


FREEDOM

ABEL TASMAN
Kayaks
KAYAK RENTAL

KAYAK RENTAL ONLY – NO EXTRAS!

 **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.

1 DAY	2 DAY	3 DAY	4 DAY	5 DAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner
Snacks	Snacks	Snacks	Snacks	Snacks
Water	Water	Water	Water	Water

Examples:

Day 1: Fresh foods.

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

Day 3, 4 & 5: Dehydrated/tinned/package/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

Straight kayak hire with no extras added. This option is kayak hire safety briefing and safety equipment only.

> 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 Continue on your own to explore the Abel Tasman.

LAST DAY OF HIRE

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 Anchoage Hut
Time: 3.5hrs Distance: 12.4km

Anchoage 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 Whariwharang
Time: 3.15hrs Distance: 9.8km

The Mad Mile



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