

## 1 DAY KAYAK & WALK

**DURATION:** 1 day

**CATERING:** Self catered

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

### > WHAT TO BRING

**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

Hire a kayak for a day to explore the Astrolabe and walk the coastal track on your own at the end of your kayak.

**KAYAK: MARAHAU – ANCHORAGE**

**WALK: ANCHORAGE – MARAHAU**

**Description:**

This trip is recommended for confident outdoors people, or at least those with good common sense. Hire a kayak for us for a day and then continue on your own for a walk in the Abel Tasman. We prepare you for your day on the water and pick up your kayak at Anchorage so you can continue walking the track. This option allows you to create your own walking itinerary either North or South.

### > 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** Kayak pick up at Anchorage.

\*Please note this is an estimate of timings and based on our summer timetable and an 8.30am check-in.

	1 DAY	2 DAY	3 DAY	4 DAY
Breakfast		Breakfast	Breakfast	Breakfast
Lunch		Lunch	Lunch	Lunch
Dinner		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).



### 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