

# HIKING IN NEW CALEDONIA



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New Caledonia is one of the closest South Pacific islands to Australia's east coast and the shores of New Zealand. It is renowned for its blue-hued, UNESCO World Heritage-listed lagoon, white sand beaches and temperate tropical weather, making it a fantastic destination for a relaxing holiday. However, for adventurous travellers, there's even more to discover.

Home to over 500 km of marked trails labelled by the French Federation of Hiking (FFRP), New Caledonia is a surprising playground for hikers. It has two long-distance hiking trails and more than fifty walking and hiking trails, with options for those of all experience levels. This is in addition to many other magnificent unmarked routes in the north & the Loyalty Islands.

Hiking is one of the best ways to explore New Caledonia's unique natural beauty, and a great option for travellers looking for a more active getaway. According to bodies like the International Union for Conservation of Nature and the Critical Ecosystem Partnership Fund, New Caledonia is one of the most biodiverse spots on the planet, with many endemic plants and animals. It has a variety of landscapes too, ranging from a red earth desert in the south, to dense tropical forests in the east, dry golden plains in the west and a mountain chain running from north to south.

The best news? New Caledonia enjoys a tropical and sunny climate. The temperature varies from 19-31 degrees Celsius, with mid-April to mid-November usually the most ideal period for hiking.

The following is a guide to hiking in New Caledonia. For more information, visit [www.newcaledonia.travel](http://www.newcaledonia.travel).

DISCOVER ALL NEW CAL'S TRAILS IN THE HEART OF AN UNRIVALLED NATURE



## 5 GOOD REASONS TO COME TO NEW CALEDONIA



### 1. TO TAKE A BREATH

New Caledonia is a vast place that is still not very busy with tourists. You can hike in large, open spaces away from crowds.

### 2. FOR ITS INCREDIBLE BIODIVERSITY

The country is renowned for its extraordinary plant and animal life, many of which are endemic species. Hiking is a sustainable and respectful way of exploring this side of New Caledonia.

### 3. FOR ITS 500 KM OF TRAILS

When many think of a South Pacific island, they don't think of hiking! New Caledonia's 500KM of marked and FFRP-labelled hiking trails are a surprise for active travellers or all experience levels.

### 4. BECAUSE IT IS BEAUTIFUL ALL YEAR ROUND

The archipelago enjoys a very mild climate with an average annual temperature of 25° C. Perfect for escaping winter!

### 5. IMMERSE YOURSELF IN A DIFFERENT CULTURE

Immerse yourself in the rich Kanak culture by visiting a local village or enjoying a traditional meal for an authentic and unforgettable experience.

## TIPS FOR HIKING IN NEW CALEDONIA

- Bring the necessary hiking equipment like walking shoes, clothing to cover shoulders and legs, hat, sunglasses, sunscreen, backpack, orientation and safety equipment, water and food.
- Notify relevant local authorities and bodies - tourist offices, parks, provincial estates or tribes - before setting out if you're hiking alone or think you'll be bivouacking (more info on [www.nouvelcaledonie.travel](http://www.nouvelcaledonie.travel)).
- Book a guide beforehand to hike with confidence on the east coast and in the north and the Loyalty Islands.
- Do not take an unmarked trail or enter private property.
- Check out the destination before you arrive:
  - New Caledonia : [www.newcaledonia.travel](http://www.newcaledonia.travel)
  - Great South : [province-sud.nc](http://province-sud.nc)
  - North : [tourismeprovincenord.nc](http://tourismeprovincenord.nc)
  - Loyalty Islands : [iles-loyaute.com](http://iles-loyaute.com)
  - Local weather : [meteo.nc](http://meteo.nc)

## BE GUIDED BY PROS

### Specialised agency

- Toutazimut (New Caledonia)**  
Website : [www.toutazimut.nc](http://www.toutazimut.nc)  
Tel. : (+687) 91 51 65  
Email : [toutazimut@lagoon.nc](mailto:toutazimut@lagoon.nc)
- Lucie Randonnée (Great South)**  
Tel. : (+687) 81 71 34  
Email : [lucie-randonnees-nc@canl.nc](mailto:lucie-randonnees-nc@canl.nc)
- Marie-Claude Monefara (La Foa)**  
Tel. : (+687) 91 92 72  
Email : [meresaaba.rando@gmail.com](mailto:meresaaba.rando@gmail.com)
- Jehudit Pwidja (Poindimié/ GR North)**  
Tel. : (+687) 81 82 98

### Qualified guides

# GR SUD

## SOUTH HIKING TRAIL NC1



DIFFICULT 126 KM 7 DAYS +5,415 M Prony village → Dumbéa Natural park

Passing through the municipalities of Yaté, Mont-Dore and Dumbéa, the GR® Sud crosses several of New Caledonia's most must-see sites, namely the Blue River Provincial Park and its drowned forest, the Dumbéa Natural Park, the La Madeleine waterfalls and the historical village of Prony. In addition to its technical stages that will delight seasoned hikers, this two-way trail showcases the incredible biodiversity of the Great South. Hikers will even experience a taste of New Caledonia's past, walking on old mining trails and through unique prehistoric vegetation !

### PRONY STAGES IN DUMBÉA

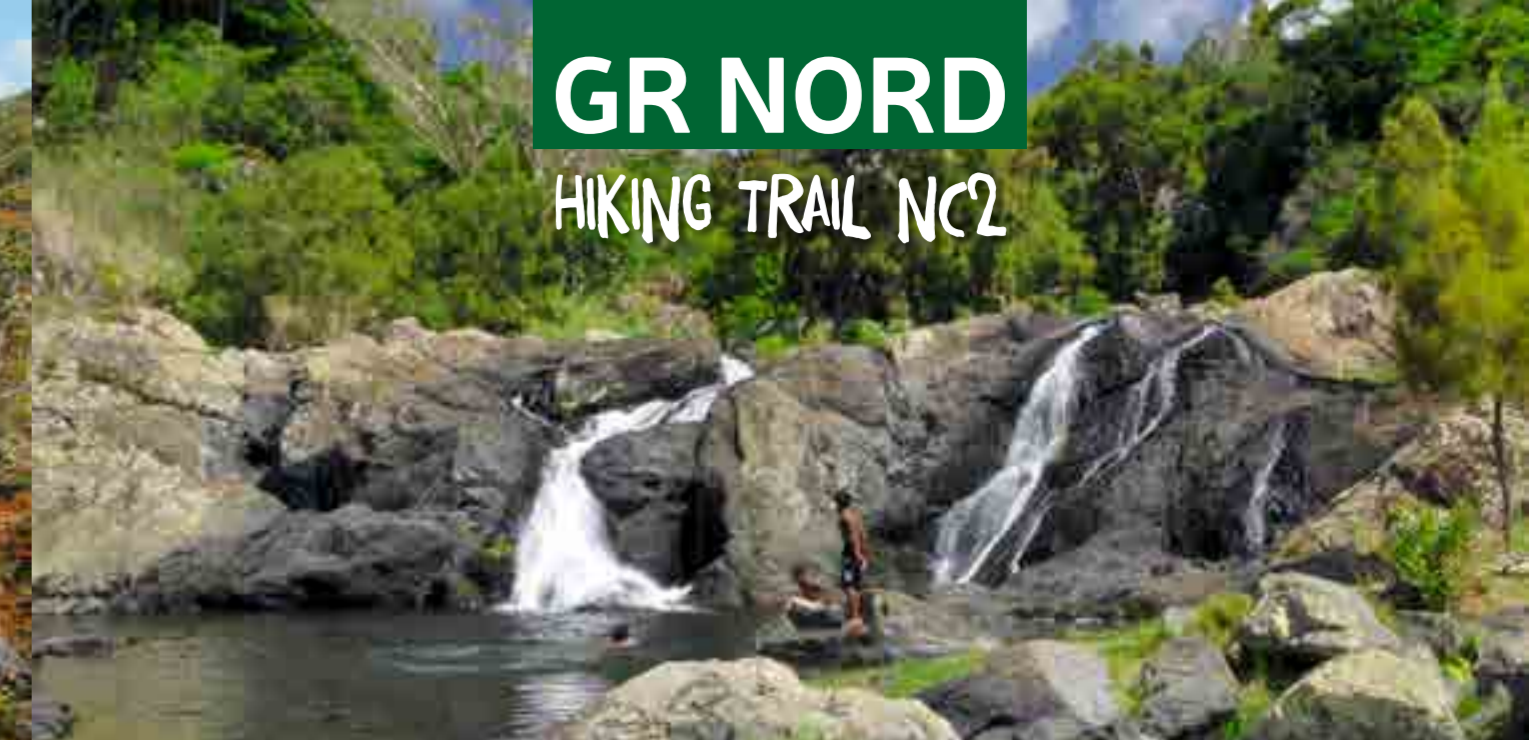
- From Prony to the Neocalitropsis refuge  
14 km / 4 h / +540 m
- From the Neocalitropsis refuge to the Netcha site  
10,8 km / 3 h 20 / +590 m
- From the Netcha site to the Ouénarou refuge  
19,5 km / 5 h / +605 m
- From the Ouénarou refuge to the Muletiers refuge  
14,6 km / 5 h 30 / +870 m
- From the Ouénarou refuge to the Tristanopsis refuge  
21,7 km / 6 h / +680 m
- From the Muletiers refuge to the Tristanopsis refuge  
17,8 km / 6 h 30 / +590 m
- From the Tristanopsis refuge to the Soleil Mine refuge  
15,3 km / 7 h 30 / +1290 m
- From the Soleil Mine refuge to Dumbéa  
13 km / 5 h 15 / +250 m

### TIPS

- Admire the breathtaking contrasting landscapes of red earth deserts, large lakes and rivers.
- Enjoy the unique flora and fauna of the Great South, such as the Cagou bird, scrubland, the Kaori tree, the Amborella Trichopoda (which is the ancestor of all flowering plants) and more.
- Pack your swimwear! There are many lakes and rivers along the way that are great for a dip to cool off.
- Be sure to pack enough food and water for your hike, as there are limited shops along the trail to restock supplies.
- The trail can be walked in one go, or in stages if you have less time.
- Camping sites are set up along the trail. Do note that these have a maximum capacity of eight people, and cannot be booked.

# GR NORD

## HIKING TRAIL NC2



DIFFICULT 72,9 KM 4 DAYS +3430 M Ponérihouen (Napoepa tribe) → Touho (Ouanache tribe)

The GR® Nord passes through the green wilderness of New Caledonia's east coast, and through many traditional Kanak villages. It offers superb views of the east coast's mountain ranges, forests and Niaouli trees. It is a two-way trail, with both end points finishing in Kanak villages. To take full advantage of the trail, it is recommended to walk with a guide who can introduce you to the Kanak tribes and explain the intricacies of their culture and customs.

### STAGES FROM PONÉRIHOUEEN TO TOUHO

- from Napoepa to Tchamba  
12,5 km / 5 h / +740 m
- from Tchamba to Saint-Thomas  
20 km / 7 h / +790 m
- from Saint-Thomas to Pombéi  
19,3 km / 7 h / +960 m
- from Pombéi to Tiwae  
16,8 km / 6 h 30 / +980 m
- from Tiwae to Ouanache  
16,8 km / 5 h 30 / +700 m

### TIPS

- Take the time to experience the Kanak culture and customs, with either a visit or even an overnight stay in a traditional hut or camp in a village.
- It is imperative that you notify the Kanak tribes of your arrival beforehand, and it is recommended that you hire a guide. In New Caledonia, there are specific customs and considerations that must be shown when entering Kanak lands or villages.
  - Try traditional dishes such as the iconic bougna while there.
  - Be ready for a real challenge with a minimum of seven hours walking per day.
  - There are many points along the way to refill water bottles, however, it's recommended that you pack enough food supplies.



# 10 ESSENTIAL HIKING TRAILS



2 CAP N'DUA TRAIL YATÉ (PORT-BOISÉ)

8 MONT DORE TRAIL BY THE CORNICÉ

A BLUE RIVER PARK DIPODIUM TRAIL - YATÉ

B GRANDES FOUGÈRES TRAIL FARINO

14 DOGNY PLATEAU SARRAMÉA

17 TROIS BAIES TRAIL BOURAIL

C DOMAINE DE DÉVA BOÉ ARÉDI TRAIL BOURAIL

23 GA VIWAEK PASS HIENGHÈNE

25 ROCHES DE LA OUAÏÈME HIENGHÈNE

26 ROCHES DE NOTRE-DAME KOUAC

## HIKING AND TRAIL EVENTS IN NEW CALEDONIA

More info on: [www.newcaledonia.travel/en/events](http://www.newcaledonia.travel/en/events)

**RAIDS, TRAILS, TREKS, RACES...** Many New Caledonians love to get outdoors, and there are numerous competitions and events for amateurs and professionals each year that are open to both locals & visitors alike. Events include:

### XTERRA NEW CALEDONIA

Païta  
A world-class trail circuit that takes place north of Noumea, in Païta. There are three race distances to choose – 21, 10 and 4 km – as well as a one kilometre kids trail.

### ULTRA TRAIL NEW CALEDONIA

Mont-Dore  
Another popular event that takes place in the Great South for expert hikers and beginners alike. Experts can choose from 132, 71, 32 or 18 km races, while the general public can choose races either 12 or 5 km in length.

### GIGAWATT

Yaté  
A popular event that centres around the impressive Yaté dam. Four options are available: four kilometre individual or 10 kilometre, 20 kilometre and 30 kilometre pair races.

### NORTHERN RAIDS GRAND PRIX

East Coast  
Races take place in the north-east before a final Championship event. [www.challenge-org.nc/evènements/grand-prix-des-raids-du-nord/](http://www.challenge-org.nc/evènements/grand-prix-des-raids-du-nord/)

# A WIDE CHOICE OF WALKING AND HIKING CIRCUITS...



**LEGEND**

- 1 PR** - walking and hiking trails
- 2 GR SUD** - long-distance hiking stages
- 3 GR NORD** - long-distance hiking stages
- A** Provincial Parks
- Towns and villages

- Route difficulty
- Loop distance
- Round trip distance
- Route duration
- Cumulative elevation gain
- Overall ascent
- Place of departure
- Guide mandatory

0 10 km North

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- 1 CHEMINS DES BAGNARDS AT PORT-BOISÉ**  
EASY 4,5 KM 3 H 50 M  
Hotel Kanua Tera Ecolodge or Port-Boisé Camping  
This family suitable coastal path takes you along one of the old Penitentiary paths.
- 2 SENTIER DU CAP N'DUA À PORT-BOISÉ**  
EASY 4,5 KM 1 H 45 258 M  
Cap N'Dua nature reserve  
The most beautiful views of the Great South region await you from Cape N'Dua and its famous lighthouse to Anse Majic (Bonne Anse).
- 3 CASY ISLAND TRAIL AT PRONY**  
EASY 4 KM 1 H 30 156 M  
Boat shuttle to the village of Prony  
This walk guides you around the islet while discovering its history and its unique flora.
- 4 IN THE FOOTSTEPS OF THE PENITENTIARY AT PRONY**  
EASY 2,2 KM 1 H 99 M  
Baie de la Somme  
A walk that immerses hikers in the remains of the penal colony through to the historic village of Prony.
- 5 SCHEDULED ROAD AT YATÉ**  
MEDIUM 9 KM 3 H 519 M  
Yaté dam  
This path offers you the chance to admire the beautiful panoramas over the mouth of the Yaté, the banks of red earth and the lake's islets.
- 6 AGATHIS TRAIL AT YATÉ**  
EASY 4,9 KM 2 H 146 M  
Netcha camp site or Madeleine botanical reserve  
This beautiful hike through the scrublands joins the Chutes de la Madeleine.
- 7 NETCHA TRAIL AT YATÉ**  
EASY 8,7 KM 3 H 487 M  
Netcha site or Chutes de la Madeleine  
Separating the Plaine des Lacs from Creek Pernod and the Vallée de la Basse Rivière des Lacs, this loop takes in part of the GR® NCI (see overleaf).
- 8 MONT DORE TRAIL BY THE CORNICHE**  
DIFFICULT 7,3 KM 4 H 30 810 M  
Rue des Inséparables, Mont-Dore  
This technical route offers spectacular landscapes of the Great South region from the Southeast ridge path of the massif.
- 9 MONT-DORE TRAIL BY PLUM**  
DIFFICULT 12,9 KM 4 H 15 807 M  
Plum car park  
This ascent to the summit of Mont Dore offers a breathtaking panorama of the Great South region.
- 10 BOIS DU SUD TRAIL AT YATÉ**  
EASY 2,6 KM 1 H 151 M  
Blue River Provincial Park  
Located on a former logging site, this path provides the opportunity to discover many species of trees and birds.
- 11 TRAIL OF THE OLD DAM AT DUMBÉA**  
EASY 4,8 KM 4 H 15 210 M  
Fayard Park  
Nestled in the Dumbéa Provincial Park, this lovely trail teaches you more about the history of the water supply in Nouméa.
- 12 OUANO TRAIL AT LA FOA**  
EASY 10 KM 4 H 15  
Ouano bay  
These 3 paths are accessible to everyone and allow you to discover the various mangrove species.

- 13 PATH TO THE SMALL WATERFALL AT FARINO**  
EASY 3,6 KM 1 H 30 135 M  
Farino Refuge  
This walk in the heart of a wooded valley leads to a magnificent waterfall with many water collections points.
- 14 DOGNY PLATEAU AT SARRAMÉA**  
DIFFICULT 16 KM 7 H 1,502 M  
Hotel Evasion  
The plateau offers a remarkable view of Canala Bay and is an ancient place of barter between the Kanak tribes of the west and the east.
- 15 NEDÜ TRAIL AT CANALA**  
MEDIUM 6 KM 3 H 30 GUIDED  
This route, with its many creeks in which to cool off, gives a good overview of the biodiversity of this little-known region.
- 16 BWARA CITY TRAIL AT CANALA**  
MEDIUM 6,8 KM 4 H 30 GUIDED  
Bwara  
This path nestled between the Crouen valley and Mont Canala offers the hiker a cultural and botanical education.
- 17 TROIS BAIES TRAIL AT BOURAIL**  
EASY 4 KM 1 H 30 514 M  
La Roche Percée beach  
This hike along the coast crosses three superb bays, namely Roche Percée, Tortues and Amoureux.
- 18 PINDAI BOTANICAL TRAIL AT NEPOUI**  
EASY 1,3 KM 1 H  
Pindai – Baie des Sapins  
For a discovery of the dry forest, this pretty botanical trail reveals all the secrets of this unique ecosystem.
- 19 NAURU IRIWA AT POINDIMIÉ**  
EASY 3 KM 1 H GUIDED  
Napoémien tribe  
This shaded walk on flat land along a beautiful river is suitable for everyone.
- 20 NAPWE WADE NA LOOP AT POINDIMIÉ**  
MEDIUM 5,2 KM 4 H GUIDED  
Poindimié  
This loop immerses the hiker in rich and varied vegetation where notous and deer can be observed in their natural habitat.
- 21 KONIAMBO TRAIL AT KONÉ**  
DIFFICULT 16,5 KM 8 H +880 M  
Koné  
This hike in the heart of the scrubland leads to beautiful panoramas of Koné, the lagoon and the central chain.
- 22 OUAHOOK TRAIL AT VOH**  
EASY 4,2 KM 1 H 45 +120 M  
road to the Katépaie mine  
From Vavouta in the south to Ouazangou in the north, this is the hike to see the famous Heart of Voh from the mainland.
- 23 GA VIWAEK PASS AT HIENGHÈNE**  
MEDIUM 3,8 KM 2 H  
belvedere of the Poule or "Goa ma Bwarat" provincial cultural center  
This hike is a must in New Caledonia and affords you the chance to fully contemplate the beauty of Hienghène.
- 24 ROCHES DE LINDÉRALIQUE AT HIENGHÈNE**  
MEDIUM 7,7 KM 2 H +370 M  
RPN 10 intersection and cave path  
To see the rocks and the famous Poule, there are 2 loops: one easy via the side of the sea and one more strenuous up to the summit of Ga Wivaek.

- 25 ROCHES DE LA OUAÏÈME AT HIENGHÈNE**  
DIFFICULT 10 KM 7 À 9 H +1,100 M  
"Chez Maria" campsite at the Ouenghip tribe  
This is the hike through forests and creeks that offers a view of Mont Panié and the lagoon from the cliffs of the Ouaième (744 m above sea level).
- 26 ROCHES DE NOTRE-DAME AT KOUMAC**  
EASY 1,1 KM 45 MIN  
Roches de Notre-Dame car park  
This small loop crosses a beautiful calcareous forest as well as limestone massifs. The top of the rocks can be reached by a steep path.
- 27 MARAIS SALANT TRAIL AT POUM**  
MEDIUM 3,5 KM 1 H 15  
parking in front of the Poingam relay entrance  
This stroll, largely without cover and for young and old, leads to the Ko salt marsh operation.
- 28 HUNÈTÈ TRAIL AT LIFOU**  
MEDIUM 4 H - 8 H GUIDED  
Hunètè tribe  
Your Lifou Nature guide takes you on their land to explain nature and myths of Lifou Island. Change of scenery guaranteed!



The Blue River Provincial Park, in the Great South, is a must visit. It offers **eighteen hiking trails** suitable for all levels, that wind through striking landscapes and biodiverse areas.

📍 **Yaté** 📞 (+687) 43 61 24  
✉️ [parcrivierebleue@province-sud.nc](mailto:parcrivierebleue@province-sud.nc)  
🌐 [www.province-sud.nc](http://www.province-sud.nc)

**THERE YOU CAN FIND: THE DIPIDIUM TRAIL**  
DIFFICULT 4 H 30  
This trail is the best path for admiring the most spectacular panoramas of the unmissable Blue River Provincial Park.



The Great Fern Park, located in the centre of New Caledonia, has **seven hiking routes** that offer opportunities to view the ferns the park is named for, as well as many other endemic plants.

📍 **Farino** 📞 (+687) 43 72 00 or 46 99 50  
✉️ [marylene.song@smgf.nc](mailto:marylene.song@smgf.nc)  
🌐 [www.grandes-fougères.nc](http://www.grandes-fougères.nc)

**THERE YOU CAN FIND: THE GRANDES FOUGÈRES TRAIL**  
EASY 3,1 KM 1 H 15 +131 M  
This pleasant walk in the greenest park of New Caledonia will delight young and old hikers alike. It is ideal for bird watching.



The Déva Domain is a national reserve on New Caledonia's west coast. Home to **four trails**, hikers will enjoy breathtaking views of the region's rural fauna against the backdrop of the glittering blue Déva lagoon.

📍 **Bourail** 📞 (+687) 46 57 56  
✉️ [deva@deva.nc](mailto:deva@deva.nc)  
🌐 [www.deva.nc](http://www.deva.nc)

**THERE YOU CAN FIND: THE BOË ARÉRÉDI TRAIL**  
EASY 4,5 KM 2 H +317 M  
This path will captivate you with its natural beauty as it traverses the hills opposite the Déva lagoon (one of the most iconic sites in the country).