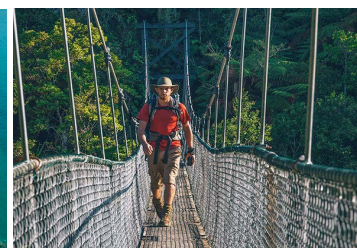
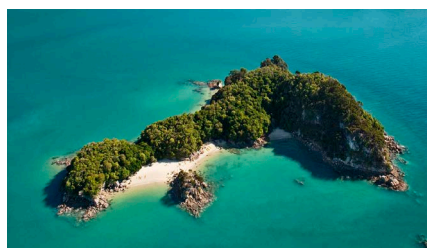




ABEL TASMAN 5 DAY HIKE

ITINERARY



Experience the world-famous Abel Tasman National Park in style, where gentle beech forests give way to golden sands and glistening water. Enjoy three days of walking the Coast Track and two “free” days at beachfront lodges exploring.

The Abel Tasman Track is rated as one of New Zealand's Great Walks and this tour is the most relaxing way to experience all the Abel Tasman National Park has to offer, including a scenic cruise along the coastline.

LENGTH	5 days
GRADE	B - Average of 4-5 hrs physical activity per day
START	Pick from your hotel / airport in Nelson from 10:15am (from *7.00am) or Motueka from 11:15am (from *8.15am). If you are self-driving please meet at 409 High St, Motueka by 11.30am (*8.30am) *Early times apply to Wednesday departures and all trips between (1 Sep-30 Sept and 1-30 April)
FINISH	Motueka at 4:30pm or Nelson at 6:00pm (approx)
DEPARTURES	September 2025: 2, 9, 16, 23, 30 October 2025: 7, 14, 21, 28 November 2025: 4, 11, 18, 25 December 2025: 2, 9, 16, 23, 30 January 2026: 6, 13, 20, 27 February 2026: 3, 10, 17, 24 March 2026: 3, 10, 17, 24, 31 April 2026: 7, 14, 21, 28 May to August: On request (minimum numbers required; please contact us to book)
PRICE	1 Jul 2025 - 30 Jun 2026 5 Day Adult NZD \$2,990 5 Day Child NZD \$2,090 Shoulder season rates apply: September, October and April (save NZ\$100 per person) Single room supplement: additional 50% of the trip price (or 30% in the shoulder season)

“WALK, KAYAK OR BOAT WITH AN INSIDER PERSPECTIVE”

Super well organised, perfectly located and appointed accommodation and the best guides each with their personal insights and connections. We had never been on an organised tour let alone hike or kayak trip so were a bit unsure but It could not have been a better experience. Each day we had flexible itinerary options, food and luggage were taken care of and all we had to do was enjoy the stunning environment. The walking and kayaking was easy enough - we certainly weren't super fit but turned out we were fit enough.

~ Dianegae - April, **Trip Advisor**

“THE GUIDES WERE VERY HELPFUL AND PROFESSIONAL”

A great way to see this beautiful National Park... our guides were knowledgeable, safety conscious, willing to make everyone's journey unique and above all happy and friendly. The accomodation complemented the trip with sustainability a priority. The food abundant and way too good to resist. Lots of surprises on our adventure along with beautiful scenery and wild life... a top 10 on my list!

~Pip, February, **Trip Advisor**

ITINERARY



DAY 1 NELSON/MOTUEKA TO AWAROA

7 km/2.5 hours hiking plus tidal crossing

You will have time for last-minute luggage organisation and a welcome briefing at the Motueka office. The launch departs Kaiteriteri for a leisurely cruise along the National Park coastline. You can enjoy hot drinks on covered or open deck areas and there are bathroom facilities on board. When you arrive at Totaranui, you can relax on the beach or walk north to Anapai Bay (or further if you are energetic). Walk south approximately 2.5 hours from Totaranui to Meadowbank Homestead - Awaroa, through rainforest with magnificent specimens of Nikau palm and rata. Cross the Awaroa estuary and be introduced to its fascinating history. Tonight you stay at the beachfront guesthouse at Awaroa - Meadowbank Homestead.



DAY 2 EXPLORE AWAROA

Wake up to a home-cooked breakfast and sweeping views across Awaroa inlet, the largest tidal estuary in Abel Tasman National Park. Enjoy the comfortable surroundings of the lodge and perhaps a coffee on the verandah watching the movement of the tides over golden sand. Then, let your guide design your day to be as active or relaxed as you wish with another night at Meadowbank Homestead - Awaroa.

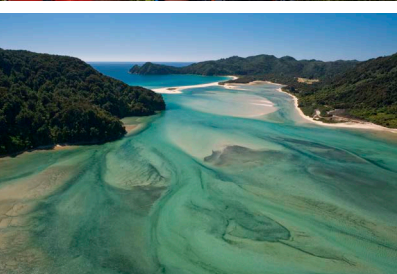
Options include: Explore Awaroa estuary on foot or by kayak (tide permitting), visit European and pre European historical sites, unwind on the beach or enjoy the comforts of Meadowbank Homestead.



DAY 3 AWAROA TO TORRENT BAY

17km/7 hours hiking

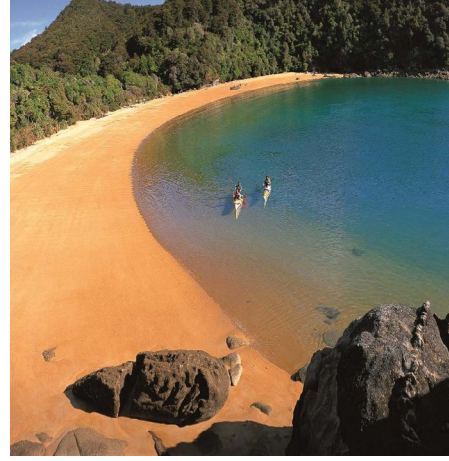
This morning you depart Awaroa to walk over the Tonga Saddle to Onetahuti. Relax on the golden sand beach flanked by impressive granite headlands. Visit Tonga Quarry historic site. The lunch stop at midday is at Bark Bay, where you can relax, explore, swim or sunbathe on the golden sand beach. In the 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. If you're not feeling energetic, your Guide will arrange for a boat ride so can choose the amount of walking to suit.



DAY 4 EXPLORE TORRENT BAY

A day of choices! Let your Guide plan a day to be as adventurous or relaxing as you like with another night at Torrent Bay Lodge, right on the beach.

Options include: Walk through breathtaking first generation forest, up to the waterfalls on Falls River, canoe or walk around the estuary and visit the peaceful grotto of Cleopatra's Pool, walk to the golden expanse of Anchorage beach and picturesque Te Pukatea Cove or relax on the beach at Torrent Bay.



DAY 5 TORRENT BAY TO KAITERITERI

13-16km/4-5 hours hiking (depending on tides)

The well-graded track provides lovely views of the bays as you follow the coastline. Rediscover the pristine bays and beaches named by French Explorer, Du'mont Durville in 1827. You may stop for lunch at any one of the bays, and then walk the last leg to Marahau, where a coach awaits to return you to Motueka or Nelson. For less walking time you can join the Vista Cruise at Torrent Bay, Anchorage or Apple Tree Bay to cruise to Kaiteriteri.

Alternative Options: Three day option includes Day 1, 3 & 5 of the above itinerary, staying one night at each lodge. Contact us for dates and prices for 2 day Walk and 2 day Kayak and Walk.



"TOP 10 ON MY LIST"

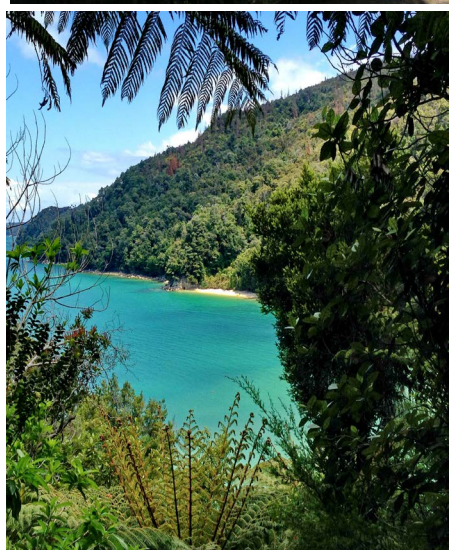
A great way to see this beautiful National Park... our guides were knowledgeable, safety conscious, willing to make everyone's journey unique and above all happy and friendly. The accomodation complemented the trip with sustainability a priority. The food abundant and way too good to resist. Lots of surprises on our adventure along with beautiful scenery and wild life... a top 10 on my list!

~ Pip - February, Trip Advisor

"SUPER WELL ORGANISED"

Super well organised, perfectly located and appointed accommodation and the best guides each with their personal insights and connections. We had never been on an organised tour let alone hike or kayak trip so were a bit unsure but It could not have been a better experience. Each day we had flexible itinerary options, food and luggage were taken care of and all we had to do was enjoy the stunning environment. The walking and kayaking was easy enough - we certainly weren't super fit but turned out we were fit enough. The 5 day option is a great itinerary, two nights in each of the lodges, with plenty of time to actively enjoy or hang out.

~ Dianegae - April, Trip Advisor



LIFE ON THE GREAT WALK

GRADE B

- Average of 4-5 hrs physical activity per day.
- At times carrying small backpack of 4-5kgs.
- Tracks generally in good condition.
- Altitude gains of up to 600m on harder days.
- No hiking experience necessary. Reasonable standard of fitness required.

Keep in mind that walking each day is optional. You are welcome to travel on any of the scheduled ferry services. Please discuss this option with your guide prior to each day's departure. This flexibility is perfect for couples or groups that want to visit the park, some preferring to walk, and others to take the boat between lodges.



GUIDES AND SAFETY

All Abel Tasman guides must have current First Aid qualifications and Sea Kayak guides hold a New Zealand recognised sea kayaking qualification. Each guide brings his or her unique personality and history to the job.

FOOD

From morning tea on Day 1 to lunch on your final day, all meals are included: full breakfast, morning and afternoon tea, packed lunch and three course dinners. Local beers and wines are available to purchase at the lodge (a bar tab is run for you, so there is no need to carry cash).



TRANSPORT

You will be picked up at your accommodation in either Nelson or Motueka and driven by coach to the start of the hike or launch cruise (either Marahau or Kaiteriteri) and be returned to your accommodation at the end of your hike. It is possible to leave your own vehicle at the Motueka office. While on the Abel Tasman Track, there is an option to take a launch to your next stop. The boat pick ups are from the beach front and you will get wet feet.



ACCOMMODATION

Accommodation is in the park's only beachfront lodges, providing twin room accommodation with ensuites (each lodge has 13 twin rooms). Sitting on the edge of a golden beach, Torrent Bay Lodge has been the Wilson family (your hosts) holiday home for over 30 years. Their home has been continually extended and remodelled to be shared with visitors. The latest upgrade provides private rooms, each with its own ensuite bathroom, for 26 travellers. This realises a dream of 20 years - to provide one of New Zealand's best outdoor experiences.



ActiveEarthAdventures.com | HikingNewZealand.com

PO Box 331, Rangiora 7440, New Zealand Email: info@hikingnewzealand.com

NZ: 0800 697 232 - Australia: 1800 141 242 - USA: 1 844 681 4351

Rest of World: +64 3 310 8188

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HIKING
New Zealand

LIFE ON THE GREAT WALK

In 1884 William Hadfield built the original two-storeyed home, Meadowbank, on the best site in the bay in order to catch the stunning panoramic views and the all-year-round sun. One hundred and ten years later, his great-granddaughter, Lyn Wilson, and her family built a replica homestead on the same site. It is set amongst the original camellia and rhododendron trees, which were brought from England as a memory of a homeland left behind. The character of Meadowbank has been brought back to life through the extensive use of period windows, doors and timbers, yet all the conveniences of today have been included. Meadowbank Homestead - Awaroa is filled with memories of the earlier homestead, Meadowbank. Thirteen comfortable twin rooms with ensuites have been named after William, Adele and their children, and features photographs of them as they grew up.

Pre- and post-track accommodation is required in Nelson or Motueka. We can book this for you or you can book yourself.



ADDITIONAL COSTS

Local beer and wine are available to purchase at the lodges. You might choose to bring a small amount of cash or the lodges do have card payment facilities available. There may be time to visit a local bar or cafe on the edge of the National Park at the end of your trip. You will need a small amount of money if you wish to buy anything there. Tea and coffee on board the Vista Cruise is free of charge for overnight guests. Soft drinks are available to purchase on board.

Children's rates apply to 8-14 years inclusive, under 8 years' rate on application.

Minimum age for kayaking is 12 years.

Specialised itineraries for families with children under 12yrs are available.

Single travellers sharing a room will be of the same gender only.

Maximum of 26 clients per departure.

Single room supplement:

Standard season is an additional 50% of the standard season prices.

Shoulder season is an additional 30% of the shoulder season prices.

BOOKING CONDITIONS

The operator reserves the right to alter, amend or cancel any tour should the weather or any other situation demand this.

The operator finalise all tour arrangements upon the express condition that they will not be liable for any injury, damage, loss, accident, delay or irregularity which may be occasioned, either by reason of weather, or any defect in vehicle, vessel or aircraft or though the acts or defaults of any company or persons engaged in conveying passengers or in carrying out the arrangements of the tour.

Payment

For bookings four or more months before the departure, a 25% deposit can be paid with the remainder due 95 days before your trip. For bookings within four months of the departure, full payment is required.

Cancellations

Over 90 days, refund less \$200 deposit per person, or change travel date for no additional cost but seasonal rate increases will apply.

89 - 60 days: 50% refund of full ticket price

59 - 0 days: no refund*

*The operator will endeavour to resell the trip space and may be able to then provide a refund. Note, no part of the cancelled party's cancellation fee can be used to supplement any further payment required of the remaining party members. No refund on any portion of a Guided package can be made after departure of tour.

Travel Insurance

It is suggested that clients take out comprehensive travel insurance.

Notes

This trip is run in conjunction with another operator.

PACKING LIST

One of the highlights of this holiday is that the bulk of your luggage carried by boat. You walk with only your lunch and personal requirements for the day.

DAY REQUIREMENTS

- Daypack (minimum 30 litres with plastic liner to keep everything dry)
- Sunscreen, sun hat and sunglasses
- Insect repellent (sandflies like foreign blood)
- Hand steriliser (please no wipes)
- Handkerchiefs (please no tissues)
- Camera and film, memory sticks
- All medical supplies (please carry in your day pack)
- Sports sandals (with strap or water boots) which will get wet
- Comfortable, sturdy walking shoes
- Swimming wear and towel
- Raincoat (goretex or similar)

SUPPLIED

- All food
- All linen (bedding and towels) at the lodges
- 750 ml water bottles
- Waterproof plastic liners for bags
- Lodge luggage bags to keep and day packs to borrow

OVERNIGHT REQUIREMENTS are transferred by boat. It is recommended the following items go in the Lodge luggage bag supplied for you to keep.

- Underwear, including socks and sleepwear
- Spare set of hiking clothes
- Casual evening clothes
- Flashlight/torch
- 1 pair shoes/slippers for inside the lodge
- Toilet and bathroom requirements
- Spare pair of Thermal top and bottom

All clothing should be put in waterproof plastic bags (which will be provided) for extra protection should it rain.

Your complimentary lodge luggage bags and plastic liners will be delivered to your Nelson or Motueka accommodation the night before departure if you let us know where you are staying.

On the morning of departure, you stop at the Motueka office where you can store any extra luggage and you can borrow a day pack if required.

