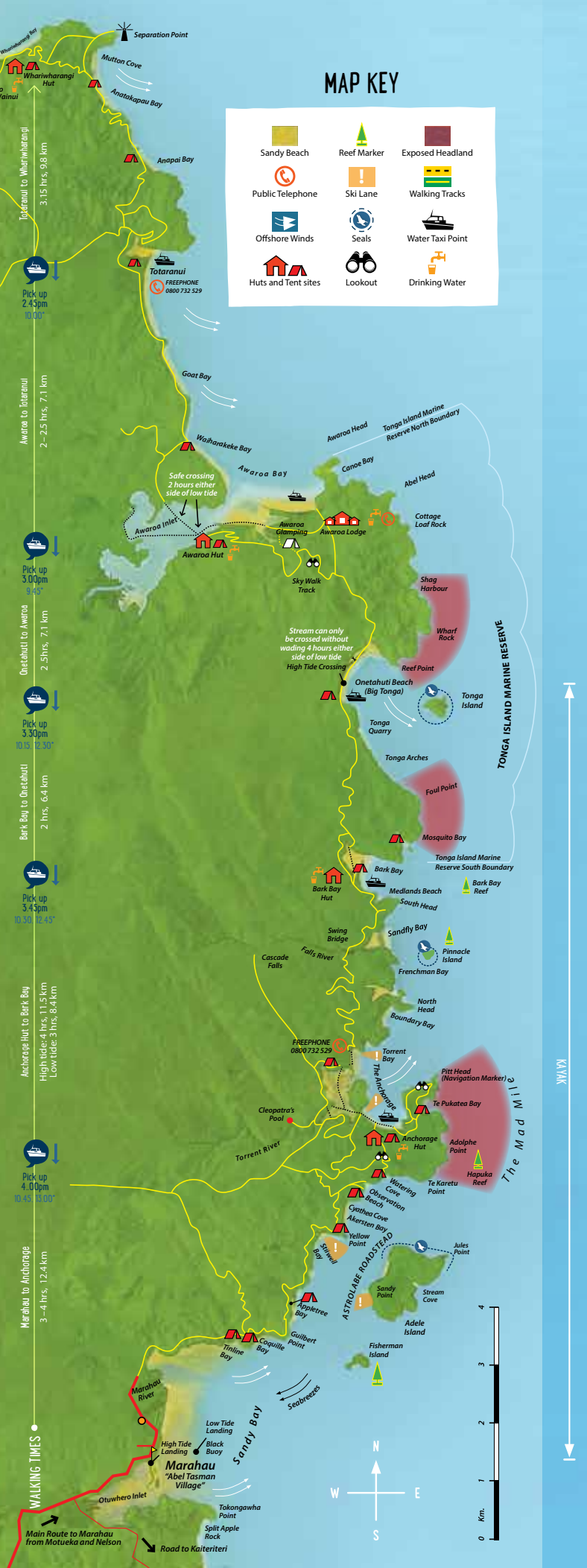


MAP KEY



4 DAY FREEDOM

DURATION: 4 days / 3 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

This four day round trip allows you to explore the park in depth at your own pace.

KAYAK: MARAHAU – MARAHAU

Description:

- Explore the Tonga Island Marine Reserve and its surrounds you can go as far as Shag Harbour.
- Wake up at any campsite and hear the New Zealand dawn chorus.
- Allow time to rest your paddle and explore by foot some of the coastal track.
- Seek out all the points of interest that are on our rental maps.
- On your return paddle revisit your favourite spots or explore the ones you missed on the way North.
- Take time to enjoy the loop walks in the Southern end of the park.
- Enjoy our purpose built base facilities which include a hot shower on your return.

> 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.

10.30am You're free to explore the park for the next three days.

Recommended campsites: Night 1: Te Pukatea Bay or Anorage.

DAY TWO

Explore the Abel Tasman.

Recommended campsites: Onetahuti or Mosquito Bay.

DAY THREE

Explore the Abel Tasman.

Recommended campsites: Bark Bay or Anorage.

DAY FOUR

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.

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