

Te Araroa's Trail Towns – a guide to the logistics of tramping Te Araroa in the South Island including transport, accommodation and resupply.

Using this guide - this guide contains useful information to assist trampers getting on and off Te Araroa in the South Island. To complete the information kit Te Araroa trampers should generally also carry the track notes (see teararoa.org.nz/thetrail) and topographical map relevant to the section they are walking.

This guide contains 5 sections, each based on a geographical area, that follow sequentially from north to south. All distances are measured in kilometers from Ship Cove in the Marlborough Sounds, Te Araroa's start point in the South Island.

The services available in trail towns are grouped and follow the same pattern: General Information; Getting There/Away; Post Office; Accommodation; Resupply; Restaurants/Cafes; Transport to Trailheads; Outdoor Gear; Health; and Other. Not all towns offer all services so inevitably there are gaps in the services available at numerous points.

Visitor Information Centre's are included under the **General Information** heading and provide multi-purpose tourist services including accommodation and transport bookings. Department of Conservation (DOC) visitor centres are also included here. They're often a good place to seek up to date information on Te Araroa within the local conservancy, to buy maps, hire locator beacons and make other tramping related purchases.

Neither the Trust nor the author endorse or rank businesses by inclusion or omission from this guide, which has been written independently to enable trampers to plan and hike in the manner that suits. No notice has been given or permission sought from any business listed.

Every effort has been made to ensure the accuracy of the information provided as at the date of publication but, be aware, things may change by the time you encounter them. If you're able, please do report changes to the author for inclusion in the next addition.

Where possible, a range of options are included under the **Accommodation** headings but the lists are in not intended to be all encompassing. If your preferred accommodation provider is full then its staff may be able to assist in finding alternative accommodation. Otherwise, there is the visitor information centre, if you are in a town that has one. Prices fluctuate both between and within the different accommodation categories and are susceptible to change so they aren't included. Typically though prices for:

- **Hostels** start at \$18.00 per night for a dorm room in less-touristy areas and are more expensive in other areas, as are double or sole occupancy rooms. Some hostels have rooms with private bathroom facilities but the norm is shared bathrooms and kitchen facilities. Both YHA and BBH options are included where they exist. All YHA hostels are on the association's web site and note the process for qualifying for its law carbon traveler discount at yha.co.nz/Membership/Promotions. The individual web sites of the BBH hostels listed are included in the text below.
- **Motels** with self contained facilities range from \$90.00 to around \$160.00 per night for single/double occupancy.
- **Camping Grounds** are also included and can range in cost from \$5.00 per site to \$42.00 per site (2 people), so for the cost conscious may or may not compare favourably with hostel accommodation.

Most accommodation providers have **laundry** facilities available for guests but a moderate fee often applies. The **internet** too is widely available and, again, a fee will often apply.

When it comes to **resupply** this guide includes the most convenient supermarket/general store options and, with careful planning, it's possible to tramp Te Araroa's full length in the South Island relying on them without recourse to mail drops, bounce boxes, or other assistance. To achieve this in some

sections, however, requires pre-arranged transport or hitch hiking. This is the case for both food and *fuel* - particularly if using meth's (denatured alcohol) stoves, which is readily available in supermarkets, general stores and service stations. Other fuels are less common and may require some searching out. Canisters containing propane mix are reliably available in Picton, Nelson, St Arnaud, Hamner Springs, Arthur's Pass, Twizel, Wanaka, Queenstown, Te Anau and Invercargill but don't expect to find them elsewhere along the trail unless you've confirmed this in advance.

Hitching is not recommended for solo female trampers but is a realistic option for others. Patience though may be required while waiting for a ride.

For those who prefer certainty in their resupply arrangements then pre-arranged *mail drops* and/or *bounce boxes* provide an alternative option. In this regard, trampers may ask accommodation providers whether they'll hold packages pending arrival and stay. In future editions we may compile a list of business who do accept mail drops (and on what terms) so if you use this resupply method then your advice would be appreciated.

New Zealand Post also offers a limited *Poste Restante* service for posting and receiving parcels to designated post offices. The only post offices of potential relevance to Te Araroa trampers in the South Island are in Picton, Greymouth Christchurch, Dunedin, Wanaka, Queenstown and Invercargill. The contact details of each of these post offices are included below apart for the Christchurch Post Office (736 Colombo St, post code, 8011, ph 03 377 5411, open Mon-Fri 8.30am -5.3 pm, Sat 10am – 2 pm) and the Dunedin Post Office (243 Princes St, post code, ph 03 477 3518, open Mon-Fri 8.30am – 5.30pm).

Poste Resante parcels are held for up to 3 months and should be addressed as follows:

| | |
|------------------|-------------------|
| Recipient | E.g. Ron Legweary |
| Delivery Service | Poste Restante |
| Town, postcode | Christchurch 8011 |
| Country | New Zealand |

Parcels less than 2 kg will be held free of charge for the first seven days and thereafter at the rate of \$2.50 per week. Parcels between 2 and 30 kg are charged at \$2.50 per week. You can redirect from one Poste Resante location to another within New Zealand for an additional \$7.00 fee (for up to three months). You cannot redirect Poste Resante mail to other locations.

Sports outfitter stores are included under **Outdoor Gear** headings and you should be able to obtain most replacement items in any town that has a listing. Outside of Nelson, Christchurch, Queenstown and Dunedin however the range of specialist equipment can be limited. Picton, Wanaka and Invercargill are probably the best stocked of the remaining towns. Alternatively, if you have the time, purchasing online is an option. All of the major chains have well stocked online stores and can ship gear to you at any address.

A final word on **methods of payment**, almost all businesses accept Visa and MasterCard and some accept other credit cards as well. Debit cards are also very widely used via eftpos machines and ATMs and many businesses will allow cash, in addition to payment for goods and services, to be drawn down from debit accounts. While cash only businesses are rare it's wise to carry a certain amount (perhaps around \$150.00) to cover anything unforeseen. There are ATM's in a number of trail towns including Picton, Havelock, Lake Tekapo, Twizel, Wanaka, Queenstown, Te Anau and Invercargill.

Have a good tramp.

Michael Pullar

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(1) Nelson/ Marlborough

- 0 km - Picton** – Full service town and gateway to Ship Cove, Te Araroa’s northern terminus in the South Island. **General Information:** Picton Visitor Centre, Auckland St, (03) 520 3113 picton@i-SITE.org; Department of Conservation, Port Marlborough Building, 14 Auckland St, Picton (03) 520 3002. **Getting there/away:** Ferry to/from Wellington, multiple departures daily, interislander.co.nz; Rental Cars – multiple options available; Flights – regular flights to and from Wellington, soundsair.com, 0800 505 005, and to most other destinations from nearby Blenheim airport, airnewzealand.co.nz; Bus - numerous options e.g. Intercity Coachlines, (03) 365 1113, intercity.co.nz and Atomic Shuttles, 03 349 0697, atomictravel.co.nz. **Post Office:** Picton PostShop, 72 High St, post code 7220, ph (03) 520 3021 open Mon – Fri 8.30am to 5pm. **Accommodation:** Full range of hostel, motel and other accommodation providers including: Hostels – The Villa (BBH), 34 Auckland St, (03) 573 6598, thevilla.co.nz; YHA Picton, Wedgewood House, 10 Dublin St, (03) 573 7797. Motels - Americano Motor Inn, 32 High St, 0800 104 104, picton-accommodation.co.nz; Broadway Motel, 113 High St, 0800 101 919, broadwaymotel.co.nz. **Resupply:** Fresh Choice Supermarket, Mariners Mall, (03) 573 6463; Picton Four Square Supermarket, 49 High St, (03) 573 6443. **Restaurants/Cafes:** numerous options. **Ferry transport to trailheads:** Cougar Line, London Quay (by the town wharves), (03) 573 7925, cougarline.co.nz; Endeavour Express, London Quay, (03) 573 5456, boatrides.co.nz. **Outdoor Gear:** Picton Sports & Outdoors, 8 High St, (03) 573 6963. **Health:** Picton Health Care Pharmacy, 6 High St, (03) 573 6420; Picton Medical Centre, 71 High St, (03) 573 6092. **Other:** Picton Cinema, Picton Foreshore, (03) 573 6030.
- 0 – 71 Queen Charlotte Track** – numerous accommodation, restaurant and café options. For details see qctrack.co.nz and doc.govt.nz (then search “Queen Charlotte Track”)
- 71 - Anakiwa** - accommodation and transport options only: **Accommodation:** hostel options near Queen Charlotte Track trailhead. E.g. Anakiwa Backpackers (BBH) (03) 574 1338, anakiwabackpackers.co.nz; YHA Anakiwa Lodge, (03) 574 2115, anakiwa.co.nz. **Ferry transport to Picton:** Cougar Line, (03) 573 7925, cougarline.co.nz; Endeavour Express, (03) 573 5456, boatrides.co.nz
- 78.5 - Linkwater Service Station** - 1173 Queen Charlotte Drive, 03 574 2201, fuel and refreshments only.
- 88 - Havelock** - SH 6. - **Getting there/away:** Bus - Intercity Coachlines, (03) 365 1113, intercity.co.nz, daily to Blenheim, Picton and to Nelson. **Accommodation:** Multiple hostel and motel options on Main Rd E.g. Hostels –YHA Havelock, Rutherford Lodge, 46 Main Rd, (03) 574 2104, has onsite travel information/bookings office; Blue Moon Backpackers (BBH) , 48 Main Rd, (03) 574 2212, bluemoonhavelock.co.nz. Motels – Havelock Garden Motel, 71 Main Rd, 0800 082 222, gardenmotels.com; Havelock Motel, 50 Main Rd, 0800 111171, havelockmotel.co.nz. Also camping and cabins at Havelock Motor Camp, 22 Inglis St, (03) 574 2339, havelockmotorcamp.co.nz. **Resupply:** Havelock Four Square Supermarket, Main Rd, (03) 7574 2166; open from 7.30am, 8am Sundays; Inlet Bakery and Café, 65 Main Rd, (03) 574 2860; open 5.30am – 4pm daily. **Restaurants/Cafés:** multiple options; **Health:** Havelock Healthcare (Pharmacy) 65A Main Rd, (03) 574 1400; Havelock Medical Centre. 22 Lawrence St, (03) 574 2233
- 98 - Canvastown-** SH 6 - Trout Hotel, 03 574 2888, pub and motel style accommodation, bar and meals.
- 107 - Pelorus Bridge** - SH 6: **Getting there/away:** Bus - Intercity Coachlines, (03) 365 1113, intercity.co.nz daily to Blenheim, Picton and to Nelson. **Accommodation:** Pelorus Bridge Café and Campground, (03) 571 6019, p.b.cafe@xtra.co.nz, serviced campground full meals available at café but not suitable as a resupply station, may be available for shuttles.
- 153.4 - Left** 5.7 km side trail from Hacket Junction to Hacket Picnic Area, then 12.5km down Aniseed Valley Rd and right onto Main Rd for 1.5 km to **Hope**. Hope Store and Takeaways, 205 Main Rd, (03) 544 9803, takeaway meals and light resupply. Intercity Bus departs for Nelson outside around 7 pm daily.

153.4 – **Follow** above directions to Hope then a further 29 km to **Nelson** via Richmond. Nelson is a full service town.

247.7 - **St Arnaud** - SH 63, Village and gateway to Nelson Lakes National Park. **General:** DOC Visitor Centre, View Rd. Open from 8.30am, (03) 521 1860 nelsonlakesvc@doc.govt.nz. **Getting there/away / Transport to trailheads:** Nelson Lakes Shuttles, (03) 521 1900, (021) 4900095, nelsonlakesshuttles.co.nz, including connections with Atomic Shuttles and Intercity Coachlines to Nelson and Picton most days. **Accommodation:** Nelson Lakes Motels & Travers-Sabine Lodge, Main Rd, (03) 521 1887, www.nelsonlakes.co.nz, motel and backpacker accommodation; DOC's Kerr Bay Camping Ground, fully serviced, book at Visitor Centre. See other listings at starnaud.co.nz. **Resupply:** St Arnaud Alpine Store –fuel, groceries, fresh produce and takeaways, (03) 521 1854. **Restaurants/Cafés:** Alpine Lodge Restaurant and Cafe, Main Rd, (03) 521 1869.

(2) North Canterbury

360.5 – **Boyle Village** - Lewis Pass Rd – SH 7. **Accommodation/mail drops /transport:** Boyle River Outdoor Education Centre -this is a stopping point for the Atomic Shuttles on route to both Christchurch and Nelson. Backpacker accommodation is sometimes available at the Centre and trampers should enquire well in advance to confirm availability on (03) 315 7082 or info@boyle.org.nz. The Centre also provides a shuttle (done in your own vehicle) and parking arrangement. The shuttle is \$25 and \$5 a day for parking. This would need to be booked in advance to make sure someone is available. The Centre may also accept food packages to be sent and stored, this would cost \$10 and they would need to be well sealed. You'll need to discuss this with Centre staff however, before posting anything. All payment would need to be in cash or cheque as there are no eftpos or credit facilities available. There is also no cell phone reception near Boyle Village.

Left 56 km to **Hamner Springs**. **General:** Hamner Springs I –Site Visitor Centre, 40 Amuri Ave, 0800 442 663, visithurunui.co.nz, opens daily 10am to 5.30pm. **Accommodation:** Hamner Backpackers, 41 Conical Hill Rd, (03) 315 7196, hamnerbackpackers.co.nz; Kakapo Lodge YHA, 14 Amuri Ave, (03) 315 7472. Le Gite (BBH) 3 Devon St, (03) 315 5111, legite.co.nz. Plus many other accommodation providers at most levels see visithurunui.co.nz. **Resupply:** Hamner Springs Four Square Supermarket, Conical Hill Rd, (03) 315 7190; Hamner Springs Foodway, 45 Amuri Ave, (03) 315 777, opens daily 8.30am to 10pm. **Restaurants/Cafes:** numerous options. **Outdoor Gear:** The Adventure Centre Store, 20 Conical Hill Rd, Hamner Springs, (03) 315 7233, hamneradventure.co.nz. **Health:** Hamner Springs Health Centre, 59 Jacks Rd, (03) 315 7503, opens Mon – Fri 9am to 5pm. **Other:** Hamner Springs Thermal Pools opens daily 10am to 9pm.

Right 22.4 km to **Maruia Springs Thermal Resort** - hotel, restaurant and hot springs. (03) 523 8840, maruiasprings.co.nz.

Continue right a further 60.6 km (total 83 km) to **Reefton** – **General:** Reefton i-Site Visitor Centre, 67-69 Broadway, (03) 732 8616, reefton.co.nz. **Accommodation:** Hostels – Reefton Old Bread Shop Backpackers, 157 Buller Rd, (03) 732 8620, breadshopbackpackers@gmail.com; The Old Nurses Home Accommodation, 101 Shiel St, (03) 732 8981, reeftonretreat@hotmail.com. For numerous other options see reefton.co.nz. **Resupply:** SuperValue Supermarket, 65 Broadway, (03) 732 8313, opens daily 8am to 7pm.; Reefton Four Square, 47 Broadway, (03) 732 8888. **Restaurants/Cafes:** numerous options. **Health:** Mason's Healthcare Pharmacy, 63B Broadway, (03) 732 8899; Reefton Medical Centre, Shiel St, (03) 732 8605.

438 - 1.5 km side track across Otira River to Aickens Carpark at SH 73 then:

Left 22 km to **Arthur's Pass** – Small alpine village. **General:** DOC's Arthur's Pass National Park Visitor Centre, (03) 318 9211, arthurspassvc@doc.govt.nz, open daily 8am to 4.30pm (to 5pm in peak season). **Getting there/away:** to Christchurch and Greymouth: Bus - Atomic Shuttles, atomictravel.co.nz, (03) 349 0697; West Coast Shuttles www.westcoastshuttle.co.nz, (03) 768 0028, (027) 492 7488; Train – Tranz Scenic, tranzscenic.co.nz, 0800 277 482. **Accommodation:** Hostels – Mountain House YHA, Main Rd, (03) 318 9258, trampers.co.nz. Motels – Arthurs Chalet, 131 Main

Rd, (03) 318 9236, arthurspass.co.nz; Arthur's Pass Alpine Motel, Main Rd, 0800 900 401, apam.co.nz. **Resupply:** Arthur's Pass Alpine Store and Tearooms, (03) 318 9235 (including fuel); DOC's Arthur's Pass National Park Visitor Centre, (03) 318 9211 (some dehydrated foods). **Shuttle transport to trailheads:** Mountain House Shuttle, (03) 318 9258, trampers.co.nz. **Restaurants/Cafés:** Arthur's Pass Alpine Store and Tearooms, (03) 318 9235; Wobbly Kea, (03) 318 9101; Oscar's Haus Alpine Café, (03) 318 9234

Right 73 km to **Greymouth** – **General:** Greymouth i-Site Visitor Centre, 1 Mackay St, (03) 768 5101, greydistrict.co.nz, **Getting there/away:** to Arthur's Pass by bus - Atomic Shuttles, atomictravel.co.nz, (03) 349 0697; West Coast Shuttles www.westcoastshuttle.co.nz, (03) 768 0028, (027) 492 7488; by train – Tranz Scenic, tranzscenic.co.nz, 0800 277 482. **Post Office:** 36 Tainui St, postcode 3204, (03) 768 0125, open Mon-Fri 8.30am to 5pm, Sat 10am to 12.30pm. **Accommodation:** Hostels – Kainga-ra YHA, 15 Alexander St, (03) 768 4951; Global Village Travelers Lodge (BBH) 42-54 Cowper St, (03) 768 7272, globalvillagebackpackers.co.nz. Motels and other accommodation – many options. **Resupply:** New World Supermarket, 128 High St, (03) 768 4441; FreshChoice Supermarket, 174 Mawhera Quay, (03) 768 7545 (to become Countdown Supermarket on same site); **Outdoor Gear:** Colls Sportsworld, 53 Mackay St, (03) 768 4060. **Health:** Olsen's Pharmacy, 50 Albert St, (03) 768 4075; Mason's Pharmacy, 34 Tainui St, (03) 768 7470; Greymouth Medical Centre, 43 Albert St, (03) 768 0581. Other: Cinema – Regent Theatre, Cnr Mackay & Herbert Sts, (03) 768 0920.

442 - Across Morrison footbridge to SH 73 then **left** 19 km to **Arthur's Pass** (for details see above);

Right 76 km right to **Greymouth** (for details see above)

466.5 – SH 73. Right to **Arthur's Pass** (for details see above).

472 – **Bealey Hotel** - SH 73, 12 km east of Arthur's Pass, 150 km west of Christchurch, (03) 318 9277, bealeyhotel.co.nz. Backpacker and motel type accommodation, restaurant and bar. Trampers are able to organize transport from here as most operators pass by on their way to Arthur's Pass and to Christchurch.

476 – **Arthur's Pass Wilderness Lodge** – Coral Lynn Rd, 03 318 9246, wildernesslodge.co.nz - up market lodge accommodation and meals.

508.8 – **Trust Power overnight camp site** – (no charge) Cross the Harper River road bridge and then walk 800m to the Harper Village road junction. From here follow the “2km to Lake Coleridge” road sign for another 300m. The camp site is as marked on the left. Water is available from the nearby canal. Nearest toilet is further down on the Oakden Canal.

520.7 – **Ryton Bay Campground** – Turn right off Harper Rd after crossing Ryton River road bridge. The overnight campground is 1.5 km down gravel road towards lake at Ryton Bay. Toilet on site, collect water from stream.

538.2 – **Lake Coleridge Lodge** – 114 Hummocks Rd, PO Box 18, Lake Coleridge Village, 7572, lakecoleridge.lodge.co.nz, (03) 318 5002, 021 262 6934. Dinner, bed and breakfast. Owner has week day job near Darfield so may be able offer early morning shuttle service to SH 72.

Left 24 km then right on Zig Zag Rd to Rakaia Gorge. Across the second bridge is **Rakaia Gorge Campground** – tent sites \$7.50 pp, toilets and water.

Left 40.5 km on Coleridge Rd then right at SH 72 and left at SH 77 to **Methven** – **General:** Methven i-Site Visitors Centre, 160 Main St, (03) 302 8955, methven@i-site.org. **Getting there/away:** Methven Travel, 93 Main St, 0800 684 888 for shuttles to/from Christchurch. **Accommodation:** Hostels - YHA Methven, Mt Hutt Village Flashpackers, Cnr Bank & McMillan Sts, (03) 302 8999; Mt Hutt Bunkhouse and Cottage (BBH), 8 Lampard St, (03) 302 9122, mthuttbunkhouse.co.nz; plus numerous other accommodation options; **Resupply:** Topnotch Four Square Supermarket, (03) 302 9063, and SuperValue Supermarket, (03) 302 8050, both open 7 days from 7am to 9pm and obviously situated in

town; **Restaurants/Cafés:** multiple options. **Health:** Methven Pharmacy, Main St, (03) 302 8103; Methven Medical Centre, Methven Chertsey Rd, (03) 302 8105.

566.9 - 9.3km side trail from Double Hut to Lake Heron Car Park and then to Hakatere Heron Rd:

Right a few 100 metres around the lake shore to **Lake Heron Campground**. \$5.00 per night, toilets and water only.

Left for 16.3 km to Ashburton Gorge Rd and then right another 39.6 km to **Mt Somers Village** - **Accommodation:** Camping: Mt Somers Domain, opposite Tavern, \$10.00 per night; Mt Somers Holiday Park (03) 303 971, mountsomers.co.nz, cabins and tent sites available. Camp store and transport by arrangement. Enquire before posting mail drop for collection during stay. **Resupply:** General Store, (03) 303 9831, open Mon – Sat 8am to 6pm, Sun 8am to 5 pm, basic but adequate resupply. **Restaurant:** Mt Somers Tavern open 7 days, restaurant and bar, (03) 303 9879. **Note:** Mt Somers Village is 30 km by road to Methven (see above).

578.9 - Left onto Hakatere Potts Rd and its 8 km down to Ashburton Gorge Rd, the first 4 coincide with the Te Araroa route, then to **Mt Somers Village** (for details see above).

600 – Hakatere Potts Rd. (North side of Rangitata River Safety Zone) Turn **left** and its 18.5 km to Ashburton Gorge Rd, then as above to **Mt Somers Village**. Turn **right** and its 3 km to **Mt Potts Lodge**, 03 303 9060, mtpotts.co.nz, seasonal ski lodge so enquire first and don't otherwise rely on availability for tramper accommodation here.

(3) South Canterbury

600 – Rangitata Gorge Rd (South side of Rangitata River Safety Zone) Turn **left** 2.5 km (downstream) from Te Araroa's Thumbs Track car park to **Mesopotamia Station**, (03) 696 3738, mesopotamia.co.nz, Good basic accommodation for groups or individuals.

Rangitata Gorge Rd Follow directions to Mesopotamia Station then continue a further 48 km to **Peel Forest Camp** –(03) 6966 3567, stay@peelforest.co.nz, cabins and camping, café & general store selling groceries and takeaway food, summer hours – Mon – Fri 9am to 6 pm, Sat, Sun to 8 pm.

Rangitata Gorge Rd Follow directions to Peel Forest then continue a further 23 km to **Geraldine** – **General:** Geraldine i-Site Visitor Information Centre, corner Talbot & Cox St, (03) 693 1006; DOC Raukapuka Area Office, North Terrace, (03) 693 1010, raukapukaao@doc.govt.nz; **Getting there/away:** Both Intercity Coachlines, (03) 365 1113, www.intercity.co.nz and Atomic Shuttles, (03) 349 0697 www.atomictravel.co.nz have buses daily towards Queenstown and Christchurch. **Accommodation:** Hostel -Rawhiti House & Backpackers (BBH), 27 Hewlings St, (03) 693 8252, rawhitibackpackers.co.nz, Camping/cabins/motel – Geraldine KIWI Holiday Park, 39 Hislop St, (03) 693 8147, geraldineholidaypark.co.nz; several other motel options available as well. **Resupply:** Geraldine SuperValue Supermarket Peel St, (03) 693 8529, opens daily 7am to 7 pm. **Restaurants/Cafés:** multiple options. **Health:** Geraldine Pharmacy, 24 Talbot St, (03) 693 8601; Geraldine Medical Centre, 16 Cox St, (03) 693 8880. **Transport to trailheads:** 4x4 New Zealand (03) 693 7254, (0273) 904 675, www.4x4newzealand.co.nz. **Other:** Geraldine Cinema, 74 Talbot St, (03) 693 8118

660 – Lake Tekapo Village – SH8, Main St - **General:** Lake Tekapo Information Centre, Main St, (03) 680 6686. **Getting there/away:** Both Intercity Coachlines, (03) 365 1113, intercity.co.nz and Atomic Shuttles, (03) 349 0697 atomictravel.co.nz have buses daily towards Queenstown and Christchurch. **Accommodation:** Hostels/camping: YHA Lake Tekapo, 3 Simpson Lane, (03) 680 6857; Tailor-made Backpackers (BBH) 9 -11 Aorangi Crescent (03) 6806700, tailor-made-backpackers.co.nz; Lake Tekapo Motels and Holiday Park, Lakeside Drive, 0800 853 853, .laketekapo-accommodation.co.nz, wide range of accommodation including camping, Lake Front Backpackers Lodge (0800 840 740), cabins and motels; numerous other hotel and motel options available. **Resupply:** Tekapo Services Ltd (4 Square Supermarket), Main St, (03) 6806809; Doughboys Bakery, 65 Main Rd, (03) 680 6655,

snacks, fresh food. **Restaurants/Cafés:** multiple options. **Transport to trailheads:** The Cook Connection 0800 26 6526, (021) 583 211, cookconnect.co.nz.

701- Lake Pukaki Visitor Information Centre - SH 8, Lake Pukaki, (03) 435 3280, info@mtcooknz.com, cold drinks, ice-cream and sweets, information, water, and toilets.

718 - Twizel - General: Twizel Information Centre (in the Twizel Events Centre), 61 Mackenzie Drive (03) 435 3124, info@twizel.com. **Getting there/away:** Both Intercity Coachlines, (03) 365 1113, intercity.co.nz and Atomic Shuttles, (03) 349 0697 atomictravel.co.nz have buses daily towards Queenstown and Christchurch. **Accommodation:** High Country Lodge and Backpackers, 23 Mackenzie Drive, (03) 435 0671, highcountrylodge.co.nz; Parklands Alpine Tourist Park 122 Mackenzie Drive, (03) 435 0507, parklandstwizel.co.nz for cabins, backpackers and campsites; Mountain Chalets, Wairepo Rd (close to trail head) (03) 435 0785, mountainchalets.co.nz; Other accommodations options available. **Resupply:** Twizel Four Square Supermarket, 20 Market Place, 03 435 0875; Mackenzie Four Square Supermarket, 27 Market Pl, 03 435 3262; Bakery in Market Place shopping centre. **Restaurants/Cafés:** multiple options in Market Place shopping centre. **Outdoor gear:** Southern Alps Outdoors (Fishing, Hunting and Photos), 8 Market Place (open 7 days – weekends limited hours) (03) 435 0002. **Health:** Mackenzie Pharmacy, 6/7 Market Place, (03) 435 0883; High Country Health Medical Centre, 37 Tasman Rd, (03) 435 0777. **Other:** Launderette, behind Thai restaurant in Market Place Shopping Centre, opens 8.30am – 9pm (8pm in winter)

748.3- Lake Middleton Camp Ground - \$8.00 per night, toilets and water supply.

751.5 - 3 km further along from Glen Mary Ski Club, the start point of Te Araroa's East Ahuriri Track, to **Lake Ohau Lodge**, 2295, Lake Ohau Rd, (03) 438 9885, ohau.co.nz – hotel style accommodation, bar and restaurant.

795.5 – Birchwood Rd - Left for 11.2 km to SH8 then left again for a further 17.4km to **Omarama** - A small tourist village on the SH8/SH83 junction. **Getting there and away:** Both Intercity Coachlines, (03) 365 1113, intercity.co.nz and Atomic Shuttles, (03) 349 0697 atomictravel.co.nz have buses daily towards Queens town and Christchurch. **Accommodation:** Omarama Top 10 Holiday Park 0800 662726; Omarama Hotel, (03) 438 9713 for older style pub accommodation; Heritage Gateway Hotel 0800 809 805; **Resupply:** Taylors Omarama Food Centre (Four Square Supermarket) (03) 438 9895. **Restaurants/Cafes.:** Several options. **Other:** Hot Tubs Omarama, (03) 438 9703, hottubsomarama.co.nz

(4) Otago

853.9 -Lake Hawea Village – **Accommodation:** Lake Hawea Motel, 56 Capell Ave, (03) 441 1188; Lake Hawea Motor Inn, Capell Ave, 0800 429324, lakehawa.co.nz motel and hostel accommodation, restaurant and bar.; Lake Hawea Holiday Park, 1208 Makaroa Rd, (03) 443 1767, cabins and camping. **Lake Restaurant/Cafe/Resupply:** Sailz Lake Hawea Restaurant and Bar, (03) 4431696. A one-stop shop – general store, post office, restaurant and café. Open daily from 7.30am

865.9 -Albert Town Reserve campground - located immediately over Hawea River Bridge, \$7.00 per night - toilet and water only.

867.6 –Albert Town –**Accommodation/Resupply Restaurants/Cafes:** Albert Town Lodge, 3 Wexford St, (03) 443 9487 (continue straight ahead a short distance after crossing the Clutha River Bridge) provides backpacker accommodation near Albert Town shops, which include tavern and dairy at 20 Alison Ave

877.9 – Wanaka - General: Lake Wanaka Visitors Centre, 100 Ardmore St, (03) 443 1233, lakewanaka.co.nz, open daily 8.30am to 5pm; DOC's Mt Aspiring National Park Visitor Centre, Ardmore St, (03) 443 7660, Open daily Nov – April 8am to 5 pm, slightly restricted hours Mon-Sat for the rest of the year. **Getting there/away:** Regular shuttle services link Wanaka with Queenstown, Dunedin, Christchurch and other destinations. See Intercity Coachlines, (03) 365 1113,

intercity.co.nz; Atomic Shuttles, (03) 349 0697, atomictravel.co.nz; Southern Link (to Queenstown and Christchurch only) 0508 458 835, southernlinkbus.co.nz; Wanaka Connexions (to Queenstown only) time2.co.nz/connections; Catch-A-Bus (to Dunedin only) (03) 449 2024, catchabus.co.nz. **Post Office:** 39 Ardmore St, postcode 9305, ph (03) 443 8247, open Mon-Fri 8.30am to 5.30pm, Sat 9am to 12pm. **Accommodation:** Many options at all levels. Here are just a few. Hostels – Purple Cow YHA, 94 Brownston St, (03) 443 1880; Mountain View Backpackers BBH, 7 Russell St, 0800 112 201, wanakabackpackers.co.nz; Camping – Wanaka Lakeview Holiday Park, 212 Brownston St, (03) 443 7883, wanakalakeview.co.nz. This facility has campsites, cabins and backpacker accommodation. **Transport to trailheads:** Alpine Coachlines (03) 443 7966, 0274 515 251, alpinecoachlines.co.nz. **Outdoor Gear:** Outside Sports Wanaka, 17-23 Dunmore St, (03) 443 7966, open daily 8.30am – 6pm; Mainly Tramping, 17 Dunmore St, (03), 443 2888, mainlytramping.co.nz. **Health:** Unichem Wanaka Pharmacy and Aspiring Pharmacy, both in Helwick St; Wanaka Medical Centre, 21 Russell St, (03) 443 781 wanakamedical.co.nz, open daily 9am to 5pm; Aspiring Medical Centre, 28 Dungarvon St, (03) 443 1226, 24 hours. **Other:** Paradiso Cinema, 1 Ardmore St, (03) 443 1505.

892.9 - Glendhu Bay Lakeside Holiday Park – Wanaka Mount Aspiring Rd, Glendhu Bay, (03) 443 7243, glendubaymotorcamp.co.nz. Cabins and campsites with a shop open in summer.

941.3 - Arrowtown – **Accommodation:** Hostels: Poplar Lodge (BBH) , 4 Merioneth St, (03) 442 1466, poplarlodge.co.nz; Camping – Arrowtown Holiday Park, 12 Centennial Avenue, (03) 442 1876, arrowtownholidaypark.co.nz (units, lodge and camping) ; Motels - Mace Motel, 13 Cardigan St, (03) 409 8884, macemotel.co.nz, retro units and some rooms with shared facilities. **Transport to/from Frankton/Queenstown:** Connectabus departs regularly from Ramshaw Lane, (03) 441 4471, connectabus.co.nz. **Resupply:** Arrowtown Night ‘N Day, 39 Buckingham St, (03) 442 18866 (Basic resupply better options at Remarkable Park and Queenstown supermarkets, see below); Arrowtown Bakery & Café, 1 Buckingham St, (03) 442 1587. **Restaurants/Café s:** Numerous options. **Health:** Arrowtown Pharmacy, 20 Buckingham St, (03) 442 0975; Arrowtown Medical Centre, Birkshire St, (03) 442 0975 **Other:** Dorothy Browns Cinema, Buckingham St, (03) 442 1964, dorothybrowns.com

943.9 – Millbrook - Malaghans Rd, luxury accommodation and restaurants etc -the whole nine yards. 0800 800 604, millbrook.co.nz.

951.6 – Kawarau Rd (Frankton) – **Accommodation:** Frankton Motor Camp, Yewlett Cres, (03) 442 2079, franktonmotorcamp.co.nz for camp sites, units and cabins. **Restaurants:** Burger King and Subway, both to the right along Kawarau Rd a short distance to the junction.

Left 1.5 km on Kawarau Rd, past Queenstown Airport, then on Lucas Pl and Hawthorne Dr to **Remarkable Park Shopping Centre** – **Resupply:** New World Wakatipu Supermarket, (03) 442 3045. **Restaurants/Cafes:** Caffe LaVina; Hamills Restaurant; Thaitanium Restaurant. **Outdoor Gear:** Element, (03) 442 2445. **Health:** Unichem Remarkables Pharmacy (03) 442 2800; Queenstown Medical Centre, (03) 450 9199, open Mon-Fri 8.30am to 5pm.

942.3 Queenstown - *tourist* hub and adventure capital of the world - **General:** Queenstown Visitors Centre, Cnr Shotover and Camp Sts, (03) 442 4100; DOC’s Queenstown Regional Visitor Centre, 38 Shotover St, (03) 442 7935. **Getting there/away:** Flights – regular flights from Queenstown Airport to many destinations. Bus - numerous options e.g. Intercity Coachlines, (03) 365 1113, intercity.co.nz; Atomic Shuttles, (03) 349 0697, atomictravel.co.nz . Car rental – multiple options. **Post Office,** 13 Camp St, post code 9300, (03) 442 4972, open Mon-Fri 8.30am to 5.30pm, Sat 9am to 4pm. **Accommodation:** Numerous options at all levels. Here are just a few: **Hostels** – Queenstown Central, 48A Shotover St, (03) 442 7400, and Queenstown Lakefront, 88-90 Lake Esplanade (03) 442 8413 (both YHA); Bungi Backpackers (BBH) 15 Sydney St, 0800 728 286; Camping – Creeksyde Top 10 Holiday Park (wide range of accommodation including campsites) 54 Robins Rd, 0800 786 222, camp.co.nz. **Resupply:** Alpine Four Square Supermarket, Cnr Shotover and Stanley Sts, (03) 442 8961; Fresh Choice Supermarket, 64 George St, (03) 441 1252, open daily 7am to 12 pm; The Bakery, 15 Shotover St, (03) 442 8698, open daily 6am to 6pm. **Restaurants/Cafes:** Numerous options. **Outdoor Gear:** Outside Sports, 35-37 Shotover St (03) 450 2118, outsidesports.co.nz, open daily 8am to 8pm; R&R Sports, Cnr Camp and Shotover Sts, (03) 409 0409, rrsport.co.nz, open daily from 9am to 7pm; Macpac, 44 Beach St, (03) 409 2709, Mon-Thurs 10am to 6 pm, Sat, Sun until 7 pm; Katmandhu, Cnr Rees and Beach Sts (03) 409 0880, Kathmandu.co.nz, open daily 10am to 6pm; Shoe Clinic, 2

Beach St, (03) 4428187, shoeclinic.co.nz, open daily 9am to 9pm (slightly reduced hours in winter)
Health: Bradley's Pharmacy, 1923 Rees St, (03) 442 8338; Unichem Wilkinson's Pharmacy, 4 The Mall, (03) 442 7313; Queenstown Medical Centre, 9 Isle St, (03) 441 0500 open Mon-Fri 8am to 8pm & Sat, Sun from 9am. **Other:** Reading Cinema 11-14 The Mall, (03) 4429990, readingcinemas.co.nz

982.9 – Glenorchy – General/Accommodation/resupply/transport: Glenorchy Information Centre/Holiday Park/General Store, Oban St, (03) 441 0303, glenorchy-infocentre.co.nz. A one-stop tramper's shop for transport (boat and bus) to trailheads and Queenstown, basic resupply, and a range of accommodation including camping. **Other Accommodation:** Glenorchy Hotel and Backpackers Retreat, Mull St, 03 409 2049; Mt Earnslaw Motel, 87 Oban St, 03 442 6883, mtearnslawmotel.co.nz. **Restaurants/Cafes** - Glenorchy Lodge Foxy's Café, Cnr Mull & Argyle Sts, (03) 442 9958; Glenorchy Café, Mull St, (03) 442 9978; Glenorchy Hotel (as above), café, bar and restaurant.

(5) Southland

1074.9 - SH 94- Left 25km to Mossburn – Accommodation: Tarahau Lodge BBH, 1 Cumberland St, (03) 2486122; Mossburn Hotel, Cnr York and Bath Sts, (03) 248 6399, for pub style accommodation, bar and restaurant (closed Mondays); Mossburn Country Park, 333 Mossburn Five Rivers Rd, (03) 248 6444, (021) 251 9246, for backpackers/ cabins and campsites 3 km north of Mossburn; Kowhai Lodge Self-Contained & B&B, 5665 SH94, (03) 248 6137; **Resupply:** Mossburn Four Square General Store, 37 Devon St, (03) 248 6011; **Restaurants:** Mossburn Diner 80 Devon St, (03) 248 6157, Mon-Thurs 7am to 8pm and Fri-Sun to 8pm; Mossburn Hotel (as above)

Right 31 km to Te Anau – General: Fiordland i-Site Visitor Centre, Lakefront Dr, (03) 249 8900; DOC's Fiordland National Park Visitor Centre, Lakefront Drive, (03) 249 7924. **Getting there/away:** Bus - Intercity Coachlines, 03 365 1113, intercity.co.nz has buses daily towards Queenstown Dunedin and Christchurch. **Accommodation:** Many options at all levels. Here are a few: Hostels –YHA Te Anau Backpackers, 29 Mokonui St, (03) 249 7847; Te Anau Lakefront Backpackers (BBH) 48 – 50 Lakefront Dr, 0800 200 074, teanaubackpackers.co.nz; Camping – Te Anau Mountain View Top 10 Holiday Park, Manapouri-Te Anau Rd, 0800 249 746, teanautop10.co.nz range of accommodation from Motels to camp sites. **Resupply:** Te Anau four Square Supermarket, 30 Town Centre, (03) 249 7547; Te Anau Fresh Choice Supermarket, 5 Milford Cres, (03) 249 9600, open daily 7am to 9pm; Fiordland Bakery, 106 Town Centre, (03) 249 8899 **Restaurants/Cafes:** Numerous options including La Toscana, Town Centre, (03) 249 7431, pasta and pizza open from 5.30pm daily. **Outdoor Gear:** Outside Sports Te Anau, 38 Town Centre, (03) 249 8195, open daily 9am to 5 pm. **Transport to Trailheads:** Tracknet Shuttles, (03) 249 7777, tracknet.co.nz. **Health:** Te Anau Pharmacy, 60 Town Centre, 03 249 7134; Fiordland Medical Centre, Luxmore Drive, 03 249 7007 open Mon-Fri 8am to 5.30pm, Sat 9am to 12pm. **Other:** Fiordland Cinema, 7 The Lane, 03 249 8844, fiordlandcinema.co.nz.

1136 – Struan Flat Rd – turn left then immediately left again onto Ohai-Clifden Hwy and then a further 7km into **Ohai** – small town with no services aside from Taylor's Lodge, (03) 223 4244 or (03) 225 4041. which is currently being renovated. Tramper accommodation/shuttles/meals/mail drops usually available though it's best to contact owners, Monica and Dave McKitterick, in advance to confirm arrangements. Cell reception available near the Struan Flat Rd trailhead but is otherwise patchy.

It's a further 9 km along the Ohai-Clifden Hwy to **Nightcaps** – **Resupply:** Nightcaps Four Square Supermarket, 11 Johnston Rd, (03) 225 7885.

1161.5 - Otautau Tuatapere Rd (at exit of to be completed Woodlaw Track):

Left 13 km to Otautau – Accommodation: Harbison Backpackers (BBH) 5 Harbison St, (03) 225 8715 (cash only); Otautau Hotel 167 Main St, (03) 225 8166 for rooms/bar and restaurant; Otautau Railway Hotel, 76-78 King St, (03) 225 8577, backpackers, bar and restaurant. **Resupply:** SuperValue Supermarket, 157 Main St, (03) 225 8029, open daily 8am to 7pm. **Health:** Carletons Pharmacy, 168 Main St, (03) 225 8321; Otautau Medical Centre, Chester St, (03) 2258099

Right 28 km following road signs to Tuatapere – Accommodation: Tuatapere Motels, Backpackers & Holiday Park, 73 Main Rd, 0800 009 993, tuatapereaccommodation.co.nz; Hump Track

Backpackers, 6 Clifden Rd, (03) 2266418; Waiau Hotel, 47 Main St, (03) 226 6409, waiauhote.co.nz for rooms, bar and restaurant. **Resupply:** Dowlings Four Square Supermarket, 73 Main St, (03) 226 6250, opens daily 7am to 9 pm. **Health:** Tuatapere Medical Centre, 69A Orawia Rd, (03) 226 6123

1222.3 - **Colac Bay** – Colac Bay Tavern and Dustez Bak paka’s (BBH), 15 Colac Bay Rd, (03) 234 8399, dustezbakpakas.co.nz, range of affordable accommodation, bar meals and takeaways.

1234.2 - **Longwood Holiday Park** - 43 Richard St, Riverton, 0800234 813, studio units and campsites. Within walking distance of Riverton CBD.

1235.4 - **Riverton – General:** Riverton Visitor Information Centre, 172 Palmerston St, (03) 234 9991. **Getting there/away:** Scenic Shuttle, (03) 477 9083, scenicshuttle.co.nz, daily shuttle to/from Invercargill and Te Anau. **Accommodation:** Longwood Holiday Park (as above); Globe Backpackers and Bar, 144 Palmerston St, 0800 843 456, which also operates the Globe Beach Retreat, 2 bedroom full self-contained units; Riverton Rock Guesthouse, 136 Palmerston St, (03) 234 8886, stay@rivertonrock.co.nz. **Resupply:** Riverton SuperValue Supermarket, 163 Palmerston St, (03) 234 8541, open daily 7.30am to 7pm. **Restaurants/Cafés:** several options on Palmerston St. **Health:** Riverton Pharmacy, 168 Palmerston St, (03) 234 8515; Riverton Medical Centre, 145 Palmerston St, (03) 234 8290.

1257.5 - **Beach Road Holiday Park** – 375 Dunns Rd, 03 213 0400, beachroadholidaypark.co.nz, tourist flats/cabins/ tent sites.

1257.9 - **Outpost at Cabbage Tree Restaurant** - 379 Dunns Rd, (03) 213 1443, thecabbagetree.com. Open 7 days from 10am.

1260.9 - **Otatara Four Square Supermarket**, (03) 213 1334, open Mon – Sat 7am to 9pm, Sun from 8am.

1262.9 - **Invercargill - General:** Invercargill i-Site Visitor Centre, Victoria Ave, Queens Park, (03) 214 6243, open daily. **Getting there/away:** Air – flights to main centres from Invercargill Airport; Bus – options to Dunedin, Te Anau and Queenstown: Intercity Coachlines, (03) 365 1113, www.intercity.co.nz; and Atomic Shuttles, 03 349 0697, www.atomictravel.co.nz. **Post Office:** 51 Don St, post code 9810, ph (03) 214 7702, open Mon-Fri 8.30am to 5.30pm, Sat 9am to 2pm. **Accommodation:** Many options including: Hostels – Tuatara Lodge YHA (also discounts BBH and VIP members), 30 – 32 Dee St, 0800 488 282, tuataralodge.co.nz, with onsite Café; Southern Comfort Backpackers, 30 Thompson.(03) 218 3838; **Resupply:** Pak’N Save, 95 Tay St, (03) 214 4864; New World Supermarket, 244 Elles Rd, 03 218 681; Countdown Foodmarkets, 172 Tay St, (03) 218 6716. **Restaurants/Cafes:** numerous options. **Outdoor Gear:** Southern Adventure, 31 Tay St, (03) 218 3239, open Mon – Thurs 8.30am – 5.30pm, Fri until 7 pm, Sat 10am to 3 pm; Kathmandu, 63 Leven St, (03) 214 1568, open Mon – Thurs 9am to 5.30pm, Fri until 6pm, Sat 10am to 5 pm, Sun until 4pm. **Health:** Stewarts Pharmacy, 150 Dee St, (03) 218 8859, open Mon – Fri 9am to 5.30 pm, Sat 10am to 2 pm; Amcal Pharmacy, 76 Tay St, (03) 218 9393, open same hours; Victoria Avenue Medical Centre, 60 Victoria St, (03) 218 3282 **Other:** Reading Cinema, 29 Dee St, (03) 211 1555.

1295.4 - **Bluff – Getting there/away** Invercargill – Campbelltown Passenger Service, 1 Lee St, and (03) 212 7404. Stewart Island – Stewart Island Experience Ferry Service, Foreshore Rd, 0800 000 511, stewartislandexperience.co.nz. **Accommodation:** B & B - Land’s End, 10 Ward Parade (proximate to Southern Terminus) (03) 2127575, landsend.net.nz, restaurant onsite; Hostels – Bluff Lodge, 120 Gore St, (03) 212 7106, 027 294 5306, blufflodge.co.nz, provides a range of affordable accommodation; Camping – Bluff Camping Ground, Gregory St, (027) 626 2018, Cabins and tent sites. **Resupply:** Bluff Four Square Supermarket, 54 Gore St, (03) 212 8179. **Restaurants/Cafes:** Drunken Sailor Café, 8 Ward Parade, (0)3 212 8855; others on Gore St. **Health:** Bluff Prescription Centre, 128 Gore St, (03) 212 8617; Bluff Medical Centre, 2 Tone St, (03) 212 7337, A/H (03) 212 882.