

# The Abel Tasman Walk - 5 Days



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

## tour highlights

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



## tours run

Tours run: Weekly

## tour cost

2019/ 2020

### Starting in Nelson:

Shoulder Season NZD\$2125  
Regular Season NZD\$2275

Shoulder Season Dates are:

1 - 31 October, 20 - 31 January, 1 - 30 April

## fast facts

**Custom Groups:** Options are available for this tour\*

\*Please enquire for further information

## 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 Tataranui 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. Our friendly guides and hosts will help you make the most of each day.

## 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** NELSON / MOTUEKA TO AWAROA VIA TOTARANUI

**DAY 2** EXPLORE AWAROA

**DAY 3** AWAROA TO TORRENT BAY

**DAY 4** EXPLORE TORRENT BAY

**DAY 5** TORRENT BAY TO MOTUEKA/NELSON

**Activities:** Walking  
**Accommodation:** Lodges

**Trip Duration:** 5 Days, 4 Nights  
**Grade :** Mild



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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 - based on a twin share
  - Double or twin rooms with ensuite facilities.
  - Communal lounge with tea and coffee making facilities
  - Lodge Night 1
  - Lodge Night 2
  - Lodge Night 3
  - Lodge Night 4
- 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 in the evenings.
- 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. An overnight bag is provided for you to pack your gear into. (See pre tour checklist)
- 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.

This tour is operated in conjunction with another operator.



# The Abel Tasman

## Walk - 5 Days



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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.

#### **Can I come on my own?**

Yes.

#### **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

**Pre Tour:** On the morning of your first day, we will pick you up from your accommodation, or if you have a car, we will direct you to safe parking. Day Packs can be borrowed if required, and we can safely store any excess luggage. 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.

- 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

Welcome! We will pick you up from Nelson (10.30 - 11.00 am) or Motueka (11.40 am). If you are self-driving to join the tour, please meet us at our Motueka office by 11.45 am.

Here, you'll meet your guide for a tour briefing. There'll be time for last-minute luggage organisation before we board a coach to Kaiteriteri.

At about 1 pm, we'll board a Vista Cruise and enjoy a fast, comfortable cruise along the National Park coastline to Totaranui. Hot and cold drinks are available on board. The boat features both open and enclosed viewing decks, and has bathroom facilities. The cruise takes about 1 hour 20 minutes.

On arrival at Totaranui, we'll then walk south to cosy Meadowbank Homestead in Awaroa, where we'll stay the night.

Included: Lunch, Afternoon Tea, Dinner



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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 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.

### **Day 2 Explore Awaroa**

Today you have several options in the beautiful Awaroa area. Explore the park's largest tidal estuary, on foot or by kayak (tides permitting). You could visit some early historic sites, relax on the beach, or just enjoy Meadowbank Homestead. Your guide can advise you on designing your day to be as active or as relaxing as you like!

Meals provided include Breakfast, Morning and Afternoon Tea, Lunch and Dinner

### **Day 3 Awaroa to Torrent Bay**

Today, we'll leave Awaroa and head over the Tonga Saddle to the horse-shoe-shaped golden beach, Onetahuti, flanked by imposing granite headlands. Here, we'll relax for a while, and then visit Tonga Quarry, a historic former granite mining site. We'll stop for lunch at Bark Bay. Here, you can relax, explore or sunbathe. This afternoon we'll walk on through native forest with views of beaches, headlands and estuaries. We'll cross the Falls River swing bridge (47 m long), then continue on to Torrent Bay Lodge on the beach front — our stop for the night.

Meals provided include Breakfast, Morning and Afternoon Tea, Lunch and Dinner

### **Day 4 Explore Torrent Bay**

Today is another day full of attractive choices! Your guide will advise you on planning your day.

Your options include:

- walking through forest to the Falls River waterfalls ;
- tides permitting, canoeing in the estuary, and a visit to Cleopatra's Pool, a beautiful, mossy rockpool
- a walk to Anchorage and Te Pukatea, protected beaches
- visiting historic Maori sites at Pitt Head.

Included: Breakfast, Morning and Afternoon Tea, Lunch Dinner

### **Day 5 Torrent Bay to Motueka/Nelson**

Our last day will be beautifully spent with a walk from Torrent Bay to Marahau on an easy track. We'll set off from our lodge at about 9 am. En route, rediscover the stunning bays named by French explorer Dumont d'Urville in 1827. We'll have lunch on a beach by Astrolabe Roadstead, a safe harbour for boats, and enjoy some island views. Our tour ends at Marahau at about 4 pm, where your coach will await to take you back to Motueka (arrival time approx. 4.30 pm) or Nelson (5.30).

Included: Breakfast, Morning and Afternoon Tea, Lunch



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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 Abel Tasman Walk - 5 Days is graded Mild: An average level of fitness, Walk 12km, Bike 25km on well-formed tracks and roads with average 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](mailto:info@tuataratours.co.nz)
- ▶ Web: [www.tuataratours.co.nz](http://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 kayaking 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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## pre tour checklist

Please 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

The following items are also highly recommended and can be transported for you in your lodge bag to each lodge: We supply a sports bag (47x35x25cm) that is carried to your accommodation each day by launch, any extra luggage that will not fit in this bag can be stored for you at our 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-our 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.

## 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](http://www.tuataratours.co.nz)



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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](http://www.tuataratours.co.nz) and click the free subscription button.

## **how to book**

Go to [www.tuataratours.co.nz](http://www.tuataratours.co.nz) and 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.

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



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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.



# The Abel Tasman Track

## 5 Day Walk



- Day 1
- Day 2
- Day 3
- Day 4
- Day 5