



## LEGEND

- |  |                                  |  |                                |
|--|----------------------------------|--|--------------------------------|
|  | The Panorama Room                |  | Airport / Scenic Flights       |
|  | The Alpine Restaurant            |  | Big Sky Stargazing Tour        |
|  | Snowline Lounge                  |  | DOC Visitor Information Centre |
|  | The Chamois Bar & Grill          |  | Bus Stop                       |
|  | The Old Mountaineers Café        |  | Tennis Court                   |
|  | Sir Edmund Hillary Café and Bar  |  | Retail Shop Basic Groceries    |
|  | Lookout / Scenic Photo Hot Spots |  | Petrol Pump                    |
|  | Lookout / Scenic Photo Hot Spots |  | Parking                        |
|  | Glacier Explorers Boat Tour      |  |                                |

# STAYING HERE



Mt Footstool

La Perouse

Mt Hicks

Aoraki Mt Cook (3,724m / 12,218 ft)

Mt Tasman

Minarets

Mt Wakefield

### Mueller Hut

Time 3-5hrs one way  
Grade Steep & untracked  
Height Gain 1000m  
Spectacular panoramic views, a large hut and amazing landscapes are the drawcards for this strenuous walk.

### Kea Point

Time 1-2hrs return  
Grade Easy  
Height Gain 180m  
This walk gently winds its way through subalpine grasslands and scrub to the Mueller Glacier moraine wall. The walk ends at a viewing deck that gives stunning views of Mount Sefton, Mueller Glacier lake and Aoraki/Mount Cook.

### Hooker Valley

Time 3-4hr return  
Grade Easy  
Height Gain 80m  
One of the most popular walks in the park, the track leads up the Hooker valley towards Aoraki/Mount Cook. Cross the Hooker River over three swing bridges whilst looking out for many different wildflowers along the way, including the Mount Cook Lily. The track ends at the glacier lake, where there are amazing views to be had of Aoraki/Mount Cook and the Hooker Glacier.

### Tasman Glacier Terminal Lake

Time 1hr return  
Grade Easy  
Height Gain Flat  
This walk branches to the right off the Blue Lakes track taking you to the source of the Tasman River. Icebergs can usually be seen floating in the lake in summer, and in winter, the lake freezes over.

### Blue Lakes & Tasman Glacier View

Time 40min return  
Grade Easy some steps  
Height Gain 100m  
From the car park, walk past the Blue Lakes shelter and meander up past the Blue Lakes to a viewpoint on the moraine wall. There are good views of the Tasman Glacier, it's terminal lake and often icebergs. A side trip to the Blue Lakes offers good swimming in summer.

### Sealy Tarns

Time 3-4hrs return  
Grade Steep & stepped  
Height Gain 600m  
2200 steps take you straight up to the freshwater lakes of Sealy Tarns. This energetic walk provides spectacular views of the Hooker valley and Aoraki/Mount Cook. An abundance of alpine flowers in summer and the views from the tarns make the effort worthwhile.

### Glencoe Stream

Time 30min return  
Grade Easy  
Height Gain 40m  
This walk zigzags through tōtara trees with a ferny understorey, emerging at a lookout near the prominent water tanks above The Hermitage. Sunrise and sunset are good times to catch the light-play over the mountains.

### Governors Bush

Time 1hr return loop  
Grade Easy  
Height Gain 100m  
A delightful bush walk through one of the few stands of silver beech forest in the park. A gradual climb leads to a lookout point of Wakefield Ridge and Aoraki/Mount Cook. This popular walk offers birdlife, a great view of the mountains and a sheltered place to experience the outdoors in poor weather.

### Red Tarns

Time 2hr return  
Grade Steep - mainly stepped  
Height Gain 300m

Follow the track downhill from the public shelter to cross the bridge over Black Birch Stream and then climb steeply. The vegetation changes as you ascend from the valley floor to a superb panoramic viewpoint of the valleys below, the village and Aoraki/Mount Cook. The tarns are named from the red pond weed that grows in them.

### Bowen Bush Walk

Time 10min return loop  
Grade Easy  
Height Gain Flat some stairs  
An easy forest walk that wanders through tōtara and celery pine forest, and has an alternative exit/entry towards the Mount Cook Lodge.



# EXPLORING HERE