

CONTENTS

Introduction	5
Planning & Safety	6
Legend	15
Overland Track.	16
Day 1. Cradle Valley to Waterfall Valley Hut	25
Day 2. Waterfall Valley Hut to Windermere Hut	29
Day 3. Windermere Hut to Pelion Hut	33
Day 4. Pelion Hut to Kia Ora Hut	39
Day 5. Kia Ora Hut to Windy Ridge Hut	44
Day 6. Windy Ridge Hut to Narcissus Hut	48
Day 7A. Narcissus Hut to Cynthia Bay via Lake St Clair	51
Day 7B. Narcissus Hut to Cynthia Bay via the Overland Track	51
Pine Valley	56
Narcissus Hut to Pine Valley Hut	56
Windy Ridge Hut to Pine Valley Hut	56
The Acropolis	56
Labyrinth Lookout	59
Contact Details	60
Further Reading	62
Acknowledgements	63
The Authors	63
Other Books by the Publisher	64