

ABEL TASMAN 3 DAY HIKE

ITINERARY





Spend three glorious days walking the Abel Tasman Coast Track on a guided journey that blends adventure with comfort. Hike well-formed tracks through native forests, over granite headlands, and along the golden-sand beaches that make Abel Tasman National Park famous. With all the details taken care of, you can relax into a slower pace of life. Swim in the crystal-clear waters, look out for native wildlife, and enjoy the camaraderie of this group experience. 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. One of New Zealand's Great Walks, the Abel Tasman is more beautiful than you can imagine. This trip is a wonderful and comfortable way to experience it. Prefer to kayak? We have options for this too.

LENGTH	3 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 *Early start times apply to trips that depart on a Wednesday or during winter, and the itinerary is operated in reverse.
FINISH	Motueka 4:30pm or Nelson 6.00pm
DEPARTURES	October 2026: 2, 3, 4, 5, 7, 9, 10, 11, 12, 14, 16, 17, 18, 19, 21, 23, 24, 25, 26, 28, 30, 31 November 2026: 1, 2, 4, 6, 7, 8, 9, 11, 13, 14, 15, 16, 18, 20, 21, 22, 23, 25, 27, 28, 29, 30 December 2026: 2, 4, 5, 6, 7, 9, 11, 12, 13, 14, 16, 18, 19, 20, 21, 23, 25, 26, 27, 28, 30 January 2027: 1, 2, 3, 4, 6, 8, 9, 10, 11, 13, 15, 16, 17, 18, 20, 22, 23, 24, 25, 27, 29, 30, 31 February 2027: 1, 3, 5, 6, 7, 8, 10, 12, 13, 14, 15, 17, 19, 20, 21, 22, 24, 26, 27, 28 March 2027: 1, 3, 5, 6, 7, 8, 10, 12, 13, 14, 15, 17, 19, 20, 21, 22, 24, 26, 27, 28, 29, 31 April 2027: 2, 4, 5, 6, 7, 9, 11, 12, 13, 14, 16, 18, 19, 20, 21, 23, 25, 26, 27, 28, 30
PRICE	**1 Jul 2026 - 30 Jun 2027** Adult NZD $1,995.00 Single Supplement (optional) NZD $997.50 Child NZD $1,395.00 Adult Kayak & Hike NZD $2,145.00 Kayak & Hike Single Supplement (optional) NZD $1,072.50 Child Kayak & Hike NZD $1,545.00

"WONDERFUL TRAMPING EXPERIENCE"

What a beautiful location! We had the pleasure of hiking in and around Abel Tasman for a few days. Our guide, Alex, was full of energy. She did a great job teaching us about the area and letting us explore. It is one of the most beautiful areas that we visited on the South Island. The beaches are pristine and you can swim if you'd like, it was cold when we were there. The lodges are welcoming and clean. I would recommend this trip and hike to anyone!

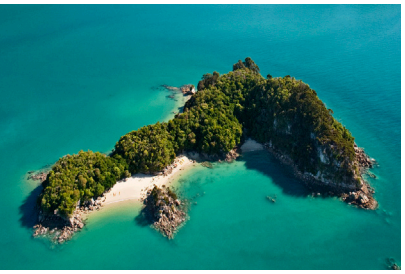
~ Rebecca - Washington, United States, April, **Trip Advisor**

"EXCELLENT WALK, SUPERBLY ORGANISED"

The whole three day walk with transfer transport, accommodation and food was excellent and was superbly organised by the company. Pre-visit planning was clear and accurate. We stayed at two lodges, ate hearty and tasty meals and enjoyed the days walking through the forest with regular glimpses of the sea and visits to largely crowd free beaches. Overall this was a super walk, in good company and within a wonderful environment.

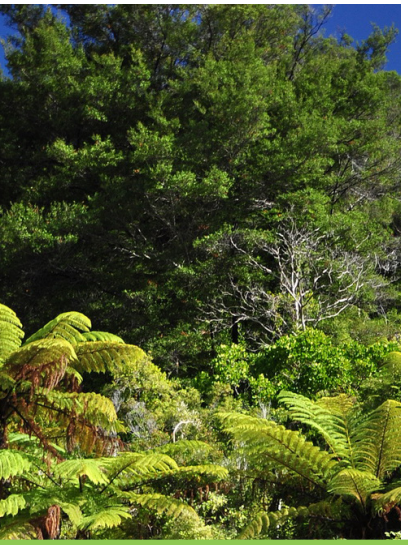
~ Graeme - Stockport, United Kingdom, April, **Trip Advisor**











ITINERARY (3 DAY GUIDED WALK)

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 on 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 and this evening, stay at Meadowbank Homestead on the Awaroa beachfront. *Includes lunch and dinner.*

DAY 2 AWAROA TO TORRENT BAY

Up to 20km (9.4 miles), 6 hours hiking, elevation +/- 310m (1020 ft)

This morning, we depart Awaroa to walk over the Tonga Saddle to Onetahuti. Enjoy the views of the golden sand beach flanked by impressive granite headlands, and the visit historic Tonga Quarry site. We stop for lunch at at Bark Bay, a great beach where you can relax, explore, swim or sunbathe on the golden sand. In the afternoon, enjoy a succession of magnificent views of headlands, estuaries and beaches. We'll walk through native forest and cross the swing bridge at Falls River and continue on to our next beachfront lodge at Torrent Bay. *Includes breakfast, lunch and dinner.*

DAY 3 TORRENT BAY TO KAITERITERI

Up to 16 km (10 miles), 4 - 5 hours hiking, elevation +/- 110m (360 ft)

The well-graded track provides lovely views of the bays as you follow the coastline on the last day of your guided walk. Rediscover the pristine bays and beaches named by French Explorer, Dumont D'Urville in 1827. We'll stop for lunch at one of the many bays, then walk the last leg to Marahau, where a coach awaits to return you to Motueka or Nelson. *Includes breakfast and lunch.*

ITINERARY (3 DAY GUIDED WALK & KAYAK)

DAY 1 NELSON/MOTUEKA TO AWAROA

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

You will have time for last-minute luggage organisation 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 two 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 WALK TO ONETAHUTI, SEA KAYAK TO TORRENT BAY

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

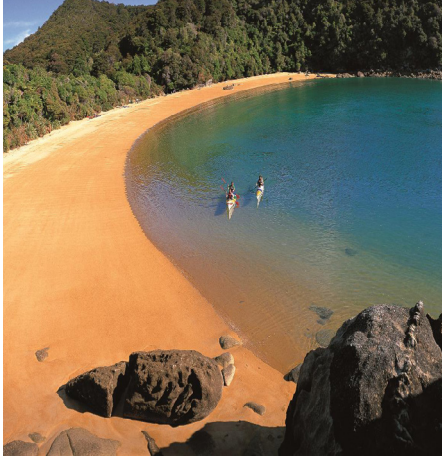
This morning you depart Awaroa for the scenic walk over the Tonga Saddle to Onetahuti. Here, your guide will settle you into your kayaks with full training and safety brief. (If you are a travelling on your own, your Guide will find a suitable paddling partner for you). Weather permitting, there's the 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 you 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, 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.

DAY 3 SEA KAYAK 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. Around 9.30 am you leave 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. You'll stop for lunch and a rest at any one of the bays, before you continue your journey through azure waters to the famous Kaiteriteri beach, where your driver will be waiting to meet you for the return journey to Motueka arriving at 4.30pm or arriving in Nelson at 5.30-6.00pm.

Alternative Options: Contact us for dates and prices for 5 day Walk and 5 day Kayak and Walk.











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HIKING New Zealand

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.



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.

Travel
This trip is run in conjunction with another operator.

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 in advance of the departure a 25% deposit can be paid with the remainder due 95 days prior to 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.

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 your Lodge luggage bag.

- ☐ 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 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.