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← Mt Sefton

Mt Footstool

La Perouse

Mt Hicks

Aoraki Mt Cook (3,724m / 12,218 ft)

Mt Tasman

Minarets

Mt Wakefield

Mueller Hut

Time 3-5hrs one way
Grade Steep & untracked
Height Gain 1000m

Spectacular panoramic views, a large hut and amazing landscapes are the drawcards for this strenuous walk.

Kea Point

Time 1-2hrs return
Grade Easy
Height Gain 180m

This walk gently winds its way through subalpine grasslands and scrub to the Mueller Glacier moraine wall. The walk ends at a viewing deck that gives stunning views of Mount Sefton, Mueller Glacier lake and Aoraki/Mount Cook.

Hooker Valley

Time 3-4hr return
Grade Easy
Height Gain 80m

One of the most popular walks in the park, the track leads up the Hooker valley towards Aoraki/Mount Cook. Cross the Hooker River over three swing bridges whilst looking out for many different wildflowers along the way, including the Mount Cook Lily. The track ends at the glacier lake, where there are amazing views to be had of Aoraki/Mount Cook and the Hooker Glacier.

Tasman Glacier Terminal Lake

Time 1hr return
Grade Easy
Height Gain Flat

This walk branches to the right off the Blue Lakes track taking you to the source of the Tasman River. Icebergs can usually be seen floating in the lake in summer, and in winter, the lake freezes over.

Sealy Tarns

Time 3-4hrs return
Grade Steep & stepped
Height Gain 600m

2200 steps take you straight up to the freshwater lakes of Sealy Tarns. This energetic walk provides spectacular views of the Hooker valley and Aoraki/Mount Cook. An abundance of alpine flowers in summer and the views from the tarns make the effort worthwhile.

Glencoe Stream

Time 30min return
Grade Easy
Height Gain 40m

This walk zigzags through tōtara trees with a ferny understorey, emerging at a lookout near the prominent water tanks above The Hermitage. Sunrise and sunset are good times to catch the light-play over the mountains.

Governors Bush

Time 1hr return loop
Grade Easy
Height Gain 100m

A delightful bush walk through one of the few stands of silver beech forest in the park. A gradual climb leads to a lookout point of Wakefield Ridge and Aoraki/Mount Cook. This popular walk offers birdlife, a great view of the mountains and a sheltered place to experience the outdoors in poor weather.

Red Tarns

Time 2hr return
Grade Steep - mainly stepped
Height Gain 300m

Follow the track downhill from the public shelter to cross the bridge over Black Birch Stream and then climb steeply. The vegetation changes as you ascend from the valley floor to a superb panoramic viewpoint of the valleys below, the village and Aoraki/Mount Cook. The tarns are named from the red pond weed that grows in them.

Bowen Bush Walk

Time 10min return loop
Grade Easy
Height Gain Flat some stairs

An easy forest walk that wanders through tōtara and celery pine forest, and has an alternative exit/entry towards the Mount Cook Lodge.

Blue Lakes & Tasman Glacier View

Time 40min return
Grade Easy some steps
Height Gain 100m

From the car park, walk past the Blue Lakes shelter and meander up past the Blue Lakes to a viewpoint on the moraine wall. There are good views of the Tasman Glacier, it's terminal lake and often icebergs. A side trip to the Blue Lakes offers good swimming in summer.

TASMAN VALLEY

Tasman River

Blue Lakes Carpark

DOC Camping Ground

The Hermitage Hotel

MT COOK VILLAGE

MT COOK LODGE & MOTELS

Mt Cook Lodge & Motels

A2050 Cycle Trail

Tasman Valley Rd

Scenic Flights & Glacier Landings

Helicopter to Tasman Point
Mt Cook Airport

Christchurch & Queenstown
Highway 80 Mt Cook Rd

