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**Some Suggested Trips For Expeditions. See also [www.doc.govt.nz](http://www.doc.govt.nz) and look under Major Tracks. This list is not exhaustive and all Gold Adventurous Journeys still require an approval number even if they are on this list.**

**Please be aware that huts are listed as waypoints and are not necessarily indications of where to spend the night.**

**ALL DISTANCES ARE TOPOGRAPHIC (including ascent and descent in overall distance)**

### Northland

1	Spirits Bay – Cape Reinga	3	AT24	285m	10 – 11	25	Q	P	
2	Spirits Bay – Cape Reinga – Te Paki Stream	3	AT24	302m	17 – 19	50		Q	P
3	Spirits Bay ( Kapowairua– Cape Reinga – Te Paki Stream – Te Paki – Waitiki Landing	3	AT24	302m	25	65			Q
4	Waitiki Landing – Te Hapua Rd – Spirits Bay Rd – Cape Reinga Coastal Walkway – Twilight Beach – Te Paki Stream – Te Paki – Waitiki Landing	3	AT24	302m	26-30	74			Q
5	Ngaiotonga Reserve – Russell Walkway– Punaruku Rd		AW30	403m	8	20	Q		
6	Waoku Coach Road	2	AW27	688m	8	24	Q		
7	Kaiwi Lakes (Domain Rd) – Mangonui Bluff – Hokianga/Kaiwi Coast Track – Omapere Campground <b>**</b> (Could be Gold Q with side trips)	2	AW27/26	433m	21	60		Q	P **
8	Cape Reinga – Twilight beach-90mile Beach - Finish at Hukatere	2	AT24 AU25	152m	25	69			Q
9	Wainui Junction Herekino Forest – Please request map print out from DoE National Office	4	AV26	696m	25	54			Q

### Great Barrier Island

10	Overton's Beach – Komahunga – Whangapoua – Aotea Rd – Mt Hobson – Kaiarara Bay – Kiwiriki Bay – Maungapiko – Whangaparapara Harbour – Kaitoke Swamp – Te Ahumata – Blind Bay Rd – Kaitoke Beach Campground	4	AY34	560m	25	59			Q
11	Whangapoua Airstrip – Aotea Rd – Karaka Bay Rd – Tree Peak – Port Fitzroy – Forest HQ – Kaiaraara Bay Rd - Kiwiriki Bay – Maungapiko – Coffins Creek – Kaiaraara Bay Rd Fords – Kauri Dams – Mt Hobson – Aotea Rd – Harataonga Bay – Coastal Path NW back to Airstrip	3+	AY34	560m	24	58.5			Q
12	Airstrip – Coastal Path – Overtons Beach – Aotea Rd West – S – Kaitoke Creek – W then S - Whangaparapara – Maungapiko – Kiwiriki Bay – E – Mt Hobson – Kaiaraara Hut – Coast rd – Port Fitzroy	3+	AY34	560m	25	64			Q

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### Waitakere Ranges - **CHECK KAURI DIEBACK TRACK CLOSURES WITH AUCKLAND COUNCIL**

13	Karekare Beach – Mt Zion – Zion Ridge Track – Buck Taylor Track – Pararaha Valley Campground – Return along beach to Karekare <b>CHECK HIGH TIDE TIMES!</b>	2	BB30/31	298m	5	11	P		
14	Karekare Beach – Mt Zion – Zion Ridge Track – Buck Taylor Track – Pararaha Valley – Muir Track – Gibbons Track – Whatipu Lodge	3	BB30/31	298m	6	13	P		
15	Huia – Twin Peaks Track – Huia Ridge Track South – Odlin 1 or 2 Campsite – Mt Zion – Zion Hill Track – Muir Track – Gibbons Track - Whatipu	3	BB30	472m	8-9	23	Q		
16	Huia – Twin Peaks Track – Huia Ridge Track North – Marguerite Track – McKenzie Junction – Maungaroa Ridge Track – Piha		BB30 BA31	472m	8	20	Q		
17	Parker Rd end (Arataki) – Bald Spur Stream – Hamilton Track – Telephone Track – Upper Huia Res – Nugget Track – Huia Ridge Track – Karamatura Forks – Odlin Timber Track – Buck Taylor Track – Zion Hill Track – Karekare – Piha – McKenzie Track – Quarry Track – Ridge Rd Track – Long Road Track – Kauri Park – Anderson Track – Peripatus Track – Opanuku Pipeline Track – Walker Bush – Fairy Falls	3	BB30/31 BA31	460m	24	65			Q
18	Slip Track (Arataki) – Pipeline Track – Hamilton Track – smiths road – Huia dam track & road – tom thumb Track – Karamatura track – Donald mclean Track – puriri ridge Track – kura Track - whatipu caves– beach to Karekare – La Trobe track – Lone Kauri Road – Marguerite Track – Centennial Track – Ridge Road Track - Long Road Track –Upper Kauri Track - Anderson Track – East Tunnel Mouth Track – Opanuku Pipeline Track – Walker Bush – Mountain Road – Old Coach Rd Track – Cutty Grass Track - Ian Wells Track – Upper Nihotupu Dam Rd - Summit Track – Hamilton Track – Pipeline Track – Slip Track	3	BB30/31 BA31	398m	30	73			Q
19	<b>Hillary Trail:</b> Arataki Visitors Centre –Slip Track - Pipeline Track – Hamilton Track – Smiths Road – Huia Dam Road – Tom Thumb Track – Karamatura Track – Donald Maclean Track – Puriri Ridge Track - Omanawanui Track – Gibbons Track – Muir Track - Zion Hill Track-Comans Track – Log Race Road – Piha Road – Winstone track – Byers Track – Glenesk Road – Piha Beach – Laird Thomson Track – Rose track – Anawhata Road – Kuataika Track – Smythe Ridge Track – Houghton Track – Lake Wainamu Track – Te Henga Walkway - Constable Road – Oaia Road – Muriwai Campground	3	BB30/31 BA30/31	396m	30	74			Q
20	Gully Hut – Ridge Road Track – Fence Line Track – Lower Kauri Track – Upper Kauri track – Sisam Track – Chateau Mosquito Track – Anawhata Road – Pole Line Track – McKenzie Track – Piha Valley Track – Byers Walk – Kauri Grove Track – Huia Ridge Track – Karamatura Forks – Odlin Timber Track – Buck Taylor Track – Muir Track – Gibbons Track – Whatipu – Omanawanui Track – Puriri Ridge Track – Donald Mclean Track – Karamatura Track – Tom Thumb Track – Huia – Parau track – Lower Nihotupu Dam Road – Hamilton Saddle – Summit Track - Upper Nihotupu Reservoir – Ian Wells Track – Cutty Grass Track	3	BB30/31 BA31	457m	32	77.5			Q

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### Hunua Ranges

21	Ness Valley – Thousand Acres Campground – Waharau Loop to Carpark - Workman Campground – Upper Mangatawahiri Dam Campground – Hunua Falls	3	BB33	688m	24	65			Q
22	Waharau Campground – Puriri Grove Track – Waharau Ridge Track – Workman Track – Mangatangi Dam – ARA Track – Moumoukai – Repeater Road – Wairoa Loop Track - Suspension Bridge Track – Wairoa Cosseys Track – Massey Track – Hunua Falls	3	BB33	480m	17	43		Q	P

### Puketi / Omahuta Forest

23	Waipapa River (Start or Finish at Forestry Hut)	4	AV28	320m	13	23	Q		
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### Coromandel Forest Park

24	Kauaeranga Rd end – Pinnacles Hut – (Via Webb Creek Track) - Kauaeranga Rd end (Via Billy Goat Track) <i>Trip status has been revised is now qualifier</i>	2	BB35	759m	6.5	20	Q		
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### Pirongia Forest Park

25	Karamu Limeworks Rd – Bell Track – Pahautea Hut – Tahuanui Track – Karamu Limeworks Rd	3	BE33	959m	12	24	Q		
26	Waite Rd to - Summit & Hut - via Ruapane - return via Mahaukura - Grey Rd	3	BE33	959m	8	17	P		
27	Port Waikato – Off Track following coastline – Waimai Stream (Junction Te Akau/Waimai Valley Rds)	4	BC31 BD31	165m	24	40			Q

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### Kaimai-Mamaku Forest Park

28	Te Tuhi to Wairere Falls/Goodwin Rd		BD36	525m	6	13	P		
29	Te Tuhi to Goodall Rd (Bridge)		BD36	535m	7	17	P		
30	Te Tuhi to Old Kaimai Rd		BD36	621m	8	22	Q		
31	Tuahu Track – North, South Track to Wairere Falls – Goodwin Rd		BD36	641m	12	31		P	P
32	Hot Springs Rd – Te Rereatukahia Hut – Sentinel Rock – Motutapere – Mt Eliza – Thompsons Rd Track (Tar Seal Starts)		BD36	653m	8	20	Q		
33	Goodwin Road End – Wairere falls – Turn Nth at Junction - .588 by Mt Eliza – Kakarahi Summit – Te Rereatukahia Hut – Wahine Rock – Cashmore Clearing – Northeast Track via Waipapa Stream – Pukekohatu Summit – Mangakino Track – Waitahweta River to Karangahake Gorge	3	BD35/36 BC35	839m	24	68			Q
34	Wharawhara Rd - Te Aroha via Cashmores Clearing - Pahiko – NE Track – Bald Spur		BC35	930m	10 - 12	26		P	
35	Woodlands Rd (end of tarseal)– Waitengaue – Waitawheta River - Franklins Rd, Waitawheta		BC35/36	480m	9	22	Q		
36	Woodlands Rd – Waitengaue – Waitawheta - Karangahake via Daleys Clearing		BC35/36	480m	12	31		P	
37	Franklins Rd to Te Aroha		BC35	916m	8.5	20	Q		
38	Dickeys Flat to Te Aroha via Mangakino Pack Track		BC35	916m	8	20	Q		
39	North South Track from Te Aroha to Old Kaimai Rd and State Highway 29	3	BD35/36 BC35	932m	26	72			Q
40	Ngamuwahine Rd End – Mangaputa Stream – cross Te Tuhi Track – cross Wairere Track – Motutapere Hut – Wahine Rock – Cashmore Clearing – Waitawheta Hut – Franklin Rd End	3	BD35/36 BC35	865m	24	65			Q

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### Rotorua

**This is the information and contact details for the campground at Tarawera outlet and all bookings re tramps 41 and 42.**

**Te Mana o Ngati Rangitahi Trust, 3 Onewairere Place, Matata (07)3222452**

**and**

<http://www.whakarewarewa.com/Tarawera/Hot+Water+Beach+--+Campground.html>

41	Tarawera Falls – Northern Tarawera Track – Otangimoana Bay – Eastern Okataina Walkway – Lake Okataina Outdoor Ed Centre – Whakapoungakau – Pukahu Stream – Millar Rd – Okareka Loop Rd – Blue Lake – Green Lake (Nth Shore) – Kakapiko – Hemo Gorge	2	BE37/38	758m	24	65			Q
42	Tarawera Falls – Northern Tarawera Track – Otangimoana Bay – Eastern Okataina Walkway Rongomai Track – Western Okataina Track - Te Ruato Bay – Western Okataina Track – Pukahu Stream – Millar Rd – Okareka Loop Rd – Blue Lake – Pipeline Rd – Nursery Rd – Long Mile Rd	2	BE37/38	720m	28	71			Q

### Urewera National Park

43	Pukehou Rd – Pukehou – Te Tawa - Waihua Hut – Galatea Rd via point 651 (left fork after point 601)	2	BF39	670m	7.5	20	Q		
44	Tramp 30 (above) Plus Casino Bivvy – return	3	BF39	430m	14	32		P	
45	Galatea Rd – Mangamako Hut – return	2	BF39	433m	7	17	P		
46	Galatea Rd – Mangamako Hut – Casino Bivvy – return	2	BF39	615m	13	30		P	
47	Galatea Rd – Waihua Hut – Casino Bivvy – Mangamako Hut – Galatea Rd	2	BF39	430m	13 ½	32		P	
48	Galatea Rd – Waihua Hut – Casino Bivvy – Duckville Bivvy – Troutbeck Rd	2	BF39	813m	17 ½	40		Q	
49	Troutbeck Rd – Duckville Bivvy – return	2	BF39	400m	11	26	Q		
50	Galatea Rd – Mangamako Hut - Duckville Bivvy – Troutbeck Rd	2	BF39	400m	13	29	Q	P	
51	Ruatahuna (Mataatua Rd end) - Tawhiwhi Hut – Ngahirimai Hut – Hanamahihi Hut – Waikare Junction Hut – Ohora Hut – Ruatoki Rd end	1 – 3	BF39	438m	20	57		Q	
52	Mataatua Marae – Tawhiwhi Hut – Takurua Hut – Waikare -Whenua Hut – Hanamahihi Hut –	1 – 3	BF39	651m	25	68			Q

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Ngahirimai Hut – Tawhiwhi Hut – Mataatua Rd end								
53 Ruatoki Rd end – Ohora Hut – Ohane Hut – Te Pourewa Hut – Waimana Rd end		BF39	699m	13	43		Q	P
54 Lake Waikaremoana Track		BG39/40	1186m	19½ - 20 ½	46		Q	P
55 Otuetā Stream source – Central Whirinaki Hut – Mangamate Hut – Moerangi Hut – Te Waioa Hut – Whangatawhia Hut – Okahu Stream Road End	3	BG39/40	952m	21	47		Q	
56 Hopuruahine Landing – Mt Manuoha – Pukepuke – Kaipo Lagoon – Sandy Bay Hut, Lake Waikareiti – Park HQ	1 – 3	BG39/40	1400m	18 – 19	44		Q	
57 Hopuruahine Landing - Panekiri Hut – Onepoto – Ngamoko – Aniwaniwa Visitor Centre	1 - 3	BG39/40	1153m	25	65			Q
58 Aniwaniwa Visitors Centre – Lake Waikareiti track – Sandy Bay – Kaipo Lagoon – Pukepuke Summit – Manuoha Summit – Manuoha Track – Hopuruahine Landing – Whanganui Hut – Lake Track - finish at Waiopāoa Hut – water taxi out.	3	BG39/40	1235m	28	69			Q

### Whirinaki Forest Park

59 Whirinaki River Rd – Mangamate Hut – return		BG39	523m	6 – 7	18	P		
60 Whirinaki River Rd – Central Whirinaki Hut – Plateau Rd		BG39	940m	9	24	Q		
61 Whirinaki River Rd – Central Whirinaki Hut – Upper Whirinaki Hut – Mangamate Hut - Whirinaki River Rd		BG39	720m	18	52		Q	P
62 Whirinaki River Rd – Central Whirinaki Hut – Mangamate Hut – Whirinaki River Rd		BG39	720m	15	43		Q	
63 Whirinaki River Rd – Central Whirinaki Hut – Upper Whirinaki Hut - Mangamate Hut – Upper Te Hoe Hut – Central Te Hoe Hut - Mangakahika Hut – Rogers Hut – Moerangi Hut – Whirinaki River Rd		BG39	1170m	32	76			Q
64 Okahu Rd – Te Wairoa Hut (Rodgers Hut) – return		BG39	690m	9	20	Q		
65 Okahu Rd – Te Wairoa Hut – Mangakahika Hut – return		BG39	760m	13 – 14	36	Q	P	
66 Okahu Rd – Te Wairoa Hut – Central Te Hoe Hut – Upper Te Hoe Hut – Pukahanui Rd – Junction 2 kms NW of Matakuhia Saddle Hut		BG39	1217m	19	45		Q	
67 Okahu Rd – Te Wairoa Hut – Moerangi Hut – Whirinaki River Rd		BG39	942m	12 - 14	30	Q	P	
68 Whirinaki River Rd – Central Whirinaki Hut – Mangamate Hut – Moerangi Hut -Te Wairoa Hut		BG39	942m	26	66			Q

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(Rodgers Hut) – Whangatawhia Hut – Okahu Road								
69 Okahu Road End – Mangakahika Hut – Central Te Hoe Hut – Upper Te Hoe Hut – Central Whirinaki Hut – River Road Car Park		BG/BH39	1208m	27	67			Q
70 Whakawaha Camping Ground - Whites Clearing - Te Totara Hut - Central Waiiau Hut – Te Waiotukapiti Hut - Maraunui Bay – Lake Waikaremoana - Hopuruahine Landing	3	BG39/40	1157m	28	65			Q

### Tongariro National Park

71 Whakapapa – Waihohunu Hut – Rangipo Hut – Mangaehuehu Hut – Mangaturuturu Hut – Whakapapaiti Hut – Whakapapa	4	BJ34	1600m	27 – 31	79			Q
72 Whakapapa – Waihohunu Hut – Rangipo Hut – Mangaehuehu Hut – Mangaturuturu Hut – Bruce Rd	4	BJ34	1600m	26	69			Q
73 Desert Rd – Waihohunu Hut – Rangipo Hut – Mangaehuehu Hut – Mangaturuturu Hut – Whakapapaiti Hut - Whakapapa	4	BJ34/5	1600m	24	66			Q
74 Desert Rd – Waihohunu Hut – Rangipo Hut – Mangaehuehu Hut – Mangaturuturu Hut – Whakapapaiti Hut – Bruce Rd	4	BJ34/35	1600m	20	60		Q	P
75 Mahuia Campsite (Highway 47) - Whakapapa – Mangatepopo Hut – Ketetahi Hut – Oturere Hut – Waihohunu Hut – Whakapapa	4	BJ/BH34	1860m	26	65			Q
76 Whakapapa – Mangatepopo Hut – Ketetahi Hut – Oturere Hut – Waihohunu Hut – Whakapapa	4	BJ/BH34	1860m	18 - 20	53		Q	P
77 Tongariro Northern Circuit - Whakapapa – Mangatepopo Hut – Oturere Hut – Waihohunu Hut – Whakapapa	4	BJ/BH34	1860m	17	45		Q	P
78 Whakapapa – Mangatepopo Hut – Ketetahi Hut – Ketetahi carpark	4	BJ34/35 BH34/35	1860m	10	24	Q	P	
79 Ohakune Mountain Rd End – Mangaturuturu Hut – Whakapapaiti Hut – Whakapapa Village – Taranaki Falls – Whakapapa-Waihohonu Track – Waihohonu Oturere Track – Red Crater – Ketetahi Hut – Emerald Lakes – South Crater - Tongariro Crossing –Mangatepopo Rd End <b>Alternative is miss Ketetahi Hut and finish at Whakapapa not Mangatepopo – Distance = 71kms</b>	4	BJ34/35 BH34/35	1850m	27	68			Q
80 Turoa Rd – Mangaehuehu Hut – Rangipo Hut – Waihohunu Hut – Oturere Hut – Ketetahi Hut – Ketetahi carpark	4	BJ34/35 BH35	1860m	21	59			P
81 Turoa Rd – Mangaturuturu Hut – Whakapapaiti Hut – Whakapapa – Mangatepopo Hut – Ketetahi Hut – Ketetahi carpark	4	BJ34 BH34/35	1860m	17	45		Q	P

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### Pureora Forest Park

82	Link Rd – Mt Pureora – Bog Inn Hut – Mt Weraroa – Waihaha Hut – Nuffield Ldg – Mangakahu Rd	3	BG34 BF35	1162m	18	45		Q	P
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### Waitaanga Forest

83	Waitaanga South Rd — Mt Damper – Mt Damper Falls – Okau Rd by Papakino Stm - Follow Okau Rd South and Follow Track Round Swamp – Mt Damper Village	3	BG/BH32	576m	16	41		Q	P
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### Taranaki National Park

84	Dawson Falls – Lake Dive Hut – Waiaua Gorge Hut – Kahui Hut – Holly Hut – North Egmont	1 – 2	BJ29	1560m	17	42		Q	P
85	Dawson Falls – Lake Dive Hut – Waiaua Gorge Hut – Kahui Hut – Holly Hut – Dawson Falls	1 – 2	BJ29	1560m	21	46		Q	P
86	Dawson Falls – Lake Dive Hut – Waiaua Gorge Hut – Kahui Hut – Puniho Track – Stony River Track (lower intersection) – Holly Hut – Dawson Falls	1 – 2	BJ29	1560m	27	50.5		Q	Q
87	Dawson Falls – Waiaua Gorge Hut – Holly Hut– Kaiauai Hut – North Egmont	3	BJ29	1560m	30	57			Q
88	East Egmont – Dawson Falls – Lake Dive Hut – Waiaua Gorge Hut – Kahui Hut – Holly Hut – North Egmont – Maketawa Track – East Egmont	2	BJ29	1560m	27	52.5		Q	Q

### Whanganui National Park

89	Matemateonga Track May require Jet-Boat to get home!	1 – 2	BJ31/32	702m	14 ½ 15	40		Q	
90	Matemateonga Track – Whanganui River – Kayak to Mangapurua Landing – Bridge to Nowhere – Mangapurua Stream Track - Mangapurua – Morinui – Crotons Road <b>Quoted distance includes 10kms on water</b>	2	BJ31/32	702m	40+	87			Q
91	Mangapura Track (Bridge to Nowhere) Whakahoro Start or Finish Taxi or Jet-Boat required	2	BJ32	632m	16	45		Q	



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92 Mangapura Track (Bridge to Nowhere) Ruatiti Rd Start or Finish Taxi or Jet-Boat required	2	BJ32	632m	14	40		Q	

### Kaimanawa Forest Park/Kaweka

**Please Note: Some tramps in the Kaimanawa Forest Park require a permit to access private land. Contact Taupo Air Charter on 07 378 5467**

93 Kaimanawa Rd – Urchin – Waipakihi Hut – Umukarikari – Kaimanawa Rd	3	BH35 BH36	1592m	11	32	Q	P	
94 Kaimanawa Rd – Urchin – Waipakihi Hut – return	3	BH35 BH36	1380m	12	30		P	
95 Kaimanawa Rd – Umukarikari – Waipakihi Hut – return	3	BH35 BH36	1592m	10	25	Q		
96 Clements Mill Rd – Te Iringa Hut – Kaipo River – Kaipo Saddle – Cascade Hut – Clements Mill Rd	3	BH36	1214m	14	37		P	
97 Clements Mill Rd – Te Iringa Hut – Oamaru Hut – Boyd Lodge– Cascade Hut – Clements Mill Rd	4	BH36	1227m	26	61			Q
98 Kuripapango – Kiwi Mouth Hut – Back Ridge Bivvy – Rocks Ahead Hut – Tira Lodge – Te Pukeohikarua Hut – Harkness Valley – Tussock Hut – Boyd Lodge – Fly Out!!	4	BH36 BJ36	1480m	26	61			Q

### Ruahine Range

99 Kawwhatau Base – Colenso – Otukota Hut – Iron Bark Hut – Colenso Hut – Maropea Forks Hut – Rongotea – Crow Hut – McKinnon Hut – Kawwhatau Base	3	BK36	1620m	30	62			Q
100 Petersons Road – Oroua River – Irongate Hut – Triangle Hut – Return with side trips to .1214 and Tunupo Creek <i>practice or exploration only or bronze with no side trips</i>	3+	BL36	1019m (1214)	15-20	33	Q	P	

### Rimutaka Range

101 Eastbourne, Camp Bay Road End – Coastal Path – Orongorongo Lodge - Windy Point – Mukamuka Stream - Lake Onoke	2	BQ31 BQ32	80m	15-20	40	Q	P	
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### Tararua Forest Park

Please note that the Tararua Ranges are a rugged mountain range and due to their location can be subject to extreme weather even in the height of summer. Many possible trips cross over, or go along the main range and there are sections with extreme height exposure and subject to strong winds, as such only fit and very competent Gold groups should attempt any trips involving the tops **The section of tops south from Girdlestone as far as South King is unsuitable for DofEHA groups and is not permitted to be used as part of an Adventurous Journey!**

This is a guide only and trips should be planned in consultation with experienced trampers with local knowledge of the Tararuas, the Dept of Conservation – Kapiti Area Office, 10 Parata Street, PO Box 141, Waikanae ph (04)2961112 fax (04)2961115.

102	Otaki Forks – Field Hut – Kime Hut – Alpha Hut – Kaitoke Shelter	4	BP33	1520m	14 - 16	38		Q	
103	Otaki Forks – Field Hut – Kime Hut – Peaks Ladder – Maungahuka Hut – Andersons Hut - Waitewaewae Hut – Otaki forks	4+	BP33	1408m	20 – 29	50			Q
104	Kaitoke – Tutuwai Hut - Totara Flats Hut – Mitre Flats – The Pines (via Barra Track)	4	BP33/34	765m	25	56			Q
105	Waiohine Valley Rd – via Reeves track to Tutuwai Hut – Totara Flats Hut – Mitre Flats – The Pines (via Barra Track)	4	BP33/34	899m	22	52			Q
106	Kaitoke – Tutuwai Hut - Totara Flats Hut – Jumbo Hut – Holdsworth Carpark via Atiwhakatu	4	BP33/34	1460m	22	52			Q
107	Otaki Forks – Renata Hut via Waiotauru River – Alpha Hut – Totara Flats – Holdsworth Carpark via Gentle Annie Track	3+	BP33/34	1360m	26	65			Q
108	Otaki Forks – Renata Hut via Waiotauru River – Alpha Hut – Cone Hut – Tauherenikau Track - Pahuratahi	3+	BP33/34	1345m	24	57			Q
109	Gladstone Road (South Ohau) - Waiopehu Hut – Te Matawai Hut – Arete (Arete Biv for lunch) and return to Te Matawai Hut – Te Matawai – Gladstone Road via Yeates Track/South Ohau <b>NO TRACK FROM SOUTH OHAU HUT TO GLADSTONE RD AND IMPASSABLE AFTER HEAVY RAIN!</b>	4++	BN33	1485m	20 – 30	41			Q
110	Holdsworth Lodge – Atiwhakatu Track – Barton Track – Waingawa River Track – Cow Creek Hut – Arete Forks – Cow Creek Hut – Te Mara – Kiriwhakapapa Shelter	3	BP34 BN34	1042m	18	39.5		Q	P
111	Holdsworth Lodge – Mt Holdsworth Track – Totara Creek Track – Totara Flats Hut – Cone Ridge – Concertina Knob - Maungahuka Hut – Wright – Aokaparangi – Mt Holdsworth – East Holdsworth Track – Holdsworth Lodge	4	BP33 BP34	1462m	20+	46			Q
112	Mangahao Dam – Mangahao Flats Hut – Te Matawai Hut – Arete – Tarn Ridge – Tarn Ridge Hut – Mitre Flats Hut – The Pines (via Barra Track) <b>CAUTION WEATHER!!</b>	4++	BN33 BP34	1547m	20+	49			Q
113	Waiohine Valley Rd - via Reeves track to Tutuwai Hut – Totara Flats Hut to Mitre Flats Hut (via Mountain House) – Cow Creek Hut to Kiriwhakapapa Shelter	3+	BP33 BP34	1034m	29	68			Q

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114	Mangahao Dam – Mangahao Flats Hut – Te Matawai Hut – Gable End Ridge – South Ohau	4	BN33 BN34	956m	16 – 18	33		Q	
115	Poads Rd – Te Matawai Hut – Pukematawai – Arete – Waiohine Pinnacles - Tarn Ridge Hut – Girdlestone – Mitre – Mitre Flats – Cow Creek Hut - Kiriwhakapapa Shelter	4	BN33 BN34	1491m	24	53			Q
116	Poads Rd – Waiopahu Track – Twin Peak – Richards Knob – Gable End – Ohau Gorge – Poads Rd	4	BN33	1081m	16-18	24		Q	
117	Mangahao Dam – Mangahao river – – Mangahao Flats – Te Matawai Hut – Dora Ridge – Waiopahu Hut - Waiopahu Track – left fork to Poads Road	4	BN33 BN34	1082m	18	36		Q	

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### SOUTH ISLAND

#### Queen Charlotte Sound

118	Queen Charlotte Walkway	2	BP29 BQ28/29	451m	24	66			Q
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#### Kahurangi National Park

119	Heaphy Track	2	BP22 BP23	990m	26	77			Q
120	Wangapeka Track – Finish at Kongahu Swamp Rd	2	BQ22 BQ23	1101m	26	67			Q
121	Cobb Road end – Fenella Hut – return	2	BP23 BP24	1100m	7	13	P		

#### Abel Tasman National Park

122	Clifton, Bird Rd End – Wainui Track – Inland Track – Centre Peak – Whariwharangi Hut – Anapai Bay Track – Totaranui Beach – Awaroa Hut <b>caution low tide estuary crossing</b> – Awaroa Lodge – Tonga Saddle – Coast Track – Bark Bay Hut – Torrent Bay – Holyoak Clearing <b>or</b> Coast Track – Marahau Education Centre	3	BP25 BN25	1018m	26-32	73-79			Q
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#### Nelson Lakes National Park

123	Travers – Sabine Circuit (via Mt Cedric and Lake Angelus) * Add 15km if doing Blue Lake side trip and a further 16km if not using water taxi to & from Lakehead hut	2 – 4	BS24	1800m	26	65*			Q
124	Travers – Sabine Circuit (via Speargrass Hut) Start Lakehead Hut – Finish Mt Robert Carpark *Add 15km if doing Blue Lake side trip and a further 8km if not using water taxi to Lakehead hut	2 – 3	BS24	1800m	24+	66*			Q
125	Mt Robert Carpark – Speargrass – Sabine – Angelus circuit *Add 8km if not using water taxi from Lakehead Hut	2 – 4	BS24	1770m	16	40*		Q	P

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### Lake Sumner Forest Park

126	St James Walkway	3	BU23 BT23	1140m	24 – 25	67			Q
127	SH7 – Hope Kiwi Lodge – Hurunui Hut – Harper Pass – Taramakau Valley – Aickens <i>*68Km if Lake Taylor start used. Full 83km route and be done over 5 days for DOEHA Gold as No4 Locke Stream Hut is at the 65km (Topo) mark</i>	2	BU21- 23	975m	23 – 33	83*			Q
128	SH7 – St Jacobs Hut – Hope River – Hope Pass – Tutaekuri River – Ahaura River – Waitiki Downs	3	BU21- 22	958m	26	57			Q
129	Kereru Stm Rd End (Upper Kokatahi Rd) – Toaroha River – Cedar Flat Huts – Top Toaroha Hut – Toaroha Saddle – Mt Chamberlin – Yeats Hut – Yeats Ridge – Cedar Flat – Kereru Stm	4	BV19	1775m	18	44		Q	P
130	Lake Sumner Road – Hurunui River – Gillespie Hut – North Shore of Lake Sumner – Kiwi Pack Track – Hurunui Hut – South Shore – Loch Katrine – Lake Taylor – Lake Sumner Road	3	BU23	800m	20	51		Q	

### Banks Peninsular

130	Kaituna Valley – Remarkable Dykes – Packhorse Hut – Mt Herbert – Mt Herbert Walkway – Diamond Harbour <b>LANDOWNER PERMISSION REQUIRED FOR FIRST PART OF DAY 1</b>	2	BX24	858m	10	16	Q		
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### Arthur's Pass National Park

132	Waimakiriri River from Bealey Spur bridge - Greenlaw Hut – Harman Pass - Julia Hut – Seven Mile Hut – Kelly Shelter via Kelly saddle <b>Alternative finish</b> Head NW from Dillon Hut – follow Taipo river to Hwy 73	4	BV20	1375m	24	56			Q
133	Andrews Shelter – Casey Hut - Lake Minchin – Rabbit Flat – Mt White Road – Andrews Shelter <i>Can be done over 5 days if expedition distance is covered over 4 consecutive days</i>	4	BV21	860m	30	74			Q
134	Andrews Shelter – Casey Hut – Rabbit Flat – Binser Saddle Track – Andrews Shelter	3	BV21	1090m	17	41		Q	

### Torlesse Range

135	Porters Pass – Lake Rubicon – Caesars Hill - .877 – Joyces Stream – Paterson Stream – Windwhistle Hill – Smuggler Cove – Horseshoe Bends – Deerprint Cove - Backtrack to	3+	BW21	944m	24+	65			Q
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Kowai Bush Spur – Contour to south of .877 – cross Rubicon Rd – finish Kowai rd								
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### Puketeraki range

136	Wharfedale Road End – Dorman Stream – Dog Leg Stream – Mt Oxford – Wharfedale hut – Black hill - N to Red Saddle – Chest Peak – Puketerahi Range – Mt Pember – Puketeraki – Lilburne River – Tarn Hut – Ashley River – Lees Valley Rd <b>A serious undertaking, consider alternative starts to shorten route</b>	5	BV22 BW22	1933m	45+	90			Q
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### Lake Coleridge (Palmer Range)

137	Double Hill Run Rd Camp Ground – Nth – Glenfalloch – Shaggy Hill – Upper Lake Heron – Clent Hills Saddle – Comyns Hut – Turtons Stm – Turtons Saddle – Glenrock Stm – Glenrock - Double Hill Run Rd Camp <b>Ground *Deduct 22kms if starting at Glenfalloch **Can be done over 5-6 days if 65kms completed over 4 days</b>	4	BW19/20 BX19	1500m	40	100*			Q
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### McKenzie Country

138	Fox Peak Rd – Nth Opuha River – Butler Saddle – Butler's V Hut – Stone Hut – Bullock Bow Saddle – Royal Hut – Stan Saddle – Follow Ridge to Mount Gerald Creek – Mt Gerald Station <i>Most of this route is off-track</i>	4+	BY17 BY18	1930m	25	59			Q
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### Mt Aspiring National Park

139	Rees – Dart Track with Rees Saddle – Mill Creek Car Park	2 - 3	CA10 CB10	1471m	28	72			Q
140	Routeburn Track	1 – 2	CB09	1277m	13 – 14	32			P
141	Greenstone track	2	CB09 CC09	976m	15 - 18	38			P
142	Greenstone/Caples	2-3	CB09 CB10 CC09	988m	26	63			Q
143	Greenstone/ Routeburn Combo	2	As Above	1277m	26	67			Q
144	Routeburn/Caples	3	CB09	1277m	25+	69			Q

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		CB10						
145 Mavora Walkway – Elfin Bay	2	See 141	765m	15+	51		Q	P
146 Mavora/Greenstone – Finish at Divide Shelter	2-3	CB09 CC09	976	25	66			Q
147 Young- Wilkin via Gillespie Pass (jet boat required) <i>Add 16kms if walking to/from Kerin Forks</i> <b>Can be used at Gold if Siberia Hut to Crucible Lake Side Trip added</b>	4	BZ12	1500m	16 - 25	40S 65G		Q	Q

### Fiordland National Park

148 Milford Track	1 – 2	CB08	1150m	18	54		Q	P
149 Kepler Track (start at Control Gates, finish at camp ground)	1 – 2	CD07 CD08	1406m	25	65			Q
150 Hollyford Track (road end to Martins Bay then return on jet boat to Lake Alabaster)	1 – 2	CA09 CB09	168m	22	52		Q	P
151 Dusky Track (Lake Manapouri – Supper Cove then fly out)	4+	CE05 CE06 CD06	1050m	20 – 22	40		Q	
152 Dusky Track (Lake Hauroko – Supper Cove – Lake Manapouri)	4+	CE05 CE06 CD06	1121m	37 - 44	82			Q
153 Dusky Track (Lake Hauroko – Loch Maree – Lake Manapouri)	4+	CD/CE06	1121m	25 – 30	56			Q
154 Hump Ridge Track (Papatotara Coast Rd-Track Burn-Okaka Hut- Percy Burn Viaduct-Port Craig Village Return) or reverse.	3	CG07	970m	24	58			Q
155 Manapouri - Hope Arm – Rakatu – Black Valley - Manapouri	1	CD/CE07	210m	8 - 10	30	Q		
156 Manapouri (opposite Pearl Harbour) - Hope Arm Hut – South to Garnock burn – Snow White Clearing – South at 698 Grid Line to point 920 – point 1109 – North Borland Hut – Borland Lodge	3	CE07		20 - 22	40		Q	P

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### Central Otago

157	Arrowtown – German Hill – Big Hill Walkway – Macetown – 8 Mile Hut – Hayes Creek – Arrow River - Arrowtown	2	CB11	1051m	12	31	Q	P	
158	Arrowtown – Motatapu Walkway – Big Hill – Macetown – side trip to Homeward Bound Battery area – Roses Hut – Highland Creek Hut – Fern Burn Car Park <i>check doc site for route</i>	4	CB11 CB12	1523m	32	56			Q
159	Shotover River: Wong Gong Creek - Stockyard Creek (Campbells Saddle) – Sixteen Mile Huts - Pine Creek Flat - Sixteen Mile Huts – Campbells Saddle <i>Check vehicular access before planning</i>	3	CA11 CB11	733m	24	70			Q

### Dunedin

160	Semple Road – Silver Peaks Route – Jubilee Hut – The Gap – Yellow Hut – point 419 – Mountain Track Road	2	CE17	777m	10	26	Q		
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### Catlins

161	The Wisp	2	CG14	200m	5	13	P		
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### Southland

162	Kiwiburn – Whitestone River - Return	2	CD09	779m	8 - 9	25	Q		
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### Stewart Island

163	Rakiura track <b>**Could be Qualifier with side trips</b>	2	CH09	300m	15	37	Q	P**	
164	Stewart Island Circuit <i>* It should be possible to do both practice and qualifier on the Circuit.</i>	3	CH08 CH09 CJ08 CJ09	388m	45+	127			Q*



