



Invercargill to Bluff

 Walking

Difficulty

Easy

Length

35.6 km

Journey Time

1 day

Region

[Southland](#)

Sub-Region

[Invercargill City](#)

Part of Collections

[Te Araroa - New Zealand's Trail](#) , [Te Araroa - South Island](#)

Te Araroa section: [Te Ara Taupara](#)  is a shared cycle and walking path connecting Invercargill to Bluff. The trail was gifted its name Te Ara Taurapa, meaning a journey/pathway along the stern of the waka. It can be either the start or the culmination of the 3,039km Te Araroa Trail, stretching the country's length from Cape Reinga to Bluff.

Invercargill to Bluff - 36.3km

The start point in Invercargill is on Stead Street at the sign to Stead Street Wharf.

The shared walking and cycle track was opened in 2015, and Te Araroa Trust majorly funded the initial section.

The track runs 10.5km along stopbanks adjacent to the New River Estuary, and along the way, you'll be treated to an area teeming with birdlife.

The track exits onto Kekenno Place, a busy industrial area, so take care when coming off the end of the track and then crossing the railway line back out to SH1. Take care, as trains run regularly along this line.

From here, you will walk the newly formed Te Ara Taurapa pathway, a 16km sealed-off highway shared path for cyclists and walkers. Follow Te Ara Taurapa to Ocean Beach, where the Foveaux Walkway (or *Walkway Foveaux* for Francophiles) starts, behind the big rusty steel BLUFF sign.

- Note: It is recommended to wear high visibility gear or pack cover when walking Te Ara Taurapa, as although not on the highway, in poor visibility, it is in your best interest given there is a lot of heavy traffic and often unfavourable visibility due to weather conditions. Your safety is paramount.

This final 8km track crosses the narrow peninsula and follows the south coast around the base of Bluff Hill in an anti-clockwise direction to the southernmost point on Te Araroa at km 3,054.3. It then turns northeast up the Millenium Track to the top of The Bluff / Motupohue, passing the end of Flagstaff Road to take the Topuni Track down to Te Araroa's southern terminus at Stirling Point.

Conditions

Potential hazards

- Vehicles on road or track Take extreme care walking on State Highway 1 roadside - wear a hi-viz vest and/or pack cover
- Track exposed to sun, wind or cold
- Weather extremes
- Few water sources
- Take care crossing the railway line at Kekenno Place

How to get here

Northern Start: Stead Street, Invercargill

Southern End: Stirling Point, Bluff

Transport

Bluff

- Invercargill - Campbelltown passenger service - 1 Lee St, Bluff - P: 03 212 7404
- [Stewart Island Experience Ferry Service](#)  - P: 0800 000 511 or 03 212 7660 - E: info@sie.co.nz
- [Catch a Bus South](#)  - offers transport options from Invercargill to/from Bluff, Queenstown and Dunedin, 7 days per week, with multiple times to/from Bluff each day. They also offer personalised tours of the idyllic Catlins area - the third "jewel in the crown" for Southland, along with Stewart Island and Milford Sound. These are on request with booking in advance.

Accommodation

- [Lands End B & B](#)  - 10 Ward Parade, Stirling Point Bluff - P: 03 212 7575 - Restaurant on site.
- [Bluff Lodge](#)  - Sobo or Nobo "Bluff Lodge and Backpackers" offer quirky value-for-money accommodation either at the start or finish of your incredible journey. The lodge has dorm beds for just \$25, with great showers, a fully equipped kitchen and a communal lounge. Also, private rooms and a self-contained apartment which sleeps 4. All can be viewed and booked online. The lodge location is handy to both hotels, all eating places and 2 minutes to ferry to Stewart Island. They are happy to securely store any packages you may wish to forward for your arrival in Bluff. Send resupply boxes [labeled with your name](#) to Bluff Lodge, 120 Gore Street, Bluff 9814. Please phone or text Kay 027 294 5306. They say "Congratulations and Welcome" to you all. An amazing "FEAT" on amazing "FEET".
- [Bluff Camping Ground](#)  - Gregory St, Bluff - P: 027 626 2018 - cabins and tent sites.
- [Casa Al Mare](#)  John Crawford, 027 274 5604 Bluff. The whole house, two-bedroom with fold-out couch in the lounge will sleep up to six. Full kitchen and nice bathroom. Quote Te Araroa Trail to receive a special rate.

Trail Host

- [Jasper](#), 6 Nichol Road, Bluff, Ocean Beach E: jaxxxer@gmail.com At this hidden gem located on the trail you can pitch up your tent or use the communal cabin and enjoy the beautiful surroundings and history of Bluff. You'll be just across the road off Awarua bay where you can fish, kayak, relax and do what you want. There are kayaks for you to use and friendly farm animals to play with. You are also welcome to use our bbq, bathroom, outdoor fire bath (!) and washing machine. Location is just outside Bluff town and very rural. Welcome to small groups as well if you want to celebrate this terminus point with people you met along the way. Koha/Donation based, so no set fees. Email Jasper to book your stay. Host also speaks Dutch and basic German. Hope to see you soon! (km 3,049)

Food And Supply

- [4 Four Square Supermarket](#)  - 54 Gore St, Bluff - P: 03 212 8179

More information

A finisher's medal is available from Tuatara Backpackers, the Bluff Service Centre and Lloyd Esler at 03 213 0404 or 021 176 580. Cost \$10. You can get your medal engraved with your name and dates.

Or, go to see the team at Sold Coffee and Gifts. They are located on the corner of the main street and the street going up to the Bluff Hill Lookout – 122 Gore Street, Bluff. They make fantastic coffee using the freshest beans that are roasted in Lumsden. Sheena, their Barista, bakes every day, so their food is fresh and yummy.

Stewart Island - Rakiura

Stewart Island does not form part of Te Araroa. However, the Stewart Island website has more information about transport to/from the island, accommodation and walking.

[Stewart Island Rakiura](#)

Before starting Te Araroa either as a through-walker of the whole country or a section walker, [please register on Te Araroa website](#). Please also [visit the website](#) or [download the app](#) for detailed maps, trail alerts and other relevant information.

This track is part of the Herenga ā Nuku Aotearoa track database. Herenga ā Nuku has [maps and advice about public access to the outdoors](#).

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz.

We recommend trying these online learning tools:

- [Trip Planning](#)
- [Tramping/field Skills](#)
- [Basic Navigation](#)
- [River Safety](#)

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council [YouTube channel](#).



Page last updated: 11/02/2026, 3:28pm