






-  Shelter
-  Hut
-  Toilets
-  Car park
-  Camping area

-  Short walk—well-formed, easy walking for up to an hour
-  Walking track—well-formed easy walks from a few minutes to a day
-  Tramping track—mostly unformed but has track directional markers, poles or cairns
-  Route—unformed, suitable only for people with high-level backcountry skills and experience
-  4WD track

Tasman valley walks

Tasman Valley Road is a scenic 8-kilometre drive on an unsealed road to the Blue Lakes car park and shelter.

Blue Lakes and Tasman Glacier view

Time: 40 minutes return

Start from the Blue Lakes shelter and meander up past the lakes to a viewpoint on the moraine wall. There are good views of the lower Tasman Glacier, icebergs and the mountains at the head of the valley. The lakes offer good swimming in summer and can be reached by making a side trip off the main track. The Blue Lakes, originally named because of their intense blue colour, could now be more accurately described as green ponds.

Tasman Lake

Time: 50 minutes – 1 hour return

This trip branches off the Tasman Glacier View Track just past the Blue Lakes shelter and leads to a viewpoint of the glacier terminal lake and the source of the Tasman River. Icebergs can be seen floating in the lake in summer, and in winter the lake freezes over.

Ball Shelter Hut Route

Time: 3–4 hours one way

From the Blue Lakes car park, follow the line of the old Ball Hut road alongside Tasman Glacier. Ball Shelter is close to the historic Ball Hut site and offers superb views of the glacier and surrounding peaks. Take care, as the moraine wall in this area and along the road is very unstable.

Sign your intentions at the Visitor Centre if you wish to stay at the hut, and pay your fees before departing.



Further information

Aoraki/Mount Cook Visitor Centre

Aoraki/Mount Cook

Phone: (03) 435 1186

Email: mtcookvc@doc.govt.nz

www.doc.govt.nz

Suggestions for corrections or improvements should be emailed to: recreation@doc.govt.nz

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Walks around Aoraki/Mount Cook village

AORAKI/MOUNT COOK NATIONAL PARK



Sealy Tarns Track Photo: M Rosen



Department of Conservation
Te Papa Atawhai

Walks from the village

Governors Bush Walk —

Time: 1 hour return

This delightful bush walk begins at the public shelter and explores one of the last stands of silver beech/tawhai forest in the park. A gradual climb leads to a lookout point before the track descends and returns to the village. This popular walk offers birdlife, a good viewpoint of the mountains and shelter in poor weather.

Bowen Bush Walk —

Time: 10 minutes return

This easy forest walk begins across the road from the petrol pumps. The loop track wanders through tōtara and celery pine forest/tanekaha and has an alternative exit or entry towards Glencoe Lodge.

Glencoe Walk —

Time: 30 minutes return

Start from behind the Hermitage. The walk zigzags through tōtara trees with a ferny understorey, emerging at a lookout near the prominent water tanks above the Hermitage. Walkers are rewarded with a birdseye view of the village and beyond to the white ice of the Hooker Glacier and Aoraki/Mount Cook. Sunrise and sunset are good times to catch light-play on the mountains.

Red Tarns Track - - -

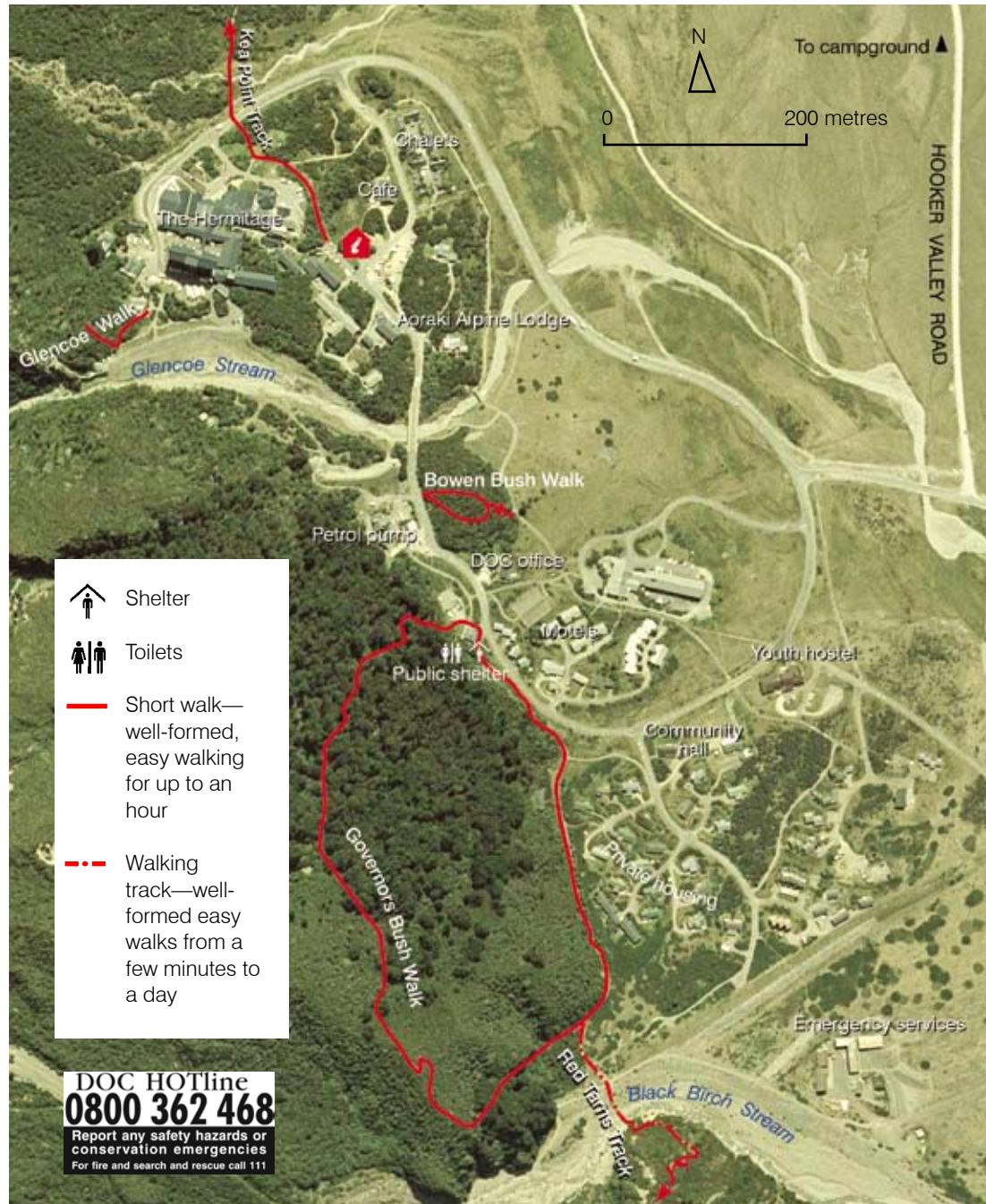
Time: 2 hours return

Begin at the public shelter and follow the path to Black Birch Stream. Cross the bridge then climb steeply to the Red Tarns. A viewpoint offers a spectacular panorama of the valley and Aoraki/Mount Cook. The tarns were named from the red pond weed that grows in them.

Sealy Tarns Track - - -

Time: 3–4 hours return

Begin as for Kea Point then branch off at the signpost to climb steeply up to the tarns. This energetic walk gives spectacular views of the Hooker Valley and the peaks of the area



Choose the type of track that most suits the skills and abilities of your group. You must be well prepared with suitable clothing and equipment for all weather and conditions. Safety is your responsibility.

including Aoraki/Mount Cook. An abundance of alpine flowers in summer, and the view from the tarns makes the effort worthwhile.

Kea Point Track —

Time: 2 hours return from the village, 1 hour return from the White Horse Hill car park

Start from the Visitor Centre and cross the road to the track sign (or leave from the car park at the campground).

This walk gently winds its way through subalpine grasslands and scrub to the Mueller Glacier moraine wall. The track passes through landscape that was formed in 1913 when a stream cut through from the glacier to the original Hermitage site, damaging the building. The walk ends at a viewing deck that gives stunning views of Mt Sefton and The Footstool, Hooker Valley, Mueller Glacier lake and Aoraki/Mount Cook.

Hooker Valley Track - - -

Times from White Horse Hill campground:

1st swingbridge: 30 minutes return

2nd swingbridge: 1 hour return

Hooker Lake: 3 hours return

Begin at the Visitor Centre or White Horse Hill camping area. Starting from the village increases the times by one hour return. One of the most popular walks in the park, it leads up the Hooker Valley towards Aoraki/Mount Cook. The track passes close to the Alpine Memorial, which is a great viewpoint. Continue on to Hooker River and cross twice on swingbridges before reaching Stocking Stream Shelter. Continue beside the river to its source to reach the Hooker Glacier terminal lake.

Mueller Hut Route—see *Mueller Hut Route* brochure