



GUIDED WALK INFORMATION

- Your Humpridge Track experience begins with check-in to your pre departure Bed & Breakfast accommodation.
 - Meet your Guide and fellow walkers at 5.30pm on the day prior to departure at the Humpridge Track office 31 Orawia Road, Tuatapere. There you will be given a comprehensive account of what to expect on your walk. You are then free to return to your accommodation for the evening. Dining is at your own discretion.
 - Next morning the Humpridge shuttle will collect you from your accommodation where you will begin your trip with a ½ hour drive to the start of the track at Rarakau. You will board the helicopter for a scenic ride across Te Waewae Bay alighting at Flat Creek. Your pack will be flown to the lodge at Okaka and you will carry just your wet weather gear, your lunch and any essential medication.
Please note there is a maximum weight of 15Kgs per pack. This pack is the one you will carry on Day 2 & Day 3 so keep it as economically packed as possible. Remember you are the one who will carry it for the next two days. You may store your excess baggage at our office.
 - Accommodation is provided in backcountry Lodges which feature gas heating & cooking, solar lighting, flush toilets and shared bathroom facilities. Those of you who have booked multi-share accommodation will be in rooms which sleep a maximum of 8 people while the Private rooms are either Twin or Double. All linen is provided.
 - Meals include cooked breakfasts, packed lunches and 3 course dinners. There is fresh fruit available and snacks are also supplied for your walk.
 - All Guides are trained in First Aid and are in radio contact with each other, the Lodges and the office at all times.
 - Due to the remoteness of the track and our Lodges it is important that any medical conditions that you are aware may impact on your trip are disclosed prior to departure.
 - We have a limited number of daypacks, walking poles and gaiters available for you to use. We recommend the use of walking poles to add to the enjoyment of your trip.
 - You will also be required to complete a Customer Declaration form which is available on our website or from the office.
-

General Information

➤ **The following is a guide to what you will need to bring on your walk**

- Pack with waterproof liner and cover
- Waterproof raincoat with hood
- Boots or strong walking shoes
- Merino or polypropylene thermal base layer – top and bottom 2 sets
- Polar Fleece Jacket or Zip front Top
- Warm Hat
- Gloves
- Shorts or trousers
- Wool or thermal Socks
- Underwear
- Light sandals for evening at the Lodges
- Change of clothes for the Lodges
- Sunscreen
- Blister Pack or Foot Fleece
- Torch – small
- Camera
- Water Bottle

We **do not** recommend you walk in cotton garments, silk thermals or jeans. Perspiration means you are likely to feel damp and cold inside even the best raincoat if you are wearing cotton or silk. 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 and Safety**

Your Guides are trained outdoor enthusiasts who will explain the natural and human history of the area. 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 the office at all times. Your safety and comfort is paramount and your Guides may have to adapt the day's walk depending on the groups' 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**

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 programme at least 8 weeks before your departure. Gradually increase the distance you walk and introduce a backpack with some weight inside. Staircase or hill climbing is **strongly recommended** as you will be climbing over 800M on the first day of your walk. The track surfaces vary from smooth well formed paths to rough terrain broken by rocks and tree roots. 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 a helicopter flight to the lodge 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 and even snow can occur at any time of the year. It is 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!

ENJOY YOUR WALK 😊
