



New Zealand South Island Hiking

From Abel Tasman National Park to Milford Sound

Thank you for checking out our adventures and for downloading this itinerary. Please note that this itinerary and accommodations may be subject to change depending on the specific departure date. Be sure to check with us before scheduling any flights.

We love talking travel!

Contact us at info@mtsobek.com

or call **800-974-0300**



Feel the difference

with **Mountain Travel Sobek**

Unrivalled Expertise

MT Sobek started it all! Since our first Everest Base Camp trek in 1969, we've been leading award-winning adventures and building authentic connections in far-flung locations around the world. We were named Best Adventure Travel Company by Newsweek Readers' Choice Awards.

Unique Trip Design

Our adventures are perfectly paced, with incredible attention to detail — the right mix of fun, learning, and challenge that guarantees lifelong memories. Plan nothing, enjoy everything. We take care of all of the logistics so that you can have more time to do what's most important: relax, take in the experience, and enjoy!

Small Groups

We keep our groups intentionally small — usually fewer than 10 people. This allows you a more intimate experience with the people and wildlife you encounter. With a smaller group size, we can take advantage of many unexpected invitations and opportunities that would be impossible with larger groups.





Leading the Way

World-Class Local Guides

Our knowledgeable and passionate expert guides effortlessly create an immersive local experience for you. They are trained to the highest professional standards and are at the heart of everything we do. They make it possible to meet the challenges of adventure travel, and help create lasting memories and lifelong friendships... we can confidently say our guides are the best in the business.





Why take this trip with us?

REASON 1

MT Sobek has been exploring the Pacific for over 20 years, working with the best local guides for an immersive and fun experiences.

REASON 2

Follow four of the 10 famed "great walks" of the southern island including Abel Tasman, Paparoa, Routeburn and Kepler!

REASON 3

Indulge in delicious local food and wines of the region on this expertly designed multi-faceted tour.

At A Glance

ACTIVITIES

Hiking 2-8 miles per day, plus wine tasting, whale watching, jetboat safari, and fiord cruise - plus optional glacier heli-hiking experience.



LODGING

Comfortable, contemporary, and amenity-laden hotels, mostly located within spectacular natural settings.



CLIMATE

Temperatures can vary between 50°F to 90°F during the day and may include sunshine, rain, and even snow at higher altitudes.



KNOW BEFORE YOU BOOK

"What a total comfort to know that with MT Sobek, you're in the hands of professionals who have been doing it so long and so well. That was part of why we landed on them as our operators for our dream trip, and everything about the experience they gave us—from tailored expertise to unswerving professionalism—confirmed the company's emphasis on excellence." - Alex M.



New Zealand South Island Hiking

From Abel Tasman National Park to Milford Sound

With its glorious fiords, glaciers, mountains, lakes, rivers, and tracks that crisscross it all, New Zealand's rugged South Island is a hiker's dream. On this amazing journey, follow trails in Abel Tasman, Paparoa, Nelson Lakes, and Fiordland National Parks. Experience the Fox Glacier up close, and marvel at Punakaiki's Pancake Rocks and Blowholes. Hike sections of four Great Walks including the Kepler and Routeburn Tracks! Cruise spectacular Milford Sound and experience Maori culture firsthand. Along the way, taste world-class wine, and encounter an array of native wildlife.

13 Days

Start: Nelson, New Zealand

End: Queenstown, New Zealand

Departing: January, February, March, November, December

Activities: Hiking & Trekking

Lodging: Comfortable Hotels

Group Size: 6-15 Guests

ACTIVITY:



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"This was my second MT Sobek adventure. The first made my expectations high and they were exceeded on this tour. The itinerary exposed us to a wide variety of what the South Island has to offer. The guides were superb in their knowledge of the natural world, and New Zealand history. I recommend this trip enthusiastically."

- Andy K.

Check mtsobek.com for date-specific pricing.

The Itinerary

DAY 01

Arrive in Nelson

Welcome to the South Island! Upon arrival at the airport in Nelson, your MT Sobek guide will meet you outside the arrivals area and transfer you to your hotel. Relax before joining the group for a welcome dinner and trip briefing.

MEALS: Dinner

DAY 02

Go Deep into Abel Tasman National Park

Today is dedicated to the spectacular Abel Tasman National Park. From Kaiteriteri, a seaside village and gateway to the park, cruise the rugged coastline past golden-sand beaches and granite headlands into the heart of Abel Tasman. Step ashore at Bark Bay and follow the famed Abel Tasman Coastal Track through native forests and along empty beaches. A well-formed trail leads up and over a gentle ridge into Torrent Bay, where you check out the clear, fresh water of Cleopatra's Pool before continuing to Anchorage, from where you boat back to Kaiteriteri.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour round-trip private van transfer and 2-hour round-trip boat transfer

ACTIVITY: 3 hours/7 miles hiking with 1,938' elevation gain and loss

DAY 03

Experience Nelson Lakes National Park

Depart Nelson bound for St Arnaud and the picturesque alpine lake Rotoiti situated in the northernmost extent of the Southern Alps. A short water taxi ride accesses the head of the lake to hike and have a picnic lunch in the splendid Travers Valley. The track traverses crystal clear river pools, tranquil beech forest, rushing streams and grassy river flats surrounded by mountains. The return boat ride to St Arnaud and a late afternoon drive down the broad Wairau Valley into the wine growing region of Marlborough delivers you to your accommodation for the night.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2.5-hour drive and 1-hour water taxi

ACTIVITY: 3 hours/6.2 miles hiking with 460' elevation gain and loss



Get a Taste of Local Wines & Maori History

Head south and stop for wine tasting at one of Marlborough's renowned vineyards. Continue along one of the most stunning coastal drives in the country, with superb scenery and New Zealand fur seal and dolphin sightings. On arrival in Kaikoura, enjoy remarkable clifftop views of sea and mountains with a hike around the Kaikoura Peninsula, passing by historic whaling and Maori pa sites.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 3 hours/7.5 miles hiking



Enjoy Whale-Watching, Hiking, and Maruia Springs

Start the morning with a whale-watching cruise offering the opportunity for close-up views of majestic sperm whales, New Zealand fur seals, dusky dolphins, and the endangered wandering albatross. Then drive into the mountainous interior to the secluded Maruia Hot Springs deep in the forested Southern Alps. On route, take a short hike from the summit of Lewis Pass, past alpine tarns with expansive views of the surrounding wilderness. After checking in to your accommodation, take time to enjoy the natural surroundings while relaxing in the geothermal mineral pools, and savour a delicious dinner prepared with locally sourced organic ingredients.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 2-hour private van transfer

ACTIVITY: 2.5-hour whale-watching cruise; 30 minutes/1 miles hiking



Spa Experience & Pancake Rocks

Complete your experience of this health and wellness destination this morning, choosing from a variety of included activities - hot pools, sauna, yoga, or spa treatments can also be booked at an additional cost. Alternatively, hike with the guide on one of the local trails that weaves through lush Red Beech forests alongside the Alfred River. Afterward, head west to stop in the historic and quaint town of Reefton for a coffee and a stroll down the main street, lined with restored heritage buildings that offer insight into the past. On arrival at Punakaiki, take a short walk around the famous Pancake Rocks and watch the mighty blowholes. Tonight enjoy dinner at a local pub.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3.5-hour private van transfer

ACTIVITY: Up to 2 hours/3.5 miles hiking



DAY 07

Hike Paparoa National Park

Hike the Inland Pack Track between river valleys. This historic route, once used by prospectors and miners to avoid the immense coastal cliffs while travelling the West Coast now forms part of our newest Great Walk, the Paparoa Track. Walking into the otherworldly canyon of the lower Pororari with its towering limestone walls, rainforest and groves of tropical nikau palms, you may not be able to resist a swim in one of the deep river pools. Once through the canyon the trail gently climbs away from the river, then descends to the Punakaiki River. After the hike there is free time for more exploring along this wild section of coast or to relax at the beachfront accommodation.

MEALS: Breakfast | Lunch | Dinner

ACTIVITY: 3 hours/6 miles hiking

DAY 08

Tackle the Mighty Fox Glacier

Get another early start to drive south down New Zealand's picturesque West Coast to Fox Glacier, situated in a protected UNESCO World Heritage Area. Hike with our guide to the glacier viewpoint via the Moraine Walk. This walk traverses old moraine surfaces enveloped with dense West Coast forest. Or, book an (optional and subject to weather conditions) heli-hiking walk on the glacier with crampons. You will be guided on a set walk to scenic spots around the glacier. Stay in the quaint village of Fox Glacier for dinner in a local restaurant.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 3.5-hour private van transfer

ACTIVITY: 2 hours/3.5 miles hiking with 500' elevation gain and loss (optional heli-hiking for additional fee, booked on arrival)

DAY 09

Take a Jetboat Safari in South Westland

Drive south toward Hannah's Clearing, where you board a jetboat and embark on a remarkable Waiaatoto River safari. This unforgettable journey takes you deep into the otherwise inaccessible UNESCO-listed Te Wahipounamu, also known as the South West New Zealand World Heritage Area. The scenery changes dramatically from wild coastline to mountainous primeval beech forests upstream. Part way up the river, take a short hike among the towering trees. After the jetboat safari, enjoy a BBQ lunch with the owners of the jetboat company featuring fresh seafood and wild game before driving over the Southern Alps at Haast Pass to Wanaka.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 4.5-hours private van transfer

ACTIVITY: 2.5-hour jetboat safari

DAY 10

Follow Trails Around Lake Wanaka

Take it easy today with a moderate morning hike amongst the post-glacial features of Diamond Lake and the Rocky Mountain area. Relish spectacular views of Glendhu Bay, Roy's Peak, Lake Wanaka, and the patchwork of farmland and wilderness areas. Return to your lakeside accommodation for a relaxing afternoon and evening at your leisure. Those with energy left to burn can hike the pretty lakeside trail that passes in front of the hotel.

MEALS: Breakfast | Lunch

ACTIVITY: 3 hours/4.5 miles hiking with 1,886' elevation gain and loss

DAY 11

Trek the Kepler Track

After transferring to Te Anau, hike part of the Kepler Track — one of New Zealand's famed Great Walks, located in Fiordland National Park. The section meanders around the lake through lush mountain and red beech forest before emerging at Brod Bay, a delightful picnic and swimming spot. From here, catch the water taxi back to Te Anau; it's just a short walk to your hotel. Later in the afternoon you can visit Te Anau Bird Sanctuary for an opportunity to see some New Zealand's more elusive and endangered native birds.

MEALS: Breakfast | Lunch

TRANSPORTATION: 3-hour private van transfer

ACTIVITY: 1.5 hours/3.5 miles hiking with 200' elevation gain and loss



Marvel at Milford Sound & the Routeburn Track

This morning drive out to breathtaking Milford Sound for a memorable cruise. Get up close to the soaring cliffs and thunderous waterfalls. After lunch, take an afternoon hike to Key Summit on another of New Zealand's Great Walks, the Routeburn Track. The trail offers stunning views of the Darran Mountains and the Hollyford Valley, and passes through an alpine region of meadows, tarns, and a diverse range of alpine flora. Then drive back to Te Anau through lovely Eglinton Valley.

MEALS: Breakfast | Lunch | Dinner

TRANSPORTATION: 4-hour round-trip private van transfer

ACTIVITY: 3 hours/4.5 miles hiking with 1,620' elevation gain and loss; 2-hour cruise



Arrive in Queenstown and Depart for Home

Transfer to Queenstown this morning in time for a midday airport drop-off. If you're staying longer, you can also be dropped at a central Queenstown hotel.

MEALS: Breakfast | Lunch

TRANSPORTATION: 2.5-hour private van transfer



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Tides Hotel

Situated in the heart of Nelson City, the Tides Hotel is perfect for those who want to be close to all of the city center's highlights. The wider area has three national parks and plenty of outdoor activities available. Away from the action, the rooms at Trailways are perfect for relaxing, with their comfortable, large beds and outside lounging areas.

Picton Yacht Club Hotel

Centrally located, Picton Yacht Club is just a short walk away from the Waikawa Marina, ferry terminal, and the scenic township of Picton. The hotel features breathtaking views over Marlborough Sounds and an enticing swimming pool. Comfortable guest rooms feature free WiFi. Guests can enjoy fresh, local fare with stunning views at the Chartroom restaurant. The hotel makes an ideal base for exploring all the region has to offer.

Sudima Kaikoura

Located on the Pacific Ocean shoreline, Sudima Kaikoura is a brand new 4.5-star hotel with state-of-the-art facilities and stunning views of mountains and sea. It's just a short walk from the township's retail centre and nearby to local attractions making it the place to stay for visitors exploring the natural wonders and native wildlife of the area.



Where You'll Stay

These accommodations may be subject to change depending on your date of travel.

Maruia Hot Springs

Unplug at Maruia Hot Springs, staying at a natural award-winning geothermal hot springs nestled at the foot of the Southern Alps on the picturesque Lewis Pass National Reserve. Soak in mineral pools while enjoying the mountain views. Rooms feature soothing natural tones and wood accents with private terraces and custom-made bath products. The restaurant looks out over the Maruia River and forest and features fresh organic ingredients, some sourced from the onsite gardens.

Scenic Hotel Punakaiki

Situated on New Zealand's wild west coast, 30 minutes north of Greymouth and 300m south of the famous Pancakes Rocks and Blowholes, the Scenic Hotel Punakaiki is surrounded by the Paparoa National Park and is close to the beach. Its spacious, modern studio units all have en-suite bathrooms and either an ocean or garden view.

Distinction Fox Glacier

The Distinction Fox Glacier offers luxurious hotel accommodation in the ruggedly beautiful Southern Alps, located New Zealand's magnificent West Coast region. The hotel's 20 spacious rooms are well-appointed with modern amenities, including SKY TV, spacious en-suite bathrooms, coffee-making facilities, and unlimited free Wi-Fi — all rooms also feature their own private balcony. Guests can also enjoy access to the hotel's cozy lounge area and relax with a glass of wine while enjoying the valley views.

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Oakridge Resort

Grand Mercure Oakridge Resort Lake Wanaka is a 4-star hotel set in a stunning mountain landscape offering majestic views overlooking the Southern Alps. The resort features heated rock pools, seven hot tubs, a gymnasium, sauna, day spa, and restaurant to provide guests with a unique and relaxing experience.

Edgewater Resort

The shores of Lake Wanaka host only one lucky property: the aptly named Edgewater. Three room types — hotel/studio rooms, one-bedroom suites, and two-bedroom apartments — suit both short- and long-term visitors and are complemented by lovely views, free Wi-Fi, two dining options, a sauna, spa pools, massage and other treatments, tennis courts, bike rental, putting green, and a children's playground.

Distinction Te Anau Hotel and Villas

Surrounded by extensive, colourful gardens and overlooking spectacular Lake Te Anau and the Fiordland ranges, this 4 star hotel sets the tone for your stay in one of the world's most breathtaking regions. Offering luxurious rooms and just a short stroll from the Te Anau town centre, Distinction Te Anau is perfectly situated for you to make the most of this beautiful area.

Departure Dates

This trip is available to run in: January, February, March, November, December

Book early for a greater choice of available dates.

Once you book, your price is GUARANTEED!

November 3-15, 2025

December 1-13, 2025

January 12-24, 2026

February 2-14, 2026

March 2-14, 2026

November 2-14, 2026

November 30-December 12, 2026

January 11-23, 2027

February 1-13, 2027

March 12-24, 2027

What's Included

PRICE INCLUDES

- Expertise and services of our experienced adventure guides
- All accommodations as noted in the itinerary
- All breakfasts, almost all lunches and dinners as noted in the itinerary
- Snacks and water between meals
- Additional regional guides and experts on many trips
- Comprehensive Trip Planner with detailed pre-trip information
- Private guided tours at historic sites, museums, wineries and other select attractions as noted in the itinerary
- Special events and other select attractions as mentioned in the itinerary
- All gratuities at hotels and restaurants
- Equipment and experienced guides for activities as described in the itinerary
- Park and other entry fees (unless otherwise noted)
- Fares for trains, ferries and other modes of travel as listed in the itinerary
- Select transfers as mentioned in the itinerary
- Baggage transfers and portage

PRICE DOES NOT INCLUDE

- International airfare, airport taxes, and excess baggage fees
- Alcoholic beverages (MT Sobek provides wine at select events)
- Gratuities for MT Sobek guides and guide-drivers
- Travel Protection Program
- Personal expenses



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