

active earth Adventures

HIKING New Zealand

ABEL TASMAN 5 DAY HIKE & KAYAK

ITINERARY





Spend five days walking and kayaking in Abel Tasman National Park on a guided journey that blends adventure with comfort.

Hike the Abel Tasman Coast Track through native forests, over granite headlands, and along the golden-sand beaches that make this trail famous. Kayak the crystal-clear waters, looking out for our native wildlife, and share in the camaraderie of this group experience. Enjoy two rest days at your leisure; with all the details taken care of, you can relax into the slower pace of life you'll find here.

Each evening welcomes you to a cosy beachfront lodge, complete with hot showers, al fresco dining, and a glass of wine. Your luggage is already there waiting for you; on this trip you walk with only a daypack. Abel Tasman National Park is more beautiful than you can imagine and this trip is a wonderful and comfortable way to experience it.

LENGTH	5 days
GRADE	B - Average of 4-5 hrs physical activity per day
START	*Shuttle: Nelson 8:00am or Motueka 9:00am *Self-driving: 9:00am - 409 High St, Motueka *Times apply to trips that depart on a Wednesday or during winter, and the itinerary is operated in reverse.
FINISH	Motueka at 4:30pm or Nelson at 6:00pm
DEPARTURES	October 2026: 6, 13, 20, 27 | November 2026: 3, 10, 17, 24 December 2026: 1, 8, 15, 22, 29 | January 2027: 5, 12, 19, 26 February 2027: 2, 9, 16, 23 | March 2027: 2, 9, 16, 23, 30 April 2027: 6, 13, 20, 27
PRICE	**Jul 2026 - 30 Jun 2027** Adult NZD $3,440.00 Single Supplement (optional) NZD $1,720.00 Child NZD $2,440.00

"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

Up to 7km (4.3 miles), 2.5 hours hiking, elevation +/- 100m (340 ft)

You'll be collected from Nelson or Motueka by complimentary shuttle and travel to the Motueka office for any last-minute luggage organisation or secure storage before continuing to Abel Tasman National Park. From Kaiteriteri, enjoy a relaxed coastal cruise with hot drinks available, covered and open deck seating, and onboard bathroom facilities. When you arrive at Totaranui, take time to relax on the beach or walk north to Anapai Bay, with the option to continue further if you're feeling energetic. Rejoin your guide and walk south for approximately two hours through native rainforest, passing impressive nīkau palms and rātā trees. Cross the Awaroa Estuary and learn about the area's rich history. This evening, stay at Meadowbank Homestead on the Awaroa beachfront. *Includes lunch and dinner.*

DAY 2 EXPLORE AWAROA

Enjoy a home-cooked breakfast and sweeping views across Awaroa Inlet, the largest tidal estuary in Abel Tasman National Park. Take in 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 help design your day to be as active or relaxed as you wish! Options include exploring the Awaroa estuary on for or by kayak (up to 2 hours, tide permitting), visit European and pre-European historical sites, simply unwind on the beach or enjoy the comforts of Meadowbank Homestead. Spend another night at the Meadowbank Homestead. *Includes breakfast, lunch and dinner.*

DAY 3 WALK TO TORRENT BAY

7 km (1.5 miles), 1.5 hours hiking, elevation +/- 85m (280 ft) and 10km (6 miles), 4 hours kayaking

After a home-cooked breakfast, depart Awaroa for the scenic walk over the forested Tonga Saddle to Onetahuti. Here, we will settle into our kayaks, with full training and safety brief from the guide (if you are travelling on your own, the guide will find a suitable paddling partner for you). Weather permitting, there is the opportunity to visit the Seal Colony on Tonga Island where Kekeno, New Zealand fur seals breed. It's often possible to spot new-born pups here in December and January. Enjoy paddling through the clear turquoise waters of the Abel Tasman National Park as we cruise past Tonga Quarry and the Tonga Arches, where our guide will explain the history of this granite area, pointing out some of the unusual natural features and relics from the historic quarry.

Stop for lunch at sheltered Bark Bay, where you can take time out to explore, swim or relax on the golden sand. After lunch, you continue your paddle, beach hopping along the coast with picture-postcard views, including the Falls River and Frenchman's Bay. Paddle into Torrent Bay to be welcomed with refreshments and a hot shower in your ensuite room. *Includes breakfast, lunch and dinner.*

DAY 4 EXPLORE TORRENT BAY

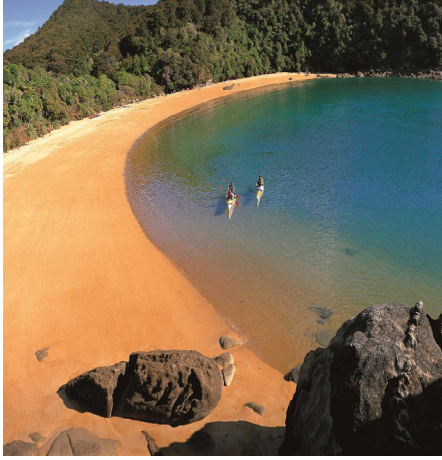
A day of choices! Plan another day with your guide that can be as adventurous or relaxing as you like with another night at Torrent Bay Lodge, right on the beach. You may like to walk through breathtaking first generation forest up to the waterfalls on Falls River, canoe or walk around the estuary and 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 and enjoy the comforts of the lodge. *Includes breakfast, lunch and dinner.*

DAY 5 SEA TORRENT BAY TO KAITERITERI

12km/4.5 hours kayaking

Wake up to morning light on the golden sands of Torrent Bay and perhaps a coffee on the deck before a hearty home-cooked breakfast to set you up for another day of scenic paddling on your guided kayak and walk trip.

Depart Torrent Bay by kayak, and glide southwards along the coast to discover 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'll stop for lunch and a rest at any one of the bays, before we continue our journey through azure waters to the famous Kaiteriteri beach, where we make our return journey to Motueka (4.00pm) or Nelson (5.30pm - 6.00pm).











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

A complimentary return shuttle is available from most Nelson or Motueka accommodation, or the airport, just let us know where you're staying and we'll arrange to have you collected the morning of your your departure, and returned after your trip. If you're driving, secure parking is available at the Motueka office.

While on the Abel Tasman Coastal Track, you may choose to take a water taxi onto the next lodge, this option departs from the beachfront so you can expect wet feet when boarding or disembarking.



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

active earth Adventures

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.

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 or kayak 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)

KAYAKERS:
Change of clothing including a warm sweater or polar fleece and thermals (even in summer). NO DENIM PLEASE! If you are kayaking, a dry-bag will be supplied for important items such as cameras. Spare clothes are placed in watertight hatches within the kayak. PLEASE DO NOT bring any expensive jewellery, watches, etc.

SUPPLIED

- ☐ All food
- ☐ All linen (bedding and towels) at the lodges
- ☐ Waterproof plastic liners for bags
- ☐ For kayakers, all technical and safety equipment, including stable double kayaks, water resistant paddling tops, buoyancy vests, dry 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
- ☐ Flashligh/torch
- ☐ 1 pair shoes/slippers for inside the lodge
- ☐ Toilet and bathroom requirements
- ☐ Spare pair of Thermal top and bottom (if not in kayak)

All clothing shouldl 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.