

# FREEDOM



## 4 DAY FREEDOM

**DURATION:** 4 days / 3 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 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.

### > SHOWCASES

This four day round trip allows you to explore the park in depth at your own pace.

#### KAYAK: MARAHAU – MARAHAU

Description:

- Explore the Tonga Island Marine Reserve and its surrounds you can go as far as Shag Harbour.
- Wake up at any campsite and hear the New Zealand dawn chorus.
- Allow time to rest your paddle and explore by foot some of the coastal track.
- Seek out all the points of interest that are on our rental maps.
- On your return paddle revisit your favourite spots or explore the ones you missed on the way North.
- Take time to enjoy the loop walks in the Southern end of the park.
- Enjoy our purpose built base facilities which include a hot shower on your return.

### > 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** You're free to explore the park for the next three days.

Recommended campsites: Night 1: Te Pukatea Bay or Anchorage.

#### DAY TWO

Explore the Abel Tasman.

Recommended campsites: Onetahuti or Mosquito Bay.

#### DAY THREE

Explore the Abel Tasman.

Recommended campsites: Bark Bay or Anchorage.

#### DAY FOUR

**4:00pm** 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.



**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 Totaranui  
Time: 2 – 2.5hrs Distance: 7.1km
- Totaranui to Whariwharangi  
Time: 3.15hrs Distance: 9.8km

