





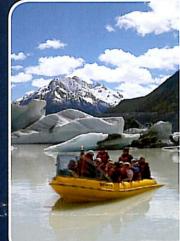






The Sir Edmund Hillary Alpine Centre honours his connection with this region.

Entry to Museum & Gallery is free. Entry to Theatre & Museum is through the Retail Centre.



GLACIER EXPLORERS

Visit New Zealand's Tasman Glacier Terminal Lake for fascinating upclose glacial encounter.

After a a half hour walk (uneven terrain, covered footwear recommended) through the moraine to the Tasman Terminal Lake you'll board a boat to get up close to a huge iceberg you can touch and taste ice crystals. Spectacular mountain views provide some of the National Park's best photographic opportunities.

Late August - early June 2.5 hours duration. Departs throughout the day weather permitting. Dial 8641

www.glacierexplorers.com



THE PANORAMA ROOM

The award winning Panorama Room offers a la carte dining accompanied by stunning views of Aoraki Mount Cook.

The Panorama Room is open daily for dinner from 6.00pm to 10.00pm (seasonal hours may apply). Due to high demand, reservations are essential. Dial 8441



ALPINE RESTAURANT

Dining in the Alpine Restaurant offers uninterrupted views of Aoraki Mount Cook from every seat whilst you enjoy our famous buffet.

Open daily for breakfast. The lunch & dinner buffets offer a wide range of fare including soup, salads, seafood, hot and cold meats and desserts with tea and coffee. Reservations advised. Dial 8644

THE SNOWLINE BAR



The perfect location for a pre-dinner drink, the Snowline Bar offers spectacular views of Aoraki Mount Cook.

Curl up by the open log fire or sit back and take in the majestic view. The Snowline Bar offers an extensive selection of wines and beers from New Zealand and around the world.

THE SIR EDMUND HILARY CAFE & BAR



Specialising in classic Kiwi fare with a modern twist, the cafe & bar have perfect views of Aoraki Mount Cook, from indoor and outdoor balcony seating.

The self service café is open from 10.00am daily for lunch and snacks. Cafe and bar beverages also available.



TASMAN VALLEY 4WD & ARGO TOURS

An adventure you won't forget!

Guaranteed to be both memorable and enjoyable providing some of the most spectacular photographic opportunities in the Aoraki Mount Cook National Park. Stopping at vantage points for a short walk up the moraine wall to overlook the Tasman Glacier and Terminal Lake.

Departures throughout the day (weather permitting). 1.5 hour trip duration. Dial 8641



BOOKINGS & FURTHER INFORMATION

See us at Reception or the Activities Desk in the Hermitage Lobby

Visit www.hermitage.co.nz Phone 0800 68 68 00



CHAMOIS BAR & GRILL -LOCATED AT THE MT COOK BACKPACKER LODGE

Chill out in the Chamois Bar & grill, a favourite of travellers and locals a like.

Enjoy pub style meals at great prices then party till late or watch the game on the sports screen. Shuttle service available from The Hermitage Hotel.



We have a great range of quality accommodation options to suit all budgets and tastes. All rooms include ensuite bathrooms, balconies or patios, quality linen and mountain views. Dial 8646 or 03 435 1646

www.mtcookbackpackers.co.nz Ph: 0800 100 512



BIG SKY STARGAZING

Aoraki Mount Cook is far from city lights.

We have some of the darkest skies in N.Z. perfect for viewing the Southern Milky Way.

Our expert guides and telescopes ensure a close look at stars, planets, moon craters and distant galaxies. A great post dinner activity.

Every evening, weather permitting. Planetarium show is included. Dial 8641



WALKS IN THE VILLAGE

Explore the dramatic Aoraki Mount Cook landscape on foot. Ranging from an easy hour's stroll to a more challenging day or overnight hike, there's a walk to suit every age and fitness level.

AORAKI MOUNT COOK ENCOUNTER (GUIDED DAY WALK)

November - 30th April

Mount Cook Encounter is a guided day walk through the Hooker Valley providing breathtaking views of some of New Zealand's highest and most enthralling peaks.

Enjoy a stunning 4km (2.5 mile) trek along the well-maintained track to the terminal lake of the Hooker Glacier. The journey encompasses an Alpine Memorial and passes over the turbulent Hooker River by swing bridge, to unsurpassed vistas of Aoraki Mount Cook's south face and the surrounding glaciers. Your guide will point out the unique features of this alpine world as you enjoy provided picnic lunch in **Ultimate Hikes** the shadow of New Zealand and Oceania's highest peak. We return along the same track.



TASMAN VALLEY WALKS*

I. BLUE LAKES AND TASMAN GLACIER VIEW (40 minutes return)

For great views of the lower Tasman Glacier and mountains at the valley head, walk from the Blue Lakes Shelter past the lakes to a viewpoint on the moraine wall. The Blue Lakes offer good swimming in summer and can be reached by making a side trip off the main track. * Be careful when standing near the top of the moraine wall

2. TASMAN GLACIER LAKE

(I hour return) This walk branches off the Tasman Glacier View Track just past the Blue Lakes Shelter and leads to a viewpoint of the glacier terminal lake and the source of bergs can be seen floating in the lake in summer and in winter the lake

freezes over. * Depart from Blue Lakes Car park,

HOOKER VALLEY WALKS

3. HOOKER VALLEY

(30 mins, 21/2 hrs or 4 hrs return) The most popular walk in the area is the Hooker Valley walk. Starting at The Hermitage, the walk takes in the camping ground, the site of the original Hermitage, an Alpine Memorial, and



two swing bridges until the final destination of the Terminal Lake at the bottom of the Hooker Glacier is reached. Approximately four hours return, it provides spectacular views of Aoraki Mount Cook. The walk can be reduced by approximately 11/2 hours by starting at the camping ground.

The Mueller Glacier lookout point is an easy 30 minute return walk from the camping ground. The walk to the first and second bridges has some steps, and is easy to moderate difficulty. There are self composting toilets past the second swing bridge.

4. **KEA POINT** (1½ – 2 hrs return)

The Kea Point track also begins at The Hermitage. The walk is relatively flat and provides great views of Aoraki Mount Cook, the Mueller Glacier and the hanging glaciers and icefalls of Mount Sefton. There is seating at the Kea Point lookout at the end of the track.

SHORT BUSH WALKS

5. GOVERNORS BUSH (45 mins - 1 hr on loop track)

Named after the 1873 Governor of New Zealand, Sir George Bowen, the Governors Bush track begins behind the day shelter in the lower part of the Mount Cook Village. Walk through the only remaining native forest in the National Park with beautiful Silver Beech and Totara trees. This walk has a gentle climb.

6. GLENCOE STREAM WALK (30 mins)

Starting from behind The Hermitage, the walk zigzags through Totara trees and fern undergrowth and emerges at a lookout near the water tanks above The Hermitage. Walkers are rewarded with a bird's eye view of the village and beyond to the white ice of the Hooker Glacier and Aoraki Mount Cook. Sunrise and sunset are good times to catch the light on the mountains.

ADVENTUROUS WALKS

7. RED TARNS (11/2 - 2 hours) The Red Tarns track begins in the lower part of the Mount Cook Village. Cross the bridge over Black Birch stream which is 10 minutes walk from the DOC Visitors Centre and 500m from the public shelter. Climb the steep steps to reach the Red Tarns

(so coloured because of red pond

weed in the water).



More experienced trampers can continue past the Tarns to summit the lowest mountain in the National Park, Sebastopol, for a stunning view of Aoraki Mount Cook and Lake Pukaki.

8. SEALY TARNS (2-4 hrs return or 6-8 hrs return)

The Sealy Tarns track is for those who don't mind a steep stair climb. Take the Kea Point track and turn off at the signpost. The walk to the Tarns (small glacial-formed mountain lakes) takes between two and four hours and provides beautiful views of the surrounding mountains. During the summer months, many of the region's native alpine flowers can be seen alongside the track.

From Sealy Tarns, more experienced trampers can follow the alpine route to Mueller Hut (6-8 hrs return).

Please register your intentions at DOC Visitors centre if going beyond the Red or Sealy Tarns. Ph: 03 435 1186