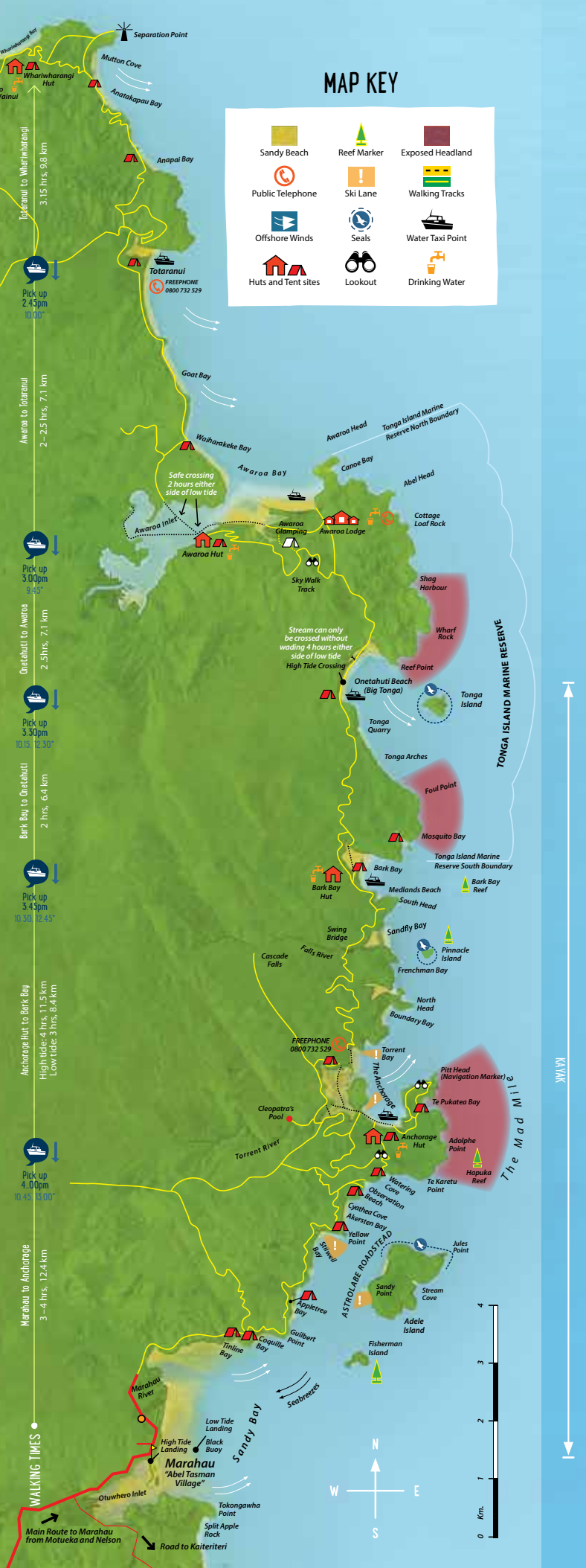


## MAP KEY



## 5 DAY FREEDOM

**DURATION:** 5 days / 4 nights

**CATERING:** Self catered

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

## SHOWCASES

Designed for adventurers seeking independence and flexibility – this five day trip offers it all.

**KAYAK:** MARAHAU – MARAHAU

**Description:**

- Return journey under your own steam.
- Opportunity to stay more than one night in a campsite.
- Time allows you to see lagoons on different tides.
- Seek out the spots our knowledgeable guides filled you in on at your briefing.
- On your return paddle revisit your favourite spots or explore the ones you missed on the way North.
- Explore sections of the coastal track on foot.
- Enjoy our base facilities on completion of your trip.

## 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** Your free to explore the park.

Spend the night at Te Pukatea Bay or Anchorage.

### DAY TWO

Spend the night at Bark Bay or Mosquito Bay.

### DAY THREE

Spend the night at Bark Bay or Mosquito Bay.

### DAY FOUR

Spend the night at Te Pukatea Bay or Anchorage.

### DAY FIVE

**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.

## 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.

1 DAY	2 DAY	3 DAY	4 DAY	5 DAY
	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/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).