

Te Anau & Fiordland

GUEST TRAVEL GUIDE

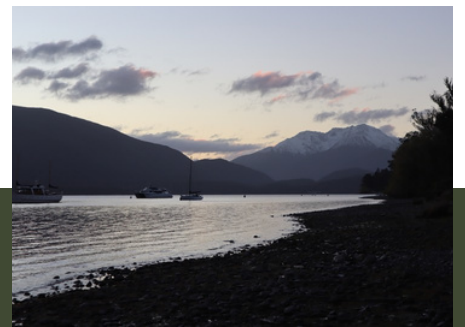
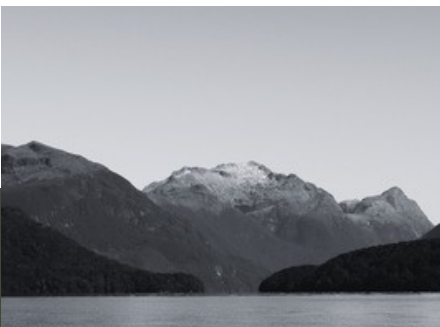
TE ANAU

HILLTOP
HIDEAWAY



Te Anau

Te Anau is a spectacular year-round destination, where each season offers a unique Fiordland Experience. Summer brings long days, warm weather, and endless opportunities for hiking, lake cruises and sightseeing. Autumn offers crisp air and vibrant colours, while winter brings snow-capped mountains and clear, star filled skies. Spring sees waterfalls at their most powerful, native forests bursting with new life and fewer crowds - making every season an unforgettable time to visit.



LAKE TE ANAU CRUISES

Take a trip to visit the Glowworm caves. Jump aboard “The Faith” with Fiordland Historic Cruises or venture further, faster up New Zealand's only inland Fiords with Cruise Te Anau



JETBOATING

Take a trip down the Waiau River that connects Lake Te Anau to Lake Manapouri with Fiordland Jet, or opt for a guided fishing trip with Fish Jet.

CYCLING TRAILS

Discover the Lake2Lake Cycle Trail, a scenic ride linking Lake Te Anau and Lake Manapouri through native forest, wetlands, and Fiordland countryside. Suitable for all abilities, its a relaxing way to experience the natural beauty of Fiordland, with bike hire and shuttle services available in Te Anau.



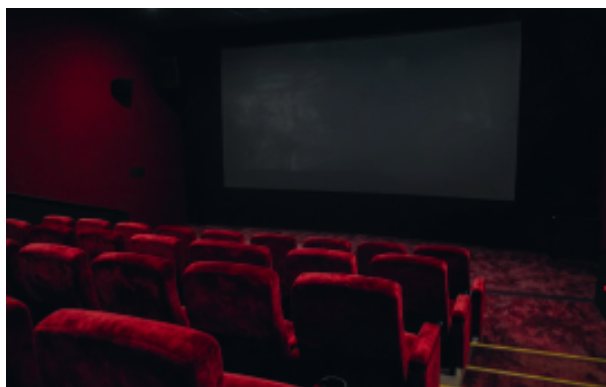
BY AIR

Experience the vastness of Fiordland by the best way we know possible. Take an unforgettable scenic Helicopter Trip, or a trip with Wings and Water on the Float Plane.

DAY DRIVES

Head down to Lake Haroko and jet boat the Wairaurāhiri River with Wairaurāhiri Jet (must be booked in advance). Venture into the picturesque Mavora Lakes or Lake Monowai or head further South to Riverton enjoying the scenery along the way.





FIORDLAND CINEMA

Showcasing Ata Whenua, this local film offers an unforgettable introduction to the region with breathtaking aerial footage that captures the untouched beauty of Fiordland. For those with a passion for the outdoors and hunting, don't miss Deer Wars. A fascinating story of the history around Fiordland's wild deer.

WOODSTONE FARM

Less than five minutes back towards Queenstown, visitors can get an authentic taste of Fiordland Country life, meet friendly animals and enjoy the scenery. During certain times of the years the lavender or sunflowers may be in bloom.



GOLF

Hire a cart and clubs and enjoy a round of golf at the picturesque Te Anau Golf Club or try your hand at a round of Disc Golf at Ivon Wilson Park.

OTHER

Visit the trout observatory, head down to Manapouri and visit the Two Wee Bookshops, do a spot of shopping in the Town Centre. Book a photography course with William Patino, a massage with Manaaki massage or a Sauna session with Wildwood Sauna.





Short Walks

Te Anau and Beyond

Te Anau provides an exceptional gateway to Fiordland, with a variety of short walks offering a glimpse into the region's ancient forests, tranquil lakeshores and dramatic landscapes. From gentle lakeside strolls to more rewarding alpine viewpoints, these experiences allow visitors to discover Fiordland's natural beauty at their own pace.

Track conditions can change due to weather, maintenance and seasonal factors, so we recommend checking the Department of Conservation New Zealand website for the latest track updates and advice before setting out.



LAKE TE ANAU

- Lake Te Anau Foreshore Walk – A gentle lakeside stroll with beautiful views across Lake Te Anau towards the Murchison Mountains, perfect for a relaxing walk close to town.
 - Kepler Track (Rainbow Reach to Moturau Hut) – A scenic section of the Great Walk accessible as a day walk, featuring peaceful beech forest, wetlands and views of Lake Manapouri.
 - Kepler Track (via Water Taxi) – Take a water taxi across Lake Te Anau to Brod Bay, then enjoy a rewarding climb through native forest to Luxmore Hut for spectacular views over the lake and surrounding mountains.
 - Lake2Lake Trail – A picturesque cycle and walking trail connecting Lake Te Anau and Lake Manapouri, passing through tranquil native bush and wetlands.
 - Te Anau Bird Sanctuary – A short, peaceful walk beside the lake offering the chance to see native birdlife, including the rare takahē.
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MANAPOURI

- Fraser Beach Walk – A peaceful lakeside stroll along the shores of Lake Manapouri, offering beautiful views across the water to the surrounding mountains.
- Pearl Harbour & Manapouri Lakefront – A gentle walk through the village waterfront, with scenic views, picnic spots and access to the departure point for Doubtful Sound journeys.
- Monument Track - This is a short but challenging tramping track from Hope Arm in Lake Manapouri up to the summit of The Monument, with great lake views in good weather. Requires travel by boat. Contact Manapouri Water Taxi.



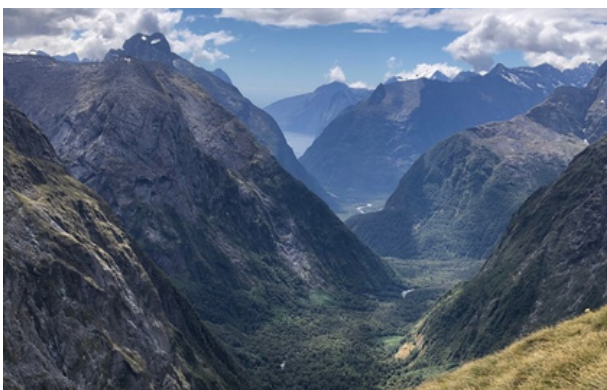


KEY SUMMIT

A rewarding half-day walk on the Routeburn Track, the Key Summit climbs through ancient beech forest to a spectacular alpine viewpoint. From the summit, enjoy panoramic views across Fiordland's mountains, valleys and surrounding wilderness—an exceptional introduction to the region's dramatic landscapes.

MT BURNS TARN

A remote alpine walk accessed from Borland Road near Lake Monowai, offering spectacular views across Fiordland's rugged wilderness. The track climbs through native forest and subalpine terrain to the peaceful Mt Burns Tarns, with panoramic vistas over surrounding mountains and valleys. Due to its remote location and changeable alpine conditions, careful preparation and navigation are essential.



GERTRUDE SADDLE

One of Fiordland's most spectacular alpine day hikes, the Gertrude Saddle offers breathtaking views of Milford Sound, towering peaks and dramatic glacial landscapes. This challenging route is suited to experienced hikers only, with steep terrain, exposed sections and changing alpine conditions requiring careful preparation and good weather.

LAKE MARIAN

A spectacular half-day hike through lush Fiordland rainforest to the stunning Lake Marian, a tranquil alpine lake surrounded by towering peaks. The trail follows a cascading river and rewards walkers with breathtaking views of one of Fiordland's most beautiful hidden gems.





Great Walks

Te Anau is the ideal base from which to experience New Zealand's world-renowned Great Walks. Surrounded by the spectacular landscapes of Fiordland National Park, the region provides access to some of the country's most celebrated hiking trails, where ancient beech forests, alpine passes, glacial valleys and pristine lakes combine to create unforgettable journeys.

Whether you have several days to immerse yourself in the wilderness or only a single day to explore, there are exceptional experiences to suit every itinerary. Guided day walks offer a rewarding introduction to Fiordland's extraordinary landscapes, while those seeking a truly exclusive adventure can enjoy a heli-hike with Trips & Tramps, pairing a spectacular scenic helicopter flight with access to remote alpine terrain rarely reached by foot.

For a more immersive experience, the Great Walks can be enjoyed as either fully guided or independent multi-day hikes during the Great Walks season. Comfortable backcountry lodges and well-appointed huts provide overnight accommodation along the trails, though advance reservations are essential, particularly during the peak summer months when demand is exceptionally high.

KEPLER

A spectacular three to four-day circuit starting and finishing near Te Anau, the Kepler Track showcases Fiordland's diverse landscapes, from tranquil lakeshores and ancient forests to dramatic alpine ridgelines. For those short on time, sections of the track can also be enjoyed as rewarding day walks, offering a taste of its panoramic mountain views and pristine wilderness.



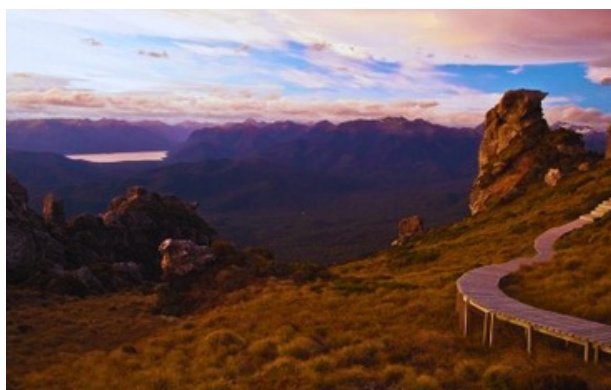


MILFORD

Often described as the “finest walk in the world”, this iconic four-day journey travels from Glade Wharf on Lake Te Anau to Sandfly Point in Milford Sound. Discover ancient rainforest, alpine passes and spectacular waterfalls. Private guided experiences and luxury lodge stays are available for a more elevated way to explore the Milford Track.

ROUTEburn

The Routeburn Track is a spectacular two to three-day alpine journey between the Routeburn Valley near Glenorchy and The Divide on the Milford Road. Traversing Fiordland and Mount Aspiring National Parks, the trail showcases soaring peaks, emerald lakes, cascading waterfalls and some of the country’s most breathtaking scenery.



HUMPRIDGE

The Hump Ridge Track is a spectacular three-day journey through native forest, dramatic subalpine ridges and historic timber viaducts. With sweeping views of the Southern Ocean and comfortable private lodges, it offers a unique blend of wilderness, history and comfort.

HOLLYFORD

A remarkable three-day journey through the heart of Fiordland, the Hollyford Track follows an ancient valley from the mountains to the Tasman Sea. Journey through native rainforest, past cascading waterfalls and beneath glacier-carved peaks, before retreating each evening to the comfort of Ultimate Hikes’ luxury lodges. With expert guides, exceptional hospitality and beautifully appointed accommodation, it’s a truly memorable way to experience Fiordland’s wilderness in comfort and style.



Milford Sound

Guided Tour

For guests wanting a truly effortless way to experience Milford Sound, we highly recommend a guided tour. Leave the driving to a knowledgeable local guide and relax as you journey through the spectacular Fiordland National Park, learning about the region's history, wildlife and unique landscapes while enjoying scenic stops that are often missed by independent travellers.

Many tours also include a Milford Sound cruise, offering the chance to admire towering peaks, cascading waterfalls and native wildlife from the water. For a premium experience, we recommend Luxe Tours and Envy Experiences, both known for their exceptional service, local expertise and small-group experiences.

SELF DRIVE

A self-drive journey from Te Anau to Milford Sound is one of New Zealand's most scenic road trips. With many places to stop and take in the breathtaking views be sure to allow plenty of time before arriving at Milford Sound for a nature cruise, kayaking adventure, or simply to soak in the spectacular scenery.





Milford Sound

Self Drive Highlights

The journey to Milford Sound is widely regarded as one of New Zealand's most spectacular scenic drives. Allow plenty of time to enjoy the remarkable landscapes and carefully curated stops along the way.

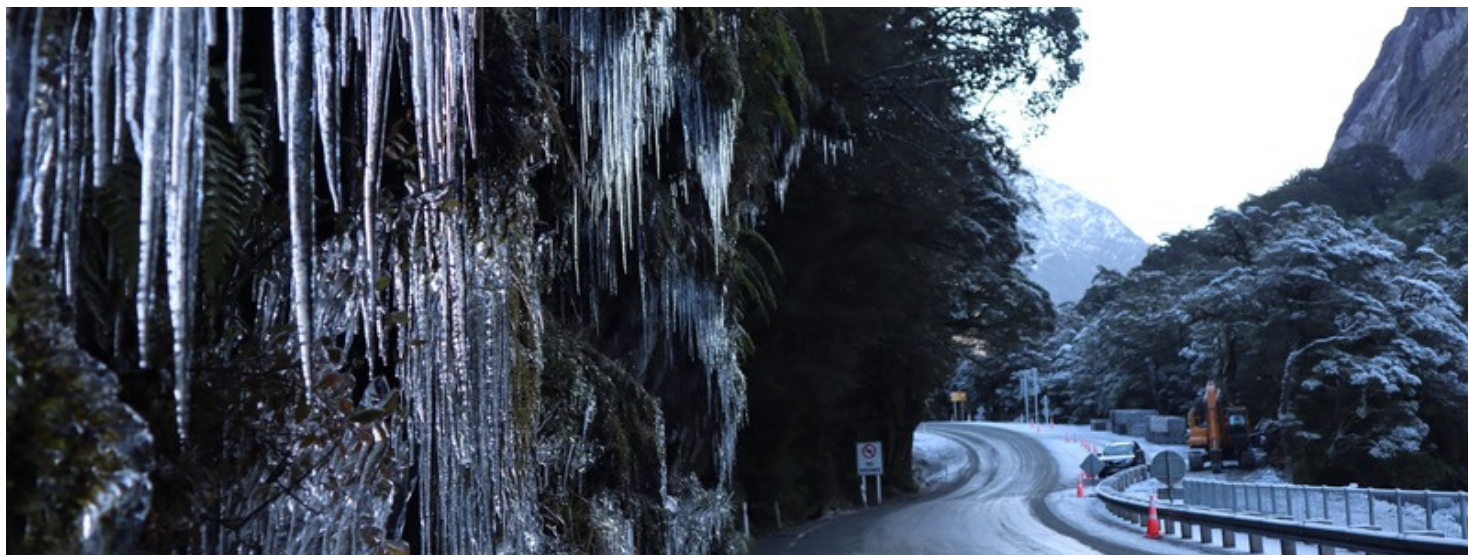
Mirror Lakes – A tranquil boardwalk where, on calm days, the surrounding Earl Mountains are beautifully reflected in the water.

Eglinton Valley – A sweeping alpine valley framed by ancient beech forest, offering one of the most iconic vistas on the route

Monkey Creek – Crystal-clear glacial water flows directly from the mountains, with frequent sightings of the inquisitive kea, New Zealand's native alpine parrot.

Homer Tunnel – An extraordinary feat of engineering, this 1.2-kilometre tunnel passes through solid granite before emerging to breathtaking alpine scenery on the descent into Milford Sound.

We recommend ensuring your vehicle is fully fuelled prior to departing for Milford Sound. A self-service fuel station is available in Milford; however, due to its remote location, it is best regarded as a contingency rather than your primary refuelling option.



Milford Sound

Self Drive Highlights

The Cleddau Valley – As you descend from the tunnel, enjoy dramatic views of towering peaks, cascading waterfalls and lush rainforest before arriving at Milford Sound.

The Chasm – A short forest walk leads to powerful waterfalls and sculpted rock formations carved over centuries by rushing water.

Milford Foreshore Walk – Wander through beech forest and along the sandy foreshore of Milford Sound, and enjoy fabulous views of Mitre Peak – an easy, short walk

For the most rewarding experience, we recommend departing early to enjoy these highlights at a leisurely pace, allowing time for photography, short walks and spontaneous wildlife encounters while avoiding the busiest periods of the day.

While food and beverage options are available in Milford Sound, they are limited due to the remote nature of the destination. For an exceptional dining experience, we recommend reserving a table in advance at Pio Pio Restaurant at Milford Sound Lodge, or indulging in the Milford Sound Luxury Lunch Cruise with Fiordland Discovery.

If you prefer to enjoy refreshments at your own pace, consider stopping at Milford Merchant in Te Anau to collect gourmet snacks or a freshly prepared picnic lunch before your journey.



Doubtful Sound

A journey into Doubtful Sound offers an unforgettable escape into one of Fiordland's most remote and untouched landscapes. Departing from Manapouri, the experience typically combines a scenic cruise across Lake Manapouri, a journey over the Wilmot Pass, and a spectacular cruise through the tranquil waters of Doubtful Sound, where towering peaks, cascading waterfalls and abundant wildlife await.

For a truly exclusive perspective, scenic helicopter flights provide a breathtaking way to access this remote wilderness, offering unparalleled aerial views of Fiordland's dramatic landscapes and the opportunity to combine a flight with a cruise experience.

OVERNIGHT CRUISES

Experience the true essence of Fiordland with an overnight cruise through Doubtful Sound. This intimate journey offers the chance to explore a remote and untouched wilderness, with tranquil waters, dramatic landscapes, wildlife encounters and unforgettable moments beneath the stars.



Dining Recommendations

WHERE TO EAT IN TE ANAU

TE ANAU



HILLTOP

HIDEAWAY

Dining Recommendations

WHERE TO EAT IN TE ANAU

The Fat Duck

An award-winning gastro pub offering hearty New Zealand-inspired cuisine, local flavours and a welcoming atmosphere, making it a favourite dining destination after a day exploring Fiordland.

Phone: 03 249 8480

124 Town Centre, Te Anau

www.thefatduck.co.nz

Bookings recommended. Check website for opening hours. Can change seasonally.

The Redcliffe Bar and Restaurant

A charming local dining destination serving seasonal New Zealand cuisine in a historic cottage setting, offering a relaxed and memorable Fiordland dining experience.

Phone: 03 249 7431

12 Mokonui Street, Te Anau

theredcliff.co.nz

Bookings recommended. Check website for opening hours. Can change seasonally.

Ditto

A contemporary Asian fusion restaurant offering creative dishes that blend bold flavours with fresh local ingredients, complemented by a relaxed and stylish dining atmosphere.

Phone: 03 249 4182

92 Town Centre, Te Anau

www.eatatditto.co.nz

Takeaways and Dine in. Check website for opening hours. Can change seasonally.

Dining Recommendations

WHERE TO EAT IN TE ANAU

Nonna Resi by Giovi

A charming Italian dining experience celebrating authentic flavours, handmade dishes and traditional recipes inspired by generations of Italian hospitality.

Phone: 03 249 4009

92 Te Anau Terrace, Te Anau

www.giovifinefood.co.nz/nonnaresi

Bookings recommended during peak season. Check website for opening hours. Can change seasonally.

Black Dog Bar

A relaxed local bar offering a friendly atmosphere, refreshing drinks and classic pub-style dining, making it a welcoming place to unwind after a day exploring Fiordland.

Phone: 03 249 8844

7 The Lane, Te Anau

www.blackdogbar.co.nz

Bookings recommended during peak season. Check website for opening hours. Can change seasonally.

Further Suggestions – Dine in & Takeaway

- LaToscana — Pizza and Pasta
- Ristorante Pizzeria — Authentic Italian Wood Fired Pizzas
- Thai Anau
- Radhas Indian Resturant
- The Ranch Bar and Grill — Pub style dining

Food & Self-Catering

COOKING & FOOD ON THE GO

Embrace the freedom of self-catering

Your accommodation has a fully equipped kitchen. Here are some handy tips and local options for self-catering during your stay.

- Fresh Choice Te Anau — Full supermarket, Town Centre
- Te Anau Four Square — Smaller supermarket, Town Centre
- Local butcher and bakery options available - Fiordland Meats & Nonna's Foods
- Kitchen essentials (oil, salt, pepper) provided

Other Eats — Food on the Go

Quick bites, cafes and takeaway options around Te Anau.

- Sandfly Cafe — Breakfast and Lunch, Dine in or Takeaway
- Milford Merchant — Coffee and snacks, great stop for an ice cream
- Sprig and Thistle — Coffee and Snacks. Be sure to check out the Davaar & Co store
- Woodstone Farm — Check out the friendly farm animals while grabbing a bite to eat
- Miles Better Pies — Famous in Te Anau



Frequently Asked Questions

YOUR QUESTIONS ANSWERED





FAQ'S

Frequently Asked Questions

What are the must-do activities in Te Anau?

Take a scenic lake cruise, visit the Te Anau Glowworm Caves, explore Fiordland National Park, enjoy local cafés and restaurants, walk or cycle the lakefront, visit Fiordland Cinema, or experience a scenic helicopter flight.

Is Milford Sound worth visiting?

Absolutely. Milford Sound is one of New Zealand's most iconic destinations, renowned for its towering peaks, waterfalls, native wildlife, and unforgettable cruises.

Should I visit Milford Sound or Doubtful Sound?

Milford Sound is easily accessible and famous for its dramatic scenery. Doubtful Sound offers a more remote, tranquil wilderness experience with fewer visitors. Both are exceptional.

How far is Milford Sound from Te Anau?

The drive takes approximately 2 hours without stops, but allow 6–8 hours return to enjoy the spectacular viewpoints along the Milford Road, and Milford Sound itself.

Can I drive to Milford Sound myself?

Yes. The Milford Road is one of New Zealand's most scenic drives. Allow plenty of time for photo stops and always check road conditions, especially during winter (Google NZTA Road Conditions).

Can I visit Doubtful Sound in one day?

Yes. Most visitors join a full-day guided tour, which includes a cruise across Lake Manapouri, a coach journey over Wilmot Pass, and a scenic cruise through Doubtful Sound.



FAQ'S

Frequently Asked Questions

Do I need to book cruises in advance?

Yes. Cruises, guided walks, scenic flights, and kayaking tours are highly recommended to be booked in advance, especially during summer.



What wildlife might I see?

Keep an eye out for dolphins, New Zealand fur seals, Fiordland crested penguins (seasonal), native birds, and, occasionally, whales.

What should I pack for Fiordland?

Dress in layers and bring a waterproof jacket, comfortable walking shoes, sunscreen, insect repellent, a camera, and a reusable water bottle.

What are the best walks near Te Anau?

Popular options include the Lake2Lake Trail, Kepler Track (day walks or multi-day hike), Key Summit, Lake Marian, and the Routeburn Track.

What's the weather like?

Fiordland's weather changes quickly. Rain is common throughout the year and creates the spectacular waterfalls the region is famous for, so always be prepared for changing conditions.

Are there scenic flights available?

Yes. Scenic helicopter and fixed-wing flights depart from Te Anau and offer breathtaking views of Fiordland, Milford Sound, Doubtful Sound, alpine lakes, glaciers, and remote wilderness.

How many days should I stay in Te Anau?

At a minimum, we recommend at least 3–4 nights to experience Te Anau, Milford Sound, and Doubtful Sound while allowing time to relax and enjoy the region.



Directory

USEFUL CONTACTS & SERVICES





DIRECTORY

Tour Operators

Fiordland Historic Cruises Lake Te Anau cruises

☎ +64 3 249 8174 🌐 fiordlandhistoriccruises.co.nz

Cruise Te Anau Lake Te Anau Cruises, hire boat and guided fishing trips.

☎ +64 21 178 4481 🌐 cruiseteanau.co.nz

Fiordland Jet Jet boat tours, bike hire and transfers.

☎ +64 800 253 826 🌐 www.fjet.nz

Fish Jet Guided fishing trips, bike transfers.

☎ +64 21 0676 448 🌐 www.fishjetnz.com

Bike Fiordland Bike Hire including eBikes

☎ +64 3 280 0116 🌐 bikefiordland.nz

Wings and Water Experience Fiordland by seaplane

☎ +64 3 249 7405 🌐 www.wingsandwater.co.nz

Southern Lakes Helicopters Scenic Flights direct from Te Anau Township.

☎ +64 3 249 7167
🌐 www.southernlakeshelicopters.co.nz

Te Anau Helicopters Scenic Flights throughout Fiordland.

☎ +64 27 235 9631 🌐 teanauhelicopters.com

Woodstone Farm A New Zealand Farm Experience

🌐 woodstonefarm.nz

Te Anau Golf Club Carts and clubs available to hire

☎ +64 22 620 6819 🌐 www.teanagolf.co.nz





DIRECTORY

Tour Operators

Real NZ Te Anau Glowworm Caves, Milford and Doubtful Sound day and overnight cruises.

☎ +64 3 249 6000 🌐 www.realnz.com

Fiordland Discovery Milford Sound Luxury Lunch Cruise, Overnight and extended cruises throughout the fiords. .

☎ +64 3 441 3322 🌐 www.fiordlanddiscovery.co.nz

Luxe Tours Milford Sound tour and cruise experiences.

☎ +64 21 090 75802 🌐 www.luxetours.co.nz

Envy Experiences Milford Sound tour and cruise experiences.

☎ +64 3 280 0552 🌐 envyexperiences.co.nz

Trips and Tramps Milford Sound tour and cruise experiences, Fiordland Guided Walks.

☎ +64 3 249 7081 🌐 tripsandtramps.com

Ultimate Hikes Fiordland Guided Walks.

☎ +64 3 450 1940 🌐 www.ultimatehikes.co.nz

Rosco's Milford Kayaks Milford Sound Kayaking tours.

☎ +64 3 249 8500 🌐 www.roscosmilfordkayaks.com

Doubtful Sound Kayak Doubtful sound kayaking tours.

☎ +64 3 249 8500 🌐 www.doubtfulsoundkayak.com

Southern Secret Doubtful sound overnight cruises

☎ +64 3 249 7777 🌐 www.doubtfulsound.com





DIRECTORY

Tour Operators

Pure Salt Multi-day charters in the remote fiords.



+64 22 356 6753



www.puresalt.co.nz

William Patino Photography Private and extended photography workshops.



williampatino.com

