

Hidden Gems & Iconic Landmarks of New Zealand

Trip style: Guided Walking Holidays

Destination: 📍 New Zealand

Trip code: SNZ19-WHW10

Trip Walking Grade: 2

Carbon Footprint: 🌳 5973kg CO2



Holiday Overview

Few places on the planet rival New Zealand when it comes to natural beauty spots. So it's easy to see the appeal of a holiday that takes lovers of the great outdoors from north to south to truly experience everything the country has to offer. Highlights include tramping sections of two of the country's Great Walks, taking a memorable cruise on Milford Sound, enjoying geothermal activity at Wai-O-Tapu, and spending time in big-name cities such as Auckland, Wellington, and Queenstown. To top it all, there's a chance to experience Māori culture with a typical hāngī meal (a traditional underground cooking method).

WHAT YOU'LL LOVE

- Discovering the thunderous Huka Falls at Lake Taupo
- Tramping the iconic Tongariro Alpine Crossing
- Trekking through Abel Tasman National Park
- Exploring the valleys of Mt Cook National Park
- Cruising through Milford Sound
- Enjoying a traditional hāngī meal at a Māori village

WHAT'S INCLUDED

- Outbound flights from London Heathrow including baggage and transfers
- Return flights from Queenstown including baggage and transfers
- Guided walks with local leaders
- 19 nights' touring accommodation across New Zealand
- 19 breakfasts, 11 lunches, 13 dinners
- All sightseeing and entrance fees (as per itinerary)
- Glacier boat trip and fjord cruise
- All in-destination transport and internal flights

WALKING GRADES AND OPTIONS

This holiday is graded at Level 2.

This holiday offers a good balance between part and full day walks, travelling and sightseeing. Generally, guided walks range from 3 to 6 miles (5-10km) with minimal ascent. On some days there are also optional harder walks (Grade 3-4) of up to 13½ miles (22km) with 2,550 feet (780m) of sustained ascent. Often this can involve starting together and those wanting a more strenuous walk do a longer version of the trail.

ITINERARY – ITINERARY

Day 1 Departure from UK

With-flights guests depart the UK on our flight to Auckland via Singapore

Day 2 In Transit

We spend today in transit to Auckland.

Day 3 Arrival

With-flights guests arrive in Auckland. After passing through customs you'll be met by your driver who will transfer you to your hotel. Check in and freshen up, before meeting your expert local guide along with the without-flight guests in your group in reception. We'll head out to explore the picturesque docks of Wyndham quarter and round off with an evening meal together.

Day 4 Rotorua

Distance: 2 miles (3km)

Ascent: 150 feet (50m) on a good trail, approx. 2 hours.

We'll begin our trip by heading south to Rotorua (approx. 3 hours) and the Wai-O-Tapu thermal reserve. Thousands of years in the making, it's one of the most extensive geothermal systems in New Zealand. Enjoy a gentle walk through this geological wonderland, looking out for impossibly colourful lakes, mud pools, sinter springs, and hissing steam vents. In the evening we'll visit a city centre café for dinner.

Meals: Breakfast and dinner

Day 5 Lake Tarawera

Distance: 4.5 miles (7km)

Ascent: 800 feet (250m)

Descent: 1200 feet (350m) on an undulating rougher trail, approx. 3 hours.

After a short drive we'll take a trek on the southern shoreline of Lake Tarawera. Follow a well-made trail around this bush-fringed crater. We'll catch a scenic water taxi back. In the evening, we'll take you to a Māori village for a traditional 'Hāngi' meal, where food is cooked in an earth oven and shared.

Meals: Breakfast Lunch and Dinner

Day 6 Whirinaki Rainforest

Distance: 6 miles (10km)

Ascent/Descent: 900 feet (280m) approx. 3-4 hours

Travel east to the Jurassic-like Whirinaki Rainforest in the Taupo area of central North Island, home to New Zealand's largest lake. Here we'll follow the Whirinaki River on a loop trail through some well-preserved rainforest, admiring the impressive podocarp trees. Later, on the way south to Taupo, stop to discover the thunderous Huka Falls, where the powder blue waters of the Waikato River are forced through a narrow channel into a series of turbulent plunge pools.

Meals: Breakfast, lunch and dinner

Day 7 Tongariro National Park

Today we'll head to the remarkable Tongariro National Park, a volcanic wonderland with dual World Heritage status - a designation given to places that have both natural and cultural significance.

On our first afternoon, we'll enjoy some short walks around the park that introduce us to the stunning surroundings. There's an opportunity to walk a loop through open tussock and native bird-filled forests to Taranaki Falls, or venture to Lake Rotopounamu. The name of the lake comes from the Māori words roto (lake) and pounamu (greenstone). Settle into your hotel and enjoy a pre-dinner drink at the bar with views of the volcanoes.

Meals: Breakfast, lunch and dinner. Please note packed lunches are supplied on these days. However, if you opt out of walks on these days, lunch will not be included, and you will be responsible for sourcing your own.

Day 8 Tongariro Alpine Crossing

Distance: 12 miles (19.5 km)

Ascent: 2,950 feet (900m)

Descent: 3,700 feet (1,150m)

Max Elevation: 6,130 feet (1870m)

Today we'll trek the famous Tongariro Alpine Crossing, heralded as one of the 'Best One Day Walks in the World'. The crossing is a unique landscape of alpine moorland scarred by volcanic activity.

The trail climbs steadily up an alpine valley to the head-wall where we'll scale the Devil's Staircase. If the weather is clear, we'll enjoy uninterrupted views of Mount Taranaki on the west coast of North Island. We'll walk between springs and craters, emerald-coloured lakes considered sacred by local Māori, and marvel at the active volcanic peaks of Tongariro, Ngauruhoe and Ruapehu. Eventually we'll descend on the north flanks and finally through dense forest to the trail's end.

Please note: The Tongariro Alpine crossing option is the toughest hike on this trip. Please seek your leader's views on your suitability. Leaders have to consider the safety of the whole group.

There are alternative walks available on this day which are equally enjoyable. This walk may occasionally change to day 7, depending on the conditions. Your local guides will advise on the best day to make the trek. There will also be an easier walk alternative that still includes the first section of the Alpine crossing.

Meals: Breakfast, lunch and dinner. Please note packed lunches are supplied on these days. However, if you opt out of walks on these days, lunch will not be included, and you will be responsible for sourcing your own.

Day 9–10 Wellington

Finish your exploration of the North Island by travelling to the harbour city of Wellington (approx. 4 hours). On a sunny, windless day this compact city is wonderful to explore independently on foot. Victorian timber architecture abuts bushy hillsides above the hook-shaped harbour, while the centre buzzes with museums, theatres, galleries and arts centres at odds with its small size. There's a superb café and restaurant scene, and if you need to walk that off, easy access to surrounding hills and ranges; there's a cable car that climbs above the city if that seems like too much effort though!

Meals: Breakfast

Day 11 Nelson

Distance: 1.5 miles (2½km) Ascent: 500 feet (150m)

Board a flight to Nelson in the South Island, which enjoys a winning combination of beautiful surroundings and sophisticated cultural scene. Meet your South Island guides before a chance to immerse yourself in what is hailed as one of New Zealand's most 'liveable' cities. Get to know the area on a gentle walk up Botanical Hill; although small, this peak is billed as the centre of New Zealand and provides great views over Nelson, Maitai Valley and Tasman Bay. Enjoy dinner at the hotel

Meals: Breakfast and Dinner

Day 12 Abel Tasman National Park

Distance: 5-7 miles (8-11.5km)

Ascent: 1,500 feet (460m) on the easier option, 2,150 feet (650m) on the harder option

Our adventures on South Island begin with a drive to Kaiteriteri, a beach resort that acts as the gateway to the stunning Abel Tasman National Park. Here, we'll set off walking a section of the Abel Tasman Coast Track, probably New Zealand's most relaxed Great Walk. After a water taxi ride up the coast, we'll stroll sandy beaches and lush coastal forest trails between Bark Bay and Anchorage to get a real feel for this idyllic stretch of shoreline. At the end of the trail, cool off with a paddle or swim in the sea at Torrent Bay. We'll shuttle you back to Kaiteriteri by boat before heading to Nelson for another night out. The distance on the day depends on whether we take a high or low tide route.

Meals: Breakfast and Lunch

Day 13 The West Coast

Distance: 6.5 miles (11km)

Ascent: 950 feet (290m)

From Nelson we'll journey southwest over Hope Saddle to the West Coast, following the mighty Buller River as it travels along the southern boundary of Kahurangi National Park. Journey through the imposing Buller Gorge and reach the wild west coast. Stretch your legs on a well-graded trail at the uncompromisingly named Cape Foulwind to find a fur seal colony. We'll then travel on to Punakaiki to hike the rainforest canyon of the Pororari River with its distinctive groves of tropical nikau palms.

Meals: Breakfast, Lunch and Dinner

Day 14 Punakaiki & the Southern Alps

Distance: 3 miles (5km)

Ascent: 750 feet (230m) for both walks.

Today, spend time in Punakaiki discovering the strange Pancake Rocks that take their name from their unusual formation, where thin layers of limestone lie piled upon one another. Look out too for blowholes at certain tide times, where the sea bursts through eroded limestone in great fountains. Afterwards, you'll cross over the Southern Alps, stopping to stride out on a section of the Arthur's Pass Walking Track, giving you the chance to enjoy the alpine bush, wetlands, waterfalls and rich local history here. Later, you'll also walk among the imposing limestone outcrops of Castle Hill. Finish the day by heading south through the Canterbury Plains to Methven.

Meals: Breakfast and Dinner

Day 15 Aoraki/Mount Cook

Distance: 3.4 miles (5.5km)

Ascent: 1,400 feet (420m)

Max Elevation: 3,380 feet (1030m)

While driving south and inland, spend the day transition from rolling green pastoral landscapes to tawny brown steppes. Here you'll find Lake Tekapo. We'll drive to the summit of Mount John, home to a powerful astronomical telescope, to walk a loop with several unobstructed views of nearby lakes and glaciated summits. A further drive will bring you to Aoraki/Mount Cook, and the chance to explore Mount Cook National Park on foot while you marvel at some of New Zealand's highest mountains and longest glaciers. Immerse yourself in this rugged land of rock and ice and watch for alpine tarns, herb field and spectacular glacier views. Encounters with kea, mountain parrots, are part of the adventure!

Meals: Breakfast and Dinner

Day 16 Mount Cook National Park

Distance: 6 miles (10km)

Ascent: 400 feet (120m) of ascent. Approx. 3 – 4 hours in total.

Drop into the Hooker Valley, within the heart of Mount Cook National Park. We'll follow the milky blue Hooker River and look out for superb sky-scrapping views of the south face of Aoraki/Mount Cook. At 3,724m, it's the highest mountain in New Zealand. At the end of the trail, we'll arrive at Hooker Lake, where the retreating Hooker Glacier sometimes deposits icebergs in the chilly water.

Please note: A steep climb up to Sealy tarn is sometimes an extra option for very strong walkers on this morning.

Meals: Breakfast and Lunch

Day 17 Tasman Glacier Lake

Today we'll take a cruise on the Tasman Glacier Lake. Created by the retreat of the glacier, the sediment-rich waters are regularly dotted with icebergs of all shapes and sizes, making it incredibly photogenic. Superb views of the surrounding mountains can also be had. After this memorable encounter with New Zealand's largest glacier, we'll make our way to Wanaka, a town set on the shores of its namesake lake. Relax at our accommodation.

Meals: Breakfast and Dinner

Day 18 Diamond Lake & the Rocky Mountain

Distance: 3-4.5 miles (5-7 km)

Ascent: 1,050 feet (320m) on the lower option 2,130 feet (650m) on the longer higher option

The highlights keep coming with a hike among the post-glacial features of the Diamond Lake and Rocky Mountain area. Follow a loop to numerous lookout points and soak up the 360-degree panorama from the high point across Glendhu Bay to Roys Peak and Lake Wanaka. In the afternoon we'll embark on a beautiful scenic drive; over the Crown Rang with stunning views across the Lake Wakatipu Basin, then south to Lake TeAnau.

Meals: Breakfast, Lunch and Dinner

Day 19 Lake Te Anau & Kepler Track

Distance: 7.5-13.5 miles (12-22km)

Ascent: 500 feet (150m) on the shorter option, 2,500 feet (760m) on the longer option

Next up is a tramp on a section of the Kepler Track, one of New Zealand's designated Great Walks. This awe-inspiring track was designed to show off the best features of Fiordland, from the vast Lake Te Anau to muscular mountains, glacier-carved valleys, and tall waterfalls. You can choose between an easier and harder route; the former explores beech forest and fragile wetlands to reach the Lake Manapouri shoreline at Shallow Bay, while the harder option walks through moss-draped beech forests full of bird life, crosses boggy country on boardwalks, and takes in the views from atop the limestone cliffs. We'll descend and catch a water taxi back to Te Anau.

Meals: Breakfast and Lunch

Day 20 Routeburn Track & Milford Sound

Distance: 5 miles (7km) Ascent: 1,400 feet (420m) to Key Summit

Distance: 1.5 miles (2½km) Ascent: 525 feet (160m) Hollyford Valley

Travel to Milford Sound, stopping along the way at The Divide to walk a section of the Routeburn Track, another of New Zealand's Great Walks. Discover stunning alpine scenery and soak up ever-changing views of snow-capped peaks, tussocky moorland and pretty lakes on the climb to and from Key Summit or, if the cloud is low, venture into the Hollyford Valley. At Milford Sound board a boat and set sail on the deep, ink-dark waters of this glacially-gouged fjord, with its dramatic forest-clad cliffs hundreds of metres high. Cruise past the distinctive outline of Mitre Peak, past impressive waterfalls, u-shaped valleys and coves to the entrance of the fjord and the Tasman Sea, all the while looking out for dusky dolphins, fur seals and, if you're lucky, the rare Fiordland crested penguin.

Meals: Breakfast, Lunch and Dinner

Day 21 Queenstown

We'll wrap up our exploration of New Zealand with a transfer to Queenstown via beautiful Lake Hayes. Here, enjoy brunch at a local wine maker showcasing the wine styles of Central Otago. Later, continue to Queenstown with its contrasting adventure scene and cosmopolitan dining and arts quarters, all set against one of the most dramatic mountain backdrops in New Zealand.

Meals: Breakfast and Lunch

Day 22 Departure Day

After breakfast, with-flights guests transfer to Queenstown airport for their overnight flight back the UK.

Day 23 Arrive back in the UK

Arrive back in the UK

Daily Walk Options



Easier Walks

Good paths but walks are a bit longer. Some walks, particularly in mountain areas, may have sections over rough or steeper terrain.

Accommodation

Distinction Hotel, Rotorua – New Zealand

We stay at the Distinction Hotel in Rotorua. Located near the Whakarewarewa Forest, the hotel offers the perfect place to relax after a day exploring the local area.

Beechtree Motels, Taupo – New Zealand

Modern accommodation which offers style and comfort and is only a 5-minute walk from the lake.

Rutherford Hotel, Nelson – New Zealand

A stylish, centrally located hotel. We stay here for 2 nights on arrival on the South Island.

Hermitage, Mount Cook – New Zealand

Following a drive through the parched high country, we arrive at our accommodation at the Hermitage. The hotel is located at the edge of the high alps of Mt Cook.

Heritage Queenstown, Queenstown – New Zealand

In Queenstown we stay at the Heritage Hotel, situated on the edge of Lake Wakatipu. Rooms benefit from a range of views over the surrounding mountains, forests and lake. Facilities include swimming pool, gym and free Wi-Fi.

Distinction Hotel, Te Anau – New Zealand

Distinction Te Anau Hotel and Villas offers chic, elegant accommodation and FREE unlimited WiFi for the perfect Fiordland getaway. Surrounded by extensive, colourful gardens and overlooking spectacular Lake Te Anau and the Fiordland ranges, this 4 star hotel and villa accommodation sets the tone for your stay in one of the world's most breathtaking regions.

Skotel Alpine Resort – New Zealand

A cosy and welcoming alpine resort nestled in the heart of the national park amidst tussock and striking landscapes.

Copthorne Oriental Bay – New Zealand

Enjoy a two-night stay in the heart of humming Wellington.

Ski Time, Methven – New Zealand

Enjoy stunning views from the hotel as you relax with a drink.

The Park Hotel, Tongariro – New Zealand (For February 2025 depa

With stunning alpine views and outdoor hot tubs, this is the perfect place to relax after a day's walking. All rooms have free Wi-Fi and hotel facilities include a restaurant and bar, plus a relaxing lounge area set around a log fire.

The Scenic Hotel Resort, Punakaiki – New Zealand

The Scenic Hotel Punakaiki offers stylish and modern guest rooms with stunning beach, ocean, or rainforest views. The hotel's Ocean View Restaurant and Bar provides visitors with a premium dining experience in one of New Zealand's most beautiful locations.

The Travel Lodge Auckland – New Zealand

The Travel Lodge Auckland boasts an enviable position in the centre of Auckland, close to the waterfront. Its

selection of well-appointed rooms all come with ensuite facilities and free Wi-Fi. Please note that there is no on-site restaurant at this hotel, instead receive a breakfast voucher for Wander Café, located 100m from the hotel and offering a range of delicious breakfast options.

Oakridge Resorts – New Zealand

Situated just 3 km from the stunning Lake Wanaka, Oakridge Resort is surrounded by beautiful mountains and is a great starting point for outdoor activities. All rooms are ensuite and include tea and coffee making facilities. The hotel also has a whopping nine outdoor heated pools, a spa offering relaxation treatments, and a restaurant serving excellent local dishes.

Millenium Hotel and Resort Manuels – Taupo (2027)

At Millennium Hotel Taupō, luxury meets adventure with elegant rooms overlooking the lake and mountains, plus a heated pool to relax in. Set on the shores of the country's largest lake, uninterrupted views of the magnificent lake and mountains. Just beyond the doorstep, experience Huka Falls, geothermal landscapes, alpine trails, and lake activities. Room facilities include WiFi, Tea & Coffee making facilities and hairdryer.

Useful Holiday Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

Trip Information

Please also inform us of any medical situation which may affect your enjoyment of the holiday.. This is important because our leaders must consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions and other directions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services. Please then call our emergency number (sent in your final dispatch) and let us know there is a problem.

This information is subject to change. In all cases, we **highly recommend** you consult your GP both for up to date details and for more information on what is appropriate to your situation.

As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK – including, for example, the MMR and diphtheria, tetanus, polio vaccines.

Requirements can change, and we recommend you check in good time ahead of your holiday.

Some travellers may require:

- Hepatitis A
- Hepatitis B

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries.

If you will be carrying medication, please check with the country's embassy/consulate prior to travel. As an extra precaution, it is recommended to:

- Keep medication in its original packet
- Take a copy of your prescription
- If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

For further information on country specific advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk

Passports

A full passport is required and we recommend that it is valid for at least 6 months after your planned departure from New Zealand.

Visas

From 1 October 2019, travellers from visa waiver countries must have an ETA to travel to New Zealand. You can request your ETA via the Immigration NZ website or mobile app – the cost is NZ\$ 12 via the website or NZ\$ 9 via the app. The application takes 5-10 minutes and once issued, the ETA is valid for up to 2 years and for multiple visits.

Most visitors to New Zealand will need to pay the International Visitor Conservation & Tourism Levy (IVL). You can do this when you apply for your visa or ETA: it will be charged automatically when you make your application, and as of October 1st 2024 this costs NZ\$100.

For a list of visa waiver countries please see: <https://www.immigration.govt.nz/new-zealand-visas/apply-for-a-visa/tools-and-information/general-information/visa-waiver-countries>

For details of visas if you are visiting from another country, please see: <https://www.immigration.govt.nz/new-zealand-visas>

Our 'with-flight' option currently transits via Singapore on the outbound journey. If you are transiting via the USA, you will need a visa or ESTA (Electronic System for Travel Authorisation). No visa is required by citizens with full right of residence in visa waiver programme (VWP) countries. This includes UK, Australia, New Zealand – please see <https://esta.cbp.dhs.gov/> for details of other countries included in the VWP. Citizens of VWP countries are required to obtain travel authorisation prior to travel. You can register for authorisation online through the website above.

If your holiday includes a stopover of more than 8 hours in Australia then you will need to apply for an Australian visa.

Canadian and US citizens require an ETA (electronic travel authorisation). These must be applied for in advance, and cost AUS \$20. Please go to www.eta.immi.gov.au or consult your embassy for advice.

British and EU passport holders need an eVisitor visa (subclass 651). To do this you need to create an Immiaccount via <https://online.immi.gov.au/lusc/login>. There is no charge for an eVisitor visa. Please see <https://www.border.gov.au/Trav/Visa-1/651> for further information.

Tripnote validity

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

Document produced: 23 July 2026

