

The West Coast Trail



**A journey of discovery-
from East to West**

4 Days, 3 Nights

Mild Grade



Tour Cost (NZD)

2025 / 2026

Low Season (Nov, Dec, Jan, Apr): \$2,195

High Season (Feb, Mar): \$2,395

Single Supplement: \$545

Tour Highlights

- Two National Parks
- Alpine forest, rainforest and river valleys
- Coastal views, the spectacular Pancake Rocks
- Support from our experienced guide



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



www.tuataratours.co.nz



info@tuataratours.co.nz

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The Tour at a Glance

This 4-day walking adventure is perfect for hikers who love variety. From alpine vistas in Arthur's Pass to lush rainforest, wild coastline and tranquil river valleys, you'll explore some of the South Island's most stunning short and mid-length day walks.

Designed for all walking levels, this East to West journey includes trails through two National Parks and offers a rich, up-close experience of the landscapes that make the West Coast unforgettable.

Trip Grading: Mild

Ideal for anyone comfortable walking 12km on well-formed tracks and trails with some average inclines.

Pre-tour

We depart Christchurch at 8am on the morning of the tour. To avoid a rushed start after a flight, we recommend you arrive a day early and enjoy exploring the city at leisure.

Day-by-Day Itinerary

Day 1 Christchurch to Arthurs Pass

7km

Day 2 Arthurs Pass to Greymouth

10km

Day 3 Greymouth to Punakaiki

10km

Day 4 Akaroa to Christchurch

11km

About your guide

Our guides are very experienced, friendly walkers and bikers who love to share their knowledge of New Zealand's flora and fauna and local history.

They all hold current first aid certificates, passenger driving licences and are the very best people to ensure your experience will be one to remember.



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Day 1 Christchurch to Arthurs Pass (7km walking)

Your journey begins at 8am in Christchurch, heading west along the spectacular Great Alpine Highway.

First stop: the striking limestone landscapes of Castle Hill. This sacred Māori site, once part of ancient pounamu trading routes, offers a short walk among its surreal rock formations.

Next, it's on to Arthur's Pass. Visit the DOC Visitor Centre, take a historic village stroll, then stretch your legs on the stunning Punchbowl Falls track—worth the climb for the views!

The afternoon is yours to relax, before a local dinner and a comfy bed at your accommodation.

MEALS INCLUDED: L D

Day 2 Arthurs Pass to Greymouth (10km of walking)

Fuel up with breakfast, then set out on the Bealey Track, following the river up to the base of Mt Rolleston. It's a scenic walk with a picnic lunch and alpine views to match.

Next up is the Dobson Nature Walk—an easy stroll through colourful alpine vegetation, tussocks and wetlands, framed by sweeping mountain and valley vistas.

Heading further west, over the engineering marvel that is the Otira Viaduct, you'll explore goldmining relics on the Goldsbrough Track near Kumara. Try your luck at gold panning before discovering hand-dug miners' tunnels on the Tunnel Loop Walk.

Round off the day with a warm welcome and a relaxed evening at your West Coast accommodation.

MEALS INCLUDED: B L D

Day 3 Greymouth to Punakaiki (10km of walking)

Today offers a range of walking options—your guide will chat through the choices, depending on the weather (and how your legs are feeling!).

One we won't miss is a visit to the iconic Pancake Rocks and blowholes at Punakaiki. These layered limestone stacks are spectacular anytime, but at high tide the sea puts on a real show.

Another must-do is the beautiful Truman Track through coastal rainforest to a clifftop lookout with sweeping views the length of the coastline.

This evening, enjoy a relaxed group dinner and raise a glass to your final night on the coast.

MEALS INCLUDED: B L D

Day 4 Punakaiki to Christchurch (11km of walking)

After breakfast, your final walk takes you along the beautiful Pororari River Track. Wander through lush West Coast rainforest and dramatic limestone canyons, surrounded by towering rātā, tree ferns, and coastal broadleaf forest.

By midday, your walking adventure wraps up in Greymouth—where again you have choices:

- Hop on the TranzAlpine – one of the world's great train journeys (additional cost), with epic views across the Southern Alps.
- Ride with us back to Christchurch – via the scenic inland route (no extra cost).
- Keep the adventure going – car hire is available in Greymouth if you want to discover more of the South Island at your own pace, or perhaps consider joining our West Coast Wilderness Cycle Trail tour to explore further (by bike this time).

MEALS INCLUDED: B L



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What's Included



All Accommodation in comfortable hotels or motels, with ensuite facilities



Luggage transfers and daily transport



DOC concession fees



Tour Kit Bag with helpful goodies



All meals during the tour—great local cuisine



Entrance fees to listed activities



Fully qualified, knowledgeable guide

Please Note:

Rooms are double or twin, either one queen bed or two separate beds. If you have a preference for a twin room please let us know when you make your booking.

Solo travellers can choose to share or pay a single supplement for a private room

Dietary needs? We're happy to cater for gluten free, dairy free and vegetarian diets—just let us know at time of booking.



What's Not Included

Alcoholic beverages with meals – these are available for purchase.

Pre- and post-tour accommodation



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Your travel check list:

The following is a list of recommended items. Please also use your own experience to supplement this list. If you're unsure about anything, feel free to contact us.

Avoid walking in cotton, jeans, or silk — they dry slowly and can leave you feeling damp and cold. Instead, dress in three layers: a moisture-wicking base (merino or polypropylene), an insulating middle layer, and a waterproof outer layer for wind and rain protection. Coin Laundry facilities are available at your accommodation if required.



✓	Waterproof rain jacket with hood (a must) and waterproof over trousers (if you have them)
	Boots or sturdy walking shoes with ankle support, spare laces
	Thermals (top and bottom) merino or polypropylene are recommended
	Polar fleece jacket or top (mid layer)
	Gloves, warm hat
	Woolen or thermal hikers socks 3-4 pair
	Hiking shorts or zip off long trousers (quick-dry fabric-no jeans). Gaiters, if you have them.
	Drink bottle (we provide one , you might like to bring a second)
	Medium size (35-40l) day pack with waterproof liner
	Camera/ phone and charger/ torch
	Sun hat , sun glasses sun block,
	Swimsuit and small towel
	One set of casual wear for the evening, including casual shoes or sandals
	Personal toiletries and essential medications, a small personal first aid kit, insect repellent
	Walking poles (we can lend you a set if you don't have any)



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Frequently asked questions:

How do I book a tour?

A deposit of \$300 per person confirms your place and can be paid via credit card (Visa or Mastercard, no surcharge) through our website: <https://www.tuataratours.co.nz/make-a-payment/>, or by bank transfer to Tuatara Tours NZ Ltd: 01 0797 0308837 00.

When is the balance due?

The final balance is due 90 days prior to departure. A reminder will be sent via email. You're welcome to pay in instalments, as long as the full amount is received by the due date.

What if I need to cancel?

Our cancellation policy for the West Coast Trail is:

- 91+ days before departure – no fee
- 90–60 days – \$300 per person
- 59–30 days – 30% of total cost
- 29–0 days – 100% of total cost
- After departure – no refund available

We strongly recommend purchasing travel insurance in case of unforeseen events.

How big are the groups?

Our tours typically accommodate up to 12 people, though we can cater to larger groups on request.

Do I have to share a room?

Tours are priced on a twin-share basis (two people per room). Let us know if you prefer a queen bed or two singles. Solo travellers will be paired with another solo of the same gender, or you can opt to pay a single supplement for your own room.

Am I fit enough?

The West Coast Trail is graded mild, suited to walkers with average fitness. You should feel confident walking 12km on formed tracks, including some steeper sections.

This tour is a series of day walks combined into a 4 day walking holiday, offering plenty of variety in the scenery. It is not a continuous point to point walk so there is some travel in our bus between the walks. If you are not sure if this is the tour for you, do give us a call — we're happy to chat.

Can I take a day off walking? Yes! If you feel like a break, you're welcome to sit out a walk—relax on the bus with a book or explore the local area instead. You can pick and choose each day, and your guide will let you know what's coming up so you can decide what suits you best.

When's the best time to go? Tours run November through to April, with February and March the most popular months on the West Coast. Weatherwise, the region can be dramatic and unpredictable — sunshine, showers, sometimes both in a day! The right gear is important—please refer to our packing list for details of what to bring.

Can you pick me up? Yes — we offer pickups and drop-offs from selected Christchurch CBD hotels. We can't collect from Airbnbs or private homes, so check with us before booking accommodation if you're unsure.

Is there parking at your office? No, sorry. You'll need to arrange parking for the duration of the tour. We suggest long-term parking at Christchurch Airport or checking with your pre/post-tour accommodation.



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Frequently asked questions:

What kind of food is included?

You'll enjoy continental breakfasts, packed lunches, and restaurant dinners each night. We cater to most dietary needs — vegetarian, vegan, gluten-free, dairy-free — just let us know when you book.

Do I need breakfast on Day 1? Yes — please have breakfast before pickup on the first day. All other meals during the tour are provided.

Is alcohol provided? No, but you're welcome to purchase drinks at dinner. As we dine at licensed venues, BYO is not available — it's a great chance to try local!

Do I need to come dressed to walk? Yes — please arrive ready to walk with your overnight bag packed. You won't have access to your overnight gear during the day, so make sure your day pack includes everything you need (wet weather gear, water, sunhat, lunch, etc.). We provide a 500ml drink bottle, but you may want to bring extra water, as refills aren't available on the trail.

Can I fly in or out on the same day? We recommend arriving the day before your tour starts and flying out the day after it ends. This helps avoid any stress in case of flight delays, or unexpected hold-ups on the return journey to Christchurch.

Should I spend extra time in on the West Coast?

Yes, if you want to explore further there are several options available at the end of your journey with us:

- Hop on the TranzAlpine – one of the world's great train journeys (additional cost), with epic views across the Southern Alps.
- Keep the adventure going – car hire is available in Greymouth if you want to discover more of the South Island at your own pace, or perhaps consider joining our West Coast Wilderness Cycle Trail tour to explore further along the coast (by bike this time).

How much luggage can I bring? Space is limited — please bring one day pack and one overnight bag or suitcase (max 20kg).

Do I need hiking boots? We strongly recommend well-fitting walking boots with good tread and ankle support. The tracks can be slippery when wet, with some tree roots and uneven terrain. Please break in your boots before you come for the walk.

Do I carry a full pack? No! You'll only carry your day pack with essentials: wet weather gear, lunch, drink bottle, sunhat, etc. Your overnight bag travels in the support van for the day.

What's in the tour kit bag? We like to keep it a surprise — but it includes a few handy items for your trip. You'll receive a thermal drink bottle (approx. 500ml) and a thermal cup for tea or coffee on the trail, so no need to bring your own.

Are all your walking tours guided? Yes — the West Coast Trail is a fully guided experience. Your guide will bring local knowledge to enhance your journey, and ensure your safety and comfort along the way.

What time do we return to Christchurch? We aim to have you back in Christchurch at approx. 6pm but there can often be delays enroute so please aim to spend one more night in Christchurch just in case.



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Pickup Points

Please contact us to confirm the nearest pick-up location to your accommodation. Unfortunately, we are unable to collect guests from Airbnb properties, private residences, or residential suburbs.



Central City
Cathedral Square, outside
Novotel



Bealey Avenue
Local motels



Kilmore Street
Wyndham Gardens vicinity



Tuatara Tours Office
122 Victoria Street

Tuatara Conservation

We're proud supporters of tuatara conservation. We've adopted "BP"—a juvenile tuatara at Orana Park in Christchurch, helping ensure the future of this amazing native species.



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TERMS & CONDITIONS

Tuatara Tours NZ Limited accepts bookings subject to the following terms:

Contract

This contract is between Tuatara Tours and you, the client—defined as any person travelling or intending to travel on a tour operated by Tuatara Tours. The contract, including all matters arising from it, is governed by New Zealand law and subject to the exclusive jurisdiction of the New Zealand courts. Only employees or directors of Tuatara Tours have the authority to vary or omit any of the terms stated herein.

Cancellation Policy Due to Travel Restrictions

If your trip is impacted by travel restrictions imposed by the New Zealand government or any other government, Tuatara Tours will either work with you to transfer your trip to a future date at no additional cost, or provide a full refund.

Price

All prices are quoted in New Zealand dollars and include 15% GST. Prices are based on rates current at the time of publishing. Tuatara Tours reserves the right to modify prices without notice if deemed necessary or appropriate.

Accommodation on organised tours is based on twin or double share. Solo travellers will be paired with another traveller of the same sex. A single supplement is available upon request.

Confirmation of Booking

Bookings are confirmed upon receipt of the full tour price, which is due 90 days prior to the start of the tour. Tuatara Tours and its agents reserve the right to decline any booking at their discretion.

Cancellation

If a client cancels a tour, the following charges apply (unless otherwise stated):

- 91+ days prior to departure – no fee
- 90–60 days prior to departure – NZD \$300.00 per person
- 59–30 days prior to departure – 30% of the total package cost
- 29–0 days prior to departure – 100% of the total package cost
- After tour commencement – no refund available

These cancellation fees are non-negotiable. We strongly recommend purchasing travel insurance.

Travel Insurance

Tuatara Tours strongly recommends that clients take out travel insurance, including tour cancellation cover and any other relevant insurances. It is the client's responsibility to ensure adequate coverage. Tuatara Tours cannot be held liable for any failure to obtain appropriate insurance.

Medical Conditions

You must inform us at the time of booking of any medical condition, history, or medication you are currently taking.

Changes to Tours

Tuatara Tours will make every effort to operate all tours as advertised. However, reasonable changes to the itinerary may be made if deemed necessary or advisable. Clients will be informed of any changes as soon as reasonably possible. Where a tour service must be substituted, a service of similar quality and standard will be provided.

Weather

Adverse weather may prevent planned activities from proceeding as scheduled. The tour guide may decide to alter the itinerary based on weather conditions, prioritising group safety. Tuatara Tours and its contracted suppliers are not responsible for changes resulting from weather-related circumstances.



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General conditions

Tuatara Tours, its agents, contractors and guides do not accept responsibility or liability for loss, damage to, or theft of personal belongings (owners risk) or for any expenses, including medical and transport expenses arising from a personal accident, injury, illness, or hospitalisation. Tuatara Tours and their guides reserve the right to make any alterations to the itinerary in the interest of safety, or unforeseen circumstances due to causes such as weather, illness or misadventure. Every reasonable endeavour will be made to keep to published schedules but no guarantee is given. Tuatara Tours will not be held liable for costs incurred by change, delay or the missing of connecting services. Tuatara Tours reserves the right to exclude a person from a tour at any time, if in the opinion of the guide or operator, that person may be likely to risk the health, safety or comfort (including unsociable behaviour) of other clients, him or herself or the environment. In such circumstances, Tuatara Tours will not be obliged to offer any refund or transfer ticket. These terms and conditions apply to each participant including in a group booking. Where a booking is made on behalf of a group of two or more people then each participant in the group must be made aware of and accept these terms and conditions.

RISK DISCLOSURE STATEMENT

In any adventure activity, there is an element of risk involved. Risks in undertaking this activity include (but are not limited to): hypothermia, heat exhaustion, physical injury caused by environment i.e. rock falls, and physical injury caused by self, i.e. falling over.

The staff and management of Tuatara Tours and any of its agency partners take all practicable steps to identify and minimise potential dangers. The Operator makes all arrangements for all tours on the condition that it shall not be liable for any sickness, injury, damage, loss, accident, delay or irregularity which may be occasioned, either directly or indirectly, by reason of any defect in any vehicle, vessel or aircraft, by weather, by any other cause, or through acts of default of a company or person engaged in conveying the passengers, or in carrying out arrangements for these activities.

We strongly recommend that you purchase travel insurance prior to your trip.

By participating in this activity, you are expressly assuming those risks and responsibilities and are, to the maximum extent permitted by law releasing the Operator, its officers, employees, directors, agents and any other person associated with us, from any liability, claims, loss, damages or expenses (whatsoever and irrespective of whether direct, indirect or consequential) caused by any event including but not limited to: personal injury or death; property loss or damage; acts which may be construed as negligible or accidental; any other loss, damage, suffering, emotional or nervous disorder suffered by you or any other person in relation to this activity. You accept that you have been advised to obtain adequate travel insurance for all persons named on the booking.

In participating in the activity, the customer agrees to be bound by the following conditions:

- My successors, executors and administrators are bound by the Terms and Conditions;
- I agree not to commence any litigation proceedings in any country in relation to the risks and liabilities set out above and to indemnify the Operator against any claims;
- I confirm and warrant I am physically fit and suffer no medical conditions, which may affect my ability to participate in the activity;
- I confirm I am aware that professional medical assistance may be difficult and/or take some time to access due to the remote areas in which we are travelling;
- I consent to receive medical treatment in the case of injury, accident or illness during the activity and to indemnify the Operator against any claims, costs or expenses in respect of the treatment;
- I agree that any film, sound, video or other recordings taken of or during the activity will not be used in any production, or advertising without prior consent of the Operator, however the Operator may use such recordings itself at its complete discretion without any prior approval; and
- I agree to listen to my driver/guide/host, follow their instructions and make sure any children in my care do the same. Furthermore, the Operator will not be responsible for any personal injury and or property damage caused by you and any costs for such injury / damage will be your responsibility.



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Custom Tours Available

Want to change the itinerary or create something entirely new? We enjoy designing custom adventures for friends, families, work groups and clubs. Get in touch!

Keen to join a tour? Enquire now



New Zealand free dial 0800 377 378

Australia free dial 1800 044 633

World +64 3 962 3280

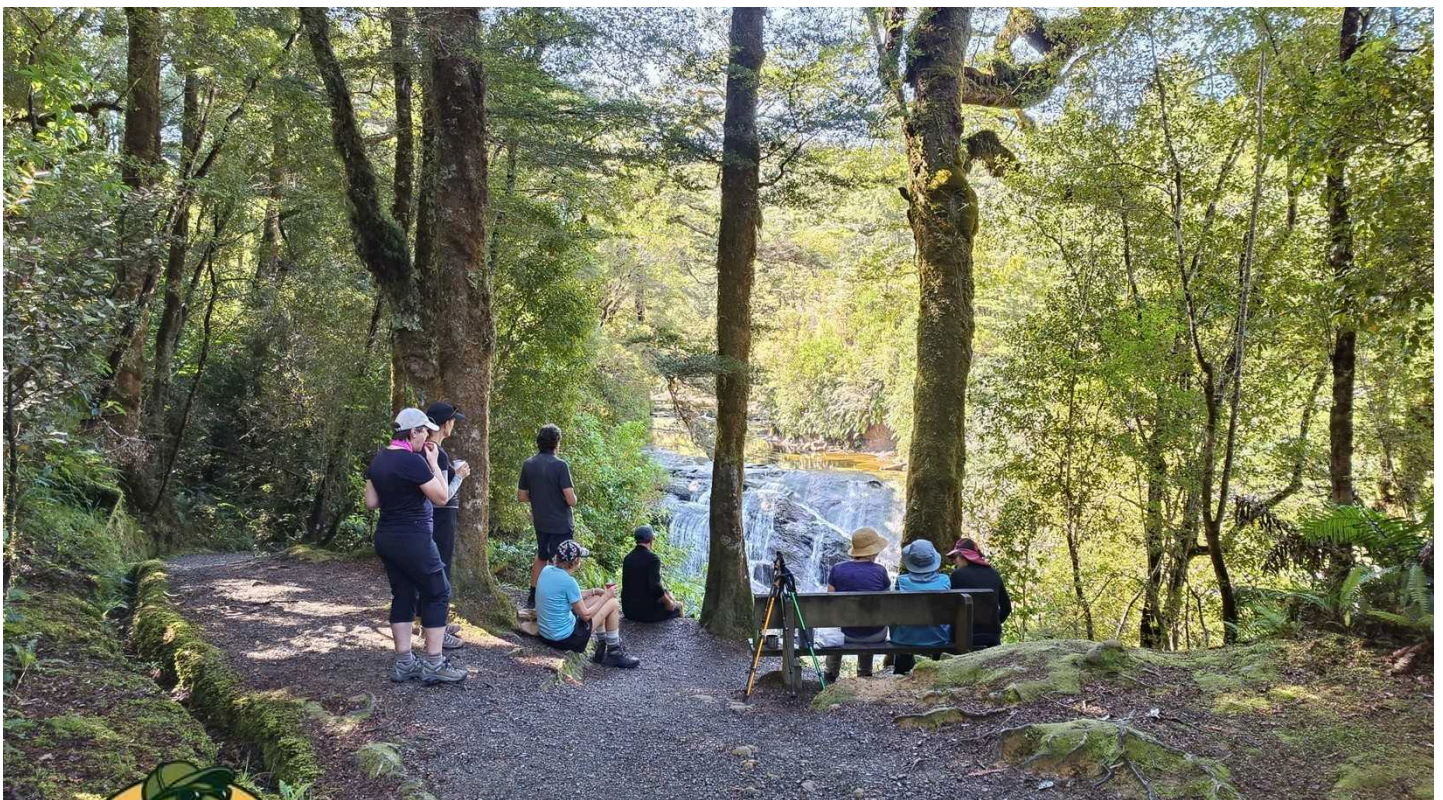


Email: info@tuataratours.co.nz

Web: www.tuataratours.co.nz

You might also like....

The Akaroa Walk
The Abel Tasman 3 Day Walk
The Abel Tasman 5 Day Walk



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