

Abel Tasman, Nelson, and Golden Bay

8 Day Walking and Biking Tour



Cycling in Tasman's and Golden Bay's most beautiful coastal and inland areas plus a scenic cruise, and 3 days of easy walking in lush native forest, and golden sandy beaches.

tour highlights

- Great Food
- Exciting biking
 - Arts & crafts
- Beaches to die for
 - Sweeping bays
- Amazing flora and fauna
 - Great company
- Experienced attentive guides

tours run

Tours run: November - April (on demand)

tour cost

2019/ 2020

Starting in Nelson:

Shoulder Season NZD\$3365
Regular Season NZD\$3515

Shoulder Season Dates are:

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

options & supplements

Bike Hire NZD\$190
Electric Bike Hire NZD\$450
Single Supplement (Biking Only 5 nights) NZD\$550
Not available on the walk

fast facts

Custom Groups: Options are available for this tour*

Activities

Walking & Cycling

Accommodation

Lodges, Comfortable Motels

Trip Duration

8 Days, 7 Nights

Grade

Mild to Moderate



the tour

This cycling trail takes a leisurely tour of **Tasman's and Golden Bay's** most beautiful coastal and inland areas. Riders will pass vineyards, breweries and orchards along the way. The start of your walking is through lush native forest and golden sandy beaches from Totaranui in the north to Marahau in the south. It's pleasant walking, with no point higher than 150 m. We'll take care of the details, leaving you free to enjoy. Our guides and hosts will help you make the most of each day. Choose to have time on your own, or share some insights into local culture and natural history.

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 AWAROA TO TORRENT BAY

DAY 3 TORRENT BAY TO MOTUEKA

DAY 4 MOTUEKA TO TAKAKA

DAY 5 TAKAKA TO COLLINGWOOD

DAY 6 COLLINGWOOD TO TAKAKA

DAY 7 TAKAKA TO WOODSTOCK

DAY 8 MOTUEKA TO NELSON (RICHMOND)





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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
 - Day One: Private Lodge
 - Day Two: Private Lodge
 - Day Three: Comfortable Motel
 - Day Four: Comfortable Motel
 - Day Five: Comfortable Motel
 - Day Six: Comfortable Motel
 - Day Seven: Comfortable Motel

All accommodation is private rooms with ensuite bathrooms.

Lodges on nights 1 and 2 operate on a tab system so any payments for drinks etc are settled at the end of the tour.
- 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. All meals are included in your tour cost except your evening meal on night seven. Wine and other beverages are available to be purchased during dinners.
- 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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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 Nelson / Motueka to Awaroa via Totaranui



We'll pick you up from Nelson (between 10.30 and 11 am) and drive to Motueka for a briefing and here, you'll meet your guide for the walking tour. 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.

Day 2 Awaroa to Torrent Bay



After a great night's sleep, we'll depart Awaroa Bay and walk over the Tonga Saddle to Onetahuti, with its golden sand beach and impressive granite headlands. Relax on the beach, or visit Tonga Quarry, a historic granite mining site. At noon, we'll have lunch at Bark Bay, with its golden sand. We'll take some time to relax, explore, swim or sunbathe. Later, we'll walk through native forest and cross the swing bridge at Falls River. We'll admire the series of magnificent views of headlands, estuaries and beaches on the way. Next, we'll continue to our overnight stop: Torrent Bay Lodge, on the beachfront.

Included: Breakfast, Morning and Afternoon Tea, Lunch, Dinner

Day 3 Torrent Bay to Motueka/Nelson



Today we follow the well-graded final section of the coastal track, and see the pristine bays and beaches named by the French explorer, Dumont d'Urville in 1827. We'll have lunch at one of the bays, then walk the last leg to Marahau. Here, your coach awaits to return you to Motueka at 4.30pm

Please Note

Walking on days 1, 3 and 3 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 days departure



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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 4 Motueka to Takaka

Motueka to Kaiteriteri 15.3km, Upper Takaka to Takaka 22kms



Leaving Motueka behind, this section of Tasman's Great Taste Trail takes you through the beautiful fruit and hops growing area of the region and on to the picturesque seaside holiday mecca, and one of New Zealand's favourite beaches, Kaiteriteri.

In Kaiteriteri we board the vehicle and drive over the infamous Takaka Hill to Little Takaka. From here we ride down the idyllic Takaka Valley to the township of Takaka where our riding finishes for the day.

You will have time this afternoon to walk around Takaka and enjoy browsing through the arts and craft shops and galleries this area is known for.

Tonight we stay and dine in Takaka.

Day 5 - TAKAKA - PUPU SPRINGS - ANATOKI RIVER COLLINGWOOD

Takaka to Pupu Springs 6.7kms, to the Anatoki River 8.5km
Collingwood to Puponga 21km



This morning we ride the 6.7kms to the Waikoropupu (Pupu) Springs to see the clearest spring water in the world and enjoy the bush walk around the springs soaking up the unique features of this special place.

From the Waikoropupu (Pupu) Springs we ride along the quiet back roads to the Anatoki River and visit the Anatoki Salmon farm where if you are keen you can catch your own salmon and have it hot smoked for you.

Then it is all aboard the vehicle and drive north along the glorious coastal road to Collingwood, soaking up the fabulous views over the pristine waters of Golden Bay.

On the way we will stop in at the famous Mussel Inn to soak up the atmosphere of this charming brewery and eatery.

On arrival in Collingwood we are on the bikes again and ride to Puponga and on to Wharariki Beach. Tonight we stay and dine in Collingwood.



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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.

This tour is graded Moderate: for the biking An above average level of fitness, Bike 45km on formed tracks and roads with some average to steep inclines at times.

There is some low level mountain biking on this trail Graded Mild for the walking: An average level of fitness, Walk 12km, 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 6 COLLINGWOOD - BAINHAM - TAKAKA

Aorere Valley 33km



We drive this morning through the quiet rural Aorere Valley to the end of Aorere Valley Road which is the official start of the famous Great Walk - The Heaphy Track.

From here it is onto the bikes to ride back down the valley to the small historic town of Bainham where we visit the Bainham store and discover the history of the area. This general store and post office has been providing essentials to the Bainham community and travellers since 1928.

On leaving Bainham we continue on down the valley riding through farm land until we meet the coastal road where we finish cycling for the day. Tonight we stay and dine in Takaka.

Day 7 - RIWAKA - WOODSTOCK

Riwaka to Woodstock 32kms



This morning we drive back over the Takaka Hill to Riwaka where the days riding starts. This is a beautiful quiet back country road and the ride from Riwaka to Woodstock is well worth the effort. The road meanders along tranquil back roads following the west bank of the Motueka River, world famous for its brown trout and fly fishing. The finish of the riding for the day is in Woodstock a very small rural settlement on the banks of the Motueka River. From here we transfer you to Motueka where you have a free evening.

Day 8 Motueka to Nelson (Richmond)

Distance: 47km



Leaving Motueka the trail runs along the coast, where you'll be rewarded with amazing views out across Tasman Bay as the trail descends gradually from Motueka to Mapua.

From Mapua Tasman's Great Taste Trail winds alongside the scenic Waimea Inlet which is the largest enclosed estuary in the South Island and home to a wide range of sea birds including the bar-tailed godwit, white heron, royal spoonbill, little egret, Australasian bittern, and banded rail. You ride to the popular recreation area/ beach on Rabbit Island and from there it is an easy but panoramic ride to the finish in Richmond



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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 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 Tekapo Canal Trail
The Alps 2 Ocean Cycle Trail
The Molesworth Cycle Trail
The West Coast Wilderness Cycle Trail
The Otago Rail Trail
The Queenstown Trail
The Tasman Great Taste Trail

Japan Walking Tours

Nakasendo Trail
Kumano Pilgrimage Trail

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

pre tour checklist

Please ensure you have the following items for your tour.

Medium size day pack (this can be transported for you in the support vehicle while you are cycling)

- Waterproof rain jacket with hood
- Comfortable walking/riding shoes, we suggest lightweight walking shoes suitable for cycling and walking
- Sandshoes, water socks or sports sandals; essential for tidal crossings on the walk (they will get wet-no jandals, flip-flops or scuffs)
- Woollen (merino) or polypro thermals (top and bottom)
- Polar fleece jacket or top or woollen jumper
- Gloves-fleece or woollen or cycle gloves if you have them
- Warm hat
- Pair of shorts (preferably quick-dry fabric, no jeans) or cycle shorts if you have them.
- Personal first aid items and any essential medications

The following are highly recommended but not compulsory:

- Swimsuit and small towel
- Sun hat, sun glasses, sun block
- Pair of light shoes or sandals for the evenings
- Casual attire for the evenings
- Personal toiletries
- Insect repellent
- Camera
- Drink bottle (we supply you with one bottle, but you may wish to bring another)

Biking: If you are bringing along your own bike, you must ensure your bike has been fully serviced and is in a roadworthy and safe condition to ride. You must also ensure you bring spare tyres or tubes as we only carry a basic stock for the bikes we hire out. All our hire bikes come with helmet, hi-vis safety vest and have a standard "gel-tech" seat however you are welcome to bring your own helmet or gel seat cover if you prefer.

Walking: 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.

Abel Tasman Lodges: Days 1, 2 and 3 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 on the cycling part of the tour is reasonable but on the walkin tour is intermittent south of Awaroa, there is no coverage north of Awaroa Bay.



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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.

- ▶ 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

pre and post tour accommodation

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

Contact us at

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
- dinner Day 7

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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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.



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