

# FREEDOM



## 1 DAY FREEDOM

- DURATION:** 1 day
- CATERING:** Self catered
- AGE:** 14+. There must be at least 1 adult for each person under 18

### > SHOWCASES

Explore the 12 golden beaches of the Astrolabe area.

#### KAYAK: MARAHAU – MARAHAU

Description:

- Start and finish at Marahau.
- Fully explore the Astrolabe area at your own pace.
- Paddle out to Adele and Fisherman Islands and listen to the birdsong.
- Know that choosing this trip means a portion of your trip cost helps protect the birds.
- Drift into caves on a high tide.
- If you're keen, hike up to the top of Watering Cove and take in the spectacular view of the Astrolabe and the Northern part of the park.
- On your return paddle revisit your favourite spots or explore the ones you missed on the way North.

### > ITINERARY\*

- 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 Astrolabe.
- 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.

### > WHAT TO BRING

**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!

**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.

**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).



The Mad Mile

KAYAK

