

The Heaphy Track



The Heaphy Track: Beauty That Can Never Be Tamed!

tour highlights

- Lush and scenic all the way
 - Pounding surf
 - Nikau forests
 - Tussock lands
 - Great company
- Experienced attentive guide

tours run

Our Heaphy Track Tours depart several times a month, from late October to April. Please enquire for dates available or view our website www.tuataratours.co.nz

tour cost

Starting in Collingwood:

NZD\$1990



the tour

The Heaphy Track at the top of the South is one of 9 official New Zealand Great Walks, and is considered by many to be the most beautiful. Sometimes wild and lonely, sometimes lush and scenic, the track covers 78 km from Collingwood in Golden Bay, to Karamea on the West Coast. There's pounding surf, rivers, rimu forest, tussock land, stunning nikau palms, and classic back country huts. Walk with an expert local guide in this beautiful part of the country. The bird life features a roll call of New Zealand's iconic birds, including kiwi, alpine parrots (kea), rare whistling blue ducks (whio), moreporks (owls/ruru) and bellbirds.

about your guide

Your 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, passenger driving licences and are the very best people to ensure your experience will be one to remember.

at a glance

DAY 1 MOTUEKA TO PERRY SADDLE HUT

DAY 2 PERRY SADDLE HUT TO THE SAXON HUT

DAY 3 SAXON HUT TO THE LEWIS HUT

DAY 4 LEWIS HUT TO HEAPHY HUT

DAY 5 HEAPHY HUT TO KARAMEA

DAY 6 KARAMEA TO NELSON (DRIVE)

Activities:

Walking/Hiking

Trip Duration: 6 Days, 5 Nights

Accommodation: Back Country Huts

& Resort

Grade : Moderate





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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 checklist 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

Night 1 to 4: Department of Conservation back country huts. Heating, outside toilets, cold running water, no showers. Bunk beds with mattress provided, walkers carry a sleeping bag.

Night 5: Lodge accommodation, double or twin units with ensuite bathrooms. Licensed restaurant and house bar.

Pre tour we can arrange your accommodation for you in Motueka at a price and style which suits you.

• Food

You will enjoy great local cuisine; continental breakfasts and hearty packed lunches during the day, and 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, you are welcome to bring a small amount with you for personal consumption if you prefer.

Dinner on night 5 is not included in the tour cost.

• Luggage

We can transport 1 piece of luggage for you to the Last Resort in Karamea so you have fresh clothes to change into when you finish the walk.

Any excess luggage left behind in Motueka whilst you are on the track, will be transferred to you back in Nelson. Please pack an overnight bag only for your Karamea night.

• An experienced guide

• All transport

• Access and Concession fees paid to the Department of Conservation

• NZ Goods and Service Tax (GST)

• Safety and Risk Management

To ensure maximum safety for all, our guides are certified first aiders and fully qualified drivers. Tuatara Tours operate under a Safety and Risk Management Plan which is regularly audited and approved by a qualified and independent auditor.





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frequently asked questions

How many people are in each group?

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

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.

pre tour

You need to arrive the day before the walk as we start pick ups in Motueka from 7.30am on the morning of the tour.

On the day prior to your walk we provide a complimentary pick up service from Nelson I-site at 3.00pm and Nelson airport at 3.15pm to transfer you through to your accommodation in Motueka.

itinerary

Day 1 Motueka to Perry Saddle Hut

We drive from Motueka to the start of the track in the Aorere Valley in Golden Bay. The road takes us over the renowned Takaka Hill, also known as 'Marble Mountain' for its huge outcrops of limestone marble rock. We then travel down the beautiful Takaka Valley, through the township of the same name, then turn inland to the Aorere Valley.

The track commences at Brown River and climbs on a well graded track through lowland then podocarp-beech forest. We reach the highest point on the track (910m) approximately 40 minutes from our destination for the night - Perry Saddle Hut (a distance of 17 km - 6 hours). From the hut there are spectacular views of the distant saw-toothed Douglas Range and the Dragon's Teeth.

Day 2 Perry Saddle Hut to Saxon Hut

Entering the Gouland Downs.

An easy day of flat to undulating walking. First through kamahi-beech-quintinia forest, then across the rolling tussock grass lands of the Gouland Downs - a peneplain. We stop at the historic Gouland Downs Hut for lunch, then continue through the 'Enchanted Forest'. This is a limestone remnant with beech forest. On across the Downs, we walk through more magic forest with Dracophyllum traversii and D. townsonii. Our destination, Saxon Hut, is situated in tussock country. (A distance of 13 km - approx. 3 1/2 hours walking time, but we will be taking most of the day observing things along the way).





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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.

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

Day 3 Saxon Hut to Lewis Hut

The lush forest opens to a distant view of the Heaphy River mouth. This day may be done in two sections or an overnight option at Mackay is possible. Check with your guide as to your route.

In the morning we leave the Gouland Downs, and gently wind our way up and over to the edge of the Mackay Downs, then onto the Mackay Hut for our lunch break. Here we have glimpses of the Tasman Sea and tomorrow's destination at the Heaphy mouth.

If you are overnighting at Mackay, a visit to the 'tops' above the hut is an afternoon option. Expansive and panoramic vistas around the mountains and out to the Tasman Sea may be viewed.

If continuing to Lewis Hut today, we encounter a different flora habitat once again, with the banks along the track covered with mosses and a huge diversity of other plants. The geology changes to granite country with wonderful outcrops. We descend to the Heaphy valley floor. The track winds gradually down through ever changing forest with new species being added constantly, until the first nikau palm appears and the forest takes on a jungle-like appearance. The Lewis Hut is situated on the confluence of the Heaphy and Lewis Rivers. From Saxon Hut to Lewis Hut is 24 km, approx. 7 - 8 hours.

Day 4 Lewis Hut to Heaphy Hut

On the way to Lewis Hut we encounter a different flora habitat once again, with the banks along the track covered with mosses and a huge diversity of other plants. The geology changes to granite country with wonderful outcrops. We descend to the Heaphy valley floor, as the track winds gradually down through ever changing forest with new species being added constantly, until the first nikau palm appears and the forest takes on a jungle like appearance. The Lewis Hut is situated on the confluence of the Heaphy and Lewis Rivers.

From Lewis Hut, the Heaphy River approaches the West Coast of New Zealand. Only an 8 km - 2 1/2 hours walking. But a longer time may be taken as there is so much to see. After crossing the Heaphy swing bridge, the mixed lowland rainforest flora and the limestone outcrops cannot be rushed. There is little of this forest type left in New Zealand. We follow the river all the way to the mouth, arriving at Heaphy Hut.





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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

itinerary cont'd

Day 5 Heaphy Hut to Karamea

For the entire day the track hugs the coast and goes in and out of nikau and karaka groves beside pounding surf beaches. We stop for a picnic lunch en route to our finish at Kohaihai. There is magnificent scenery all the way (16 km., 5 - 6 hours). Dinner is at your cost this evening.

Day 6 Karamea to Nelson

On the morning of day 6 we will leave Karamea in our own transport at approx. 9am for the 5 1/2 hour scenic drive to Motueka or Nelson. This route will take you down the Northern West Coast to Westport, then through the picturesque Buller Gorge. We will be stopping en route at Murchison for a light lunch. Arrival time in Nelson will be approx. 3 to 3:30pm, so it is advisable not to book a flight out of Nelson until after 4:30pm in the event of unforeseen circumstances delaying our return.

Any excess luggage left behind in Motueka whilst you are on the track, will be awaiting you at the Karamea Hotel, where we finish the walk.





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pre and post tour accommodation

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

Contact us at

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



what's not included

- 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 and accommodation in Motueka and dinner in Karamea

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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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.

GEAR LIST FOR THE HEAPHY TRACK

This is a checklist based on New Zealand conditions with overnight stays in huts. Please feel free to check with us if you are not sure about any of these items, or wonder about bringing additional items not listed here.

Essential personal gear

- Sleeping bag (lightweight bag and liner recommended; huts have bunks and mattresses)
- Pack (large enough for gear listed below plus a modest share of food **on specified trips only**)
- Rainproof pack cover
- Plastic pack liner
- Rain coat or waterproof parka
- Sun hat
- Warm hat and gloves
- Socks, woollen or thermal (3 pair)
- Tramping or hiking boots (good support needed)
- Light shoes for hut: sneakers, sandals or "water socks"
- Drink bottle (1 litre)
- Small torch (flashlight) and extra batteries
- Sunscreen
- Insect repellent
- Personal cleaning and hygiene kit (bio-degradable pack soap)
- Towel (pack towel or small regular towel)

Suggested clothing

Generally avoid cotton in favour of fast-dry synthetics and/or wool

- Tramping or hiking shorts (1 pair)
- Light track pants (e.g. nylon) (1 pair)
- Long johns (polypropylene (1 pair)
- T-shirt/short sleeve shirts (1 for walking, 1 dry for hut)
- Warm jersey or sweater (woollen or fleece)
- Underwear (2 or 3 pair)
- Gaiters (not essential)
- Pillow slip (to put spare clothing in for pillow)
- Swimming gear
- If you are a light sleeper, you may like to bring ear plugs

Please let us know if there is anything listed which you don't have; we may be able to help.

All of these items are also readily available from outdoor stores in Motueka and Nelson.





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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.



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!

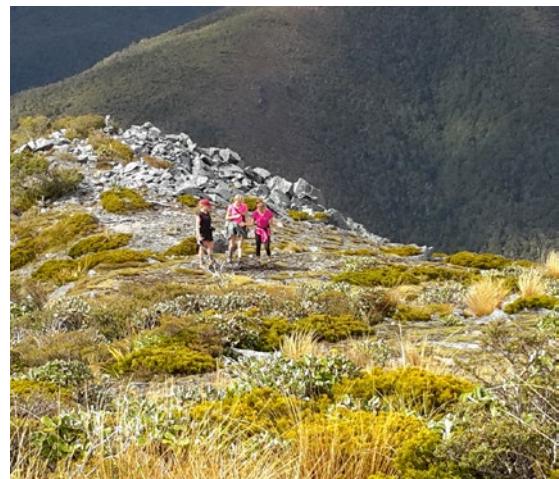
Go to www.tuataratours.co.nz and click the free subscription button.

how to book

Go to www.tuataratours.co.nz 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
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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 Heaphy Track

5 Days of Walking

Day 1 Day 2 Day 3 Day 4 Day 5

