

Hooker Valley Day Walk



Hooker Glacier with Aoraki /Mount Cook in the background.

Are you looking for a guided walk in one of the worlds most spectacular regions?

The Hooker Valley walk is a front country experience on a well formed track which is suitable for those looking for an easy day walk suitable for individuals, families, educational groups and group tours.

This walking track is suitable all year with the grade with possible snow and ice during winter increasing the skill level required.

Our Hooker Valley walk has a maximum of 14 people per guide and a maximum group size of 42.

For more information read our participants guide and equipment list.

Imagine walking along one of Aoraki/Mount Cook National Park's best walking tracks surrounded by some of New Zealand's tallest mountains, hanging and valley glaciers, beautiful native vegetation with mountain streams and glacial rivers. This is the stunning scenery that you will experience on this walk as it leads you up to views of the Hooker Glacier with Aoraki/Mount Cook towering above.

The 4 kilometre (each way) walk has a vertical rise of just over 150m (450ft) making this is perfect for those looking for a day walk which is suitable for most people of moderate fitness.

Explore this World Heritage Area with our knowledgeable local guides and discover an amazing landscape of tectonic uplift, glaciers, alpine flora and fauna and fascinating cultural and historic heritage.

Duration 5 to 6 hours including lunch stop and short breaks.

Costs POA as this is a privately guided experience.

Gourmet lunch can be purchased for an extra \$NZ 25.00 pp

Fitness level: moderate fitness needed.



www.discoverytours.co.nz info@discoverytours.co.nz
Office: Corner of Wairepo and Ostler Road Twizel 7901 NZ. 0800 213 868 (NZ only) +64 3 4350 114



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Equipment List

All participants must have the following items.

Day pack to carry the following;

- Waterproof jacket (shower proof not suitable)
- Overtrousers
- Water: (1 to 1.5 litres of water per person)
- Good lace up walking shoes or hiking boots. In winter hiking boots or hiking shoes with ankle support are best.
- Sunscreen, sunglasses, a sun hat or warm hat, gloves and any medication you may need (i.e. asthma inhaler).
- Camera!!
- Lunch and snack food. Lunches can be ordered for your convenience. Please order at least 24 hours before the hike starts.

Do you need to hire anything?

Boots \$15.00 per pair

Day Pack \$10.00 per pack

Snow Shoes \$12.00 per pair

Please let us know if you need to hire equipment at least 24 hours in advance.

We provide.

Adjustable Walking pole or bring your own if you prefer.

Waterproof jackets and overtrousers if needed.

Any other required safety equipment.

You should wear.

You should have comfortable clothing (jeans are not suitable) and have layers so you can adjust to the weather (i.e. hot or cold conditions). We recommend wearing long trousers or if you wear shorts to have gaiters to reduce possible scratching from vegetation.

We also recommend wearing good hiking socks as these will keep your feet more comfortable.

Hooker Valley Day Walk Participant Guide and Equipment List

The Hooker Valley walking track is a well formed gravel track that has boardwalks and some short rocky and uneven sections making it a popular walk for most people. Two very well constructed swing bridges bring a little bit of adventure to the walk as you travel further in the valley and cross over the Hooker River. The incline up the valley is hardly noticed and for most of the year good lace up walking shoes are all that is required. The walk ends at the shores of the Hooker Glacial Lake with great views of the glacier and Aoraki/Mount Cook before returning to the starting point.

On occasion you might get wet feet during or after heavy rain. If the thought of getting your boots wet means you might miss out on this amazing experience we have some suggestions from our years of hiking.

- Hire boots so your personal boots stay dry
- Or if you get wet feet try this simple method of quickly drying boots without damaging the leather. Find an old newspaper and stuff one or more sheets into the wet boots. After about 2 hours replace wet newspaper with dry newspaper for about 2 hours. Repeat once more before you go to bed and leave overnight. By morning your boots should be dry enough that with a fresh pair of socks you will hardly notice they might be a bit damp.

Further information

- If you have any issues with heights, balance, knees, hips, ankles or wear bifocal glasses, please call us so we can recommend the best walk for you.
- As this a privately guided experience there are no minimum numbers. There is no smoking on hikes due to fire risk.
- Please reconfirm you hike 24 hours before starting time on freephone
- 0800 213 868 or +64 3 4350 114
- Minimum age 8 years or as otherwise approved by the guide. Anyone under 18 years of age must be accompanied by a parent or guardian.
- Please read our disclaimer and fill the form out before starting the hike. It can be emailed to us in advance.

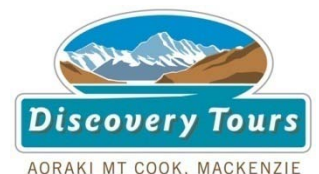
Cancellation Policy

There is no cancellation fee if:

- The hike is cancelled before the start due to safety reasons.
- If the hike is cancelled at least 48 hours before starting time.

Full cancellation fees will be charged for any food that is ordered and cannot be cancelled. You are welcome to take it with you.

- Within 48 hours of starting time a full cancellation fee may be charged at the discretion of Discovery Tours Ltd.



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Discovery Tours Ltd / Helibike.com Ltd Customer disclaimer.

Please read the following carefully: This information is relevant for your safety and the safety of those traveling with you. You need to understand that your actions and the actions of others are beyond our control and that in any adventure activity there is an element of risk involved. Risks in undertaking activities with Discovery Tours Ltd or Helibike.com Ltd may include personal injury or illness as a result of an accident or changeable weather conditions.

1) The staff and management of Discovery Tours Ltd and Helibike.com Ltd take all practicable steps to identify and minimise potential dangers. However, you must follow our instructions and use the safety equipment provided at all times. Adults accompanying any person under the age of 18 years old must ensure that the underage person follows our instructions at all times. **You must release or indemnify Discovery Tours Ltd and Helibike.com Ltd and our staff against any liability we incur to anyone else, resulting from your failure to follow our instructions or the failure of any person accompanying you under the age of 18 years of age to follow our instructions.**

2) We reserve the right to withdraw any person who in our opinion is likely to endanger themselves or others. We also reserve the right to cancel or alter any of our activities if we become concerned for any reason for your safety or that of any other person.

WARNING: Under New Zealand law it is extremely unlikely that you will be able to sue anyone if you are injured. In addition, New Zealand accident compensation scheme provides only limited assistance to visitors to New Zealand who are injured. We strongly recommend that all visitors to New Zealand have full insurance covering any injuring they might suffer, including medical treatment cover, before undertaking this activity.

3) **To the extent permitted by law** you as a Customer (and those under your care) are signing to release Discovery Tours or Helibike.com Ltd, its employees, agents or contractors from all actions and claims for any loss, damage or compensation in respect of any personal injury, damage to property or provincial loss or consequential resulting from any activity undertaken by you the Customer (or those under your care) while in the care and guidance of Discovery Tours Ltd or Helibike.com Ltd or through Discovery Tours Ltd or Helibike.com Ltd or any other tour, activity, or service recommended by Discovery Tours Ltd or Helibike.com Ltd. The exclusion is subject to any rights or remedies you may have under the Consumer Guarantees Act 1993.

4) The Customer shall indemnify and hold harmless Discovery Tours Ltd or Helibike.com Ltd from any claim whatsoever from any third party in respect of any loss, claim, or damage suffered by the Customer (and those in the customer's care), including without limiting the generality foregoing the Customer's travel insurance company.

5) The Customer warrants that he, she (and those in their care) are in good health and are not suffering from any medical condition which would ordinarily preclude him, her or them from undertaking any activity through Discovery Tours Ltd or Helibike.com Ltd, and acknowledges that Discovery Tours Ltd and Helibike.com Ltd will accept no responsibility for any accident, event or medical mishap occurring as a result of the Customer's ill health.

6) The customer agrees that in the event that Discovery Tours Ltd or Helibike.com Ltd services are contracted for business purposes, then pursuant to section 43 of the Consumer Guarantees Act 1993, that Act shall not apply.

7) The customer authorises Discovery Tours Ltd or Helibike.com Ltd to retain the Customer's details for marketing and survey purposes. In terms of the Privacy Act 1993, the customer shall have the right to correct any details held from time to time by Discovery Tours Ltd or Helibike.com Ltd.

8) The Terms contained in this registration form and declaration form represent the entire terms and conditions between the parties and all other representations, promises or undertakings whether verbal or implied are hereby expressly excluded. Further more the Terms and Conditions contained within this registration form are governed by the Laws of New Zealand and the Customer agrees to be subject to the exclusive jurisdiction of New Zealand.

9) These terms and conditions can only be varied in writing between the parties and in the event that any term contained in this document shall be unenforceable or illegal, then that provision shall be severable, with the balance of the agreement continuing to bind the parties.

10) These terms and conditions can only be varied by agreement in writing between the parties. Further more in the event that any term contained in this registration form shall be unenforceable or illegal, then that provision shall be severable, with the balance of the Agreement continuing to bind the parties. Please advise us of any medical or physical conditions or any other information we may need to know with regard to your safety and the safety of others, before you take part in any of our activities. For example asthma, allergies, heart conditions, epilepsy or pregnancy.

Name: _____ Date: _____

And any people under the age

of 18 accompanying you.

Activity (please tick)

Lord of the Rings

East Hooker Hike

Helibike Twizel

Ultimate Glacier Discovery

Wakefield Hike

Glacier Discovery

Other hike:

Other:

Helihike

Existing medical conditions or allergies	
Recent or reoccurring physical injuries (i.e. knees, ankles etc)	
<p>I acknowledge that as far as I am aware I have no medical or physical condition that will adversely affect my ability to undertake this activity and that I understand the terms and conditions stated in this form. I will bring with me any medication I may need.</p>	
<p>Signature and Date:</p>	

To be filled in by participants on any guided hikes, heliking, helibike, mountain bike or other adventure activity

Home Address:

Emergency Contact Name and address.

Emergency Contact Phone No:
