



**7–8 hr, 19.4 km one way**

#### **High level of fitness required**

Change in elevation: +/- 1,196 m

#### **Steep and undulating**

Track surface is generally well formed, some sections may be steep, rough or muddy.

#### **Restrictions**

No dogs, bikes or drones

### **History and culture**

Ngatoroirangi, the founding ancestor of Ngāti Tūwharetoa, the local iwi (Māori tribe), ascended the great mountains of the volcanic plateau 30 generations ago. It was then that he named Tongariro and the many features of the surrounding landscape, declaring this area as home for his descendants.

The generosity and foresight of Ngāti Tūwharetoa saw the heart of the mountainous area made sacrosanct in 1887, with the intent that the Crown would stand alongside Ngāti Tūwharetoa to ensure the continued protection of Tongariro. This led to the establishment of the Tongariro National Park in 1894, a first for New Zealand, and fourth in the world.

The continued occupation by Ngāti Tūwharetoa in this environment ensures the cultural, spiritual and environmental values are protected and shared with all those who encounter this dynamic landscape.

### **Getting there**

There is **limited parking** near the access points to the track. From Labour weekend in October to 30 April, parking restrictions will be in place at road ends. Shuttle services run from Whakapapa Village, National Park, Taumarunui, Turangi, Raetihi, Ohakune and Taupo. Plan ahead and book a shuttle with your local i-SITE (Visitor Centre).



# Heading outdoors?

Let us help you have a safe adventure



#### **Plan your trip**

Make sure you know where you're going and have looked at a map of the track – consider taking a photo of it. Ensure you have enough time to complete in the daylight. A wrong turn can create an unexpected night out.



#### **Tell someone your plans**

Message someone – text, social, email – where you're going and when you'll be due back. Make yourself easier to be found if something goes wrong.



#### **Be aware of the weather**

New Zealand's weather can be highly changeable. Check the forecast – MetService.com – and expect changes throughout the day. Always prepare for wind and rain as it can, and often does, happen suddenly.



#### **Know your limits**

Challenge yourself within your group's limits. Consider the group's ability to deal with the changing weather and the physical nature of the hike. Stick to the marked track.



#### **Take sufficient supplies**

The supplies you need for each hike will vary, but you should always have a waterproof jacket, water, food, hat, head torch and sturdy footwear – consider hiking boots. Cell phone signal is often not available in the outdoors. Place items like phones and maps in a plastic bag to waterproof.

[MOUNTAINSafety.org.nz](http://MOUNTAINSafety.org.nz) >

### **Hazards**



**Alpine environment with rapidly changing weather conditions at all times of the year.** It is common to experience strong wind, high rainfall, heavy snowfall and rapid changes in temperature, even in summer.



**Volcanic risk.** This is an active volcanic area, and eruptions are possible at any time without warning. Know the volcanic risks and what to do in an eruption (see [www.doc.govt.nz/volcanicrisk](http://www.doc.govt.nz/volcanicrisk)). Check the latest volcanic activity information before you go, at the Tongariro National Park Visitor Centre and at [www.geonet.org.nz/volcano](http://www.geonet.org.nz/volcano).



**Winter snow.** Do not attempt this trip when snow is present unless you are experienced in the backcountry and have an ice axe, crampons and are experienced in avalanche terrain. Visit [www.avalanche.net.nz](http://www.avalanche.net.nz) for updated avalanche forecasts. In winter, the use of a guide is highly recommended.

# TONGARIRO ALPINE CROSSING

Tongariro National Park  
CENTRAL NORTH ISLAND

Day Hikes



Department of  
Conservation  
*Te Papa Atawhai*

New Zealand Government



**TREK ACROSS** a volcanic alpine landscape of dramatic contrasts – steaming vents, glacial valleys, old lava flows, alpine vegetation and vivid crater lakes.

Tongariro National Park is a UNESCO dual World Heritage Area and in 1993 was the first in the world to receive cultural World Heritage status.

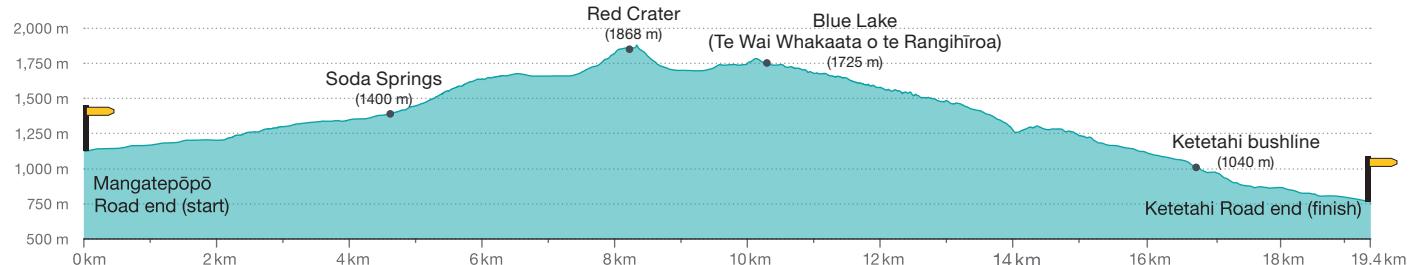
### About this track

This challenging trip begins at 1,120 m, climbs the Mangatepōpō valley to the saddle between Mount Tongariro and Mount Ngauruhoe, through South Crater before climbing again to Red Crater, the highest point on the crossing at 1,868 m.

You will then descend a steep, loose volcanic rock (scree) slope to the vivid Emerald Lakes, known as Ngā Rotopounamu (greenstone-hued lakes). After passing Blue Lake, also known as Te Wai Whakaata o Te Rangihīroa (Rangihīroa's mirror), the track sidles around the northern slope of Tongariro, then descends on a long zigzag track down to the road end at 760 m.

Be prepared for a long and challenging day out.

### Tongariro Alpine Crossing elevation



The alpine lakes and summits of the mountains are sacred to the local Māori tribe Ngāti Hikairo ki Tongariro. Respectfully, they ask that summits are not climbed, waterways are not touched and lakes are not entered.



For more information visit your local i-SITE, Department of Conservation Visitor Centre, or go to [www.doc.govt.nz/dayhikes](http://www.doc.govt.nz/dayhikes).

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### Be prepared – ensure you take:

- plenty of drinking water – water along the track is not suitable for drinking
- sturdy footwear such as tramping boots
- a waterproof/windproof jacket and pants, hat and gloves, sunscreen, and wear warm, layered clothing
- mobile phone, torch, spare batteries and toilet paper.

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