

ABEL TASMAN NATIONAL PARK

3 or 5-day easy to moderate wilderness guided walking or kayaking with quality lodge accommodation

The Abel Tasman National Park, in a gloriously sunny corner of New Zealand, comprises a 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. This extraordinary Park provides habitats for a plethora of wildlife including forest and sea birds, dolphins and a breeding seal colony on Tonga Island.

With a year round mild climate, enjoy a walk through native forest or sea kayak the coast. Wander the golden sand beaches or paddle in a pristine clear water estuary. Come home to one of our private beachfront lodges 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.



Guided Walking: This easy coastal walk along well-made trails takes you through native forests; giving views of sculptured beaches of golden sand and clear glistening bays full of sunshine and silence.

Tour Cost (per person)	Low Season	High Season	Child (8-14years)	Single Supplement
3 days / 2 nights	\$1310*	\$1455	\$1020	\$415 (Low) \$765 (High)
5 days / 4 nights	\$1935*	\$2055	\$1440	\$610 (Low) \$1080 (High)

Guided Sea Kayaking & Walking: See a different perspective along the coast and along the shoreline and perhaps visit the seal colony at Tonga Island to be entertained by the seal pups. Paddle past stunning rock formations and towering cliffs, discover secluded beaches only accessible by water. Tour is suitable for experienced sea-kayakers or beginners as long as you are a proficient swimmer (kayaking tuition is given).

Tour Cost (per person)	Low Season	High Season	Child (12-14years)	Single Supplement
3 days / 2 nights	\$1435*	\$1580	\$1245	\$455 (Low) \$830 (High)
5 days / 4 nights	\$2070*	\$2195	\$1700	\$655 (Low) \$1155 (High)

* Prices in Australian dollars

Departs: **5-days / 4-nights:** Tuesday & Friday (November – March), Friday (April to October),
3-days / 2-nights: Monday, Wednesday, Friday, Saturday & Sunday, year round
Maximum group size is 26 (exclusive charters available), minimum of 4 people – ask for details.

Seasons: **Low Season:** 1st – 31st October 2019, 20th – 31st January 2020, 1st – 30th April 2020
High Season: 1st November 2019 – 19th January 2020, 1st February – 31st March 2020
Winter departures are also available on request from 1st May - 30th September

Guided Holidays include: Return coach transfers/launch cruise from Nelson or Motueka, 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 / Motueka to Awaroa via Totaranui

Approximate walking time: 3.5 - 4 hours (8-10km) depending on options

Pick up Nelson (10.30am, except on Wednesdays which is at 7.30am) or Motueka (11.50am, except on Wednesdays which is at 8.50am) and last-minute luggage organisation at our Motueka office. Our motor launch departs Kaiteriteri for a leisurely cruise along the National Park coastline. Hot drinks, covered or open deck areas and bathroom facilities on board. When you arrive at Totaranui, you can relax on the beach or take a walk through the lush, untouched rainforest on the Pukatea Loop (@ 1.5 hours). Walk south @ 2 hours from Totaranui to the fascinating Awaroa estuary, through rainforest with magnificent specimens of Nikau Palm and Rata fringing idyllic sandy coves. Cross the Awaroa estuary and be introduced to its fascinating history. Spend the night on the beachfront at Meadowbank Homestead - Awaroa.

Day 2: Explore Awaroa

Approximate times for walks is up to 4 hours, Optional kayaking up to 2 hours (tides permitting)

Let your guide plan your day as active or relaxed as you wish. Perhaps explore the largest tidal estuary in Abel Tasman National Park on foot or by kayak (tides permitting), visit early European and pre-European historical sites, unwind on the beach. Relax and enjoy the comforts of Meadowbank Homestead - Awaroa.

Day 3: Awaroa to Torrent Bay

Approximate walking time is 6-7 hours (18km),

Depart Awaroa to walk over the Tonga Saddle to Onetahuti and relax on the golden sand beach. Stop for lunch at Bark Bay and take time out to relax, explore, swim or sunbathe on the golden sand. In the afternoon, enjoy a succession of magnificent views of headlands, estuaries and beaches, walking through native forest and crossing the swing bridge at Falls River. Continue on to Torrent Bay Lodge on the beachfront.

Day 4: Explore Torrent Bay

Optional walking and canoeing (tide dependent) is up to 5 hours, (10km)

A day of choices, options include: a walk through breathtaking first generation forest, up to the waterfalls on Falls River; canoe in the estuary and visit the peaceful grotto of Cleopatra's Pool (tides permitting); walk to the protected golden beaches of Anchorage and Te Pukatea and visit historic Maori sites at Pitt Head.

Day 5: Torrent Bay to Motueka/Nelson

Approximate times: Walk Torrent Bay to Marahau - 4 hours (13km)

Well-graded final section of Abel Tasman coast track, rediscover the pristine bays and beaches named by French Explorer, Dumont D'Urville in 1827. Stop for lunch at any one of the bays, and then walk the last leg to Marahau. Our coach meets you to return to Motueka (4.30pm) or Nelson (5.30pm).

Note: The direction of the Guided Walk may be reversed on some departures. Walking each day is optional.

Outdoor Travel offer a wide range of guided walking experiences in New Zealand including the **Milford Track**, **Routeburn Walk**, Grand Traverse, **Hollyford Track**, Queen Charlotte Walk, and **Tongariro Crossing**. In Europe walks available in most destinations including France, Italy, Spain, UK, Germany and Switzerland

Contact Outdoor Travel direct for more details and reservations: Contact OUTDOOR TRAVEL for a brochure, full details and for reservations:

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