

# FREEDOM



## 3 DAY FREEDOM

**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, and untreated water is available at the campsites.

### > SHOWCASES

Experience the park at your own pace in your own time.

#### KAYAK: MARAHAU – MARAHAU

Description:

- Start and finish at Marahau.
- Enjoy having time on your side to explore the coast.
- Check out the small islands including Pinnacle Island Seal Colony.
- Get into the caves and lagoons on high tide.
- Take the chance to be on dry land and check out some of the short walks in the evening.
- On your return paddle revisit your favourite spots or explore the ones you missed on the way North.
- Enjoy our base facilities at the end of your trip.

### > ITINERARY\*

#### DAY ONE

**8.30am** 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.

Spend the night at Te Pukatea or Anchorage.

#### DAY TWO

Explore the Abel Tasman.

Spend the night at Bark Bay or Mosquito 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 8.30am check-in. There may also be times when this trip will be reversed.



### WALKING TIMES

Marahau to Anchorage Hut  
Time: 3.5hrs Distance: 12.4km

Anchorage Hut to Bark Bay  
**HIGH TIDE ROUTE**  
Time: 4hrs Distance: 11.5km  
**LOW TIDE ROUTE**  
Time: 3hrs Distance: 8.4km

Bark Bay to Onetahuti  
Time: 2hrs Distance: 6.4km

Onetahuti to Awaroa Hut  
Time: 2.5hrs Distance: 7.1km

Awaroa Hut to Totaranui  
Time: 2 – 2.5hrs Distance: 7.1km

Totaranui to Whariwharang  
Time: 3.15hrs Distance: 9.8km



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