sound /  
Piopiotahi

Milford

National  
Park

Secretary  
Island

Lake  
Te Anau

Te Anau  
Downs

Doubtful Sound /  
Patea

Lake  
Manapouri

Te Anau

Manapouri

Resolution  
Island

Monowai

Dusky Sound

Monowai  
Lake

Lake  
Hauroko

Tuatapere

Preservation  
Inlet

Te Waewae  
Bay

# Fiordland National Park

Fiordland National Park, established in 1952, 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 New Zealand with over 1.2 million hectares of conservation area.

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 super-continent of Gondwana still exist here.

Fiordland is also the home of the Takahē Recovery Programme. This unique bird, the largest living member of the rail family, was once thought to be extinct. After rediscovery of the takahē in the Murchison Mountains in 1948, a special area of 500 km<sup>2</sup> 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

### 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](http://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
- Camera



### BEWARE

- The weather can change quickly here – high winds are common and snow can fall at any time of year. Check the NIWA weather forecast regularly <https://weather.niwa.co.nz/parks>.
- 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.





A boiler from the sawmilling era in Fiordland. *Photo: DOC*

## History

Fiordland was well known to the 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 spent five weeks in 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. 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 Dusky Sound in the late 1890s and early 1900s.

Fiordland National Park was officially constituted in 1952. Today it covers over 1.2 million hectares and was declared a World Heritage Area in 1986.

## 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 wouldn't be complete without experiencing it in the rain!

### Care for Aotearoa

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 <b>Protect nature</b> Keep your distance and don't feed wildlife. Follow any rules restricting dogs, fires, drones or vehicles.	 <b>Be prepared</b> Stay safe in the outdoors by planning and preparing for your trip.
 <b>Keep New Zealand clean</b> Take all rubbish with you and use toilets where provided.	 <b>Show respect</b> Respect others, respect culture.

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 Department of Conservation  
Te Papa Ataturangi

 iaki

 Te Kaitiaki  
o Aotearoa  
New Zealand Government

## Natural history

Much of Fiordland's forest clings to steep faces of hard rock that is 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, coprosma, broadleaf, fungi, mosses and lichens.

In the lush wet forests the tree fuchsia is one of New Zealand's few deciduous trees, also being the largest fuchsia in the world. It has orange, papery bark and pendulous, purple flowers. Wood pigeons/ 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 appear after heavy rain.  
*Photo: Stewart Genery*

## Formation

Fiordland contains some of the oldest rocks in New Zealand, 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 seen today at Te Ana-au Glow-Worm Caves and on the Hump Ridge. 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, among them 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 Preservation Inlet in the south.



*Mt Cook buttercup. Photo: C Rance*



Takahē. Photo: DOC

## 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 Doctor 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. The Department of Conservation 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 (*Strigops habroptila*) is one of New Zealand's unique treasures. The kākāpō is listed internationally as a Critically Endangered species with fewer than 250 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. Photo: Andrew Digby



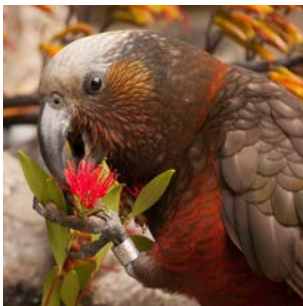
Kea. Photo: Colin Bishop



Tui. Photo: Tui de Roy

## Other bird species

Visitors are likely to see forest birds like tomtit, brown creeper, grey warbler, fantail, tūī, bellbird and native wood pigeons on day walks in the area. The Eglinton valley is also a stronghold for kākāriki, robin and kākā. The cheeky mountain parrot, the kea, is a regular entertainer at higher altitudes and is often seen around the Homer Tunnel.



**Clockwise from top:** miromiro/tomtit, *Brent Beaven*; kererū/wood pigeon, *Eamonn Ganley*; kākā, *Sarah Stirrup*; kakaruai/South Island robin, *DOC*



Bottlenose dolphins. *Photo: Jason Pratt*



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 40-m 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.

Bottlenose dolphins, fur seals, Fiordland crested penguins and 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 Hector's dolphin can often be seen, as can New Zealand fur seals, and little blue and Fiordland crested penguins. Very lucky visitors may see whales around the coast.

## 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.







Fiordland National Park  
Visitor Centre in Te Anau. Photo: DOC

## 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. (Closed on Sundays in winter.)

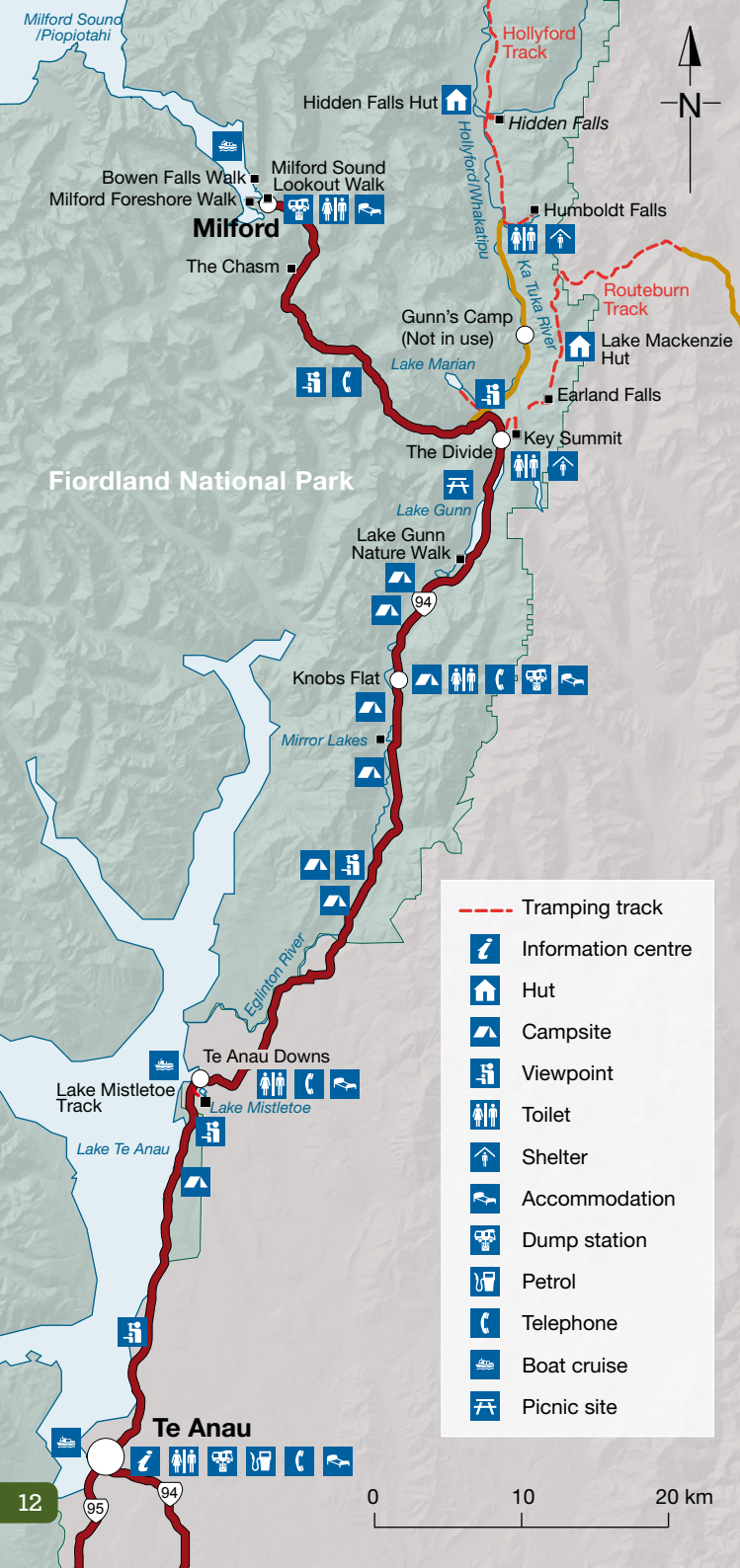
The centre offers:

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

## Avalanches

Avalanches are most common in winter and spring but can occur any time of the year. Take special care when travelling through known avalanche areas. Always check for up-to-date weather and track conditions before starting your trip.


- Always check avalanche advisory for Fiordland – [www.avalanche.net.nz/region/12](http://www.avalanche.net.nz/region/12)
- Pick up a copy of Be avalanche alert in Fiordland from the Visitor Centre, or visit [www.doc.govt.nz/avalanche-fiordland](http://www.doc.govt.nz/avalanche-fiordland)



# 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

- There are no petrol stations on the Milford Road.
- Allow at least 2-2 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.
- There is limited mobile phone coverage outside of Te Anau.
- There are DOC campsites between Te Anau and The Divide. Check [www.doc.govt.nz/campsites](http://www.doc.govt.nz/campsites) for information.
- Do not feed the kea. 

**All track times are one way unless stated otherwise.**

### Track categories



**Easy access short walk**  
– wheelchair accessible



**Short walk** – easy walking for up to an hour



**Walking track** – gentle walking from a few minutes to a day



**Great Walk/Easy tramping track** – well formed track for comfortable overnight tramping/hiking



**Tramping track** – mostly unformed but with track directional markers, poles or cairns; backcountry experience required

### Other symbols



Birds nesting



Visitor shelter



Hut



Interp walk



Lookout



Picnic site



Toilets



## Lake Mistletoe

45 minutes 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

10 minutes



A good place to stretch your legs during the drive to Milford Sound. 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 minutes return



(Access from Cascade Creek car park.) This easy 45 minute loop walk is suited to 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

3 hours 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 minute climb to Key Summit, with panoramic views over the Humboldt and Darran mountains. The track passes a range of native vegetation: beech forest, subalpine shrublands, alpine tarns and bogs. Keep to the track as alpine soil and vegetation are very fragile. Birdlife is prolific and tomtits, robins, wood pigeons and bellbirds are commonly seen. If you only have time for one walk on your drive to Milford Sound, and the weather is fine, this track is well worth the effort!

## Lake Howden

3 hours 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

6 hours 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.

Please check track conditions at the Fiordland National Park Visitor Centre during the snow/avalanche season (winter and spring) as the Earland Falls are in an avalanche-prone area.



Earland Falls, Routeburn Track.  
Photo: Lyn Trewella

## Lake Marian Falls

20 minutes return



## Lake Marian

3 hours return



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

30 minutes 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

4–6 hours 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 Sunshine Hut, run by Hollyford Valley Guided Walks, 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 minutes along the track over the bridge.





Bowen Falls, Milford Sound. Photo: © Bernard Spragg

### The Chasm

20 minutes return



This walk on the Milford side of the Homer Tunnel is well signposted and very popular. The walk parallel to the Cleddau River 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 area receives each year.

### Milford Foreshore Walk

30 minutes



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

### Milford Sound Lookout Walk

10 minutes



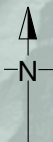
Access to this track is from the car parking area at the rear of the cafe. Pass in front of the two brown buildings to the south of the car park and towards Donald Sutherland's





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. Return the same way. You may see weka along the way.

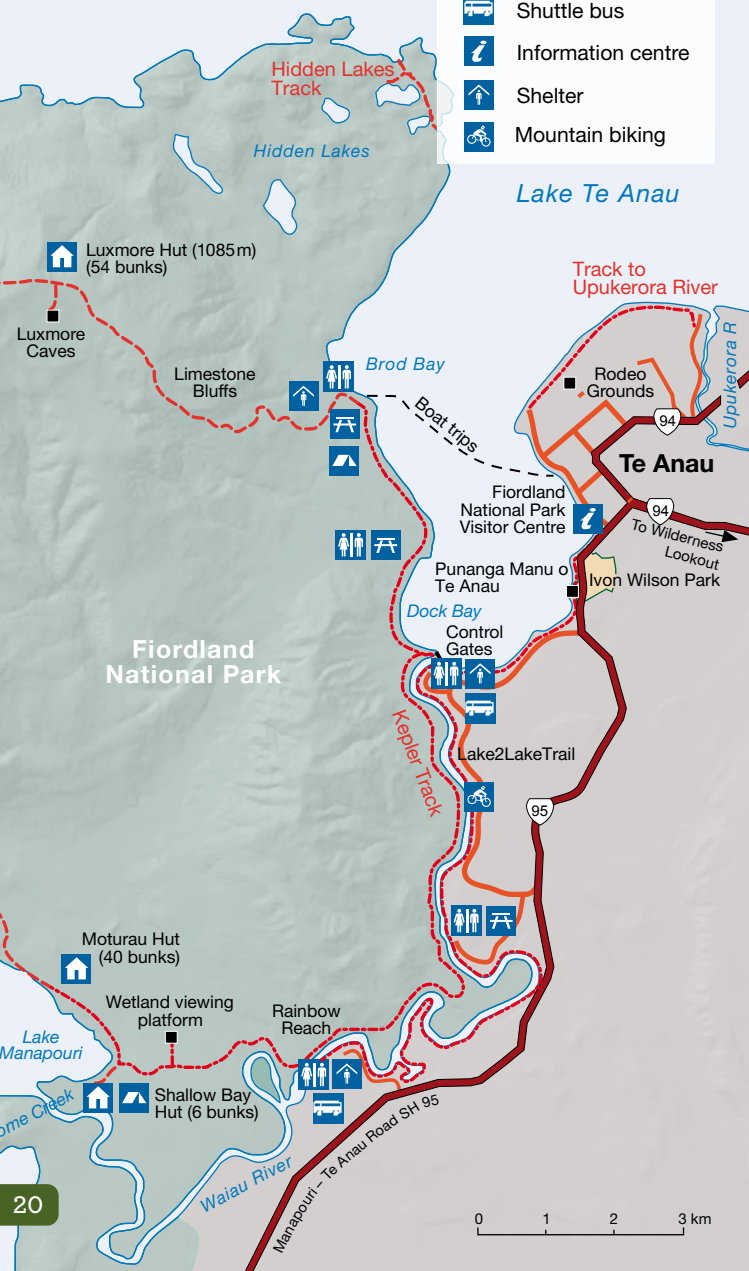




# Fiordland National Park

- Tramping track
- Walking track
- Hut
- Campsite
- Picnic site
- Toilet
- Shuttle bus
- Information centre
- Shelter
- Mountain biking

## Lake Te Anau





# 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



**Easy access short walk**  
– wheelchair accessible



**Short walk** – easy walking for up to an hour



**Walking track** – gentle walking from a few minutes to a day



**Great Walk/Easy tramping track** – well formed track for comfortable overnight tramping/hiking



**Tramping track** – mostly unformed but with track directional markers, poles or cairns; backcountry experience required



**Easy: Grade 2** – Mostly flat with some gentle climbs on smooth track with easily avoidable obstacles such as rocks and potholes.

## Other symbols



Birds nesting



Visitor shelter



Hut



Interp walk



Lookout



Motorboat



Picnic site



Rowboat



Mountain bike



Toilets

## Visitor Centre to Punanga Manu o Te Anau/Te Anau Bird Sanctuary



20 minutes

This track is shared use for walkers and cyclists. The Lake2Lake Cycle Trail also starts from the Fiordland National Park Visitor Centre. Follow the path around the shore of the lake, past the yacht club to the Te Anau Bird Sanctuary. 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 the ducks like the water's edge near the takahē enclosure. Public tours of the sanctuary run most days at 10.30 am. Tickets are available from Fiordland National Park Visitor Centre.

## Visitor Centre to Ivon Wilson Recreation Reserve



10 minutes

From Fiordland National Park 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 and Game New Zealand at <https://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 Control Gates

50 minutes



Walkers share this track with cyclists when they follow the path from the Fiordland National Park Visitor Centre around the edge of the lake, passing through the Bird Sanctuary. 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 West Arm hydroelectric 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)

1 hour return



#### Brod Bay (Kepler Track)

3 hours return



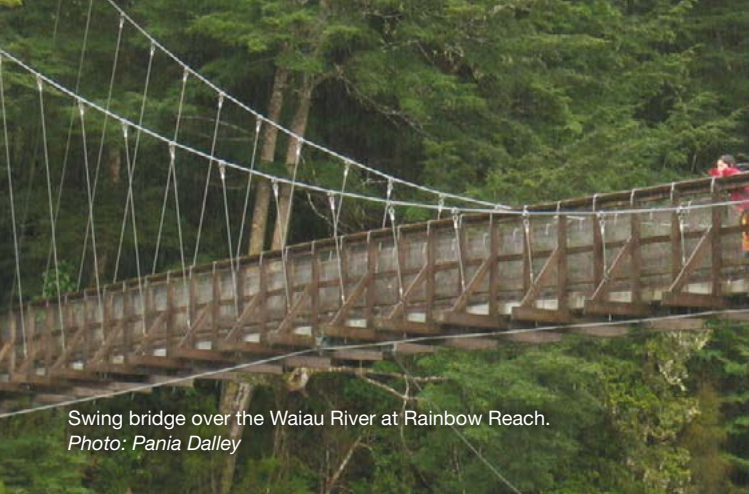
#### Luxmore Hut (Kepler Track)

8–10 hours return



From the control gates the Kepler Track (one of the Great Walks tracks) 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 toilet facilities. 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 and Moturau (Lake Manapouri), and the Te Anau basin.





Swing bridge over the Waiau River at Rainbow Reach.  
Photo: Pania Dalley

### **Brod Bay to Te Anau**

(Kepler Track)

3–4 hours



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 the Bird Sanctuary. The Visitor Centre has departure times and prices for the water taxi.

### **Luxmore Hut to Te Anau**

(Kepler Track)

4–5 hours



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 hours 30 minutes



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 Mt 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)



3–3 hours 30 minutes return

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



3–3 hours 30 minutes return

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](http://fiordlandtrails.nz/trails/lake2lake).



## Visitor Centre to Upukerora River

3 hours return



Follow the Te Anau lakeshore toward the main shopping centre; 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 either 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.

## The Wilderness Lookout

5 minutes



The Wilderness Scientific Reserve is situated on SH94, 15–20 minutes drive from Te Anau towards Mossburn. The track is wheelchair-accessible, and leads to a viewing platform over ancient, low and slow-growing *Halocarpus bidwilli* 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.



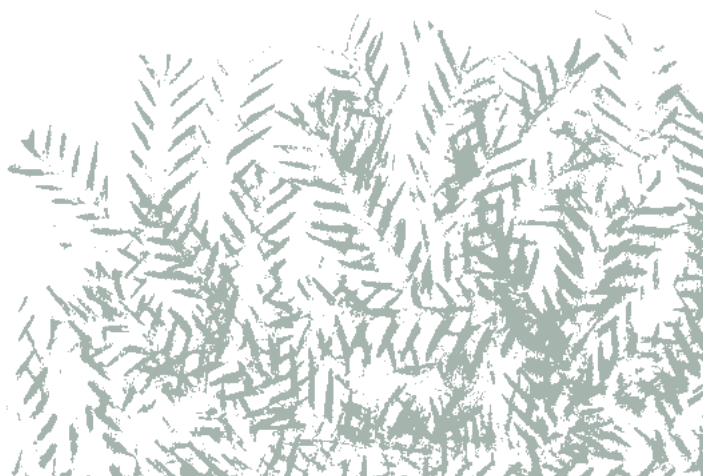
## Access by boat only

### Hidden Lakes Track

4 hours 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.





# Punanga Manu o Te Anau / Te Anau Bird Sanctuary

*Come to this small, family-friendly sanctuary and meet some of Fiordland's special birds.*

## Location

Punanga Manu o Te Anau / Te Anau Bird Sanctuary is set on the shores of Lake Te Anau, and is an easy 20-minute walk or 2-minute drive from the Te Rua-o-te-moko / Fiordland National Park Visitor Centre.

## Opening times



The sanctuary is open to the public from dawn to dusk.

Public tours of the sanctuary run most days at 10.30 am for 45 minutes to 1 hour.

Tickets are available at the Visitor Centre to purchase.

## General entry

Entry is free for self-guided visitors. However, donations are essential to the continued running of the sanctuary. You can contribute to the sanctuary through donation boxes on site or at the Fiordland National Park Visitor Centre, or through the New Zealand Nature Fund.



## Birds you can see at the Sanctuary

### Takahē

Takahē are the stars of the show at Punanga Manu o Te Anau and meeting these prehistoric-looking characters is a 'must do' for Fiordland visitors. The Te Anau Bird Sanctuary's takahē pairs support the Takahē Recovery Programme by raising chicks which are released into predator-controlled wild homes at around 1 year of age.

### Kākā

Kākā are related to the rarer kea or mountain parrot. They are absent from many New Zealand forests due to predation and competition from introduced pests.

The sanctuary supports the South Island kākā recovery

programme. Birds bred here are released into predator-controlled areas to help re-establish wild populations.

### **Antipodes Island parakeets**

Antipodes Island parakeets are not native to mainland Aotearoa New Zealand and are found here only in captivity.

The wild population is thriving since the eradication of mice from remote island, the wild population is thriving.

### **Pāteke /brown teal**

Pāteke are small members of the dabbling duck family which previously had the conservation status 'Nationally Endangered' but is now 'Nationally Increasing'. Habitat restoration, predator control and captive breeding for release have helped populations to recover.

The breeding programme here that has contributed to an improved conservation status for this species.

### **Kōwhiowhio /whio/blue duck**

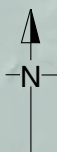
Kōwhiowhio thrive in the clean, cool, highly oxygenated water of our mountain streams and rivers, but are unfortunately vulnerable to attack by introduced mammals like stoats and possums.

The sanctuary's pair are part of a successful captive rearing programme which aims to restore wild populations. This programme is sponsored by the Te Anau Lakeview Kiwi Holiday Park.

### **Wild birds**

Depending on the time of year, a wide variety of native and non-native songbirds and waterfowl can be seen within the sanctuary grounds and on the lake.








# Lake Manapouri

## Manapouri

### Fiordland National Park

- - - Tramping track
- · - · - Walking track
-  Hut
-  Campsite
-  Lookout

0 1 2 3 4 km

# Walks around Manapouri

Manapouri township is 20 minutes drive from Te Anau on State Highway 95. It is located at the edge of the 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 minute boat journey across the Waiau River.

Water taxis are available in summer. Contact the Fiordland National Park Visitor Centre for details.

**All track times are one way unless stated otherwise.**

## Track categories



**Easy access short walk**  
– wheelchair accessible



**Short walk** – easy walking for up to an hour



**Walking track** – gentle walking from a few minutes to a day



**Great Walk/Easy tramping track** – well formed track for comfortable overnight tramping/hiking



**Tramping track** – mostly unformed but with track directional markers, poles or cairns; backcountry experience required

## Other symbols



Birds nesting



Visitor shelter



Hut



Interp walk



Lookout



Motorboat



Picnic site



Rowboat



Mountain bike



Toilets



Views of the lake from Circle Track. Photo: DOC

### Fraser Beach

30 minutes



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

3–3 hours 30 minutes



From the jetty, follow the riverside track for 15 minutes 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 hour. Turn left for Hope Arm or Back Valley Hut options.

### Pearl Harbour to Back Valley Hut

4–5 hours return



Follow the jetty as described in the Pearl Harbour to Hope Arm walk 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 hours return; the track is very muddy as it follows the creek to the lake.



### **Pearl Harbour to Hope Arm**

4–6 hours return



From the jetty follow the track by the Waiau River for 15 minutes. 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 again 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 and shortly you will descend onto Hope Arm Beach. The hut is at the far end of the beach.

### **Pearl Harbour return via Hope Arm and Back Valley huts**

6–7 hours



This is a loop walk visiting both huts. See above for 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 boat only

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

### The Monument Track

1 hour 30 minutes–2 hours return



The Monument Track starts 2 km north of the 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 minutes–1 hour return



Two tracks can be explored from the western entrance to Hope Arm. The first 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 rock and slippery, and parts of it can be underwater if the lake level is high.





## Home Creek

30 minute loop walk



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 who manage the area and oversee restoration efforts. Most of the native plants on the reserve were propagated and planted by volunteers.

## Rakatu Wetlands

30 minutes – 4 hours



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 Manapouri hydroelectric power scheme. The wetlands are maintained by the Waiau Trust.





Manapouri

Fiordland National Park

Waiiau River

BORLAND ROAD

Green Lake Hut Track  
Mt Burns Tarns Track

South Borland Track

Borland Nature Walk

Monowai

Blackmount

Burnt Ridge Track

Lake Monowai Lookout Track

LAKE MONOWAI ROAD

Monowai Lake

Big Tōtara Walk

Dean Forest

LILLBURN MONOWAI ROAD

Lake Hauroko Lookout Track

Lake Hauroko Track

LILLBURN VALLEY ROAD

Rowallan Forest






Clifden

99

Tuatapere

PAPATOTARA COAST ROAD

South Coast Track

- - - Tramping track
-  Bivvy
-  Hut
-  Campsite
-  Parking
-  Toilet

N















Te Waewae Bay

0 4 8 12 16 km

# 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, and (mostly unsealed) road access into Fiordland National Park.*

**All track times are one way unless stated otherwise.**

Track categories	Other symbols
 <b>Easy access short walk</b> – wheelchair accessible	 Birds nesting
 <b>Short walk</b> – easy walking for up to an hour	 Visitor shelter
 <b>Walking track</b> – gentle walking from a few minutes to a day	 Hut
 <b>Great Walk/Easy tramping track</b> – well formed track for comfortable overnight tramping/hiking	 Interp walk
 <b>Tramping track</b> – mostly unformed but with track directional markers, poles or cairns; backcountry experience required	 Lookout
	 Motorboat
	 Picnic site
	 Rowboat
	 Toilets



Mt Burns Tarns. Photo: Anja Köhler

### **Borland Nature Walk**

40 minutes return



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 hour 30 minutes



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 minutes



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 hours



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.



Green Lake Track. Photo: Anja Köhler

### Mt Burns Tarns Track

45 minutes return



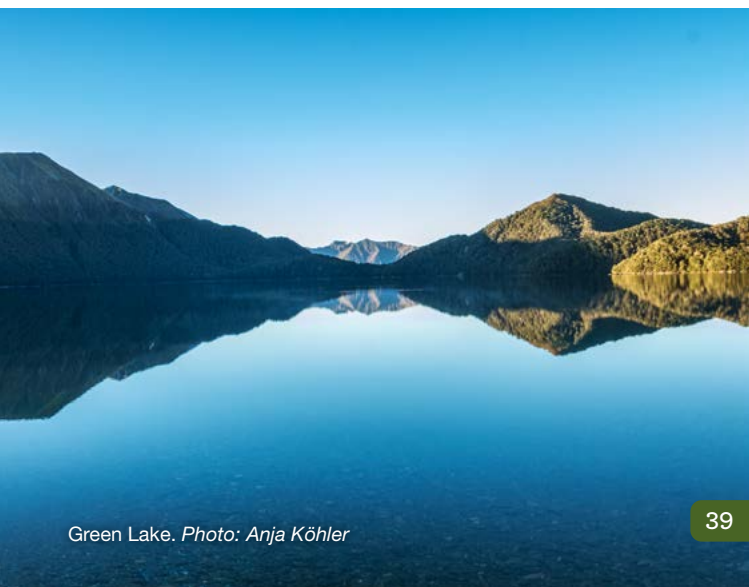
This track leads from the Borland Saddle car park through the bush to the open tops of Mt Burns. The array of tarns and unique views are well worth the steep climb. Take suitable clothing – it can be very cold and wet.

### Green Lake Hut

3 hours 30 minutes



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 Green Lake. The 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 souging 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	Other symbols
 <b>Easy access short walk</b> – wheelchair accessible	 Birds nesting
 <b>Short walk</b> – easy walking for up to an hour	 Visitor shelter
 <b>Walking track</b> – gentle walking from a few minutes to a day	 Hut
 <b>Great Walk/Easy tramping track</b> – well formed track for comfortable overnight tramping/hiking	 Interp walk
 <b>Tramping track</b> – mostly unformed but with track directional markers, poles or cairns; backcountry experience required	 Lookout
	 Motorboat
	 Picnic site
	 Rowboat
	 Toilets

## Lake Hauroko Track

40 minutes return



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 mataī, tōtara and rimu in the wetter areas, to mountain beech in the drier areas.

## Lake Hauroko Lookout Track

3 hour 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 north-west.



## Big Tōtara Walk

30 minutes return



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 hour 30 minutes 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. Hector's dolphins are often seen all along this coast, and you might also spot a southern right whale.



Hector's dolphin, Te Waewae Bay. Photo: DOC

## What else can I do in Fiordland National Park?

### Hunting, fishing, kayaking and pack rafting

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. Permits to hunt red deer, wapiti and possums are available from the Fiordland National Park Visitor Centre.

The lakes and rivers of Fiordland offer excellent fishing for brown and rainbow trout. You do need to purchase a fishing licence from the Fish and Game New Zealand website at <https://fishandgame.org.nz> and adhere to the regulations. The invasive algae didymo is present in some areas of the park, and to stop the spread of the freshwater pest, some rivers in Fiordland require a clean gear certificate. Contact the Fiordland National Park Visitor Centre.

Kayaking and pack-rafting are available. A permit control system may be in place for some waterways. Contact the Fiordland National Park Visitor Centre for more information.

### 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.



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.

## Mountain biking

There are mountain bike tracks at Ivon Wilson Park in Te Anau. Perenuka Mountain Bike Park is located at Sinclair Road, about 5 km 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). Or check out the Lake2Lake Trail that runs alongside Lake Te Anau and the eastern side of 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 i-SITE or visit the website: [www.fiordland.org.nz](http://www.fiordland.org.nz)

## Camping

The Department of Conservation administers numerous campsites within Fiordland National Park. There is a small charge and facilities are basic. Information on location, prices and facilities is available online. Visit [doc.govt.nz/camping](http://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 Fiordland National Park Visitor Centre or visit the DOC website: [www.doc.govt.nz](http://www.doc.govt.nz)

## Further information

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

Department of Conservation  
Lakefront Drive  
PO Box 29  
Te Anau 9640

**PHONE: (03) 249 7924**

**EMAIL: [fiordlandvc@doc.govt.nz](mailto:fiordlandvc@doc.govt.nz)**

**[www.doc.govt.nz](http://www.doc.govt.nz)**

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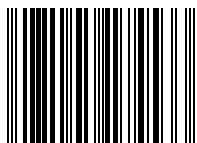
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