

# New Zealand Trip Duration Guide

Source: How to travel New Zealand solo (alone)

Published on Jun 09, 2026

Overview of how much of New Zealand you can explore based on your trip length, from 2 weeks to a working holiday.

New Zealand Trip Duration Guide

Duration	What You Can Cover
2 weeks	One island (North or South) in depth
3–4 weeks	Both islands at a comfortable pace
6–8 weeks	Both islands with hikes, detours, and work
3–12 months	Working holiday — live and explore long-term

[Read the full article ?](#)

<https://project-newzealand.com/how-to-travel-new-zealand-solo/>