ABEL TASMAN COAST TRACK

Duration: 3–5 days
Distance: 60 km (one way)
Great Walks season: All year

greatwalks.co.nz
ABEL TASMAN COAST TRACK

BLESSED WITH a mild climate, golden beaches and lush, coastal native bush, the Abel Tasman Coast Track has it all.

Located in Abel Tasman National Park on the South Island’s northern shores, this gentle, family-friendly Great Walk showcases the best that the park has to offer. Marvel at naturally-sculptured granite cliffs and crystal clear waters.

Plan an adventure that suits your ability and schedule. You can hike the whole track, take a water taxi or kayak between different locations at any time of the year.

The Abel Tasman Coast Track can be walked in either direction. The track is well marked and signposted, but some sections may be steep and rough and the track could be muddy. This guide describes a 5-day hike for independent, non-guided walkers who choose to walk the whole track from Marahau to Wainui Bay. This track involves one compulsory tidal crossing – consult a tide timetable before booking your trip.
Day 3: Bark Bay to Awaroa

4 hours 30 minutes, 13.5 km
Cross the beautiful Bark Bay estuary 2 hours either side of low tide or follow the all-tide track (10 minutes) around the edge of the estuary. A steep climb takes you through stands of mānuka. Return to the coast at Tonga Quarry, where one of the longest beaches in the Abel Tasman stretches before you. The track then leads over the forested Tonga Saddle and descends to the tranquil Awaroa Inlet. On arriving, wait until the water has receded to expose the beach for the walk around to the hut or camp.

Day 4: Awaroa to Whariwharangi Bay

5 hours 35 minutes (tidal), 16.9 km
Awaroa Inlet can only be crossed within 1 hour 30 minutes before and 2 hours after low tide. Along the track, the scenery alternates between sandy beaches and rocky headlands of regenerating kānuka. Camp or stay in the cozy and historic Whariwharangi Hut (a former homestead built around 1896) just behind the beach.

Day 5: Whariwharangi Bay to Wainui Bay

2 hours, 5.7 km
Follow a trickling stream and climb above the bay to a saddle overlooking the serene Wainui Inlet. The inlet is a great place to swim or to explore rock pools. The track winds down to the shore and follows the estuary edge to the car park.
Explore the crystal-clear waters of Tonga Island Marine Reserve. Running alongside the Abel Tasman National Park, the marine reserve is a fantastic place to swim, snorkel or kayak.

An enticing 20-minute side trip on day two takes you through lush trees to the secluded Cleopatras Pool – a natural rock pool with a moss-lined waterslide fit for a queen!

Keep an eye out for fur seals/kekeno, found along the coast of the park, particularly on the more remote granite headlands and boulder beaches. Seals are confident and agile swimmers but are more wary when out of the water.

Project Janszoon is a privately funded trust named after explorer Abel Janszoon Tasman. It is working with DOC, the Abel Tasman Birdsong Trust, local iwi and the community to restore the ecology of the Abel Tasman National Park over a 30-year timeframe. As predators and weeds are reduced, native birds like robin and kākāriki and plants like rātā and mistletoe are beginning to flourish again. www.janszoon.org

Take advantage of the region’s sunshine hours and stay next to golden beaches at one of the 19 campsites.
GETTING THERE

The track is accessible by road at the following locations, each with a car park:

- Marahau, 67 km from Nelson.
- Wainui, 21 km from Takaka (unsealed for 2 km).
- Totaranui, 32 km from Takaka. (unsealed for 12 km).
- Awaroa estuary, 31 km from Takaka (rough and unsealed for 12 km). It is a 25-minute walk at low tide to Awaroa Hut and Campsite from the car park.

Water taxis operate year round from Marahau and Kaiteriteri, and can transport you to and from several locations along the track. Refer over page for transport options and services.

PLACES TO STAY

DOC operates 4 huts and 19 campsites along the Abel Tasman Coast Track, which must be booked in advance all year round. Campers are not permitted to use hut facilities.

Great Walks Huts
$32 per adult per night; 17 years and under free (bookings required).

The huts have bunks, mattresses, heating, toilets, cold running water and hand-washing facilities. They may have a lighting source, and a DOC ranger may be present. These huts do not provide cooking facilities, cooking utensils, linen or showers.

Great Walks Campsites
$14 per adult per night; 17 years and under free (bookings required).

The campsites offer basic facilities including toilets, sinks and a water supply. Some also have picnic tables and cooking shelters.

1. Start off at greatwalks.co.nz/abeltasman for more information.
2. Consult tide timetables and book your huts and campsites online or in a DOC Visitor Centre.
3. Book your transport to and from the track — operators are listed online and in this brochure.
4. Buy your food and pack your bags — download the Great Walks packing list and make sure you have everything you need for a 4–5 day independent unguided hike.
5. Read up on safety and make sure you’re well prepared for your journey and changeable weather at greatwalks.co.nz/abeltasman. Make sure you have left your intentions with a trusted contact at adventuresmart.co.nz.
6. Check the weather, and make sure you’ve downloaded and printed your ticket and official track guide. You can also pick up a tide timetable, track guide and get the latest weather updates from the Nelson Visitor Centre. Download the free Abel Tasman National Park app.
7. All set! Lace up your boots and get hiking. Don’t forget to share your experience on facebook.com/GreatWalks.
Come and experience the only floating backpackers in New Zealand. Enjoy the provided BBQ dinner, and breakfast on board our specially converted catamaran in Anchorage Bay Abel Tasman National Park.

**AQUAPACKERS**
Anchorage Bay, Abel Tasman NP
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phone: 0800 430 744 or 027 430 7400
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**YHA Nelson** - Gets five stars for groups and families. Easy day walk access.

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**Adventure Flights Golden Bay**
Flights connecting Motueka, Takaka and Awaroa. A fast efficient way to travel over this stunning track. Scenic flights available.

www.adventureflightsgoldenbay.co.nz
We’ve Got Your Abel Tasman Experience Covered!
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Family owned since 1997, at Marahau Water Taxis we offer a friendly, personal service aimed at making sure you get the most out of your time in the National Park. You’ll find us at The Abel Tasman Centre where we also offer accommodation, kayak trips, great food and a whole lot more. We really do have it covered!

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DOC Visitor Centres
Helping you plan your Great Walks experience

Find one near you: doc.govt.nz

Published by:
Department of Conservation
Marketing Team
PO Box 10420, Wellington 6143
New Zealand

Editing and design:
Publishing Team
DOC National Office
October 2015

This publication is produced using paper sourced from well-managed, renewable and legally logged forests.

PROTECT OUR WATERWAYS
Freshwater pests, including didymo, can be spread by a single drop of water or plant fragment. Protect our waterways – always CHECK, CLEAN, DRY any equipment, including footwear, that comes into contact with the water before entering, and when moving between, waterways.

For more information see www.mpi.govt.nz (then search on ‘Check Clean Dry’).
Know before you go

It is important to plan and prepare your trip and be well equipped on a Great Walk. Before you go, know The Outdoor Safety Code—5 simple rules to help you stay safe:

1. **Plan your trip.**
   Book your trip well in advance, including your accommodation, transport and transfers to the start/end of the track.

2. **Tell someone your plans.**
   Safety is your responsibility – leave your trip details with a trusted contact. See adventuresmart.org.nz.

3. **Be aware of the weather.**
   Weather on the track is changeable, so be prepared and check the forecast before you go. See metservice.com.

4. **Know your limits.**
   A good level of fitness is required to walk the track. You can expect to walk up to 6 hours a day, depending on your fitness and weather conditions, and carry a pack of up to 15 kg.

5. **Take sufficient supplies.**
   The right outdoor clothing and gear are essential for your trip. Pack all necessary equipment and your own food and drinks (including an extra day’s supply). Food and drinks are not available for purchase at Great Walks huts and campsites.

Abel Tasman Coast Track safety

- Consult a tide timetable when planning your trip as Awaroa estuary is only passable at low tide. See ‘Know before you go’ at greatwalks.co.nz/abeltasman or contact the DOC Visitor Centre in Nelson.

- While the Abel Tasman coast is generally warm and dry in summer, it is a coastal environment that can change quickly, so be prepared for rain, cold and windy conditions.

- Go to greatwalks.co.nz/abeltasman ‘Know before you go’ section for detailed safety information, and ‘What to take’ section for a comprehensive gear list.

Remember – your safety is your responsibility.