



Tongariro National Park Maps



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The Tongariro Alpine Crossing

The traverse of the stark and spectacular terrain of Mt Tongariro is one of the most fascinating treks in the world.

Among its highlights are steaming vents, old lava flows, explosion craters filled with emerald lakes and expansive views over the lakes, mountains and desert plains of the central North Island.



Side Trips

If you feel you have the stamina to take on more than the already long day you may wish to explore the following extras. Please consider weather changes, let the rest of the group know your intentions and don't go it alone!

Soda Springs

From the head of Mangatepopo valley the springs are an oasis for moisture loving yellow buttercup. (allow 15 min return)

Tongariro Summit

From Red Crater follow the poled route leading to the summit and return the same way. (allow 2 hrs return)

Essential Gear List

- Waterproof raincoat
- Warm woollen or fleece jersey
- Thermal underwear top and bottom
- Woollen hat and gloves
- Sturdy and comfortable footwear
- Food (lunch) and water (1 litre min)
- Sun cream, sun hat and sunglasses
- Back pack



Track Times

Start to Soda Springs	1.30 hrs	1
Soda Springs to south crater	1.40 hrs	2
South crater to Red crater	1.00 hrs	3
Red crater to Emerald lakes	15 min	4
Emerald lakes to Ketatahi hut	1.30 hrs	5
Ketatahi hut to end	2.00 hrs	6
Total:	7.55 hrs	

Please respect

- The tapu (sacredness) of these mountains by not eating or toileting on the summits.
- The guardians of these mountains by staying on the track.

