

FREE



ABEL TASMAN COAST TRACK



Duration: 3–5 days
Distance: 60 km (one way)



Great Walks season:
All year

greatwalks.co.nz

Department of
Conservation
Te Papa Atawhai

ABEL TASMAN COAST TRACK

BLESSED WITH a mild climate, golden beaches and lush, coastal native bush, the Abel Tasman Coast Track has it all.

Located in Abel Tasman National Park on the South Island's northern shores, this gentle, family-friendly Great Walk showcases the best that the park has to offer. Marvel at naturally-sculptured granite cliffs and crystal-clear waters.

Plan an adventure that suits your ability and schedule. You can hike the whole track, take a water taxi or kayak between different locations at any time of the year.

The Abel Tasman Coast Track can be walked in either direction. The track is well marked and signposted, but some sections may be steep and rough and the track could be muddy. This guide describes a 5-day hike for independent, non-guided walkers who choose to walk the whole track from Marahau to Wainui Bay. This track involves one compulsory tidal crossing – consult a tide timetable before booking your trip.



Duration: 3–5 days
Distance: 60km (one way)



Great Walks season:
All year

ELEVATION PROFILE & TRACK GUIDE



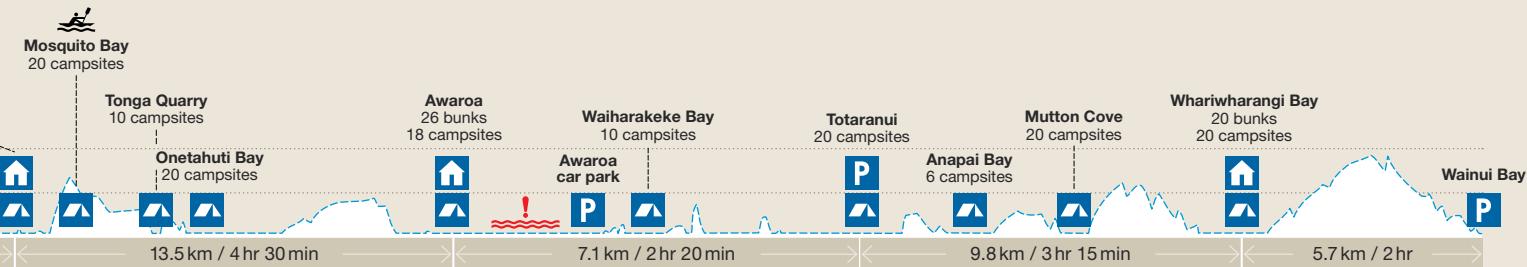
→ 4 hours, 12.4km

You'll begin your journey as you cross the estuary over the Marahau causeway, and follow the track, first through open country, then lush beech forest with large kānuka trees. The track eventually turns inland, winding in and out of several little gullies before emerging to a view of the beautiful Anchorage Bay. Here you'll descend to Anchorage Hut and Campsite.

→ High tide track: 4 hours, 11.5km
Low tide crossing: 3 hours, 8.4km

Torrent Bay estuary can be crossed within 2 hours either side of low tide, or you can take the all-tide track around it. An impressive 47-metre long suspension bridge takes you over Falls River. You'll then meander through lush coastal forest before being led back to the sea and the idyllic golden sands of Bark Bay.





Day 3: Bark Bay to Awaroa



Day 4: Awaroa to Whariwharangi Bay



Day 5:
Whariwharangi Bay
to **Wainui Bay**
or **Totaranui**

4 hours 30 minutes, 13.5 km

Cross the beautiful Bark Bay estuary 2 hours either side of low tide or follow the all-tide track (10 minutes) around the edge of the estuary. A steep climb takes you through stands of mānuka. Return to the coast at Tonga Quarry and it's a short walk from there to Onetahuti Bay, where one of the longest beaches in the Abel Tasman stretches before you. As you leave Onetahuti and start to descend from Tonga Saddle down to Awaroa Inlet, take a non-DOC track to visit the famous Awaroa Beach before returning to the main track.

5 hours 35 minutes (tidal), 16.9 km

Awaroa Inlet can only be crossed within 1 hour 30 minutes before and 2 hours after low tide. Along the track, the scenery alternates between sandy beaches and rocky headlands of regenerating kānuka. Camp or stay in the cosy and historic Whariwharangi Hut (a former homestead built around 1896) just behind the beach.

2 hours, 5.7 km
3 hours, 9 km

Follow a trickling stream and climb above the bay to a saddle overlooking the serene Wainui Inlet. At this point you can either descend to the car park at Wainui or take a left turn onto the Gibbs Hill Track. This will take you to Totaranui where you can get a water taxi back to Marahau.



COVER: Te Pukatea Bay, Darryl Wilson

ABOVE LEFT TO RIGHT:
Monster Valley; Shellie Evans (tikitouringnz.blogspot.co.nz)
Andy Dennis; photonewzealand.com; Eduardo Villouta Stengl

MAIN PHOTO: Totaranui, Daniel Deans

HIGHLIGHTS

1



2



Photo: Nick Thompson

Photo: Rob Suisted
(www.naturespic.com)

3



Photo: Karin Noresten

- 1 Explore the crystal-clear waters of **Tonga Island Marine Reserve**. Running alongside the Abel Tasman National Park, the marine reserve is a fantastic place to swim, snorkel or kayak.
- 2 An enticing 20-minute side trip on day two takes you through lush trees to the secluded **Cleopatra's Pool** – a natural rock pool with a moss-lined waterslide fit for a queen!
- 3 Keep an eye out for **fur seals/kekeno** found along the coast of the park, particularly on the more remote granite headlands and boulder beaches. Seals are confident and agile swimmers but are more wary when out of the water.
- 4 Take advantage of the region's sunshine hours and stay next to golden beaches at one of the **19 campsites**.

Conservation story

Project Janszoon is a privately funded trust named after explorer Abel Janszoon Tasman. It is working with DOC, the Abel Tasman Birdsong Trust, local iwi and the community to restore the ecology of the Abel Tasman National Park over a 30-year timeframe. As predators and weeds are reduced, native birds like robin and kākāriki and plants like rātā and mistletoe are beginning to flourish again. www.janszoon.org

4



Photo: photonewzealand.com

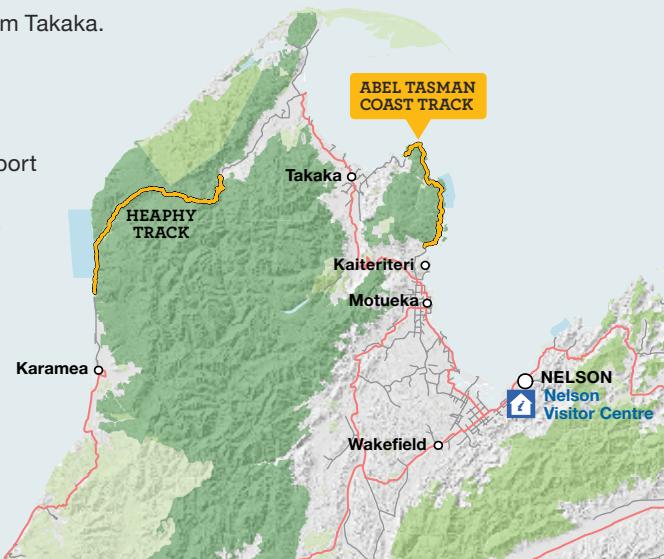
GETTING THERE

The track is accessible by road at the following locations, each with a car park:

- **Marahau**, 67 km from Nelson.
- **Wainui**, 21 km from Takaka (unsealed for 2 km).
- **Totaranui**, 32 km from Takaka. (unsealed for 12 km).

Water taxis operate year round from Marahau and Kaiteriteri, and can transport you to and from several locations along the track.

Refer over page for transport options and services.



PLACES TO STAY



Photo: David Buckton

DOC operates 4 huts and 19 campsites along the Abel Tasman Coast Track, which **must be booked in advance all year round**. Campers are not permitted to use hut facilities.



Great Walks Huts

\$32 per adult per night; 17 years and under free (bookings required).

The huts have bunks, mattresses, heating, toilets, cold running water and hand-washing facilities. They may have a lighting source, and a DOC ranger may be present. These huts do not provide cooking facilities, cooking utensils, linen or showers.



Great Walks Campsites

\$14 per adult per night; 17 years and under free (bookings required).

The campsites offer basic facilities including toilets, sinks and a water supply. Some also have picnic tables and cooking shelters.



0 25 50 km

Sign me up! What do I do?



- 1 Start off at **greatwalks.co.nz/abeltasman** for more information.



- 2 Consult tide timetables and **book your huts and campsites** online or at a DOC Visitor Centre.



- 3 Book your **transport** to and from the track – operators are listed online and in this brochure.



- 4 Buy your food and **pack your bags** – download the Great Walks packing list and make sure you have everything you need for a 4–5 day independent unguided hike.



- 5 Read up on **safety** and make sure you're well prepared for your journey and changeable weather at **greatwalks.co.nz/abeltasman**. Make sure you have left your intentions with a trusted contact at **adventuresmart.org.nz**.



- 6 Check the weather, and make sure you've printed your **ticket and official track guide**. You can also pick up a tide timetable, track guide and get the latest weather updates from the Nelson Visitor Centre, and download the Abel Tasman National Park app at janszoon.org.



- 7 **All set!** Lace up your boots and get hiking. Don't forget to share your experience on **facebook.com/GreatWalks**.



100% locally owned family business

We offer a friendly helpful water taxi service into the National Park, with a range of guided/unguided walks, kayaking activities, or just relax on a beach.

www.abeltasmanseashuttles.co.nz

ABEL TASMAN
SEA SHUTTLE

Kaiteriteri Beach

email:

cruise@abeltasmanseashuttles.co.nz

phone:

64 3 527 8688 or 0800 732 748



Wilsons
ABEL TASMAN

A family welcoming visitors since 1841

Water Transfers
Kayaks Trips
Beachfront Lodges

0800 223 582

Ask for the "DoC walkers special"
Book online www.AbelTasman.co.nz

Great Walkers deserve great hostels

YHA Motueka,
YHA Golden Bay
and YHA Nelson

Affordable comfortable accommodation pre and post Great Walk



yha.co.nz [0800 278 299](tel:0800278299)



Come and experience the only floating backpackers in New Zealand. Enjoy the provided BBQ dinner, and breakfast on board our specially converted catamaran in Anchorage Bay Abel Tasman National Park.

Aqua Packers

AQUAPACKERS
Anchorage Bay, Abel Tasman NP
email: chris@aquapackers.co.nz
phone: 0800 430 744 or 027 430 7400
www.aquapackers.co.nz

flights+shuttles

- daily services
- great rates
- call or book online



We offer a comprehensive portfolio of guided, day and multi-day tours designed to showcase the scenery.

www.abeltasmankayaks.co.nz

ABEL TASMAN KAYAKS
273 Sandybay Marahau Rd, Rd 2,
Motueka 7196

email: [info@abetasmankayaks.co.nz](mailto:info@abeltasmankayaks.co.nz)
phone: 0800 732 529 or 03 537 8022



ABEL TASMAN CANYONS
phone: 0800 86 34 72
email: [info@abetasmancanyons.co.nz](mailto:info@abeltasmancanyons.co.nz)
www.abetasmancanyons.co.nz

Add **CANYONING** to your Abel Tasman experience!

Take on the challenge and jump, slide, abseil and zipline your way down the pristine and otherwise inaccessible canyons of the Abel Tasman

'Open your Eyes' with...

Inspiring boat tours, walking tours and combos.

Departs daily from Marahau
We have expert guides and contribute to conservation.
Book now!



abeltasmanecotours.co.nz
Freephone 0800 223 538
info@abeltasmanecotours.co.nz

ABEL TASMAN EXPRESS

Year round service to both ends of track, shuttles, charters, car & luggage relocations, storage...+ Heaphy Track transport. Bikes Free

www.AbelTasmanExpress.com

ABEL TASMAN EXPRESS
email: [transport@abetasmanexpress.com](mailto:transport@abeltasmanexpress.com)

Free phone: 0800 629 422



Flights connecting Motueka, Takaka and Awaroa. A fast efficient way to travel over this stunning track. Scenic flights available.

ADVENTURE FLIGHTS GOLDEN BAY
Takaka Airport, RD 2, Takaka, 7182
email: flights@adventureflightsgoldenbay.co.nz

www.adventureflightsgoldenbay.co.nz
phone: 03 525 6167 or 0800 150338



Fully catered 1 - 5 day guided packages
(Also specialising in trips north of Totaranui)
Stay in huts, lodges, or private accommodation
Carry less, enjoy more. Come explore with us!

www.kahurangiwalks.co.nz

kahurangiwalks@gmail.com
+64 (0) 391 4120
+64 (0) 22 657 8869

Jenni Kingston & Thomas (Taj) Rabosky
PO Box 326, Takaka, 7142
Golden Bay, New Zealand



*The perfect base
for your walking
adventure*



Offering a range of quality accommodation including studio, one, two and three bedroom motels, cabins & sites for campervans, caravans & tents. Walking distance to town for shops, cafes & supermarket.

MOTUEKA TOP 10 HOLIDAY PARK
10 Fearon St, Motueka
email: info@motuekatop10.co.nz
phone: 0800 66 88 35
www.motuekatop10.co.nz



Transport to both ends of Abel Tasman

Bus and 4WD shuttles to suit all needs. Chartered and scheduled transport. We also offer car relocation, vehicle storage and bag storage.



Book online or contact
TREK EXPRESS
email: info@trekexpress.co.nz
phone: 64 3 5402042
or freephone 0800 128 735



- Best prices
- Most equipment/gear supplied
- Innovative company
- Based at Old Macdonalds Farm Campground Backpackers - the largest accommodation 200m from The Track entrance



Visit us at: www.independentguides.co.nz

Ph: 03 527 8288

Abel Tasman National Park Virtual Visitor Centre

AVAILABLE FREE ON YOUR SMARTPHONE

Includes up-to-date information on weather, tides, walking times, track conditions, map, points of interest, history, plants and wildlife.

The app and private Wi-Fi network are provided by Project Janszoon www.janszoon.org



"Small Company... Big Heart."

www.rrkayaks.co.nz | info@rrkayaks.co.nz | Ph: 0508 223 224



THE SEA KAYAK COMPANY
506 High St, Motueka 7120

We offer Kayak Rentals or a wide range of guided trips, from $\frac{1}{2}$ day to 5 days guided camping based adventures in the Abel Tasman National Park
www.seakayaknz.co.nz

email: info@seakayaknz.co.nz
Free phone: 0508 25 29 25

ABEL TASMAN BACKPACKERS



Ph 03 527 8435

Warm welcomes • Quality ensuite, private and dorm rooms • Wifi • BBQ • Bikes • Information and bookings • Great base for day trips
21 Moss Road, RD2 Marahau, Motueka
info@abeltasmanbackpackers.co.nz
www.abeltasmanbackpackers.co.nz

www.adventuresmart.org.nz

**TELL
SOMEONE
YOUR
PLANS**
IT MAY SAVE
YOUR LIFE



Get Ready, Get Outdoors

ADVENTURE smart



NZ made
natural skin &
body care range.



TUI BALMS
223 McShane Rd, Wainui Bay, RD1, Takaka

Effective insect repellent,
lip balms, anti chaffing,
sore muscle relief,
moisturising and
massage balms.

email: contact@tuibalms.co.nz
phone: 03 525 9654



www.kimiora.com

KIMI ORA ECO RESORT
99 Martin Farm Road, Kaiteriteri 71197

Want to relax and unwind?

Cosy chalets, indoor/outdoor pool, spas, saunas and spa treatments. We can cater for all!

email: info@kimiora.com
phone: (03) 5278027

Published by:
Department of Conservation
Marketing Team
PO Box 10420, Wellington 6143
New Zealand

Editing and design:
Publishing Team
DOC National Office
September 2016

* Prices are accurate at the time of publication.

This publication is produced using paper sourced from well-managed, renewable and legally logged forests.

New Zealand Government



Know before you go

It is **important** to plan your trip thoroughly to ensure you stay safe, and have a great time. Before you go, know the **Outdoor Safety Code** – 5 Simple rules to help you #makeithome.

1. Plan your trip.

Travel times vary greatly in New Zealand, so carefully planning your route is essential. Seek local information about what to take, and allow enough time for the journey. Book accommodation, transport and transfers to the start/end of track early.

2. Tell someone your plans.

Safety is your responsibility. Leave your intentions – including your trip details and emergency contact information – with a trusted contact. It could save your life if things go wrong. Head to adventuresmart.org.nz for more information.

3. Be aware of the weather.

New Zealand weather is very changeable. Plan for the worst, expect the best. Check metservice.com for the most up to date info.

4. Know your limits.

Always follow the track markers and signposted tracks. Off-track navigation is not recommended for novice walkers in New Zealand. A good level of fitness is required to walk the track. You can expect to walk up to 6 hours a day depending on your fitness level. If you get into trouble don't make a bad situation worse. Think **STAR** – Stop / Think / Assess / React.

5. Take sufficient supplies.

With NZ's changeable conditions many hikers are frequently caught out by isolated local conditions. Carry – and expect to use – rain jackets all year round. Take an extra day's supply of food and an emergency shelter. Don't rely on cellphone signal alone for communication. Food and drinks are not available to purchase at Great Walks huts or campsites. Plan to be self-sufficient.

Abel Tasman Coast Track safety

- Consult a tide timetable when planning your trip as Awaroa estuary is only passable at low tide. See 'Know before you go' at greatwalks.co.nz/abeltasman or contact the DOC Visitor Centre in Nelson.
- While the Abel Tasman coast is generally warm and dry in summer, it is a coastal environment that can change quickly, so be prepared for rain, cold and windy conditions.
- Go to greatwalks.co.nz/abeltasman 'Know before you go' section for detailed safety information, and 'What to take' section for a comprehensive gear list.

Remember – your safety is your responsibility