

## 4 DAY KAYAK & WALK NORTH

**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 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	4 DAY
	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	
Snacks	Snacks	Snacks	Snacks
Water	Water	Water	Water

**Examples:**

**Day 1:** Fresh foods.

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

**Day 3 & 4:** 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

Travel North over four magic days under your own steam, before returning via water taxi. Magic!

**3 DAYS KAYAK: MARAHAU – ONETAHUTI**  
**1 DAY WALK: ONETAHUTI – TOTARANUI**

**Description:**

- Journey North in one direction via kayak
- Kayak from Marahau to Onetahuti.
- Swap your paddle at Onetahuti and walk to Totaranui.
- Walk the track between Onetahuti and Totaranui.
- The coastal track provides great photo opportunities to capture the golden sands and turquoise waters of the park.
- Return via Water Taxi the coastline you just explored.
- Enjoy a hot shower at our purpose built base.

### > 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** Your free to explore the park.

Recommended campsites: Night 1: Observation Beach or Te Pukatea Bay.

#### DAY TWO

Explore the Abel Tasman by kayak.

Recommended campsites: Bark Bay or Mosquito Bay.

#### DAY THREE

**3.30pm** Kayak pick up at Onetahuti.

Recommended campsite: Onetahuti.

#### DAY FOUR

Walk from Onetahuti – Totaranui 4.5hrs, 14.2km.

**3.15pm** Water Taxi pick up at Totaranui.

**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  
Time: 4hrs Distance: 11.5km

**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



Walking times and route information as detailed in the text blocks above.