



A scenic cruise, lush native forest, pristine bays and golden sandy beaches

5 Days, 4 Nights Mild Grade

tour highlights

- Beaches to die for
- Sweeping bays
- Amazing flora and fauna
- Historic sights
- Fantastic meals
- Great company Experienced attentive guide

tours run

Tue & Fri 10.15am September - April (Weekly) Starting in Nelson Options are available for this tour

tour cost:

2021 / 2022

Shoulder Season

NZD\$2345

Regular Season

NZD\$2495

Shoulder Season Dates are: September 1 to October 31, April 1 to 30.









the tour

The Abel Tasman Coastal Walk— **5 Days** is a leisurely tour of sunny Abel Tasman National Park's forests and golden-sand beaches. You'll travel from Totaranui in the north to Marahau in the south.

It's a perfect balance: 3 days hiking the world-famous coastal track, and 2 days based at cosy lodges, where you can relax, or strike out and explore. The friendly guides and hosts will help you make the most of each day.

The details will be taken care of, leaving you free to enjoy. Choose to have time on your own, or share some insights into local culture and natural history.

at a glance

Day 1 Nelson/Motueka to Awaroa via Totaranui

Day 2 Explore Awaroa

Day 3 Awaroa to Torrent Bay

Day 4 Explore Torrent Bay

Day5 Torrent Bay to Motueka/ Nelson

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 Abel Tasman Walk - 5 Days* is graded Mild: An average level of fitness, Walk 12km, Bike 25km on wellformed tracks and roads with average incline.

start / finish times

Please confirm times with us before you book connecting airline flights.

After NZ Daylight Saving ends in April, all trips start early with pick up in Nelson 7.15–7.40am and Motueka 8.15am for the Vista Cruise departure from Kaiteriteri at 9.20am.

If Start/Finish times don't suit your itinerary, please contact us to make alternative arrangements. All the itineraries can be flexible to accommodate your needs or schedule.

Other important information

Walking each day is optional. You are welcome to travel on any of our scheduled ferry services.

The 5 Day Guided Walk runs at the same time as the 5 Day Kayak & Walk, so members of your travelling party can book different options, meeting up at the lodges in the evening.

We reserve the right to alter itineraries, timetables and vessel types. All travel is subject to weather and tides which may cause delay or cancellation.













itinerary

Options are available for this tour.

Pre Tour

On the morning of your first day, you will be picked up from your accommodation, or if you have a car, you will be directed to safe parking. Day Packs can be borrowed if required, and excess luggage can be safely stored. There is a safe in the office for use if you need to store valuable items.

Lodges operate on a tab system so any payments for drinks etc are settled at the end of the tour.

Please Note: This tour is very flexible, with a number of options available to take optimal advantage of weather conditions for your walking comfort.

- The trip direction may be reversed in some cases, with an earlier pick up in Nelson and Motueka.
- Walking each day is optional. Some people prefer to take the ferry between lodges. This flexibility is perfect for couples or groups who are visiting the park together, but wish to do different things. Please discuss options with your guide before each day's departure.

Day 1 Nelson / Motueka to Awaroa via Totaranui

Board the comfortable Vista Cruise to travel the length of the golden Abel Tasman coast from Kaiteriteri north to Totaranui, relaxing on the viewing decks and enjoying refreshments from the cafe.

From Totaranui, walk through mature native forest and along secluded beaches to the breathtaking expanse of Awaroa Inlet where you'll reach Meadowbank Homestead – a faithful recreation of the Wilson family's original home on the 'finest site in the bay'.

Approximate times

- Scenic drive to Kaiteriteri 1 hour from Nelson, or 20 mins from Motueka
- Cruise Kaiteriteri to Totaranui 1 hour 40 mins
- Walk Totaranui to Awaroa 2.5 hours (7km/4.5 miles) including tidal crossing; maximum elevation 100m/340ft

Trip details

Pick up in Nelson (10.15–10.45am) or Motueka (11.30am).

If you are self-driving please meet at the office by 11.30am.

Please note that Wednesday departures and some low season departures have an earlier start.

11.30am: Meet your guide at our Motueka office for a welcome briefing with time for last-minute luggage organisation, before departing to Kaiteriteri by coach.

1pm: Vista Cruise departs Kaiteriteri.

2.40pm: Arrive Totaranui to walk to Awaroa Inlet. Either walk, if the tide is out, or take a boat ride across the stunning expanse of the largest inlet on the coast.

5pm (approx.): Enjoy a warm welcome at Meadowbank Homestead at Awaroa, right on the edge of the inlet. Freshen up with a hot shower in your ensuite room while your hosts prepare a delicious evening meal. Local beer and wine is available for purchase at the in-house bar.

Accommodation: Meadowbank Homestead at Awaroa

Meals included: lunch, afternoon tea, dinner









Day 2 Explore Awaroa

Relax over breakfast overlooking Meadowbank's gardens and the beautiful waters of Abel Tasman's largest tidal estuary. Your guide will help you create your perfect day whether you want to be active in Awaroa's beautiful surrounds or just savour the comfort and tranquillity of Meadowbank.

Optional activities

- explore Awaroa estuary on foot (up to 4 hours) or kayak (up to 2 hours; tides permitting)
- visit early European and pre-European historical sites
- unwind on the beach
- relax and enjoy the comforts of Meadowbank Homestead

Accommodation: Meadowbank Homestead at Awaroa

Meals included: breakfast, morning & afternoon tea, lunch, dinner

Day 3 Awaroa to Torrent Bay

Your walk today follows the coastal track through cool native forest and reaches golden sand beaches, perfect for swimming. Wake up to another relaxing breakfast in Meadowbank's lovely surrounds then choose how much walking you want to do; your guide will arrange boat transfers to suit your needs.

Approximate times

Walk in 3 sections of 2 hours each

Awaroa to Onetahuti and Tonga Quarry –6km/3.5 miles; maximum elevation 85m/28oft Tonga Quarry to Bark Bay (Medlands Beach) – 4km/2.5 miles; maximum elevation 12om/40oft Bark Bay to Torrent Bay – 7km/4.4 miles; maximum elevation 105m/34oft

9.30am: Depart Awaroa for the scenic walk to Onetahuti, which features a beautiful boardwalk and bridge designed by the ocal iwi (Maori tribe). Stroll along the golden sands and enjoy refreshments supplied by your guide.

11.30am: Before climbing the low saddle out of Onetahuti, explore the site of Tonga Quarry and hear stories of the unusual granite features and historic relics. Descend to Bark Bay via the Waterfall Trail featuring views of the cascade from a sturdy swing bridge.

1.30–2.30pm: Relax over lunch at Bark Bay where there's a shelter, picnic tables, filtered drinking water and modern toilets. Rest in the shade, explore the bay or refresh with a swim. After lunch, you'll walk the most varied section the coastal track as it winds through verdant gullies of mature beech forest, fern grottos and groves of fragrant manuka framing coastal vistas. Cross the swing bridge at Falls River and continue to Torrent Bay.

4.30pm (approx.): Arrive at beautiful Torrent Bay with its village of beachfront holiday houses including our Torrent Bay Lodge where your ensuite room and evening meal awaits.

Accommodation: Torrent Bay Lodge

Meals included: breakfast, morning & afternoon tea, lunch, dinner

Trip details



This tour is operated in conjunction with another operator.







A scenic cruise, lush native forest, pristine bays and golden sandy beaches
5 Days, 4 Nights Mild Grade

Day 4 Explore Torrent Bay

Your guide will happily help you choose what to do today, whether you want to head off on adventures or just relax at the beachfront lodge.

Optional activities

- walk through breathtaking virgin forest up to the waterfalls on Falls River
- kayak or walk around the estuary and visit the peaceful grotto of Cleopatra's Pool
- walk to the golden expanse of Anchorage beach and picturesque Te Pukatea cove visiting historic Maori sites at Pitt Head along the way
- unwind on glorious Torrent Bay beach
- relax and enjoy the comforts of the lodge

Accommodation: Torrent Bay Lodge

Meals included: breakfast, morning & afternoon tea, lunch, dinner

Day 5 Torrent Bay to Motueka/Nelson

Wake up to golden light over the water and perhaps a coffee on the deck before breakfast. Today's walk follows the easiest section of the coastal track from Torrent Bay to Marahau, with panoramic views across Tasman Bay to Nelson. This is a day rich in history, too, as your guide recount stories of how major landmarks were named by early explorers.

Approximate times

- Walk 4–5 hours (depending on tides) 13–6km/8–10 miles; maximum elevation 110m/36oft
- Scenic drive from Kaiteriteri 20 mins to Motueka or 1 hour to Nelson

Meals included: breakfast, morning tea, lunch

Trip details

gam: Depart Torrent Bay Lodge. The tides will determine whether you walk around the inlet taking in views overlooking Anchorage Beach, or take the fun short-cut across the inlet to reach the main coastal track.

12 noon (approx.): Stop for lunch at a sheltered beach with views over the Astrolabe Roadstead to Adele Island.

2.30–3pm: Finish your leisurely walk at Marahau, at the end of coastal track, where a driver will meet you for the return journey to Motueka via Kaiteriteri where you'll collect your overnight luggage from the boat.

4pm: Arrive Motueka; or 5.30–6pm: arrive Nelson

This tour is operated in conjunction with another operator.









A scenic cruise, lush native forest, pristine bays and golden sandy beaches
5 Days, 4 Nights Mild Grade

what is included

Accommodation

Based on a twin share. Double or twin rooms with ensuite facilities. Communal lounge with tea and coffee making facilities

| Night 1 | Beachfront Lodge |
|---------|------------------|
| Night 2 | Beachfront Lodge |
| Night 3 | Beachfront Lodge |
| Night 4 | Beachfront Lodge |

Food

You will enjoy great local cuisine; breakfasts and hearty packed lunches during the day, and meals of wholesome home-cooked fare prepared by your host/hostess in the evenings. If you have any dietary issues or food allergies, please advise the office of details when you make your booking. Alcohol is not included in the tour cost, but is available for purchase in the evenings.

Luggage

Your luggage is transported for the duration of the tour. All you carry is a small day pack with your personal gear, drink and lunch. An overnight bag is provided for you to pack your gear into. (See pre tour checklist)

An experienced and fully qualified quide

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

All transport - for the duration of the tour

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.

This tour is operated in conjunction with another operator.

what is not included

- pre and post tour accommodation
- alcoholic drinks
- 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









A scenic cruise, lush native forest, pristine bays and golden sandy beaches
5 Days, 4 Nights Mild Grade

pre tour checklist

Please ensure you have the following items for your walking tour.

| Piease | e ensure you have the following items ready for each day, either on you or in your day pack: |
|--------------|---|
| | Medium size day pack with waterproof liner, approx. 30 litre (we can loan you one if you don't have your own) Waterproof rain jacket with hood Comfortable sturdy sports or hiking shoes. Sandshoes, water socks or sports sandals; essential for tidal crossings on the walk and for protecting feet when in the kayak (they will get wet-no jandals, flip-flops or scuffs) 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, you may have to roll up your trousers when embarking or disembarking from the kayak or launch and you may get wet) Swimsuit and small towel (Beach towels available for sale at our office) Sun hat, sun screen and sunglasses Insect repellent and hand sanitiser Drink bottle Any essential personal medication-including blister block Camera |
| A sporthat w | ollowing items are also highly recommended and can be transported for you in your lodge bag to each lodge: ts bag (47x35x25cm) is supplied that is carried to your accommodation each day by launch, any extra luggage will not fit in this bag can be stored for you at the office before you depart on your tour. Spare socks- woollen or thermal Spare shoe laces Light shoes, sandals or slippers for the evening A change of clothing for the evening Spare set of hiking clothes and underwear Personal toiletries Small torch |

Cotton clothing (especially denim) is not recommended. It is very heavy and cold if it gets wet and takes a long time to dry, thermal quick-dry fabrics such as polypro, polar fleece and wool are best.

Lodges operate on a tab system so any payments for drinks etc are settled at the end of the tour.

Please do not bring tissues or paper towels (they add to litter in the park), we suggest cotton handkerchiefs. No Hairdryers please-the generated electricity cannot power them (battery chargers and electric razors are ok). Any valuable items such as jewellery, passports etc can be left in safe storage in our office.

Cellphones: coverage is intermittent south of Awaroa, there is no coverage north of Awaroa Bay.









A scenic cruise, lush native forest, pristine bays and golden sandy beaches
5 Days, 4 Nights Mild Grade

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.

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.

How do I train for my upcoming tour?

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 foot wear 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.









how to book

Go to <u>www.tuataratours.co.nz</u>, click the make an 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.

New Zealand: 0800 377 378
Australia: 1800 044 633
World: +64 3 962 3280
Email: info@tuataratours.co.nz

Web: www.tuataratours.co.nz

pre and post tour accommodation

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



New Zealand: 0800 377 378
 Australia: 1 800 044 633
 World: +64 3 962 3280

Email: info@tuataratours.co.nz



custom tours

We Can Customise Existing Tours - You may want to spend an extra day or you may want to add an 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.

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 go to the newsletter sign up in the footer of any page.









TuataraTours-experienced and innovative

Tuatara Tours is an experienced and innovative walking and biking 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 understand the outdoors and we revel in the country, people and climate that we work with

our team is here to provide you with the best experience We only have one world and we have to share it with each other. Much of

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

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 Gold 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.

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.

NZ Walking Tours

The Akaroa Walk The Franz Josef Trail The Mesopotamia High Country Walk The Queen Charlotte Walk The West Coast Trail The Hump Ridge Track Walk The Coromandel Explorer Walk The Tongariro Crossing Walk The Lake Waikaremoana Walk Great Barrier Island Escape 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 Bucket List Walk The Old Ghost Road

NZ Hiking Tours

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

NZ Cycling Tours

Around The Mountains Cycle trail
The Tekapo Canal Trail
The Alps 2 Ocean Cycle Trail
The West Coast Wilderness Cycle Trail
The Queenstown Cycle Trail
The Otago Rail Trail
The Tasman Great Taste Trail and
Golden Bay Explorer

Overseas Tours

Bhutan Tours Japan Walking Tours Australia Walking Tours

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









A scenic cruise, lush native forest, pristine bays and golden sandy beaches
5 Days, 4 Nights Mild Grade

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 380,000 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 (hiking), 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.



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.









The Abel Tasma



TUATARA TOURS TERMS AND CONDITIONS

Tuatara Tours NZ Limited accepts bookings subject to the following conditions:

This contract is between Tuatara Tours and you the client being any person travelling or intending to travel on a tour supplied by Tuatara Tours as the operator. The contract, including all matters arising from it, is subject to New Zealand law and the exclusive jurisdiction of the New Zealand courts. Only Employees and Directors of Tuatara Tours have authority to vary or omit any of the

Price

The price is quoted in New Zealand dollars and includes GST of 15%. The price is based on prices at time of publishing and Tuatara Tours hereby reserves to modify without notice those prices in any way considered necessary or desirable.

Organised tour accommodations are based on a twin/double share accommodation. Individual travellers will be placed in rooms together with other individual travellers of the same sex. A single supplement is available on request.

Confirmation of Booking

Bookings are confirmed upon receipt of the full tour price and become definite from that date. Tuatara Tours or their agents reserve their right to decline any booking at their discretion.

Cancellation

If a client wishes to cancel a Tour the following charges will be applied: (Unless stated otherwise)

- 91+ days prior to departure no fee
- 90-60 day's prior to departure NZD\$100.00 per person applies
- 59-30 days prior to departure 30% of total package cost applies 9-0 days prior to departure 100% of total package cost applies
- After tour commencement no refund available.

5. After tour commencement - no return available.
These cancellation fees are not negotiable, therefore we strongly recommend that you purchase travel insurance. Insurance

Tuatara Tours recommends that the client take out tour cancellation insurance together with all other necessary travel insurances. Obtaining all necessary insurances is the responsibility of you the client and Tuatara Tours can not held liable for any failure on your part to get insurance.

Medical conditions

When you book you must notify us of any medical condition, medical history or medication that you are on.

Tuatara Tours will use its best endeavours to ensure that all tours are operated as advertised. It may be that reasonable changes in the itinerary may need to be made where is deemed necessary or advisable by Tuatara Tours. Changes will be advised to the client as soon as is reasonably possible. Where a tour service needs to be changed, a substitute or similar quality or standard will be provided.

Weather

Adverse weather conditions may mean that planned activities cannot proceed as intended. A decision to change an advertised tour based on the weather conditions will be made by a tour guide at the time and is made in the best interest of the group and their safety. Tuatara Tours and or their contracted suppliers can not be held responsible to any changes as a result of the weather.

Tuatara Tours, its agents, contractors and guides do not accept responsibility or liability for loss, damage to, or theft of personal belongings (owners risk) or for any expenses, including medical and transport expenses arising from a personal accident, injury, illness, or hospitalisation. Tuatara Tours and their guides reserve the right to make any alterations to the itinerary in the interest of safety, or unforeseen circumstances due to causes such as weather, illness or misadventure. Every reasonable endeavour will be made to keep to published schedules but no guarantee is given. Tuatara Tours will not be held liable for costs incurred by change, delay or the missing of connecting services. Tuatara Tours reserves the right to exclude a person from a tour at any time, if in the opinion of the guide or operator, that person may be likely to risk the health, safety or comfort (including unsociable behaviour) of other clients, him or herself or the environment. In such circumstances, Tuatara Tours will not be obliged to offer any refund or transfer ticket. These terms and conditions apply to each participant including in a group booking. Where a booking is made on behalf of a group or two or more people then each participant in the group must be made aware of and accept these terms and conditions



