

# The Abel Tasman 5 Day Walk & Kayak



**Spectacular golden sands  
and sparkling waters**

**5 Days, 4 Nights**

**Mild Grade**



## **Tour Cost (NZD)**

**2026 / 2027**

**Low Season (Sept, Oct, Apr): \$3190**

**High Season (Nov to Mar ): \$3,290**

**Single Supplement: 30% of tour cost (low season)  
50% of tour cost (high season)**

## **Tour Highlights**

- Golden beaches, and native forest
- Scenic boat cruises
- World famous coastal track
- Tranquil and cosy lodges
- Kayak on crystal clear waters



Tuatara Tours NZ Ltd, PO Box 13544, Christchurch 8141, New Zealand



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## The Tour at a Glance

The Abel Tasman Coast Track is one of New Zealand's legendary Great Walks—and it's easy to see why! With golden beaches, native forest, and a sunny, mild climate, it's a little slice of paradise on the South Island.

This walk & kayak tour is the perfect way to experience the national park by land and sea. 3 days of relaxed hiking and kayaking along the stunning coastline, and 2 nights in cosy lodges, where you can unwind, explore, or simply enjoy the view.

You'll travel by scenic boat cruise to Totaranui, then head south through the National Park. Along the coast, you'll have the chance to kayak in the Tonga Island Marine Reserve, spot seals, rare dolphins and even penguins, and on land, spot native birds like the tui and pukeko in their natural bush habitats. It's the perfect way to enjoy nature at your own pace, with a touch of comfort, too!

## Trip Grading: Mild

An average level of fitness required, you should be comfortable walking a minimum of 12km on formed tracks and roads with some average inclines at times.

## Day-by-Day Itinerary

**Day 1** Motueka to Awaroa via Totaranui **7km walk**

**Day 2** Explore Awaroa

**Day 3** Awaroa to Torrent Bay **7km walk/ 10km kayak**

**Day 4** Explore Torrent Bay

**Day 5** Torrent Bay to Kaiteriteri to Motueka/Nelson **12km kayak**

## Day 1 Motueka to Awaroa via Totaranui (7km)

Start the day with a welcome and briefing at our Motueka office, with time to organise your gear before departure.


Then we're off on a scenic drive to beautiful Kaiteriteri (just 20 minutes from Motueka, or an hour from Nelson), where you'll hop aboard the Vista Cruise. Sit back, relax, and enjoy a stunning 1 hour 40 minute voyage along the dazzling Abel Tasman coastline. Grab a drink from the onboard café, head to the deck, and take in the incredible views.

Arriving at Totaranui, it's time to stretch your legs and dive into nature with a spectacular 2.5-hour (7km) walk through lush native forest and across golden-sand beaches, leading you to the jaw-dropping Awaroa Inlet. Depending on the tide, you'll either wade across or catch a quick boat ride to complete this unforgettable journey!


End at Meadowbank Homestead, charmingly set on the edge of the inlet.

MEALS INCLUDED: L D



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## Day 2 Explore Awaroa

Savor a relaxed breakfast with views across the glistening expanse of Abel Tasman's tidal estuary. The day is yours to shape, whether you seek adventure or relaxation—your guide will help you craft the perfect experience.

Explore the Awaroa estuary on foot (up to 4hrs) or kayak (up to 2hrs, tide permitting). Dive into history by visiting early European and pre-European sites, or unwind on the golden beach.

Alternatively, relax and enjoy the comfort and charm of Meadowbank Homestead. Whatever you choose, today is all about soaking in the beauty and tranquility of this special place.

MEALS INCLUDED: B L D

## Day 3 Awaroa to Torrent Bay (7km walk/ 10km kayak)

Fuel up with a relaxed breakfast, then enjoy a scenic 1.5-hour walk through native bush to Onetahuti Bay. After a quick briefing, jump into your kayak and hit the water.

Paddle through the stunning Tonga Island Marine Reserve—spot fur seals, explore hidden inlets, and cruise past Tonga Quarry and the impressive Arches. Your guide shares stories along the way.

Break for lunch at Bark Bay with time to swim or relax, then keep paddling along the coastline, beach-hopping past Falls River, Frenchman's Bay, and more breathtaking spots.

Paddle into Torrent Bay Lodge, where a well-earned dinner awaits.

MEALS INCLUDED: B L D

## Day 4 Explore Torrent Bay

Today is yours to enjoy, with your guide ready to help you plan the perfect mix of activity and relaxation.

Walk through virgin forest to Falls River's waterfalls, or kayak or stroll to Cleopatra's Pool. Explore Anchorage Beach and Te Pukatea Cove, with a stop at historic Māori sites on Pitt Head.

Or simply unwind on Torrent Bay's golden sands and enjoy the comfort of the lodge.

MEALS INCLUDED: B L D

## Day 5 Torrent Bay to Kaiteriteri to Motueka/Nelson (12km)

Wake up to morning light on the golden sands of Torrent Bay and fuel up with a hearty breakfast before launching your kayak for the final leg of the journey.

Paddle south along the stunning coastline toward Kaiteriteri, passing hidden bays, golden beaches, and the wildlife sanctuary of Adele Island.

Stop for lunch at a peaceful beach, then glide through the clear waters of the Astrolabe Roadstead to the iconic shores of Kaiteriteri. From there, your driver will meet you for the return trip to Motueka and onward to Nelson between 5:30pm and 6pm.

MEALS INCLUDED : B L



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## What's Included



All Accommodation in comfortable lodges, rooms with ensuite facilities



Water taxi transfers and kayak hire



DOC concession fees for the Abel Tasman National Park



All meals during the tour—great local cuisine



Fully qualified, knowledgeable guides



## Pre Tour

The night before your tour, we'll drop off a black gear bag at your hotel or motel reception. Use it for your overnight items—it's yours to keep! Pack only what you need each night; extra luggage can be stored at our walk office on departure day. If we are not able to get the bag to you the night prior, don't worry, you will still have plenty of time to pack on the morning of your tour, once you arrive at the walk office.

On day one, we'll pick you up or direct you to safe parking if you're driving. Day packs are available to borrow, and valuables can be securely stored at the office.

Each day's kayaking or walking is optional. You're welcome to hop on any of our scheduled ferry services if you'd prefer a more relaxed journey. If you discover that sea kayaking isn't quite your thing, feel free to join our 5 Day Walk group, which follows the same beautiful route on foot.

Please note that all itineraries, timetables, and vessel types are subject to change due to weather conditions and tides.

## Please Note:

Rooms are double or twin, either one queen bed or two separate beds. If you have a preference for a twin room please let us know when you make your booking. Solo travellers can choose to share or pay a single supplement for a private room

**Dietary needs?** We're happy to cater for gluten free, dairy free and vegetarian diets—just let us know at time of booking.

## What's Not Included

Alcohol is not provided. However, you're welcome to purchase drinks at the lodges, which run a tab system where you can settle any drink costs at the end of the tour.

Pre- and post-tour accommodation



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## Your travel check list:

The following is a list of recommended items. Please also use your own experience to supplement this list. If you're unsure about anything, feel free to contact us.

Avoid walking in cotton, jeans, or silk — they dry slowly and can leave you feeling damp and cold. Instead, dress in three layers: a moisture-wicking base (merino or polypropylene), an insulating middle layer, and a waterproof outer layer for wind and rain protection. You can handwash at your accommodation if necessary.



	Waterproof rain jacket with hood (a must) and waterproof over trousers (if you have them)
	Boots or sturdy walking shoes with ankle support, spare laces. Shoes for tidal crossings or kayaking, fixed at the heel.
	Thermals (top and bottom) merino or polypropylene are recommended
	Polar fleece jacket or top (mid layer)
	Gloves, warm hat
	Woolen or thermal hikers socks 3-4 pair
	Hiking shorts or zip off long trousers (quick-dry fabric-no jeans). Gaiters, if you have them.
	Drink Bottle
	Medium size (35-40l) day pack with waterproof liner. (Available to borrow)
	Camera/ phone and charger/ torch
	Sun hat , sun glasses sun block,
	Swimsuit and small towel
	One set of casual wear for the evening, including casual shoes or sandals
	Personal toiletries and essential medications, a small personal first aid kit, insect repellent
✓	Walking poles (available for hire or purchase)

Please do not bring tissues or paper towels (they add to litter in the park), we suggest cotton handkerchiefs. No Hairdryers please—the generated electricity cannot power them (battery chargers and electric razors are ok). Any valuable items such as jewellery, passports etc can be left in safe storage in the office. Lodges operate on a tab system so any payments for drinks etc are settled at the end of the tour. Cellphones: coverage is intermittent south of Awaroa, there is no coverage north of Awaroa Bay.

**For kayaking:** Bring a spare set of clothing including a warm layer to be stored in the kayak so you can change into dry gear if necessary. Water shoes or sneakers are also handy as you will get your feet wet.



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## Frequently asked questions:

### How do I book a tour?

A deposit of \$300 per person confirms your place and can be paid via credit card (Visa or Mastercard, no surcharge) through our website: <https://www.tuataratours.co.nz/make-a-payment/>, or by bank transfer to Tuatara Tours NZ Ltd: 01 0797 0308837 00.

**When is the balance due?** The final balance is due 90 days prior to departure. A reminder will be sent via email. You're welcome to pay in instalments, as long as the full amount is received by the due date.

### What if I need to cancel?

Our cancellation policy for the Abel Tasman 5 Day Walk & Kayak is:

- 90+ days prior to departure: Cancellation fee of \$200 per person, or change travel date for no additional cost (please note there are likely to be seasonal rate increases if you change to a future season.)
- 89 to 60 days prior to departure: 50% refund
- 59 to 0 days prior to departure: no refund

We operate this tour in partnership with another local operator, and cancellation fees are non-negotiable. Our partners in the Abel Tasman National Park are Wilsons Abel Tasman.

**What if the weather is not suitable for kayaking?** We use stable sea kayaks that are suitable for most weather conditions. The itinerary is flexible, and your guide will adjust the day's activities to make the most of the weather. We also have the advantage of land and water support, which allows us to keep the tour running smoothly — even if the weather requires a change of plan.

**How big are the groups?** Our tours typically accommodate up to 12 people, though we can cater to larger groups on request. Kayaking operates at a 1 to 8 ratio with the guide.

**Do I have to share a room?** Tours are priced on a twin-share basis (two people per room). Let us know if you prefer a queen bed or two singles. Solo travellers will be paired with another solo of the same gender, or you can opt to pay a single supplement for your own room.

**Am I fit enough?** The Abel Tasman 5 Day Walk & Kayak is graded mild, suited to walkers with an average fitness level. You should feel confident walking 12km on well formed tracks with some average inclines at times. Previous kayak experience is not required.

Not sure if it's right for you? Just give our team a call — we're happy to chat.

**When is the best time to do the tour?** The best time to visit Abel Tasman National Park is generally from October to April. During these months, the weather is warmer and more settled.

**What time does the tour finish on the last day?** After collecting your luggage from the boat at Kaiteriteri, your driver will drop guests off in Motueka around 4pm, then continue on to Nelson arriving between 5:30 and 6pm.

**Do you need to have kayaking experience to join the tour?** No kayaking experience needed. You'll get a full safety briefing and instruction before heading out, and your guide will be there to support you on the water. The calm, sheltered waters of the national park make it ideal for both beginners and those with some experience.



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## Frequently asked questions:

### Can you pick me up for the tour?

Yes, pickups and drop offs are available at several Nelson and Motueka locations. Pick-ups are not possible at Airbnb properties or private homes in residential suburbs. Please check with our office before you book accommodation if you are not sure about the location of your stay.

**Is there parking at your office?** If you're self-driving, there is free parking available at our Motueka Walk Office.

Alternatively, we recommend using the long-stay car park at Nelson Airport, or you can check with your pre-tour accommodation to see if they can accommodate parking for the duration of your tour.

**Can you hire poles?** Walking poles are available to hire for \$20 per single pole, or you can purchase them for \$35 each, or \$100 for a pair of carbon fibre poles.

**How do you choose the activity option for each day?** The guide will suggest the day's activities and timings based on the weather and scheduled water taxis. Options may include walking, cruising to the next destination, kayaking, or simply relaxing at the lodges.

**Can you go kayaking during downtime at the lodges?** Yes, kayaking is available in the calm estuary waters at the lodges.

**Is alcohol included?** Alcohol is not provided. However, you're welcome to purchase drinks at the lodges, which run a tab system where you can settle any drink costs at the end of the tour.

**What facilities are available at the lodge?** The lodges come with free WiFi, bath towels, toiletries, and hairdryers (available on request). There's also a drying room to use. The only extra cost on the trip is from the in-house bar, which serves alcohol and fizzy drinks.

**What kind of meals are provided?** Enjoy delicious fresh meals prepared by the Lodges from lunch on day one to lunch on your last day. You'll get 3-course dinners, cooked or continental breakfasts, picnic lunches, plus hot drinks, fruit juice, snacks, and fresh fruit throughout the day

**How much luggage can I bring?** Space is limited, so please bring one small day pack and one overnight bag (max 40 litres). You'll be given a black gear bag, either dropped at your pre tour accommodation or provided at the Motueka Walk Office. This is the bag you'll use for your overnight gear in the national park. Pack it with everything you'll need on the tour. Any extra luggage can be safely stored at the Walk Office.

**Do I need hiking boots?** We strongly recommend well-fitting walking boots with good tread and ankle support. The track is mostly clay and can be slippery when wet, with some tree roots and hills. Please break in your boots before you come for the walk. It is recommended you have shoes fixed at the heel for the tidal crossings or any kayaking as your feet will get wet, jandals not recommended for this.

### Are the tours guided?

Yes, the Abel Tasman 5 Day Walk & Kayak is a fully guided experience. Your guides will bring local knowledge to enhance your journey, and ensure your safety and comfort along the way. During any down time, your guides will make suggestions for activities in the area, keeping in mind the weather and tides each day.



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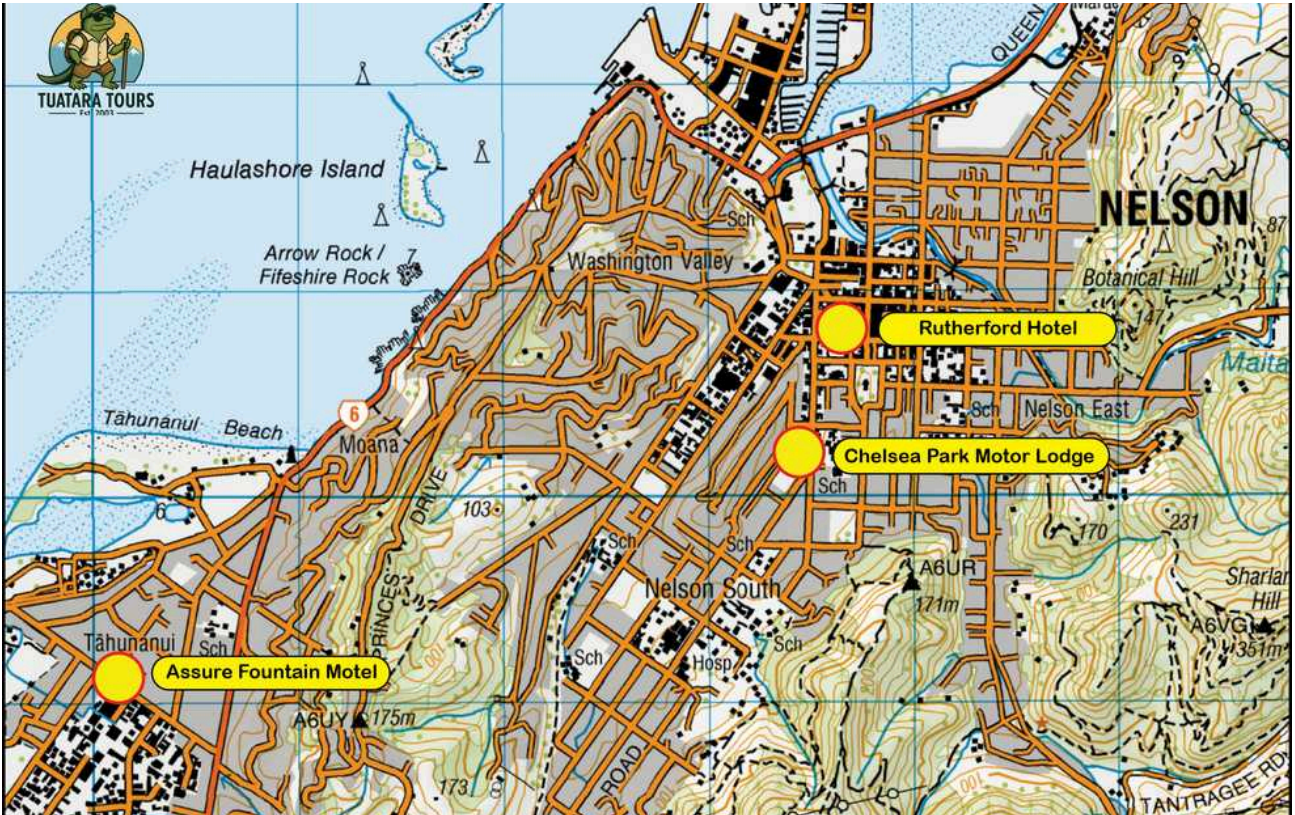




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## Pickup Points

Please contact us to confirm the nearest pick-up location to your accommodation. Unfortunately, we are unable to collect guests from Airbnb properties, private residences, or hill suburbs due to restrictions on access.



**Rutherford Hotel**  
Central Nelson



**Chelsea Park Motor Lodge**  
Waimea Road vicinity



**Assure Fountain Motel**  
Tahunanui Beach vicinity

## Tuatara Conservation

We're proud supporters of tuatara conservation. We've adopted "BP"—a juvenile tuatara at Orana Park in Christchurch, helping ensure the future of this amazing native species.



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## TERMS & CONDITIONS

Tuatara Tours NZ Limited accepts bookings subject to the following terms:

### Contract

This contract is between Tuatara Tours and you, the client—defined as any person travelling or intending to travel on a tour operated by Tuatara Tours. The contract, including all matters arising from it, is governed by New Zealand law and subject to the exclusive jurisdiction of the New Zealand courts. Only employees or directors of Tuatara Tours have the authority to vary or omit any of the terms stated herein.

### Cancellation Policy Due to Travel Restrictions

If your trip is impacted by travel restrictions imposed by the New Zealand government or any other government, Tuatara Tours will either work with you to transfer your trip to a future date at no additional cost, or provide a full refund.

### Price

All prices are quoted in New Zealand dollars and include 15% GST. Prices are based on rates current at the time of publishing. Tuatara Tours reserves the right to modify prices without notice if deemed necessary or appropriate.

**Accommodation** on organised tours is based on twin or double share. Solo travellers will be paired with another traveller of the same sex. A single supplement is available upon request.

### Confirmation of Booking

Bookings are confirmed upon receipt of the full tour price, which is due 90 days prior to the start of the tour. Tuatara Tours and its agents reserve the right to decline any booking at their discretion.

### Cancellation

If a client cancels a tour, the following charges apply (unless otherwise stated):

- 90+ days prior to departure: Refund less \$200 per person, or change travel date for no additional cost (please note there are likely to be seasonal rate increases if you change to a future season.)
- 89 to 60 days prior to departure: 50% refund
- 59 to 0 days prior to departure: no refund\*
- After tour commencement – no refund available

These cancellation fees are non-negotiable. We strongly recommend purchasing travel insurance.

### Travel Insurance

Tuatara Tours strongly recommends that clients take out travel insurance, including tour cancellation cover and any other relevant insurances. It is the client's responsibility to ensure adequate coverage. Tuatara Tours cannot be held liable for any failure to obtain appropriate insurance.

### Medical Conditions

You must inform us at the time of booking of any medical condition, history, or medication you are currently taking.

### Changes to Tours

Tuatara Tours will make every effort to operate all tours as advertised. However, reasonable changes to the itinerary may be made if deemed necessary or advisable. Clients will be informed of any changes as soon as reasonably possible. Where a tour service must be substituted, a service of similar quality and standard will be provided.

### Weather

Adverse weather may prevent planned activities from proceeding as scheduled. The tour guide may decide to alter the itinerary based on weather conditions, prioritising group safety. Tuatara Tours and its contracted suppliers are not responsible for changes resulting from weather-related circumstances.



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### General conditions

Tuatara Tours, its agents, contractors and guides do not accept responsibility or liability for loss, damage to, or theft of personal belongings (owners risk) or for any expenses, including medical and transport expenses arising from a personal accident, injury, illness, or hospitalisation. Tuatara Tours and their guides reserve the right to make any alterations to the itinerary in the interest of safety, or unforeseen circumstances due to causes such as weather, illness or misadventure. Every reasonable endeavour will be made to keep to published schedules but no guarantee is given. Tuatara Tours will not be held liable for costs incurred by change, delay or the missing of connecting services. Tuatara Tours reserves the right to exclude a person from a tour at any time, if in the opinion of the guide or operator, that person may be likely to risk the health, safety or comfort (including unsociable behaviour) of other clients, him or herself or the environment. In such circumstances, Tuatara Tours will not be obliged to offer any refund or transfer ticket. These terms and conditions apply to each participant including in a group booking. Where a booking is made on behalf of a group of two or more people then each participant in the group must be made aware of and accept these terms and conditions.

### RISK DISCLOSURE STATEMENT

In any adventure activity, there is an element of risk involved. Risks in undertaking this activity include (but are not limited to): hypothermia, heat exhaustion, physical injury caused by environment i.e. rock falls, and physical injury caused by self, i.e. falling over.

The staff and management of Tuatara Tours and any of its agency partners take all practicable steps to identify and minimise potential dangers. The Operator makes all arrangements for all tours on the condition that it shall not be liable for any sickness, injury, damage, loss, accident, delay or irregularity which may be occasioned, either directly or indirectly, by reason of any defect in any vehicle, vessel or aircraft, by weather, by any other cause, or through acts of default of a company or person engaged in conveying the passengers, or in carrying out arrangements for these activities.

We strongly recommend that you purchase travel insurance prior to your trip.

By participating in this activity, you are expressly assuming those risks and responsibilities and are, to the maximum extent permitted by law releasing the Operator, its officers, employees, directors, agents and any other person associated with us, from any liability, claims, loss, damages or expenses (whatsoever and irrespective of whether direct, indirect or consequential) caused by any event including but not limited to: personal injury or death; property loss or damage; acts which may be construed as negligible or accidental; any other loss, damage, suffering, emotional or nervous disorder suffered by you or any other person in relation to this activity. You accept that you have been advised to obtain adequate travel insurance for all persons named on the booking.

### In participating in the activity, the customer agrees to be bound by the following conditions:

- My successors, executors and administrators are bound by the Terms and Conditions;
- I agree not to commence any litigation proceedings in any country in relation to the risks and liabilities set out above and to indemnify the Operator against any claims;
- I confirm and warrant I am physically fit and suffer no medical conditions, which may affect my ability to participate in the activity;
- I confirm I am aware that professional medical assistance may be difficult and/or take some time to access due to the remote areas in which we are travelling;
- I consent to receive medical treatment in the case of injury, accident or illness during the activity and to indemnify the Operator against any claims, costs or expenses in respect of the treatment;
- I agree that any film, sound, video or other recordings taken of or during the activity will not be used in any production, or advertising without prior consent of the Operator, however the Operator may use such recordings itself at its complete discretion without any prior approval; and
- I agree to listen to my driver/guide/host, follow their instructions and make sure any children in my care do the same. Furthermore, the Operator will not be responsible for any personal injury and or property damage caused by you and any costs for such injury / damage will be your responsibility.



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## Custom Tours Available

Want to change the itinerary or create something entirely new? We enjoy designing custom adventures for friends, families, work groups and clubs. Get in touch!

## Keen to join a tour? Enquire now



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Australia free dial 1800 044 633

World +64 3 962 3280



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## You might also like....

Abel Tasman 5 Day Walk  
Abel Tasman 3 Day Walk  
Abel Tasman 3 Day Walk/Kayak



## Official Partner

Tuatarata Tours is proud to be in an official partnership with Ngā Haerenga The New Zealand Cycle Trail.

The objective of the partnership is to create a nationwide network of cycle trails that connect the Great Rides with the rest of New Zealand.



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Space for your own notes:



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