

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.

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. The 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) in AUD		3 days / 2 nights	5 days / 4 nights
Departures		Monday, Wednesday, Friday, Saturday, Sunday	Tuesday (Friday for minimum of 4 people)
Guided Walking	Low Season	\$1,635	\$2,625
	High Season	\$1,735	\$2,825
	Child (8-14years)	\$1,240	\$1,980
	Single Supplement	\$490 (Low) \$865 (High)	\$790 (Low) \$1410 (High)
Guided Sea Kayaking & Walking	Low Season	\$1,785	\$2,775
	High Season	\$1,885	\$2,875
	Child (12-14years)	\$1,410	\$2,130
	Single Supplement	\$535 (Low) \$940 (High)	\$830 (Low) \$1435 (High)

Maximum group size is 26, minimum of 4 people – ask for details. Costs are in Australian dollars.

Seasons: **Low Season:** 1 Sep – 31 October 2024, 1 - 30 April 2025

High Season: 1 November 2024 – 31 March 2025

Winter departures are also available on request from 1 May – 31 August

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 the first day to lunch on the 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



Suggested itinerary – Guided Sea Kayaking and Walking:

Day 1: Nelson / Motueka to Awaroa via Totaranui

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

Pick up Nelson (10.15am from October to March, 7.00am during the rest of the year and on all Wednesdays) or Motueka (11.15am from October to March, 8.15am during the rest of the year and on all Wednesdays). Meet your guide for a welcome briefing and last-minute luggage organisation at our Motueka office before heading to Kaiteriteri. From here you board the motor launch for a leisurely cruise along the National Park coastline, with 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 (approximately 1.5 hours). Head south for about 2 hours from Totaranui to the fascinating Awaroa estuary. Walk 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 walking time 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 or unwind on the beach. Relax and enjoy the comforts of Meadowbank Homestead - Awaroa.

Day 3: Awaroa to Torrent Bay

Approximate walking time is 1.5 - 2 hours (7km). Kayaking 4 hours (10km)

Depart Awaroa to walk over the Tonga Saddle to Onetahuti and relax on the golden sand beach. After a safety briefing, you'll paddle to the Tonga Island Marine Reserve and on to the fur seal colony (weather permitting). After lunch at Bark Bay with time to relax, explore, swim, or sunbathe, you'll continue paddling and beach hopping along the coast with views including the beautiful Falls River and Frenchman's Bay. Continue to Torrent Bay Lodge, home for the night, right 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 or just relax.

Day 5: Torrent Bay to Kaiteriteri/Motueka/Nelson

Approximate kayak time: 4.5 hours (12km)

Sea kayak from Torrent Bay heading south along the coast taking in the pristine bays and beaches and the predator-free wildlife sanctuary of Adele Island. Stop for lunch at a sheltered cove and continue through azure waters to Kaiteriteri. Our coach meets you to return to Motueka (4.00pm) or Nelson (5.30pm – 6.00pm).

Note: Some elements may change due to tides and weather. Walking and kayaking each day is optional. Your party can take different tours at the same time if some of you prefer a walking tour and others wish to book the walking/kayaking trip.

Contact OUTDOOR TRAVEL for a brochure, full details and for reservations:

- Call: Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia

Suggested itinerary – Guided Walking:

Day 1: Nelson / Motueka to Awaroa via Totaranui

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

Pick up Nelson (10.15am from October to March, 7.00am during the rest of the year and on all Wednesdays) or Motueka (11.15am from October to March, 8.15am during the rest of the year and on all Wednesdays). Meet your guide for a welcome briefing and last-minute luggage organisation at our Motueka office before heading to Kaiteriteri. From here board the motor launch for a leisurely cruise along the National Park coastline, with hot drinks, covered or open deck areas and bathroom facilities on board. On arrival at Totaranui, you can relax on the beach or take a walk through the lush, untouched rainforest on the Pukatea Loop (approximately 1.5 hours). Head south for about 2 hours from Totaranui to the fascinating Awaroa estuary. Walk 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. Overnight on the beachfront at Meadowbank Homestead - Awaroa.

Day 2: Explore Awaroa

Approximate walking time 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 or 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 (20km)

Depart Awaroa to walk over the Tonga Saddle to Onetahuti along the waterfall trail with views to the cascades as you descend to Bark Bay for lunch. 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 to Torrent Bay Lodge on the beachfront.

Day 4: Explore Torrent Bay

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

Choices today include relaxing at the lodge or taking 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); walking to the protected golden beaches of Anchorage and Te Pukatea and visiting historic Maori sites at Pitt Head.

Day 5: Torrent Bay to Motueka/Nelson

Approximate times: Walk Torrent Bay to Marahau – 4-5 hours (13-16km)

On the 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 (4.00pm) or Nelson (5.30pm – 6.00pm).

Note: On some departures, the itinerary may operate in reverse.



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

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