KAIKOURA COAST TRACK

Essential Information for Walkers

Contact Us

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Address: 356 Conway Flat Rd, R.D.4 Cheviot. 7384 NZ

We provide

Accommodation in warm farm cottages with fully equipped kitchens, inside flush loos, hot showers and comfortable living areas heated with cosy fires. Outdoor seated areas and barbeques for those summer evenings. Twin bedrooms with fresh pillowslips.

Luggage transport to each night's accommodation. One piece of luggage per person will be transported, plus one chilly bin/box of food per party (two if more than five people). Additional bags can be transported at a cost of $15 per bag.

You'll also receive secure car parking, van transfer to the start of the second day of the track, a printed guide booklet containing a detailed map, and 26 km of pristine coastal Kaikoura to explore!

What to bring

Clothing: Warm hat, gloves, strong footwear, tramping clothes, waterproofs, sun hat, sunblock.

Food: Whatever you want to eat for two days. Most people bring far too much!

Other: Water bottle, phone and charger, day pack, sleeping bag, towel and toiletries.

Detailed directions

The Kaikoura Coast Track starts and finishes at The Beach House, 356 Conway Flat, 40km south of Kaikoura. View on Google Maps.

When to arrive

Plan to arrive at The Beach House late afternoon or early evening of your first day. If you will arrive after 9pm please ring Heather on +64 21 119 3668.

Arriving by car

The start of the track is 7.5km off State Highway 1 (the main north/south highway in the South Island). Both the Kaikoura Coast Track and Conway Flat are clearly signposted from State Highway 1. To reach the start of the track you'll drive 140km north of Christchurch (2hrs), from Kaikoura you'll drive 40km south (40mins), and from Hanmer Springs you'll drive 100km east (1hr and 20mins).

Arriving by bus

The Intercity bus from/to Christchurch to/from Picton will drop you off on State Highway 1 near the start of the track (stop name: Conway Flat Turn-off for Kaikoura Coast Track).

Hiring transport

In Kaikoura, Kaikoura Shuttles https://www.kaikourashuttles.co.nz/ (phone 03 319 6166) have a shuttle for groups which you can have drop you off and pick you up from the track. Kaikoura Rentals http://www.kaikourarentals.co.nz have a hire van and rental cars for you to drive yourself.

These options are handy if you wish to treat yourself and come on the Coastal Pacific train from Christchurch or Picton. Hiring a car in New Zealand is the easiest way to get to out of the way places. Email sally@kaikouratrack.co.nz if you need extra help.

Departure

You will finish the track back at The Beach House (where you started) mid-afternoon on your second day of walking (depending on how fast you walk and how long you stop for!)

Walk Prices

Track Fees for Season 2026-2027: Adult $320, Child $270.

Additional Options

These options are added and paid for during your booking process.

Keep it simple and bring your own food and sleeping gear or take up the options available and have a real holiday.

Meals

All meals can be provided. Evening meal $60, breakfast $30, lunch $30. Two evening meals, two breakfasts and two lunch packs, covering the whole walk for $240 per person. You can have them all, or for example just an evening meal. Meals must be booked at least fourteen days before arrival. Make your choices online when you book, or add them to your booking at least 14 days before arrival.

Evening meals are home style food, ready to heat and eat, always with fresh seasonal salads and desserts.

Breakfast includes farm fresh eggs, muesli, yoghurt, stewed seasonal fruit and toast.

Lunch Pack includes filled roll, home baking and fruit. Packed to carry with you and eaten on the track.

Specify any dietary requirements online on your booking. Gluten free incurs $10 extra payment per person. Dairy free food is easily catered for but we recommend you bring your own favourite milks etc.

Your accommodation on the second night has a limited selection of food available to buy e.g. veg/meat pies, sausages, bread, milk, canned goods, biscuits, ice creams, chips, soft drinks, beer and wine. (Please bring enough **cash** on your walk for these purchases).

Linen

$40 per head, one off payment. Sleeping sheet, duvet, and a fresh towel each day. Taken for the whole walk.

Bus Pickup/Drop Off

We can pick you up or drop you off at the InterCity Bus stop on State Highway 1 at the Conway River bridge turn-off for the track. Charge: $10 each way for the party, specified and payable on booking.

Payment Instructions

You book and pay for your walk and any add-ons on our website. Payment should be made by credit card through our online booking system (strongly recommended), or we also offer bank transfer from New Zealand banks. Your booking is confirmed immediately on the website and by email if paid by credit card, or by email once full payment has been received and confirmed for bank transfers.

Use a bank transfer payment from within New Zealand

ANZ Bank, The Kaikoura Coast Track, 06 0851 011296700
Use your Booking # as the payment reference/code. We will email receipt on arrival of payment.

Refunds

For bookings made from 18 November 2026, the same refund percentage applies to the walk and add-ons:
90% with more than 45 days' notice.
50% with 21 to 45 days' notice, including exactly 21 days.
No refund with fewer than 21 days' notice. Existing bookings retain their agreed cancellation terms.

Map of the walk

Download a pdf map of the walk here.

You can also download and use the Great Hikes app (search for The Kaikoura Coast Track under Private Walks) which includes the detailed map, indicates where you are on the track while walking, and also provides information about points of interest.