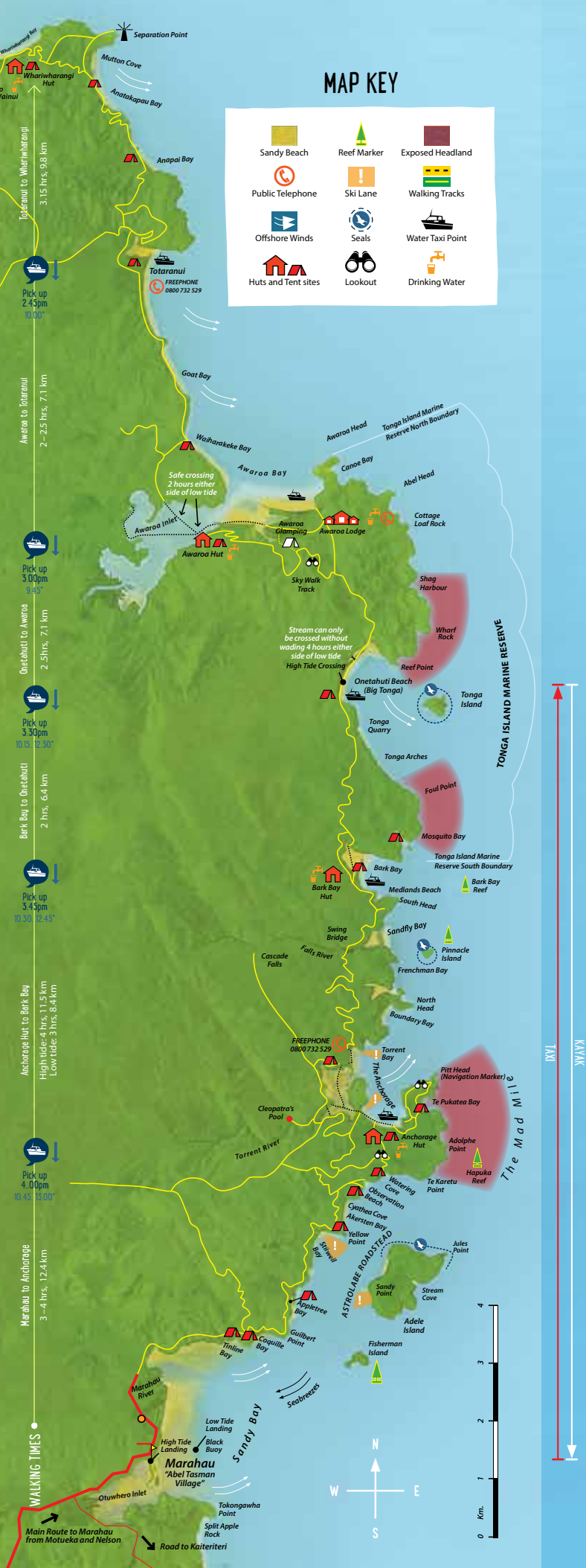


MAP KEY



3 DAY PARK START

DURATION: 3 days / 2 nights

CATERING: Self catered

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

> WHAT TO BRING

Camp pass: Provided at check in.

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, untreated water is available at the campsites.

> SHOWCASES

Start in the park and paddle South over three magnificent sun and sea kissed days!

KAYAK: ONETAHUTI – MARAHAU

Description:

- Enjoy the luxury of kayaking one way with the sea breeze.
- Don't paddle the same coastline twice!
- Explore the Tonga Island Marine Reserve and its surrounds you can go as far as Shag Harbour.
- Take the time to watch the lagoons change with the tide.
- Allow time to walk some of the side tracks.
- Pull up at campsites that can only be accessed by kayak.
- Cruise past Adele Island on your way back to Marahau.

> ITINERARY*

DAY ONE

8.15am 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.

11.30am Water Taxi up to Onetahuti.

12.30pm Arrive for your afternoon exploring the Tonga Island surrounds.

Spend the night at Bark Bay or Mosquito Bay.

DAY TWO

Explore the Abel Tasman.

Spend the night at Observation Beach or Te Pukatea Bay.

DAY THREE

4.00pm Return to Abel Tasman Kayaks' base.

*Please note this is an estimate of timings and based on our summer timetable and an 8.15am check-in. There may also be times when this trip will be reversed.

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

Examples:

Day 1: Fresh foods.

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

Day 3: 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).