



# 3 Day Guided Wilderness Guest Information

## Welcome

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**We are delighted that you have chosen to join us on the Hollyford Track three day / two night all inclusive guided wilderness experience.**

Soon, you'll be exploring undisturbed and inspiring scenery that has remained largely untouched for thousands of years, from the snow-capped mountains of the majestic Southern Alps, ancient native rainforest, pristine rivers and lakes to the remote sand dunes, reef and surf of the rugged West Coast. Your expert guide will bring to life the diversity of landscapes, vegetation and wildlife within this beautiful valley, as well as the captivating stories of the original Maori and early pioneers. The experiences are just as diverse and include hiking through 'World Heritage' wilderness, native wildlife encounters, wilderness jet-boating, exploring historical sites, and a scenic helicopter flight to Milford Sound. You can look forward to first rate cuisine prepared and served by our friendly lodge hosts while relaxing in our well-appointed and comfortable private lodges.

## Health & Fitness

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The Hollyford Track is well formed and being a valley walk is suitable for most ages (10+) and abilities. That said, the days are long. Day one in particular can be quite tiring for some as you walk 19.5km in approximately 7 hours. If you have a

reasonable level of fitness you will find it pleasantly challenging, and highly rewarding! If you are unsure about your level of fitness have a look at our useful training tips, featured on our website in the '3 Day Guided Walk / Preparation' section.

## Travel Insurance

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We highly recommend that all walkers (both visitors to New Zealand and NZ Residents) have personal travel / medical insurance. In particular to cover any costs associated with injury or evacuation and to guard against loss of walk, accommodation and flight fares paid caused by an eventuality necessitating cancellation of a trip. We recommend travel insurance to cover cancellations due to reasons such as: falling ill prior to your departure / a sprained ankle whilst partaking in another activity / a bereavement / missing a flight to Queenstown and therefore missing your departure etc.

## Luggage & Vehicles

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You will need to make arrangements for any un-required luggage and/or vehicle to be stored at your accommodation. To make this easier we recommend that you stay at the same accommodation before and after your walk as generally they will be happy to store items for you if you are staying with them upon your return. We do not pick up from any private residence. A central pick up location and time will be confirmed at your briefing.

## Pre-Departure Briefings

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All pre-departure briefings are held at 5:30pm the day before your departure date (please check-in at 5:25pm)

**Queenstown** The Spire Hotel,  
3-5 Church Lane, Queenstown

**Te Anau** Distinction Te Anau Hotel

## We Provide

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### Meals

Day 1: Lunch & dinner  
Day 2: Breakfast, lunch & dinner  
Day 3: Breakfast & lunch

### Bedding / Linen / Towels

**Toiletries** Shampoo, conditioner and shower gel (hair dryers also provided)

### Walking gear

Backpacks  
Day packs  
Pack liners  
Rain jacket  
Walking poles

## You need to bring

### Given what we provide, you don't need to bring a lot of gear nor carry a heavy pack.

The contents of what you need to bring will fit in a medium sized backpack, weighing approximately 5-7kg. You will be required to carry this on 'Day 1' only.

On 'Day 2' and 'Day 3' all you need to carry is a small day pack (which we provide at Pyke Lodge) for your essentials such as a rain jacket, water bottle, camera and insect repellent. We use our jet boat to transfer the rest of your gear between the lodges.

Fiordland has very unpredictable weather that can change dramatically, very quickly. It is important that you are prepared with the appropriate equipment and clothing.

We do not recommend walking in cotton, silk or denim garments. They are unsuitable for Fiordland conditions as they do not breathe and can be cold as well as heavy when wet. A light weight walking shirt can be carried for hot days.

Both lodges have drying rooms, so if your gear does get wet it should dry overnight if lightweight and fast drying.

We do recommend taking the preventative approach to blisters, by taping up pressure points e.g. heels.

Whilst we have backpacks and rain jackets for you to borrow, we do advise bringing your own backpacks and 100% waterproof rain jackets, if you have them, as they are likely to be more comfortable.

## Check List

### Walking Gear

- Base layer - wool or polypropylene thermal long sleeve and long leg
- First layer - wool or micro fleece long sleeve
- Mid layer - warm jersey or jacket (wool or fleece, preferably windproof)
- Outer layer - 100% waterproof rain jacket with hood (we can provide if you don't have one)
- Trousers - quick dry hiking trousers (zip offs give a good shorts option)
- Boots - hiking boots (preferably with ankle support and well 'broken-in!')
- Socks - wool or thermal blend
- Hat - wool / fleece for when cold & peaked / brimmed for when hot

### Evening Gear

- First layer - shirt or t-shirt
- Mid layer - jersey or sweater
- Trousers - lightweight trousers or track pants
- Night wear - whatever you like to sleep in

- Underwear / Socks
- Additional footwear - light shoes, sandals or jandals for the lodges

### Other / Personal Preference Items

- Gloves - wool or fleece
- Waterproof trousers
- Walking poles (we can provide these if you need them)

### Accessories

- Water bottle - 750ml (bottles are recommended as easier to fill up from streams)
- Sunscreen - SPF 30+
- Insect repellent (we also recommend anti-histamines if you react badly to bites)
- Blister pack - 'Second Skin' or other blister protection
- Toiletries - toothbrush, toothpaste, deodorant, conditioner
- Medications
- Camera - with memory card / spare film and charger / batteries
- Money - credit card or cash for beer, wine and souvenirs

