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

FREEDOM

ABEL TASMAN KAYAKS KAYAK RENTAL

4 DAY KAYAK & WALK SOUTH

DURATION: 4 days / 3 nights

CATERING: Self catered

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

› SHOWCASES

Kayak North to the marine reserve and then return to Marahau via the coastal track.

2 DAYS KAYAK: MARAHAU – ONETAHUTI
2 DAYS WALK: ONETAHUTI – MARAHAU

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 over the 47m suspension bridge across Falls River.
- Choose to stay at the smaller campsites in the park that you can only access from the water on your kayaking days.

› 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.

Spend the night at Observation Beach or Te Pukatea Bay.

DAY TWO

Explore the Abel Tasman by kayak.

3.30pm Kayak pick up at Onetahuti.

Spend the night at Onetahuti or Tonga Quarry.

DAY THREE

Walk from Onetahuti to Anchorage (high tide route approx 6hrs, 17.9km, low tide route approx 5hrs, 14.8km).

Spend the night at Anchorage.

DAY FOUR

Anchorage to Marahau 3.5hrs, 12.4km.

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. There may also be times when this trip will be reversed.

› 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).