

# Te Waikoropupu Springs Walk



Walking



Wheelchair / Pram Accessible



Circular Track (Loop)

Difficulty

**Easy**

Length

**1.1 km**

Journey Time

**45 minutes loop**

Region

[Nelson/Tasman](#)

Sub-Region

[Tasman](#)

Track maintained by

[Department of Conservation](#)

Experience New Zealand's largest freshwater springs and the largest coldwater springs in the southern hemisphere, with some of the clearest water ever measured.

A short loop walk goes through the forest to a platform that sits partly over the water of Te Waikoropupū Springs. Discharging 14,000 litres of water per second, the springs are New Zealand's largest freshwater springs and the largest coldwater springs in the southern hemisphere. They contain some of the clearest water ever measured.

For a longer loop (15 minutes extra), return via Fish Creek for an amazing waterscape of mosses, ferns and liverworts beneath a native forest canopy.

## History and culture

To Māori the area of Te Waikoropupū is a taonga or treasure and a wāhi tapu, a place held in high cultural and spiritual regard, both locally and nationally.

The legends of Te Waikoropupū are told in the stories of Huriawa, its taniwha (guardian spirit).

In Māori tradition the springs are waiora, the purest form of water and provide water for healing. In the past, the springs were a place of ceremonial blessings at times of birth and death and the leaving and returning of travellers.

### Conditions

The waters of Te Waikoropupū Springs, including Fish Creek and Springs River are closed to all forms of contact. Contact includes fishing, swimming, diving, wading, boating and the filling of drinking water containers, or any other activity where parts of the body or equipment contact the water.

The cold, swift waterways of the springs reserve are dangerous – please keep children under close supervision near the water.

## How to get here

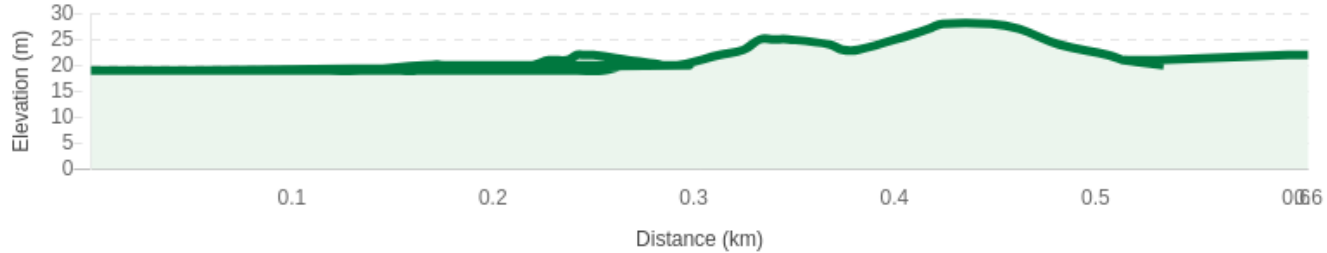
Te Waikoropupū Springs are about 7 km from Takaka. Follow SH60 north from Takaka on the road to Collingwood, turning left just beyond Takaka River. Follow Pupu Valley and Te Waikoropupū Springs roads to the car park.

## Transport

## Accommodation

## Food And Supply

# Track Elevation and Map





**Plan My Walk**  
By Mountain Safety Council

[PlanMyWalk.nz](https://PlanMyWalk.nz)

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adventure**

