



## INFORMATION

- ❑ The Tuatapere Hump Ridge Track Guided Walk is a 3 night & 3 day package, with arrival in Tuatapere 5.30pm pre-departure day, stay that evening in Tuatapere, followed by three days two nights on the Tuatapere Hump Ridge Track, with the final day being completed by 4.00pm back in Tuatapere.
- ❑ Your Hump Ridge Track experience begins with a pre-departure briefing at the track office situated at 31 Orawia Road, at 5.30pm, the evening before your walk begins, where you will meet your guide and fellow walkers while enjoying wine & nibbles. The office is located in the centre of Tuatapere.
- ❑ You are then free to check into your pre-departure accommodation in Tuatapere, with bed & breakfast included in your package. Evening dining is at your own discretion.
- ❑ You begin your trip with a short drive to the start of the Track at Rarakau, where you will enjoy a scenic helicopter flight across Te Waewae bay to the track, you may even see the Hector's dolphins playing in the bay.
- ❑ A special feature of the Tuatapere Hump Ridge Track circuit is the provision of daily helicopter flights to transport your luggage. You will need one small soft sided travel bag for this, please note there is a maximum weight of 15kg per bag. You may leave excess luggage at our office for safe storage. Sorry hard suitcases are not ideal to transport in helicopters.
- ❑ Accommodation is provided in modern backcountry lodges featuring gas heating & cooking, solar lighting, flush toilets, shared bathroom facilities. Your accommodation is in private premium rooms which accommodate a maximum of 2 people, either Super King or Twin King Singles, all linen and bedding provided.
- ❑ Three course evening meal with a distinctive New Zealand flavour is provided at each lodge. Breakfast & picnic lunches (which you carry) are also provided on the Track. We have a range of NZ wines and beverages available for sale at both Lodges.
- ❑ Each day you will carry your day pack (20L is the recommended size), please ensure this is large enough to hold: wet/cold weather clothing, additional thermals, medication, lunch box, flask, water bottle and camera. A waterproof full length raincoat is also essential.
- ❑ All guides are trained in first aid and are in radio contact with each other, the lodges and our office base at all times. There is limited cellphone coverage at the Lodges.
- ❑ Please advise our office if you have any dietary needs at least 7 days prior and any medical conditions that the guides should be aware of **prior** to your trip departure.
- ❑ We have a limited number of daypacks, poles and gaiters available for you to borrow for the trip, please ensure you advise us of your requirements 7 days prior.
- ❑ You will also be required to complete a "Safety Terms and Customer Declaration" before departure.

# General Information

The following is a list of essential items you will need to bring on your guided walk.

- Day pack (20L) with waterproof liner and cover
- Waterproof raincoat with hood – seamsealed recommended
- Boots or strong walking shoes, preferably with ankle support
- Woollen (merino) or polypropylene thermal underwear (top & bottom) – at least two sets.
- Polar fleece jacket or top
- T shirt for fine weather
- Warm hat – fleece or woollen
- Gloves
- Pair of shorts and trousers
- Woollen or thermal socks – three pairs
- Underwear – three changes
- Pair of light shoes or sandals
- Change of clothing for the evening
- Sunscreen
- Blister pack and or footfleece
- Small personal torch
- Personal medicine, toilet bag
- Camera
- Water bottle

Optional items you may want to include are a sun hat, swimsuit, spare laces, journal, walking poles. We **do not** recommend you walk in cotton garments, jeans or silk thermals. Perspiration means you are likely to feel damp and cold inside the best raincoat. We recommend you put all your clothing in plastic bags inside your pack liner for added rain protection. Keep your pack as light as possible while still taking the essentials.

## **GUIDES & SAFETY**

Your guides are trained outdoor enthusiasts who will explain the natural and human history of the area you are walking through. They pride themselves on their safe, efficient and friendly service. All guides are trained in first aid and are in radio contact with each other, the lodges and our office at all times. Your safety is of paramount importance and your guides may have to adapt the day's walk depending on your fitness and weather or track conditions. While they will make every effort to meet your needs, please adhere to their professional decisions if circumstances demand this.

## **FITNESS LEVEL – ARE YOU UP TO THE CHALLENGE?**

A moderate to high level of fitness is required to complete this walk. If you are not a regular walker we suggest you begin a daily walking regime 6-8 weeks before departure. Gradually increasing the distance you walk, carrying a backpack. Staircase or hill-climbing is **strongly** recommended as on the first day of the walk you climb over 800m. The track surfaces vary from smooth well-formed paths to rough terrain broken by rocks and tree roots. We therefore recommend you wear hiking boots, which provide firm ankle support. If you feel your fitness is not up to the required level for the climb on the first day we can offer you the option of flying by helicopter to the Lodge at Okaka, for an additional cost.

## **LIKELY WEATHER CONDITIONS**

It is essential to be well prepared when walking as New Zealand has very changeable weather patterns and Fiordland is well known for its high rainfall. The unpredictable nature of the weather in this region means that high winds and rain can occur at any time of the year. It is therefore very important to be prepared for the worst weather conditions, and carry the appropriate clothing. Exposure and hypothermia can affect anyone when the weather is wet, cold and windy so **BE PREPARED!**

More wilderness...

Less people....