

The West Coast Trail



Immerse yourself in the natural beauty and history of the famous West Coast

tour highlights

- Rugged and dramatic landscapes
 - Tussock lands
 - Alpine panoramas
 - Ancient forests
 - Great company
- Experienced attentive guide

tours run

Tours run: November - April (Thursdays weekly)

tour cost

2019/ 2020

Starting in Christchurch: NZD\$1650

options & supplements

Single Supplement: NZD\$394

fast facts

Custom Groups: Options are available for this tour*

Tuatara Tours does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share, a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

We suggest flying in the night before the tour departs, however if you plan to fly into Christchurch on the morning of the tour then you need to have landed and be in arrivals by 8:30am. Your guide will then come and collect you as the tour is leaving town. We don't recommend catching flights on the same day as the tour departs or finishes.

*Please enquire for further information



the tour

The West Coast Trail is a walking adventure that departs from Christchurch and takes you on a discovery of the alpine pass area through to the Wild West Coast of New Zealand. With four days of unique West Coast walks, you experience a diverse range of rugged and dramatic landscapes including tussock lands, alpine bush, West Coast native rainforest and sub-tropical bush.

You will be able to immerse yourself in the natural beauty and history of the famous West Coast of the South Island of New Zealand.

about your guide

Our guides are very experienced, friendly walkers and bikers who love to share their knowledge of New Zealand's flora and fauna and local history. They all hold current first aid certificates, passenger driving licences and are the very best people to ensure your experience will be one to remember.

at a glance

DAY 1 CHRISTCHURCH TO ARTHURS PASS

DAY 2 FLOCK HILL TO GREYMOUTH

DAY 3 GREYMOUTH TO PUNAKAIKI

DAY 4 PUNAKAIKI TO CHRISTCHURCH

Activities: Walking
Accommodation: Lodges & Resorts

Trip Duration: 4 Days, 3 Nights
Grade: Easy





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frequently asked questions

What do I carry while on my tour and what happens to the rest of my luggage?

On a walking, cycling or kayak tour your extra luggage will be transported for you each day to your accommodation that night. All you need to have with you is your daypack with your lunch, clothing requirements, camera and incidentals. For cyclists, this can be left in the support vehicle while you are cycling as this is always close by for ready access. Please ensure the luggage you are sending on ahead is limited to one item and is packed in an easily transported overnight bag or suitcase.

On a hiking tour where huts and lodges are less accessible by vehicle, you may be asked to carry your own luggage for some or all of the days of the tour, please refer to your itinerary for details. For this reason we recommend you pack as lightly as possible and carry only the items suggested on your gear check list. For any of our tours, we recommend the use of a waterproof pack liner to keep your personal items as dry as possible.

Do I really need thermals and a fleece, even in summer?

Yes, as some of the areas visited can be exposed, and New Zealand weather can be notoriously changeable, you must be prepared for all weather conditions.

what's included

- Accommodation
 - Double or twin share. If single room accommodation is requested, an additional fee per person is payable to cover this requirement for the duration of the walk.
 - Night 1: Motel in Arthurs Pass
 - Night 2: A beautifully renovated 1902 farmhouse, private rooms with either ensuite or private bathroom facilities. Swimming pool, spa and sauna for guests.
 - Night 3: Modern beachfront hotel. Private rooms with ensuite bathrooms.
- Food
 - You will enjoy great local cuisine; continental breakfasts and hearty packed lunches during the day, and either restaurant meals or wholesome home-cooked fare prepared by your host/hostess in the evenings. If you have any dietary issues or food allergies, we are happy to cater for these, please advise the office of details when you make your booking. Alcohol is not included in the tour cost, but is available for purchase.
- Luggage
 - Tuatara Tours transports all your luggage for the duration of the tour. All you carry is a small day pack with your personal gear, drink and lunch. We do the rest
- Tour Kit Bag - Exclusive to Tuatara Tours
 - To ensure you get the very best out of your journey with the least of fuss, we provide you with a calico kit bag full of useful goodies. This will be given to you at the start of your tour.
- An experienced guide
- All transport
- Access and Concession fees paid to the Department of Conservation
- NZ Goods and Service Tax (GST)
- Safety and Risk Management
 - To ensure maximum safety for all, our guides are certified first aiders and fully qualified drivers. Tuatara Tours operate under a Safety and Risk Management Plan which is regularly audited and approved by a qualified and independent auditor.





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frequently asked questions

How many people are in each group?

Typically, we take a maximum of twelve people on each tour. We feel this gives you the best opportunity to gain as much from your experience as possible and keeps the feel of each tour relaxed and friendly. We are happy to discuss options for groups of more than twelve with you.

How fit do I need to be?

The main purpose of a guided tour is to enjoy your surroundings and learn from your local guide, it's not a race, however the more you can prepare for a tour, the better the experience will be for you. As a general guideline we suggest the following activity level guide for our tours.

Easy: An average level of fitness, Walk 7km, Bike 15km on well-formed tracks and roads with very little incline.

Mild: An average level of fitness, Walk 12km, Bike 25km on well-formed tracks and roads with average incline.

Moderate: An above average level of fitness, Walk 20km, Bike 45km on formed tracks and roads with some average to steep inclines at times.

Challenging: An above average level of fitness, Walk 20+ km , Bike 50+km on partially formed tracks and roads, some off-road , some steep inclines, some easy river and creek crossings.

itinerary

Day 1 Christchurch to Arthurs Pass

You depart from Christchurch and travel along the Great Alpine Highway to Castle Hill where you walk amidst the distinctive limestone rock formations.

From here you travel to Arthurs Pass where we visit the Department of Conservation Visitor Centre and learn all about the history of this fascinating area before you undertake a local walk which will be decided on the day by the guide.

Tonight you stay in comfortable motels in Arthurs Pass.

Day 2 Arthurs Pass to Greymouth

A short walk before breakfast takes you to a spectacular view of Lake Pearson which is situated at the base of the foothills of the Southern Alps. After breakfast you will begin your walk along the Bealey Track in Arthur's Pass where you will be guided up the Bealey River to the base of Mt Rolleston. The group will stop to enjoy the scenery and a picnic lunch together.

The Dobson Nature Walk is the next experience along the trail. You will pass through colourful alpine vegetation, tussock, and wetlands while enjoying the view of mountains and valleys towering in the distance.

You will then explore some of the old goldmining relics on the Goldsborough Track near Kumara. This historic walk takes you through a wonderful array of West Coast ferns, with some of the best remaining examples of hill country rimu and miro. You can try your hand at gold panning.

You are then guided along the Tunnel Loop Walk where you will see an outstanding display of hand dug goldminers' tunnels.

Tonight, enjoy the best of West Coast hospitality, with a relaxing evening at your Lodge accommodation.





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frequently asked questions

Some tips for training:

Undertake your training using the clothing and footwear you intend to complete the tour in, this will give you the opportunity to make sure they will be suitable for the purpose and to break in your footwear so as to avoid any discomfort. Train with your pack or day pack on so you get used to bearing the weight and include a variety of terrain in your training including hills and off road. As much as we'd like to we can't guarantee fine weather on your tour so don't hesitate to get outdoors and train on the rainy days as well.

What will the weather be like?

New Zealand is known to have four seasons in a day so you should always be prepared for sudden changes in weather or temperature and have the appropriate gear with you at all times. Rain can be expected at any time throughout the year.

Spring (September-November) and Autumn (March-May) are generally cooler months for experiencing the outdoors with temperatures averaging 15-25 degrees during the day.

Summer (December-February) is usually warmer with averages of 20-30 degrees and longer sunshine hours due to daylight saving. As New Zealand has very little air pollution, UV rays are strong during the summer months and a good sunscreen and a hat are recommended for outdoor activities during the heat of the day.



itinerary cont'd

Day 3 Greymouth to Punakaiki

Your day begins by exploring the 'Jewel of the West Coast', the Punakaiki Pancake Rocks and blowholes. You will walk around these spectacular limestone formations that were created over 30 million years ago. The timing of this walk will coincide with high tide so that you can see the huge water spouts that blast from the crevices in the rocks, a truly spectacular and breathtaking sight.

The Truman Track is the next stop on the trail. You will be guided through lush coastal rainforest and capture fantastic views of the coastline.

From there you walk along the Cave Creek Track, in the fascinating heart of the Paparoa National Park.

You will stay in high quality West Coast lodge accommodation amongst the nikau palms, with magnificent coast scenery, and enjoy an entertaining evening meal.

Day 4 Punakaiki to Greymouth

Your adventure continues this morning, after breakfast, with the Pororari River Walk, where you will experience spectacular West Coast native rainforest and broad limestone canyons, while walking alongside the lovely Pororari River. The track passes through dense sub-tropical forest of coastal broadleaf, tree ferns and towering rata.

Your West Coast Trail walking experience ends at mid-day in Greymouth leaving you with a number of additional options:

Return to Christchurch by:

The TranzAlpine Railway - rated 'one of the top 6 train rides in the world' and highly recommended by Tuatara Tours. From your carriage you will enjoy stunning views of farmland, gorges, river valleys, lush beech forests and the Southern Alps. (4 hours) (additional cost)

or

Tuatara Tours Coach (4 hours)(no additional cost)

Ask our team for details.

If you wish to continue your stay in the West Coast region or explore another area of the South Island there are hire car facilities in nearby Greymouth.





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responsible travel

None of us could deny the benefits of travel in broadening our horizons and our way of thinking about the world we all share; travel breaks down barriers and provides valuable insights into other ways of life, it challenges us to step outside our comfort zone and to learn from those around us.

Our responsibility as participants in this journey is to acknowledge our impact on the environment and the communities in which we travel and to consider our individual contribution now and for the benefit of future generations.

We are Qualmark endorsed; New Zealand tourism's official benchmark for environmental standards and quality control. Wherever possible our company utilises local products and services, we support conservation efforts to preserve our natural and cultural heritage and we respect and care for the unique environment we travel in. Make your commitment to responsible travel with us.

trip grading

To determine the grade of a particular adventure we consider a number of factors.

These include the condition of the terrain, the altitude, the number of pass crossings and the length of the trip.

The West Coast Trail is graded easy. An average level of fitness, Walk 7km, Bike 15km on well-formed tracks and roads with very little incline.

adventure travel

By its very nature adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.

If you are uncertain about your suitability for this tour, speak with us and we can help guide you in the right direction

pre and post tour accommodation

If you would like some help booking pre/post tour accommodation we can help

Contact us at

- ▶ New Zealand: 0800 377 378
- ▶ Australia: 1 800 044 633
- ▶ World: +64 3 962 3280
- ▶ Email: info@tuataratours.co.nz
- ▶ Web: www.tuataratours.co.nz

what's not included

- pre and post tour accommodation
- alcoholic drinks with meals
- personal expenses
- gratuities, tipping is not expected in NZ but gratefully received. It is at your discretion whether or not to reward for excellent service

custom tours

▶ We Can Customise Existing Tours To Suit.

You may want to spend an extra day or you may want to add another element to your tour!

▶ We Can Design A New Tour Just For You.

We have years of experience in creating custom-made tours for groups, so if you are planning a tour for your friends, family, club, corporate workplace.... contact us now.





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have you considered?

New Zealand Walking Tours

The Akaroa Walk
The Franz Josef Trail
The Mesopotamia High Country Walk
The Queen Charlotte Walk
The West Coast Trail
The Kaikoura Trail
The Kenepuru Trail
The Hump Ridge Track Walk
The Coromandel Explorer Walk
The Tongariro Crossing Walk
The Lake Waikaremoana Walk
The Abel Tasman Walk - 3 Days
The Abel Tasman Walk - 5 Days
The Abel Tasman Walk/Kayak - 3 Days
The Abel Tasman Walk/Kayak - 5 Days

New Zealand Hiking Tours

The Heaphy Track
The Lake Waikaremoana Great Walk
The Stewart Island Track
The Tongariro Crossing Walk

New Zealand Cycling Tours

The Hanmer Cycle Trail
The Kaikoura Trail
The Kenepuru Trail
The Tekapo Canal Trail
The Alps 2 Ocean Cycle Trail
The Molesworth Cycle Trail
The Westland Wilderness Cycle Trail
The Otago Rail Trail

Japan Walking Tours

All of these tours and more available at
www.tuataratours.co.nz



pre tour checklist

**Please ensure you have the following compulsory items for your walk:
Gear will be checked prior to departure.**

- Medium size day pack with waterproof liner
- Waterproof rain jacket with hood
- Boots or sturdy walking shoes, preferably with ankle support
- Woollen (merino) or polypro thermals (top and bottom)
- Polar fleece jacket or top
- Warm hat and gloves-fleece or woollen
- Pair of shorts / long trousers (preferably quick-dry fabric, no jeans)
- Woollen or thermal socks-three or four pairs

The following are highly recommended but not compulsory:

- Walking poles (we have these available if you need them)
- Waterproof over trousers
- Gaiters
- Swimsuit
- Sun hat and sun glasses
- Spare boot laces
- Pair of light shoes or sandals for the evening
- A change of clothing for the evening
- Sunscreen, insect repellent
- Personal first aid items-including blister block or foot fleece
- Personal toiletries
- Small torch
- Camera
- Water bottle (we supply you with one bottle, but you may wish to bring another.)

We do not recommend you walk in cotton garments, jeans or silk. These fabrics take much longer to dry after perspiration or wet weather and you may feel damp and cold, even inside the best raincoat.

Plan around three layers of clothing, your inner or core layer which should be wool (merino) or polypro to trap warmth against the skin, a middle layer, and a top waterproof layer to protect from rain and wind.





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Tuatara Tours - experienced and innovative!

Tuatara Tours is an experienced and innovative walking and cycling adventure company, based in the South Island of New Zealand. The vision at Tuatara Tours is to encourage as many people as possible to be involved in fun, adventure and the outdoors. We ourselves walk, run, mountain bike, road bike and occasionally participate in multi-sport adventure races... to the best of our ability. We are not champions – but we are out there! We understand the outdoors and we revel in the country, people and climate that we work with.

our team is here to provide the best experience

We only have one world and we have to share it with each other. Much of the attraction for our clients is to experience unspoiled and un-crowded landscapes. It is our challenge to ensure that in this sharing of the experience, we minimise where possible, the impact of our business.

Through the introduction of strict environmental guidelines, we minimise our impact on the environment we live and work in.

subscribe to our newsletter

Our newsletter will be emailed to you monthly on the first working day of every month.

- latest trips
- travel advice
- events & attractions
- and more!

Go to www.tuataratours.co.nz and click the free subscription button.

how to book

Go to www.tuataratours.co.nz, click the enquiry button and submit your booking request using the form provided.

We enjoy talking to people about their travel interests. So feel free to contact us directly if you'd rather not fill out a form.

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Tuatara Conservation

Tuatara Tours are proud to be actively involved in Tuatara Conservation.

Tuatara Tours has formally adopted "BP" a male juvenile tuatara who resides at Orana Park in Christchurch and is part of the conservation programme to ensure the safe future of these amazing reptiles.



country information

Culture

New Zealand has a diverse multi-cultural population, the majority of whom are of British descent. New Zealand's indigenous Maori make up around 14 percent of the population. The culture of its indigenous Maori people affects the language, the arts, and even the accents of all New Zealanders. New Zealanders embrace new technology and culture, but they also have a background of quiet but rugged individualism, self-reliance and a passion for invention. Many New Zealanders travel extensively and thrive on learning and experiencing other cultures. They are renowned for their openness, ingenuity and "easy-going" nature.

Environment

Fourteen spectacular national parks preserve New Zealand's natural heritage enshrining a huge variety of landscapes, vegetation and wildlife. New Zealand encompasses rich farmland, mountains, rivers and unsurpassed scenery. The country is slightly bigger than the UK in size. Three-quarters of the population live in the North Island with more than a third of New Zealand's population living in the largest city, Auckland.

The South Island - with its lakes, fiords and spectacular outdoor scenery is the most popular destination for tourists. The gateway to the South Island is Christchurch - a city of approximately 340,000 people.

Recreation

New Zealand's stunning landscapes, lush forests, amazing wildlife and pleasant climate make it a haven for many outdoor activities, and a great place to relax and enjoy life. New Zealanders love the outdoors, especially tramping, camping, skiing and snowboarding. Sailing, surfing and swimming are also favourite pursuits. New Zealand's sports and recreation facilities are inexpensive, abundant and very accessible.

