

# The Abel Tasman

## Walk / Kayak - 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\$2265  
Regular Season NZD\$2415

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 Walk / Kayak - 5 Days** tour takes you through the National Park the best way possible: on foot and by kayak. Plus, you'll have the luxury of 5 days to explore thoroughly! One of New Zealand's sunniest areas, the Abel Tasman National Park sits at the far northwest of the South Island. It features lush native forest, golden sandy beaches, impressive headlands, and sparkling rivers, rock pools and ocean bays. Out kayaking, you may even see a seal colony. You'll stay in beachfront homesteads, with plenty of options each day, including simply ferrying from lodge to lodge if you'd prefer more relaxation. Our expert guides will help you get the most from each day, and make sure you're fully briefed to sea kayak in safety.

### about your guide

Our guides are very experienced, friendly walkers, kayakers 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 / Kayaking **Trip Duration:** 5 Days, 4 Nights  
**Accommodation:** Lodges **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.

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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 for your walking comfort.

- The trip direction may be reversed in some cases, with an earlier pick up in Nelson and Motueka.

**Remember:** kayaking or walking each day is optional. You are welcome to travel on any of our scheduled ferry services, or you can switch from kayaking to join groups walking that section of the track. The flexibility is perfect for parties travelling together but not wanting to do the same activities. Please discuss options with your guide before each day's departure.

**Kayak safety:** When sea and weather are calm, sea kayaking requires little skill or strength. However, although the beaches are sheltered, weather conditions can change rapidly, and you may have to paddle against the wind. If you follow our guides' instructions, your kayaking will be safe and fun. Our boat crew will provide full back-up if kayaking becomes too difficult. Double kayaks are used because of their stability, and the ease of having 2 people sharing the paddling.

### Day 1 Nelson / Motueka to Awaroa via Totaranui

We'll pick you up from Nelson (between 10.30 and 11 am) or Motueka (approx. 11.40 am). If you're driving yourself, please arrive at our Motueka office by 11. 45. Here, you'll meet your guide for the first time, and we'll give you a tour briefing. Then, a last minute luggage check before boarding a coach for the short ride to the coastal village of Kaiteriteri.

At 1 pm, we'll take a Vista Cruise (1 hour, 20 mins) to Totaranui Beach inside the National Park. There are open and enclosed viewing decks, hot and cold drinks available, and bathroom facilities on board.

On arrival at Totaranui, we regroup for the walk south for about 2 hours (5.5 km + tidal crossing) from Totaranui to our home for the night: Meadowbank Homestead, on the beachfront at Awaroa.

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 is full of choices! Your guide can advise you on which options best suit your fitness, and the conditions.

Approximate times for your walking options today add up to 4 hours, and optional kayaking up to 2 hours (tides permitting). Make your day as active or as relaxing as you wish!

#### **Your options include:**

- Exploring the park's largest tidal estuary, either on foot or by kayak (tides permitting)
- Visiting historical sites
- Chilling out on the beach
- Simply relaxing and enjoying the beautiful Meadowbank Homestead.

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

### Day 3 Awaroa to Torrent Bay

After breakfast, we'll leave Awaroa, walking over the Tonga Saddle to the golden sands of the horse-shoe shaped Onetahuti beach. Here, you'll board your kayak and receive a full training and safety brief on sea kayaking. You will not leave the beach until the guide is satisfied that you will be able to negotiate the coast safely. If the weather is good, you can visit Tonga Island's seal colony. December and January are great times to see newborn seal pups.

Next, you'll kayak past the historic granite Tonga Quarry and the Tonga Arches. Your guide will tell you about the quarry's history and relics.

Then, we'll stop for lunch on the golden sands of stunning Bark Bay. We'll carry on beach-hopping, taking in points of interest including Falls River and Frenchman's Bay. We'll overnight at a beachfront lodge at Torrent Bay.

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 golden beaches
- visiting historic Maori sites at Pitt Head.

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



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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 / Kayak - 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

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

On this, our final day, we'll paddle along the coast, discovering gorgeous bays and beaches named by French explorer Dumont D'Urville in 1827. We'll cruise along the Astrolabe Roadstead, a safe harbour for yachts and other vessels. Alternatively, visit the beautiful Te Pukatea and Appletree bays, or kayak along the coast of Adele Island, home to many native birds.

If wind conditions are right, your guide will help you hoist a specially-designed sail for riding the sea breeze.

We'll stop for lunch at one of the bays, and then continue on to Kaiteriteri. Our coach will meet you here at about 4 pm, to return you to Motueka (e.t.a. approx. 4.30) or Nelson (e.t.a. 5.30). We wish you well for your further travels, knowing you'll leave with beautiful memories of an idyllic place.

Included: Breakfast, Morning and Afternoon Tea, Lunch

### **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.

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



### 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
- Water bottle (we supply one for you, but you may wish to bring another)
- 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

**For kayaking:** Bring a spare set of clothing including a warm layer to be stored in the kayak so you can change into dry gear if necessary.

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.

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.

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



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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.

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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.

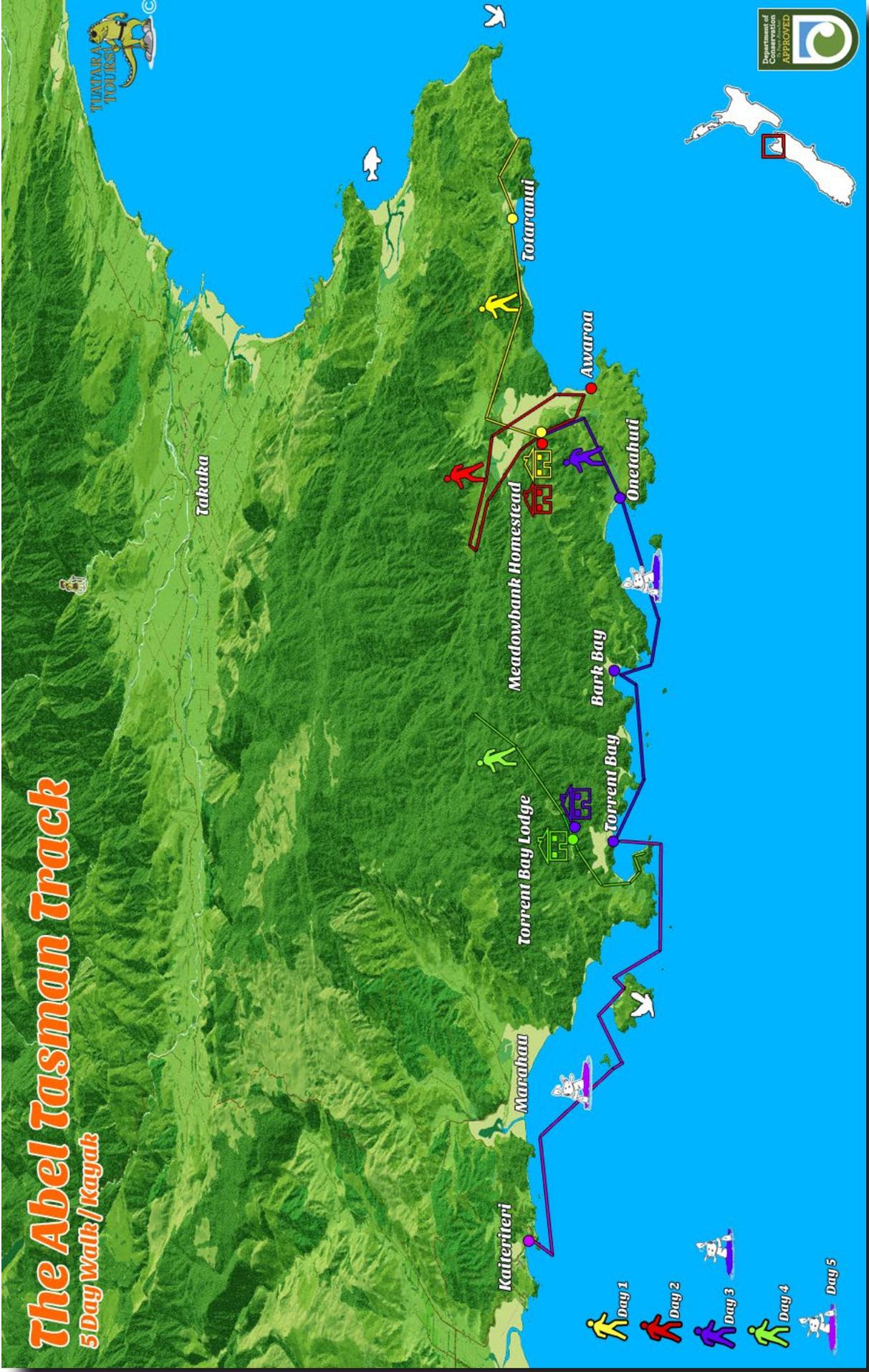
#### **Recreation**

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 / Kayak



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