

ABEL TASMAN NATIONAL PARK & GREAT TASTE CYCLE TRAIL

5-day / 4-night Easy to moderate multi-activity - self-guided cycling, guided walking & sea kayaking

There are few places in the world that the discerning would call an active holiday paradise. The far north of New Zealand's South Island and the Abel Tasman National Park in particular would be high on that holiday list.

Explore this delightful region with a couple of days of self-guided cycling from Nelson via Mapua to Motueka along the newly completed *Great Taste Bike Trail*. Beachside cycling, vineyards, quirky cafes and boutique breweries with beer and food to match are just part of the delights that await you. With its museums and galleries, the Nelson region is a renowned centre for alternative arts, crafts and life-style - it won't take you long to realise why and to slow down to a more contemplative pace in one of the sunniest parts of New Zealand.

Follow this up with a stay in the Abel Tasman National Park which offers a diverse landscape of native Beech and Podocarp rainforest, ancient fern-filled grottos, mountain streams cascading into clear pools, granite headlands fringing legendary golden beaches and crystal clear waters. With a mild climate year-round, this area is ideal for a walk through native forest or a relaxing sea kayak along the coast.

Enjoy a private beachfront lodge for a gourmet meal, fine wine and good company. Stay out late, gazing at the stars, then retire to your own room, let the waves soothe you to sleep at the end of a day that can be as relaxing or adventurous as you like. Join your local guides for easy coastal walking along well-made trails through native forests; giving views of sculptured beaches of golden sand, clear glistening bays of sunshine and silence.

See a different perspective of the Abel Tasman National Park with sea-kayaking along the coast and along the shoreline. And when conditions permit, visit the seal colony at Tonga Island where you can be entertained by the seal pups. Paddle past stunning rock formations & cliffs and discover secluded beaches only accessible by water. Ideal for experienced or beginners, sea kayaking trips are not suitable for children under 12 years.



Cost (twin share) from: \$2245* per adult (\$1910 per child 12-14 years) Single room supplement on request

* Prices in Australian dollars

Departs: Daily, October 2019 to April 2020
Minimum of 4 people required – ask for details. Maximum group size is 14

Included: Self-guided Cycling section: 2 nights quality accommodation with ensuite, including breakfast, tour briefing, bike hire, luggage transfers, route notes & maps, Mapua ferry ticket, emergency support.

Guided Walking & Sea Kayaking: Launch cruise from Kaiteriteri, Departure launch cruise/transfer back to Nelson, 2 nights twin-share lodge accommodation with ensuite, all bedding and towels at the lodges, all meals from lunch on first to lunch on last day, experienced guide and lodge support staff, use of daypack, overnight bag and daily luggage transfers, use of sea-kayaking equipment (on kayaking trips), use of canoes at lodges

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1: Nelson - Mapua

cycling @ 22km

Start with a shuttle transfer from Nelson city or airport to meet with our cycle specialists at 9.00am for a pre-ride briefing and to make any adjustments to suit your needs. Head off on the *Great Taste Trail* taking in the highlights including a sealed track for beach-side cycling, and a plethora of cafés, vineyards with wine tasting and boutique breweries with beer and food to match, as well as inspiring arts and crafts.

Around lunch time cross the Mapua estuary from Rabbit Island to Mapua Wharf where you can relax and explore the vibrant Mapua community including cafés, restaurants, museums and galleries.

Plan to arrive by 4.00pm at your Mapua accommodation. Dinner is at your own arrangement and you are free to choose casual or fine dining on the wharf or on the beach, or be social and relaxed at a boutique bar.

Day 2: Mapua - Motueka

cycling @ 26km

After breakfast, cycle past orchards, vineyards and market gardens set in rolling hills with panoramic coastal views. With lunch at your own arrangement, you can decide between quirky cafés, restaurants and bars featuring different life-style choices and scenery as well as local arts and crafts. If you want to make a detour to Kina Peninsula (approximately 5km) there are more arts and crafts and vineyards to discover. The coastal scenery includes the Motueka foreshore and the picturesque Raumanuka Reserve and sand spit.

Once in Motueka overnight *lodge luggage bags* will be delivered to your accommodation, so you can pack what you need for the following two nights in the Abel Tasman National Park. Dinner is at your own arrangement tonight - choose from one of the many cafés or restaurants in Motueka.

Day 3: Motueka – Kaiteriteri - Awaroa

cycling @ 18km, walking @ 2 hours 7km

After breakfast in Motueka, continue on the *Great Taste Trail* passing tidal inlets, orchards, cafés and a boutique brewery in the rural town of Riwaka, then take the *Easy Rider* trail through the native forest of Kaiteriteri's mountain bike park to the golden sands of Kaiteriteri, where you leave your bike.

At 12.30pm meet our guide and board the launch to Totaranui, enjoying lunch as you cruise the Abel Tasman Coast and into the National Park coastline. Hot drinks, covered or open deck areas and bathroom facilities are available on board.

At Totaranui, you can relax on the beach or take a walk through the lush rainforest on the Pukatea Loop (approx 1.5 hours). Walk south along a well-marked trail for approximately 2 hours to the fascinating Awaroa estuary, through rainforest with magnificent specimens of Nikau Palm and Rata fringing idyllic sandy coves. Cross the Awaroa estuary for the overnight stay on the beachfront at Meadowbank Homestead.

Day 4: Awaroa - Torrent Bay

walking @ 1.5 hours 4km, kayak @ 4 hours 10km

Take breakfast overlooking the gardens of Meadowbank Homestead, watching the movement of the tides over golden sands. Depart Awaroa after breakfast for the scenic walk over the Tonga Saddle to Onetahuti.

Our kayaking guide will help you fit into suitable craft with a life-jacket, helmet and paddle for training and a safety brief. Weather permitting, there's the opportunity to visit the Seal Colony on Tonga Island where New Zealand fur seals breed. It's often possible to spot new-born pups here in December and January. Enjoy the sensation of paddling through the clear turquoise waters of the Park as we cruise past Tonga Quarry and the Tonga Arches, where your guide will explain the history of this granite area, pointing out some of the unusual natural features and relics from the historic quarry.

Midday, stop for lunch at sheltered Bark Bay, with time to explore, swim or relax on the golden sand. After lunch, we continue beach hopping along the coast with picture-postcard views, including the Falls River and Frenchman's Bay. At around 4.30pm paddle into Torrent Bay to be welcomed with refreshments and a hot shower in your ensuite room at the beachside lodge.

Day 5: Torrent Bay – Nelson

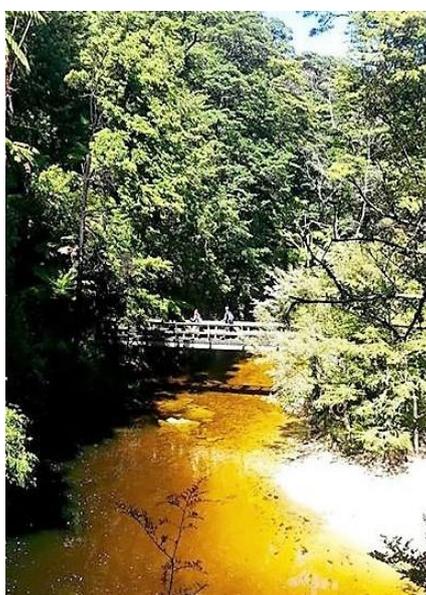
kayak @ 4.5 hours 12km

Wake up to the golden sands of Torrent Bay and perhaps take a stroll along the beach or forest trail before a home-cooked breakfast. Leave Torrent Bay by kayak and glide southwards along the coast, to the pristine bays and beaches named by French Explorer, Dumont D'Urville in 1827. Paddle the idyllic waters of Te Pukatea Bay. In the sheltered Astrolabe Roadstead, paddle along the picturesque coast of Adele Island - now a predator-free sanctuary ringing with birdsong.

If the wind is with you, your guide will help you hoist a specially designed sail so you can ride the sea breeze.

We stop for lunch and a rest at any one of the bays, before we continue our journey to Kaiteriteri beach, where the bus will be waiting to meet you for the journey to Nelson arriving at around 5.30pm, where your tour ends.

Note: On some departures this itinerary may operate in reverse. Kayaking or walking each day is optional.



Outdoor Travel offers a wide range of guided walking experiences in New Zealand including **Milford Sound Track, Routeburn Walk, Grand Traverse, Hollyford Track, Akaroa Walk** and **Queen Charlotte Walk**. We offer guided or self-guided walks in most destinations in Europe including France, Italy, Spain, England, Scotland or Wales, Croatia, Greece, Turkey, Austria, Germany or Switzerland. For those interested in pilgrimage trails we also offer the Way of St James, the **Camino de Santiago**.

Contact Outdoor Travel for more itinerary details and to make your reservation:

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