

WEST COAST

NEW ZEALAND

UNTAMED NATURAL WILDERNESS

EMERGENCY CONTACTS

EMERGENCY DIAL 111 - FIRE, POLICE AND AMBULANCE

KARAMEA

Medical
126 Waverley Street, Karamea
General enquiries: +64 3 782 8180
Ngakawau Health Centre:
1a Main Road, Hector
+64 3 788 5062

Police
37 Wharf Road, Karamea 7893
+64 3 782 6801

REEFTON

Medical
103 Shiel Street, Reefton
03 732 8605

Police
86 Broadway, Reefton 7830
Phone: +64 3 732 8500

WESTPORT

Medical
Buller Health Medical Centre:
+64 3 788 9277
Coast Medical: 161 Palmerston
Street +64 3 789 5000

Emergency Department
Buller Hospital: Cobden Street
+64 3 789 9030

Police
11-13 Wakefield Street
+64 3 789 7339

GREYMOUTH

Medical
Te Nikau, Grey Hospital &
Health Centre: Main Reception
Desk: +64 3 769 7400, Ext: 0
Lake Brunner Clinic: 49 Koe St,
Moana +64 3 738 0003

Emergency Department
Te Nikau, Grey Hospital &
Health Centre: 71 Water Walk
Road +64 3 769 7400

Police
45 Guinness Street
+64 3 768 1600

HOKITIKA

Medical
Westland Medical Centre:
+64 3 755 8180

Emergency Department
Te Nikau, Grey Hospital & Health
Centre: 71 Water Walk Road,
+64 3 769 7400

Police
50 Sewell Street +64 3 756 8310

SOUTH WESTLAND

Medical
South Westland Area Practice -
Hari Hari Clinic: 95 Main Road
+64 3 753 3008
South Westland Area Practice -
Whataroa Clinic: Scally Road,
Whataroa +64 3 756 1080

Police
43 Scally Road, Whataroa
+64 3 756 1070

FRANZ JOSEF

Medical
Phone: 0800 794 325

Police
Opposite the Mobil Station on
SH6, Phone: +64 3 756 1070

FOX GLACIER

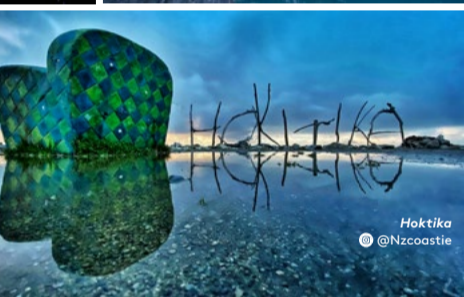
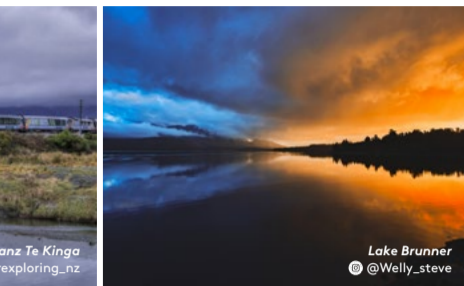
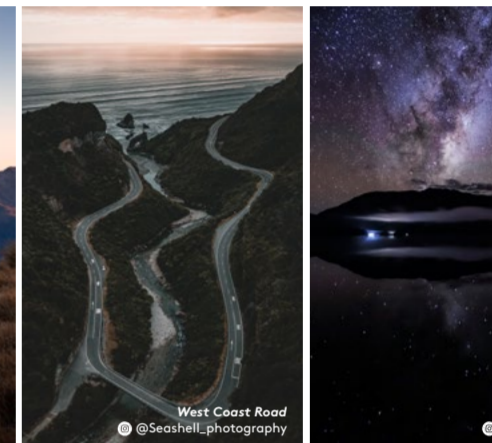
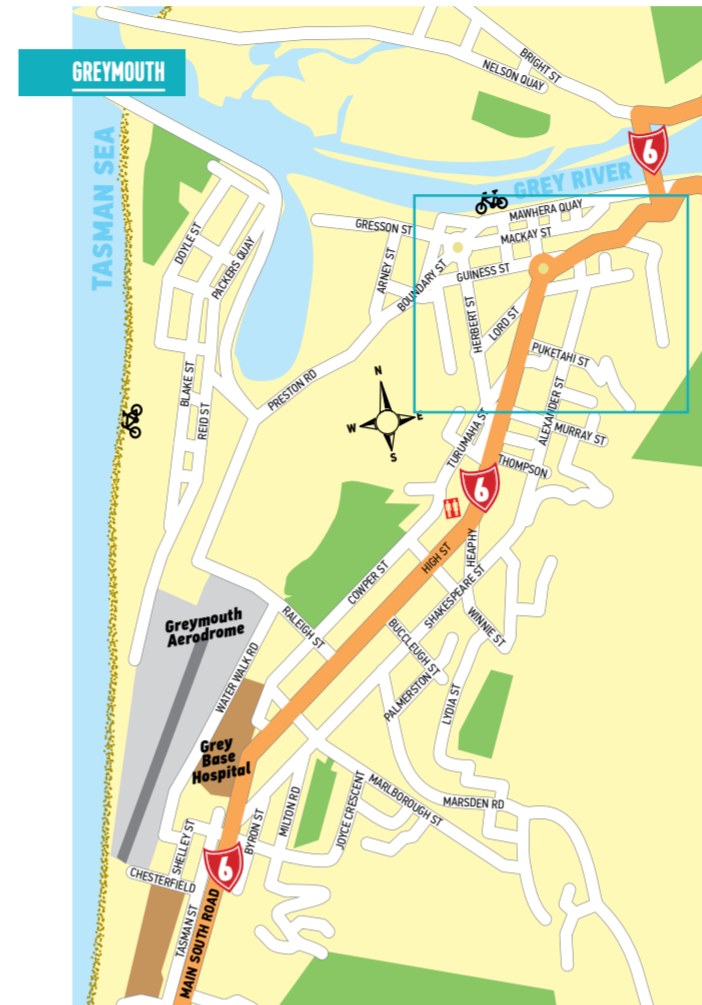
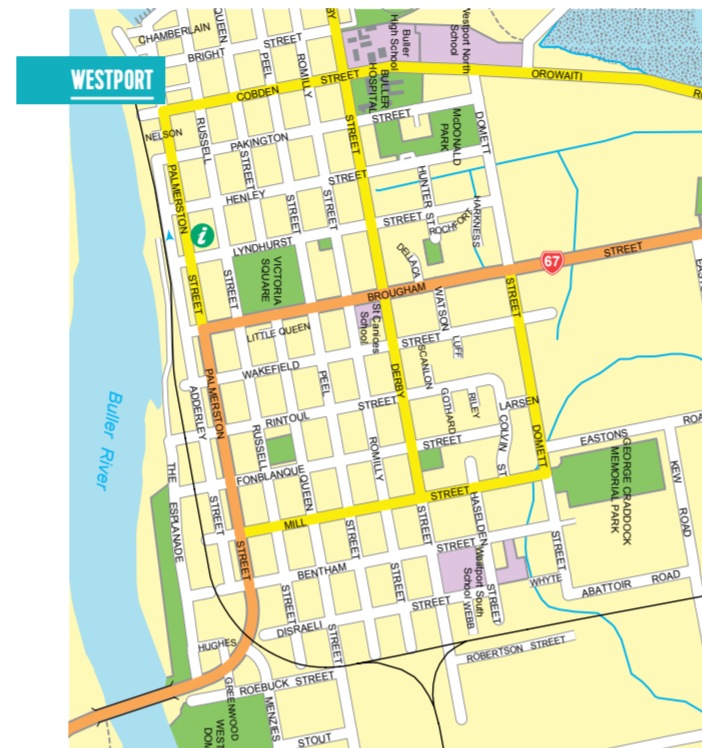
Medical
Fox Glacier Medical Centre: Main
South Rd State Highway 6,
+64 3 751 0836 After hours
emergencies: +64 27 464 1193

Police
Nearest is Franz Josef opposite
the Franz Josef Mobil Station on
SH6, +64 3 756 1070

HAAST

Medical
South Westland Area Practice
Haast Clinic: 5 Tahutahi Road
+64 3 750 0800

Police
2 Pauareka Road +64 3 750 0850



ABOUT

You can expect things to be different on the West Coast—more real, bigger than anticipated, greater than you thought.

Wedge between towering mountains and the crashing sea, the West Coast is the region forgotten by the rest of its country. Our trees are skyscrapers that touch the sky, our rivers and lakes are the best New Zealand has to offer and our attractions are authentic. Get your wanderlust on by searching #westcoastnz and soon you'll be sharing your own snaps.

With sunny days so crisp and clear you will be pinching yourself, there are attractions here for every type of visitor.

So if you yearn for something more from your holiday—real people, real towns and real experiences—then this is the place for you. Be prepared to be astounded, have your breath taken away, be at a loss for words, as this is the West Coast. This is - Untamed Natural Wilderness.



facebook.com/WestCoastNZ/



instagram.com/westcoastnewzealand/



westcoast.co.nz

Contact
info@westcoast.co.nz

+64 3 769 7000 for travel and trade information

Cover: Heaphy and Scotts Beach
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A SENSE OF TIME AND SPACE IS ESSENTIAL!

Be sure to allow enough days!

The West Coast is the longest region in New Zealand - 600km (the equivalent distance of Auckland to Wellington). Trying to do it all in just a few days is a rush, and, there are experiences that you won't want to miss!

The West Coast is an epic journey through some of the world's most spectacular coastlines, mountains and rainforests. The most common feedback from visitors is that they regret not allowing enough time to savour the drive, to take a photograph, to stop for a short walk, or to relax and enjoy Coaster's famous hospitality. Allow longer for your drive times to properly experience the West Coast region.

ALL WEATHER ACTIVITIES

It's true that a rainforest region can have some rain now and then (yet Westport receives more annual sunlight hours than Auckland), so we have put together an all-weather list for those not-so-dry days.

- Boat tours on our lakes are enjoyable whatever the weather.
- Quad bikes are so much fun when it rains, just plain muddy fun!
- Discover fascinating stories of real NZ and experience a recreated gold-rush village called Shantytown.
- You can visit a Kiwi or two, we have two centres where you can view them: one in Hokitika and the other in Franz Josef.
- Check out the local cinemas in Westport, Greymouth and Hokitika.
- We have many local artists up and down the West Coast. Pop into our local galleries for a gander.
- All our towns have something different to offer; stop off and find out a little of our mining history.
- Visit a brewery or a distillery to take a tour and quench your thirst.

BIKING AND WALKING

The best way to experience the wild West Coast is to simply get out there amongst it. There are so many guided or unguided walking, hiking, cycling and mountain biking trails to choose from. Time is your only limitation.

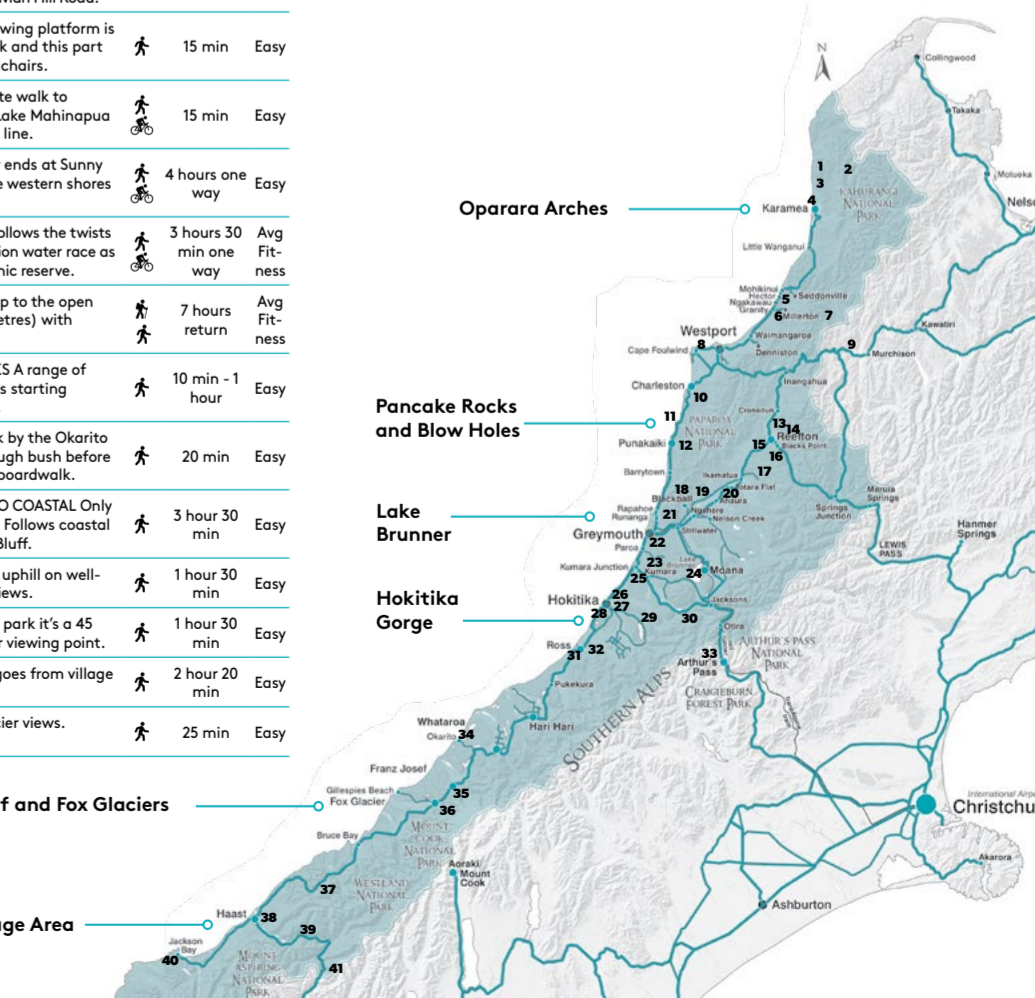
From full on multi-day tramps to a ten-minute amble to a picturesque spot, you will find something to suit your ability and time frame. It is worth talking to a local or visit the nearest i-SITE or DOC visitor information centre to get up-to-date information on tracks in the area. They can also let you know what conditions are like. Here are some of our favourite walks, hikes, trails and bike rides.

LOCALITY	MAP REF	DESCRIPTION	TYPE	TIME & DISTANCE	GRADE
WEST COAST WILDERNESS TRAIL	[24]	GREYMOUTH TO ROSS VIA KUMARA AND HOKITIKA The trail traverses tracks carved by glaciers and lakes, wetlands and the Tasman Sea.	Walking	2-4 days 136km	2 Easy
OLD GHOST ROAD	[7]	SEDDONVILLE TO LYLELL Follows a long forgotten gold miners' road and traverses native forest, alpine tops and seven ghost towns.	Hiking	2 days 88km	4
HEAPHY TRACK	[2]	WEST COAST TO GOLDEN BAY Open May to September for mountain biking.	Hiking	2-5 days 80km	4
CHARMING CREEK	[5]	30KM NORTHEAST OF WESTPORT Ride through native bush on an old railway line. Bush Walk, historic rail remnants.	Cycling	3-5 hrs 30min easy walk 56km	3
DENNISTON PLATEAU TIROPAHI TRAM TRACK	[10]	26KM SOUTH OF WESTPORT Part sealed road, part forestry road, part single track.	Walking	25km loop walk	3+
KIRWANS TRACK	[13]	19KM NORTHEAST OF REEFTON A bit of a slog uphill but great downhill and some technical sections.	Walking	3-5 hours 20km return	5
BLACKS POINT	[16]	WAITAHU VALLEY, REEFTON Ride through beech forest and mining remains.	Walking	3-6 hours 27km	3+
BIG RIVER	[14]	REEFTON Historic mining road through native bush.	Walking	4-8 hours 50km	3
MOONLIGHT TRACK	[19]	10KM NORTHEAST OF BLACKBALL Ride along a historic miner's path.	Walking	4-6 hours 32km	5
PAPAROA TRACK	[18]	Paparaoa Track crosses the Paparaoa Range. It takes you through alpine tops, limestone karst landscapes and thriving rainforests, and provides breath-taking views. Great Walk/Easier tramping track.	Walking	2 days 55 km one way	4+ Adv- oriented
CROESUS TRACK	[15]	BLACKBALL, 25KM NORTHEAST OF GREYMOUTH A West Coast ride/walk with superb views through forest to the alpine zones.	Walking	1 day 33km return (20km from Smoke-ha carpark)	4
NAPOLEON HILL	[20]	47KM NORTHEAST OF GREYMOUTH Adventure ride on 4WD tracks past an old gold mining settlement. Landowner permission required: Robin and Malcolm Smith Ph +64 3 732 3849 or 021 131 4632.	Walking	2-4 hours 12km	3
KUMARA MUD FLUG I NO NAME ROAD	[23]	NEMONA STATE FOREST Classic ride along old logging tracks and gravel roads.	Walking	2-4 hours 33km from Marsden	3+

TAIPO VALLEY [50]	40KM EAST OF KUMARA, JUNCTION Scenic half-day ride on a rough old farm track.	Walking	2-4 hours 18km return	3
BLUE SPUR & NATIONALS TRACKS	Hokitika's bike park with a network of excellent tracks with easy biking. More information contact hokitika Cycle & Sport.	Cycling		
KANIERE WATER RACE	Mostly an easy ride with a few tricky bits and stairs.	Cycling	1-2 hours 10km	4
TOTARA VALLEY	27KM SOUTH OF HOKITIKA Ride up a quiet West Coast valley.	Cycling	3-4 hours 40km return	1
TE ARA A WAIAU CYCLEWAY	FRANZ JOSEF Ride through the bush from Franz Josef Village to glacier carpark.	Cycling	1 hour return 8.7km	1
TE WEHEKA CYCLEWAY	FOX GLACIER Ride through the bush from Fox Glacier Village to glacier carpark.	Cycling	1 hour return 8.4km	1
PARINGA-HAAST CATTLE TRACK	43KM NORTHEAST OF HAAST Follows an old cattle track.	Walking	1-2 days	5
KOHAIHAI	NIKAU WALK Starts from the Kaniwhaniwha car park, passes through a recently planted area to loop through forest.	Walking	50min	Easy
KARAMEA	SCOTTS BEACH WALK Beautiful forest walk along coastline.	Walking	45min	Easy
OPARARA VALLEY	OPARARA ARCH The southern hemisphere's biggest limestone arch and keep an eye out for the blue duck (Whio).	Walking	35min	Easy
LYELL	MOIRA GATE ARCH WALK Follows the Oparara River to arch.	Walking	45min	Easy
DENNISTON PLATEAU	CEMETERY This walk starts at the Lyell picnic/camping area and passes through beech forest to a picturesque goldfield cemetery.	Walking	10min	Easy
WESTPORT	DENNISTON TOWN WALK From Friends of the Hill Info Centre via old historic sites.	Walking	45min	Easy
KAWATIRI COASTAL TRAIL	SEAL COLONY AND CAPE FOUILLIUND WALKWAY Walk from Tauranga Bay car park to viewing platforms overlooking the seal colony and the track continues to the historic Cape Fouilliund lighthouse.	Walking	10min - 1 hour 30 min	Easy
CHARLESTON	The Kawatiri Coastal Trail is a walking and cycling heritage trail which will eventually connect the communities of Carters Beach, Cape Fouilliund and Tauranga Bay along the coast from Westport to Charleston.	Walking	30min-1hr	2
FOX RIVER	CONSTANT AND JOYCE BAYS Coastal rock formations and sea views.	Walking	15min	Easy
PUNAKAIKI	TIROPAHI WALK Old bush tramway via a milling site, river and limestone bluffs. One river crossing.	Walking	1 hour 30 min	Easy
WAITAHU	FOX RIVER CAVES Limestone gorge to caves. Take torches.	Walking	1 hour 30 min	Easy
REEFTON	TRUMAN TRACK Through bush to coast. Sea caves and rock pools.	Walking	15 min	Easy
LAKE BRUNNER	PORORARI WALK The Pororari River Track is the pedestrian entry/exit for the Paparaoa Great Walk.	Walking	15 min	Easy
HAAST	PANCAKE ROCKS Coastal forest, limestone cliffs and underground streams all packed into one national park.	Walking	20 min	Easy
HAAST	GHOST TOWN Accessible by car. The most famous West Coast ghost town located 17km off SH 7, midway between Reefton and Greymouth.	Walking		
HAAST	BOTTLED LIGHTNING POWERHOUSE. NZ's first power generation site. Walk from the Reefton Visitor Centre.	Walking	40min	Easy
HAAST	PROHIBITION MINE AND BALL MINE From the old Whio town site winds up to the top of the country's deepest mine shaft.	Walking	1 hour	Easy
HAAST	VELENSKI WALK A 600-metre loop walk starts from Ahau Street just past the motor camp at the western end of Moana township.	Walking	20 min	Easy
HAAST	RAKAITANE WALK Starts from the lakeside carpark beyond the motor camp at the western end of Moana township.	Walking	30min	Easy

KUMARA	LONDONDERRY ROCK WALK is a short walking track through old gold workings to view a boulder too large for miners to move or break.	Walking	10 min	Easy
ARTHURS PASS	DEVILS PUNCHBOWL WALK Track starts west of the village and climbs up to the base of a spectacular 131m waterfall.	Walking	30 min	Easy
RUNUNGA	BRIDAL VEIL WALK Through subalpine mountain beech forest to a small clearing with a picnic table, good view of the falls.	Walking	20 min	Easy
GREYMOUTH	COAL CREEK FALLS The path gently descends down to the Coal Creek valley water and waterfall.	Walking	1 hour return	Easy
GREYMOUTH	POINT ELIZABETH WALKWAY A well formed walk through coastal bush with stunning cliff top views.	Walking	1 hour 45 min one way	Easy
GOLDSBOROUGH	WOODS CREEK TRACK Great for children allowing time for exploring fascinating tunnels used by goldminers.	Walking	45min loop	Easy
HOKITIKA	TUNNEL TERRACE WALK Starts on the road between Stafford and Goldsborough. Track meanders through old gold works and tail race tunnels.	Walking	20 min loop	Easy
HOKITIKA	GERMAN GULLY PACK TRACK Track climbs out of the valley and emerges on the Scandinavian Hill Road.	Walking	30 min	Easy
HOKITIKA	HOKITIKA GORGE An awesome viewing platform is just four minutes from the car park and this part of the track is accessible for wheelchairs.	Walking	15 min	Easy
LAKE KANIERE	MAHINAPUA WALKWAY A 15-minute walk to Mahinapua Creek on the edge of Lake Mahinapua or walk further along the old tram line.	Walking	15 min	Easy
LAKE KANIERE	LAKE KANIERE WALKWAY Starts or ends at Sunny Bight picnic area. Passes along the western shores of the lake.	Walking	4 hours one way	Easy
LAKE KANIERE	KANIERE WATER RACE WALKWAY Follows the twists and turns of an historic power station water race as it passes along the edge of the scenic reserve.	Walking	3 hours 30 min one way	Avg Fit-ness
LAKE KANIERE	MOUNT TUHUA TRACK Steep tramp to the open tussock peak of Mt Tuhua (1125 metres) with spectacular views.	Walking	7 hours return	Avg Fit-ness
ROSS	ROSS HISTORIC GOLDFIELDS WALKS A range of interesting historic goldfields walks starting from the Ross Information Centre.	Walking	10 min - 1 hour	Easy
OKARITO	WETLAND WALK From the car park by the Okarito School House this track winds through bush before crossing the estuary on a curving boardwalk.	Walking	20 min	Easy
OKARITO	THREE MILE PACK TRACK - OKARITO COASTAL Only suitable within 2 hours of low tide. Follows coastal forest to climb over Kihuanua Bluff.	Walking	3 hour 30 min	Easy
OKARITO	OKARITO TRIG WALK Winds gently uphill on well-graded track to trig for glacial viewing point.	Walking	1 hour 30 min	Easy
OKARITO	TE ARA A WAIAU WALKWAY Track goes from village to glacier carpark via bush track.	Walking	2 hour 20 min	Easy
OKARITO	PETERS POOL Kettle Lake and glacier views.	Walking	25 min	Easy

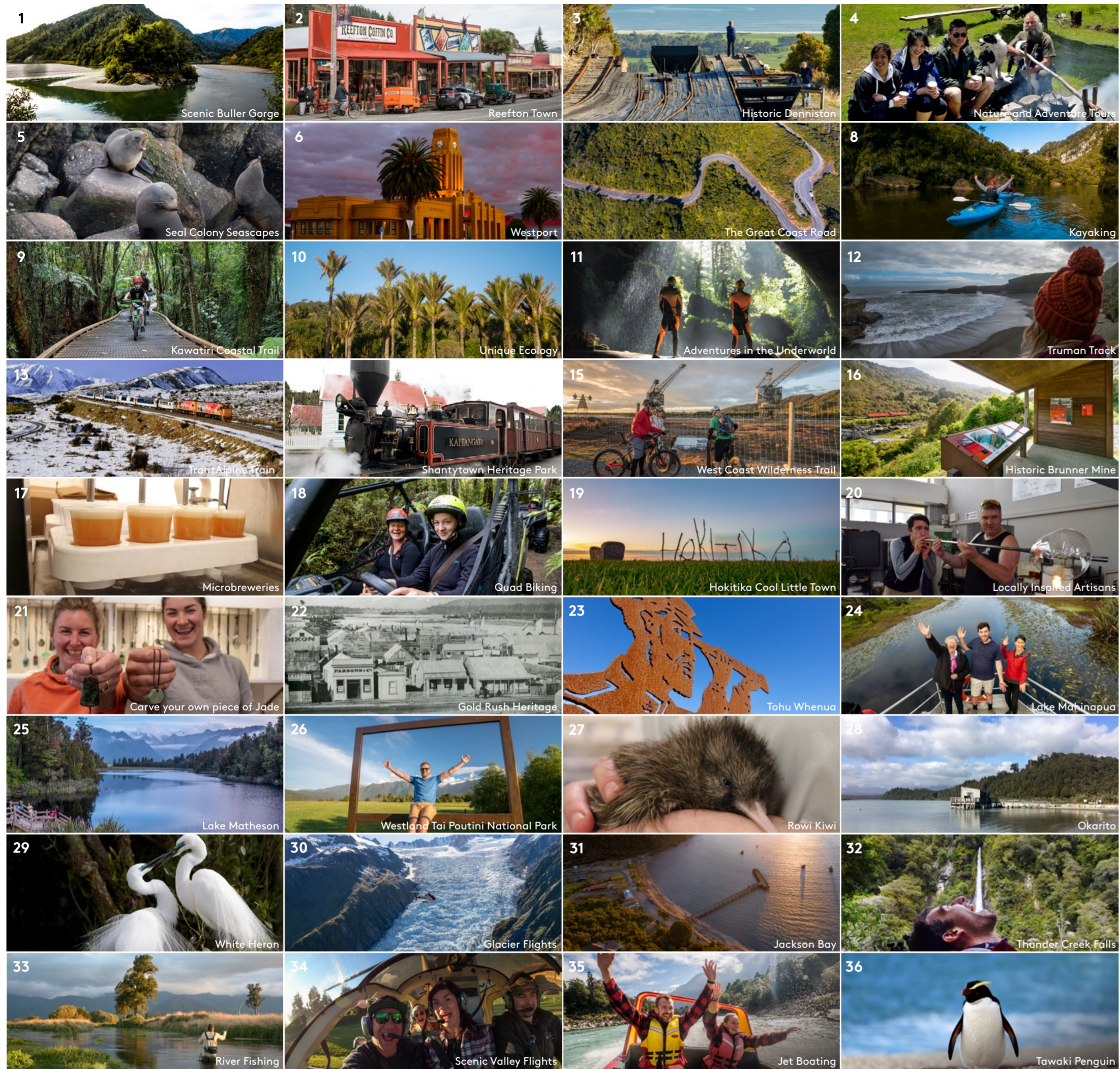
FOX GLACIER	TE WEHEKA WALKWAY Track goes from village to glacier carpark via bush track.	Walking	2 hours 20min	Easy
LAKE MATHESON	LAKE MATHESON WALK 20min walk to the jetty where on still days the lake forms a mirror.	Walking	20min to 1h 30min	Easy
HAAST	MONRO BEACH WALK Through luxuriant coastal forest to Ocean Beach.	Walking	40 min	Easy
JACKSON BAY	SHIP CREEK - TWO WALKS Experience an ancient kahikatea forest walk or head through wind-shorn coastal forest to a dune lake.	Walking	30 min	Easy
JACKSON BAY	SMOOTHWATER BAY TRACK Follows old pioneer's track and then thierbed.	Walking	1 hour 30 min	Easy
HAAST HIGHWAY	WHAREKAI - TE KOU WALKWAY from sheltered Jackson Bay to the rocky shore at Ocean Beach.	Walking	20 min	Easy
HAAST HIGHWAY	THUNDER CREEK FALLS This easy walk is located adjacent to the Haast Highway and follows a sealed track to the spectacular 28m high Thunder Creek Falls.	Walking	5 min	Easy
HAAST PASS	BLUE POOLS WALK Surrounded by forest, enjoy this gentle walk leads to a swing bridge and pristine river pools.	Walking	30 min	Easy



MUST DO EXPERIENCES

#westcoastnz

www.westcoast.co.nz



TRAVELLERS' GUIDE

ELECTRIC VEHICLE CHARGING STATIONS
ChargeNet NZ
 Ph: 0800 224 274 | www.charge.net.nz

Karamea (Four Square)
 103 Bridge Street, Karamea 7893

Westport
 244 Palmerston Street, Westport

Reefton
 47 Broadway, Reefton 7830

Greymouth
 Tarapuhi St carpark, 13 Tarapuhi Street, Greymouth

Hokitika
 116 Revell Street, Hokitika 7810

Franz Josef (Glacier Hot Pools)
 50kW Charger out of order, 25kW fully operational.
 63 Cron Street, Franz Joseph Glacier 7886

TESLA CHARGING STATIONS
Alpine Rose Motel
 139 High St, Greymouth 7805

Te Waonui Forest Retreat
 3 Wallace Street, Franz Josef Glacier 7886

Heartland Hotel Fox Glacier
 11 Cook Flat Road, Fox Glacier 7886

Heartland Hotel Haast
 26 Jackson Bay Road, Haast NZ 7886

DUMP STATIONS

If you stay at a holiday park, most will have dump station, water and power facilities.

WESTPORT
New World Car Park Westport
 244 Palmerston Street, Westport
 Ph: 03 789 7669

Fresh Choice Westport
 18 Fonblanque Street, Westport
 Ph: 03 789 8546

The Esplanade
 The Esplanade, Westport

GREYMOOUTH AND DISTRICTS
Main Rd Blackball
 South Town Belt by Domain, Blackball
 Ph: 03 769 8611

Nelson Creek Domain
 Main Road, Nelson Creek
 Ph: 03 768 0427

Runanga Workingmen's Club
 Cnr Pitt and McGowan Sts., Runanga
 Ph: 03 762 7854

Cobden Bridge Greymouth
 Bright St by Grey River Bridge, Cobden
 Ph: 03 769 8611

HOKITIKA AND DISTRICTS

Oxidation Ponds Hokitika
 State Hwy 6, 2km north of town
 Ph: 03 756 9010

Ross Goldfields Information & Heritage Centre
 4 Aylmer St., Ross | Ph: 03 755 4077

FRANZ JOSEF
Glacier Motors Mobil Service Station
 State Highway 6, Franz Josef
 Ph: 03 752 0725

HAAST
Marks Road Haast
 Marks Rd, located next to public toilets in township.

FREEDOM CAMPING

Buller District
<https://bullerdc.govt.nz/freedomcamping>

Grey District Council
<https://www.greydc.govt.nz/our-district/freedom-camping/InTheGreyDistrict/Pages/default.aspx>

Westland Council
<https://www.westlanddc.govt.nz/freedom-camping-policy>

TOHU WHENUA

Discover, experience, and enjoy the places that have shaped New Zealand and created our stories. Whether you're a New Zealander or a visitor, you can gain a deeper understanding of who we were and who we are today by visiting Tohu Whenua sites.

TIAKI PROMISE

tiaki
 CARE FOR NEW ZEALAND

Tiaki means to care for people and place.

New Zealand is precious, and everyone who lives and travels here has a responsibility to look after it. The Tiaki Promise is a commitment to care for New Zealand, for now and for future generations.

By following the Tiaki Promise, you are making a commitment to New Zealand. To act as a guardian, protecting and preserving our home. Nau Mai. Haere Mai Ki Aotearoa, Welcome to New Zealand

HOW TO CARE FOR NEW ZEALAND

- PROTECT NATURE
- KEEP NZ CLEAN
- DRIVE CAREFULLY
- BE PREPARED
- SHOW RESPECT

OPARARA ARCHES

Famous For: Oparara Arches was home to the native Moa bird, which is now extinct. The largest population of Moa bones are found here.
Where: North of Karamea.
Stay: Karamea or Westport.

PANCAKE ROCKS & BLOWHOLES

Famous For: Rocks that look like stacked pancakes.
When: Year round, but particularly good at high tide with a rough sea for the blowholes to be working.
Stay: Punakaiki, Westport or Greymouth.

LAKE BRUNNER

Famous For: Brown trout fishing all year round on Lake Brunner.
When: You can fish year-round. Summer is the busiest time, don't forget to book ahead.
Stay: Moana or Greymouth.

HOKITIKA GORGE

Famous For: Turquoise blue waters
When to visit: Year round.
Stay: Hokitika, a cool little town.

GLACIER COUNTRY

Famous For: The most accessible glaciers in the world.
When: Year round, book ahead.
Stay: Franz Josef or Fox Glacier (the towns are 30mins drive apart).

HAAST WORLD HERITAGE AREA

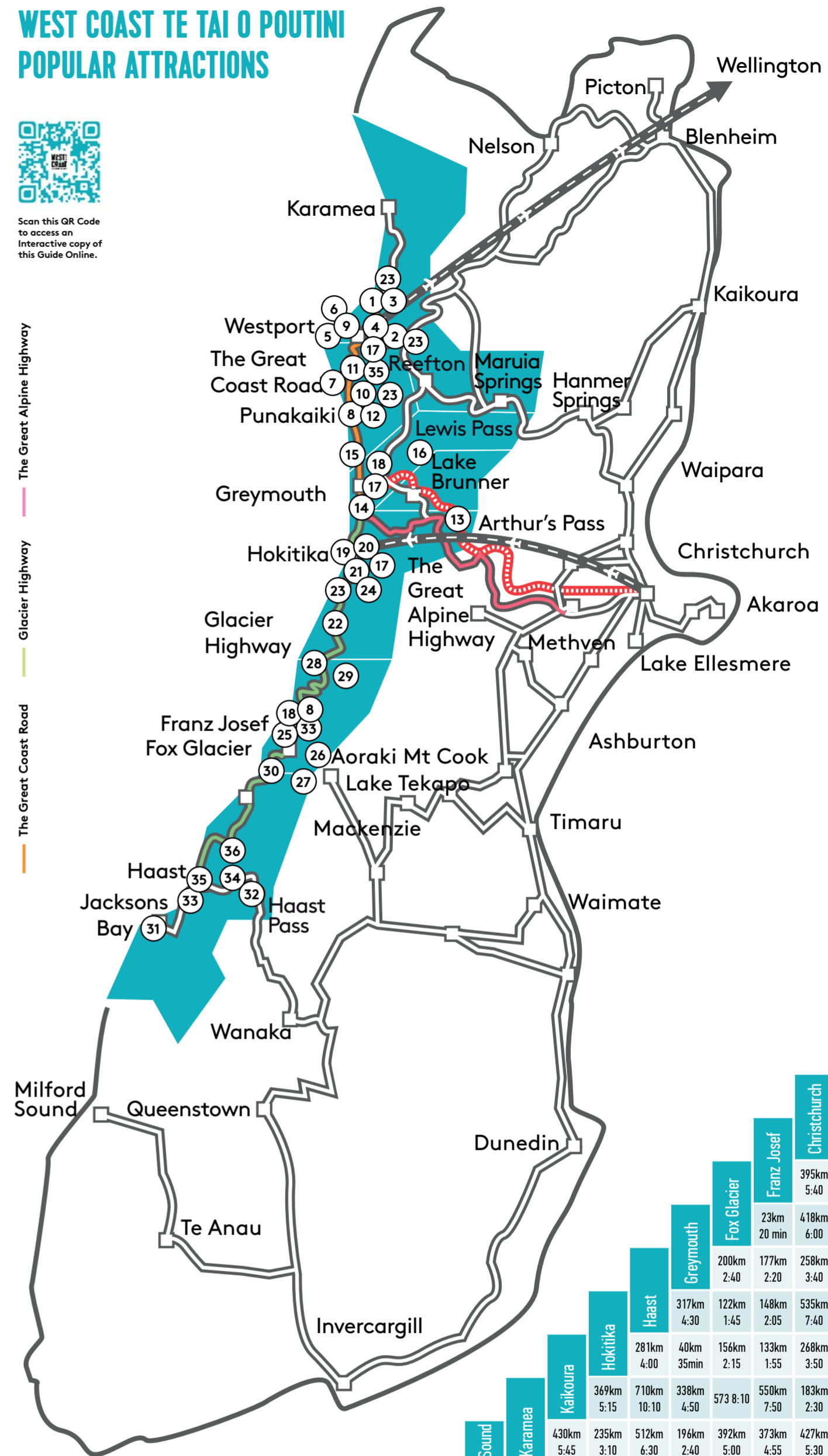
Famous For: The United Nations Educational, Scientific and Cultural Organisation (UNESCO) added this area to its World Heritage list in 1990. It is the only full natural site in New Zealand.
When: Year round.
Stay: Haast.

WEST COAST TE TAI O POUTINI POPULAR ATTRACTIONS



Scan this QR Code to access an interactive copy of this Guide Online.

The Great Alpine Highway
 Glacier Highway
 The Great Coast Road



	Westport	Wanaka	Queenstown	Reefton	Punakaiki	Picton	Nelson	Milford Sound	Karamea	Kaikoura	Hokitika	Haast	Greymouth	Fox Glacier	Franz Josef	Christchurch
Westport	8:00	117km	603km	720km	570km	822km	910km	291km	721km	699km	543km	262km	583km	381km	244km	287km
Wanaka	1:40	6:20	6:00	7:00	11:45	13:00	12:00	5:40	8:40	6:00	2:05	6:40	3:45	3:00	4:05	6:05
Queenstown	1:30	3:20	2:40	10:30	2:30	3:15	1:30	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:10
Reefton	3:20	2:40	10:30	2:30	3:15	1:30	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:10	3:10
Punakaiki	3:50	2:60	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Picton	4:00	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Nelson	4:30	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Milford Sound	4:40	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Karamea	4:50	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Kaikoura	5:15	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Hokitika	5:15	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Haast	5:15	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Greymouth	5:15	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Fox Glacier	5:15	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Franz Josef	5:15	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45
Christchurch	5:15	3:30	11:45	13:00	2:10	4:30	3:10	4:50	2:15	5:30	9:30	5:00	7:55	7:35	4:50	3:45