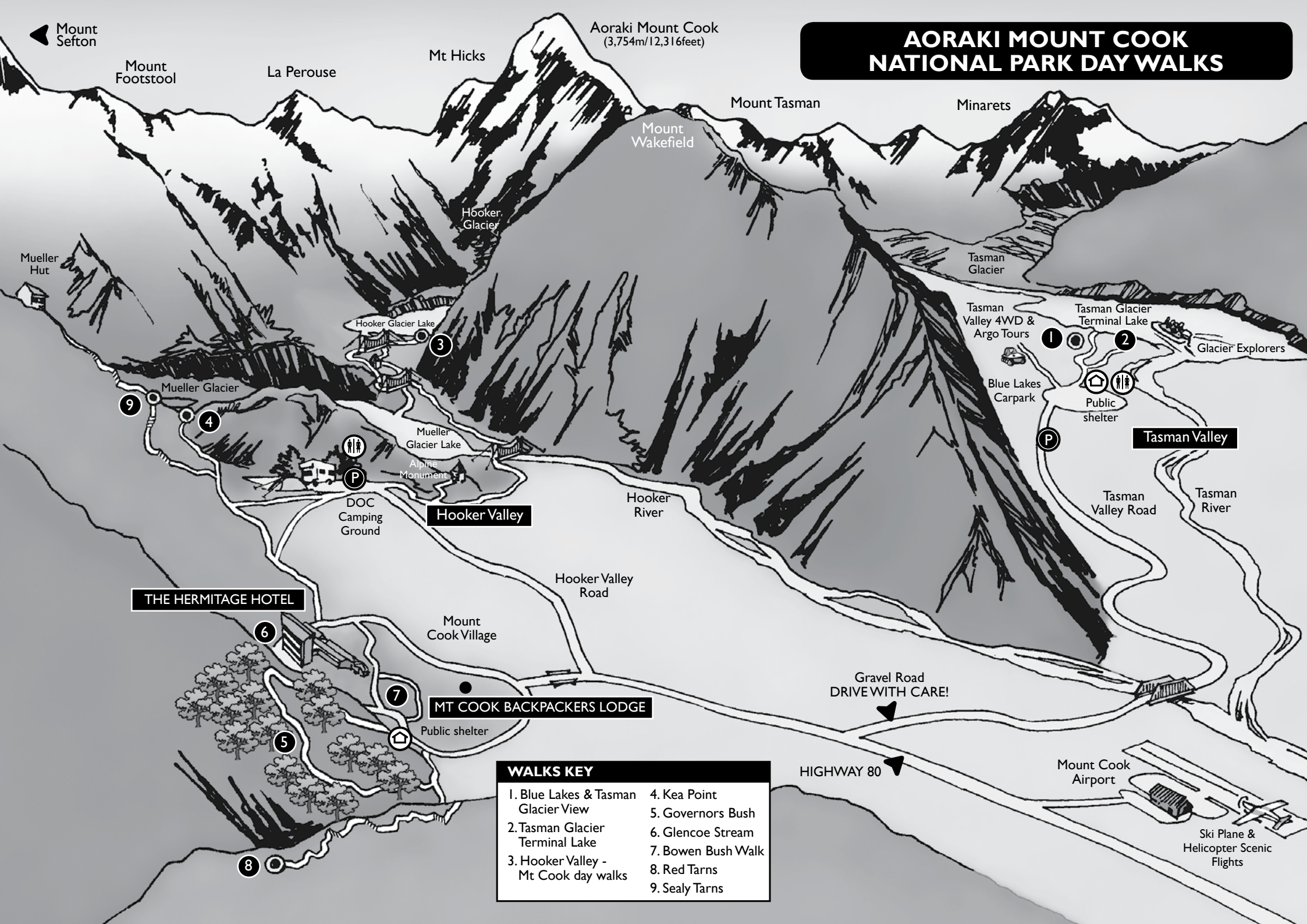


AORAKI MOUNT COOK NATIONAL PARK DAY WALKS



WALKS KEY

- | | |
|--------------------------------------|--------------------|
| 1. Blue Lakes & Tasman Glacier View | 4. Kea Point |
| 2. Tasman Glacier Terminal Lake | 5. Governors Bush |
| 3. Hooker Valley - Mt Cook day walks | 6. Glencoe Stream |
| | 7. Bowen Bush Walk |
| | 8. Red Tarns |
| | 9. Sealy Tarns |

THE HERMITAGE HOTEL

MT COOK BACKPACKERS LODGE

Tasman Valley

Hooker Valley

Gravel Road
DRIVE WITH CARE!

HIGHWAY 80

Ski Plane &
Helicopter Scenic
Flights

TASMAN VALLEY WALKS*

1. BLUE LAKES AND TASMAN GLACIER VIEW

(40 minutes return)

For great views of the lower Tasman Glacier and mountains at the valley head, walk from the Blue Lakes Shelter past the lakes to a viewpoint on the moraine wall. The Blue Lakes offer good swimming in summer and can be reached by making a side trip off the main track.

* Be careful when standing near the top of the moraine wall



2. TASMAN GLACIER LAKE

(1 hour return)

This walk branches off the Tasman Glacier View Track just past the Blue Lakes Shelter and leads to a viewpoint of the glacier terminal lake and the source of bergs can be seen floating in the lake in summer and in winter the lake freezes over.

* Depart from Blue Lakes Car park, 20 minute drive from Mount Cook Village

HOOKER VALLEY WALKS

3. HOOKER VALLEY

(30 mins, 3 hrs or 4½ hrs return)

The most popular walk in the area is the Hooker Valley walk. Starting at The Hermitage, the walk takes in the camping ground, the site of the original Hermitage, an Alpine Memorial, and three swing bridges until the final destination of the Terminal Lake at the bottom of the Hooker Glacier is reached. Approximately four and a half hours return, it provides spectacular views of Aoraki Mount Cook. The walk can be reduced by approximately 1½ hours by starting at the camping ground.

The Mueller Glacier lookout point is an easy 30 minute return walk from the camping ground. The walk to the three bridges has some steps, and is easy to moderate difficulty. There are self composting toilets past the second swing bridge.

4. KEA POINT

(1½ – 2 hrs return)

The Kea Point track also begins at The Hermitage. The walk is relatively flat and provides great views of Aoraki Mount Cook, the Mueller Glacier and the hanging glaciers and icefalls of Mount Sefton. There is seating at the Kea Point lookout at the end of the track.



SHORT BUSH WALKS

5. GOVERNORS BUSH

(45 mins – 1 hr on loop track)

Named after the 1873 Governor of New Zealand, Sir George Bowen, the Governors Bush track begins behind the day shelter in the lower part of the Mount Cook Village. Walk through the only remaining native forest in the National Park with beautiful Silver Beech and Totara trees. This walk has a gentle climb.



6. GLENCOE STREAM WALK (30 mins)

Starting from behind The Hermitage, the walk zigzags through Totara trees and fern undergrowth and emerges at a lookout near the water tanks above The Hermitage. Walkers are rewarded with a bird's eye view of the village and beyond to the white ice of the Hooker Glacier and Aoraki Mount Cook. Sunrise and sunset are good times to catch the light on the mountains.

7. BOWEN BUSH WALK (15 mins) Easy walk starting after the village bridge.

ADVENTUROUS WALKS

8. RED TARNs

(1½ – 2 hours)

The Red Tarns track begins in the lower part of the Mount Cook Village. Cross the bridge over Black Birch stream which is 10 minutes walk from the DOC Visitors Centre and 500m from the public shelter. Climb the steep steps to reach the Red Tarns (so coloured because of red pond weed in the water).

More experienced trampers can continue past the Tarns to summit the lowest mountain in the National Park, Sebastopol, for a stunning view of Aoraki Mount Cook and Lake Pukaki.



9. SEALY TARNs

(2 – 4 hrs return or 6 – 8 hrs return)

The Sealy Tarns track is for those who don't mind a steep stair climb. Take the Kea Point track and turn off at the signpost. The walk to the Tarns (small glacial-formed mountain lakes) takes between two and four hours and provides beautiful views of the surrounding mountains. During the summer months, many of the region's native alpine flowers can be seen alongside the track.

From Sealy Tarns, more experienced trampers can follow the alpine route to Mueller Hut (6 – 8 hrs return).

Please register your intentions at DOC Visitors centre if going beyond the Red or Sealy Tarns. Ph: 03 435 1186