

# Contents

<b>Foreword</b>	<b>9</b>	Mt Taranaki Low-level Circuit	106
<b>Table of Tramps</b>	<b>12</b>	Pouakai Track	108
<b>The Authors</b>	<b>16</b>	<b>WHANGANUI NATIONAL PARK</b>	<b>110</b>
<b>Tramp Descriptions</b>	<b>17</b>	Matemateaonga Track	111
<b>Planning</b>	<b>18</b>	<b>RUAHINE FOREST PARK</b>	<b>115</b>
<b>Environment</b>	<b>23</b>	Rangiwahia & Deadmans Loop	117
<b>Fishing in New Zealand</b>	<b>34</b>	<b>TARARUA FOREST PARK</b>	<b>120</b>
<b>Far North</b>	<b>38</b>	Mt Holdsworth Circuit	121
Rangitoto Island Loop	41	Totara Flats Track	125
Waitakere Ranges Loop	44	<b>MORE TRAMPS</b>	<b>127</b>
Cape Reinga Walkway	47		
Great Barrier Forest	53		
Kauaeranga Kauri Trail	59		
<b>Marlborough Region</b>	<b>129</b>	<b>Queen Charlotte Track</b>	<b>132</b>
<b>MORE TRAMPS</b>	<b>64</b>	Nydia Track	138
		Pelorus Track	140
		<b>MORE TRAMPS</b>	<b>145</b>
<b>Nelson Region</b>	<b>146</b>		
Abel Tasman Coast Track	148		
<b>Great Walks</b>	<b>153</b>		
<b>Central North Island</b>	<b>65</b>	<b>KAHURANGI NATIONAL PARK</b>	<b>164</b>
<b>TE UREWERA NATIONAL PARK</b>	<b>67</b>	Heaphy Track	166
Lake Waikaremoana Great Walk	70	Wangapeka Track	172
Whakatane–Waikare River Loop	73	Leslie-Karamea Track	177
<b>WHIRINAKI FOREST PARK</b>	<b>78</b>	<b>NELSON LAKES NATIONAL PARK</b>	<b>181</b>
Whirinaki Track	79	Travers-Sabine Circuit	186
<b>TONGARIRO NATIONAL PARK</b>	<b>82</b>	D'Urville Valley Track	190
Tongariro Northern Circuit	85	<b>MORE TRAMPS</b>	<b>193</b>
<b>KAIMANAWA FOREST PARK</b>	<b>91</b>		
Urchin-Umukarikari Circuit	92		
<b>Southern North Island</b>	<b>96</b>		
<b>MORE TRAMPS</b>	<b>94</b>		
<b>Canterbury</b>	<b>194</b>	Banks Peninsula Track	196
Mt Somers Track	200	St James Walkway	205
Kaikoura Coast Track	211	<b>MORE TRAMPS</b>	<b>215</b>
<b>Arthur's Pass National Park</b>	<b>216</b>		
Avalanche Peak	220		
Goat Pass Track	224		
<b>EGMONT NATIONAL PARK</b>	<b>99</b>		
Mt Taranaki High-level Circuit	102		

Waimakariri–Harman Pass Route	226	Mavora Walkway	271
Harper Pass	230	Rees-Dart Track	274
Cass–lagoon Saddles Track	234	Cascade Saddle Route	278
<b>MORE TRAMPS</b>	<b>237</b>	Wilkin–Young Valleys Circuit	281
<b>West Coast</b>	<b>238</b>	<b>MORE TRAMPS</b>	<b>285</b>
<b>PAPAROA NATIONAL PARK</b>	<b>240</b>	<b>Fiordland National Park</b>	<b>287</b>
Inland Pack Track	241	Milford Track	292
Croesus Track	245	Hollyford Track	298
<b>AORAKI/MT COOK &amp; WESTLAND/TAI POUTINI NATIONAL PARKS</b>	<b>248</b>	Kepler Track	302
Welcome Flat	251	Dusky Track	306
Mueller Hut	254	Tuatapere Hump Ridge Track	311
<b>Mt Aspiring National Park</b>	<b>257</b>	<b>MORE TRAMPS</b>	<b>316</b>
Routeburn Track	261	<b>Stewart Island (Rakiura)</b>	<b>317</b>
Greenstone Track	265	Rakiura Track	322
Caples Track	269	Northwest Circuit	326

<b>Trampers Directory</b>	<b>332</b>
<b>Transport</b>	<b>349</b>
<b>Health &amp; Safety</b>	<b>357</b>
<b>Clothing &amp; Equipment</b>	<b>363</b>
<b>Glossary</b>	<b>369</b>
<b>Behind The Scenes</b>	<b>371</b>
<b>Index</b>	<b>376</b>
<b>World Time Zones</b>	<b>390</b>

# Regional Map Contents

