

3 DAY KAYAK & WALK NORTH

DURATION: 3 days / 2 nights

CATERING: Self catered

AGE: 14+. There must be at least 1 adult for each person under 18

> WHAT TO BRING

Camp pass: Provided at check in.

Cooking equipment: If you plan to cook a hot meal ensure you bring a cooker and fuel as fires are only permitted in certain parts of the park, at certain times of the year. Pots, pans, utensils, cutlery, plates and cups will also come in handy.

Camping equipment: During the evening it can become quite cool in the park so please make sure you pack a tent, camping mat and a warm sleeping bag.

Kayaking clothes: You're bound to get wet when kayaking bring some quick drying clothes to paddle in. Shorts, t-shirt (long sleeves are preferable), warm top (wool/fleece), hat, sunglasses and walking shoes. Don't forget your swimsuit and a towel!

Campsite clothing: Warm campsite clothing is essential for the evenings. Long pants, t-shirt, long-sleeved shirt, warm top (wool/fleece), trainers and socks, sleeping clothing, rainproof jacket.

Personal items: Such as medication, toiletries, camera (with plenty of film or memory space!), personal drinking bottle, first aid kit, sunscreen and insect repellent.

Food: Be sure to bring enough food for your whole journey. We recommend purchasing this before you get to Marahau. Make sure you bring plenty of fresh water with you. Filtered water is available at our base and hut sites, and untreated water is available at the campsites.

1 DAY	2 DAY	3 DAY
Lunch	Breakfast	Breakfast
Dinner	Lunch	Lunch
Snacks	Dinner	Snacks
Water	Snacks	Snacks
	Water	Water

Examples:

Day 1: Fresh foods.

Day 2: Root vegetables/grains/cereals/vacuum packed meats.

Day 3: Dehydrated/tinned/packaged/packet meals.

Snacks: Fresh fruit, muesli bars, nuts and seeds, chocolate bars, crackers etc.

Tip: The kayak will keep fruit and vegetables fresh for a 2 – 3 day period, save the dehydrated food for the last few days of your trip! We advise that leafy greens (eg lettuce) need to be eaten day 1 – 2 and we advise against taking chicken.

We provide: Buoyancy vest, spray skirt, paddle jacket, paddle, safety emergency flares, water-proof map, water pump and a spare paddle. Additional items in the winter: wetsuits, wetsuit booties.

We have a full range of camping equipment for hire (subject to availability).

> SHOWCASES

Spend three days in the stunning Abel Tasman from Marahau to Totoranui and return.

2 DAYS KAYAK: MARAHAU – ONETAHUTI

1 DAY WALK: ONETAHUTI – TOTARANUI

Description:

- Start paddling at Marahau and finish at Onetahuti.
- Don't paddle the same coastline twice!
- 2 days of kayaking allows plenty of time to explore all the way up the Marine Reserve.
- Walk to the Northern taxi pick up point at Totoranui.
- Retrace your steps on the water taxi on your journey back to Marahau.

> ITINERARY*

DAY ONE

- 8.30am** Check in and start your kayak rental briefing. The briefing highlights areas of interest in the Abel Tasman National Park, weather forecasts and local conditions, hazards, safety and self rescue.
- 10.00am** On water assessment with guide.
- 10.30am** Continue on your own to explore the Abel Tasman.

Spend the night at Observation Beach, Te Pukatea Bay or Anchorage.

DAY TWO

- 3.30pm** Kayak pick up at Onetahuti.
- Spend the night at Onetahuti or Tonga Quarry.

DAY THREE

- Walk from Onetahuti to Totoranui approx 4.5hrs, 14.2km.
- 3.15pm** Water Taxi pick up at Totoranui.
- 4.30pm** Return to Abel Tasman Kayaks' base.

*Please note this is an estimate of timings and based on our summer timetable and an 8.30am check-in. There may also be times when this trip will be reversed.



WALKING TIMES

- Marahau to Anchorage Hut**
Time: 3.5hrs Distance: 12.4km
- Anchorage Hut to Bark Bay**
HIGH TIDE ROUTE
Time: 4hrs Distance: 11.5km
LOW TIDE ROUTE
Time: 3hrs Distance: 8.4km
- Bark Bay to Onetahuti**
Time: 2hrs Distance: 6.4km
- Onetahuti to Awaroa Hut**
Time: 2.5hrs Distance: 7.1km
- Awaroa Hut to Totoranui**
Time: 2 – 2.5hrs Distance: 7.1km
- Totoranui to Whariwharangi**
Time: 3.15hrs Distance: 9.8km

