



Department of Conservation

**GREAT
WALKS**

Abel Tasman COAST TRACK

Duration:

3-5 days

Distance:

55.2 km



Get out
& WALK
0800 694 732
greatwalks.co.nz

Department of
Conservation
Te Papa Atawhai

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.

Choose to hike the whole track, or water taxi or kayak between different locations at any time of the year.

- Half- or multi-day options available.
- 4 huts and 18 camping sites—many with ocean views!
- Great snorkelling sites and beautiful remote beaches.

“Stunning views of beaches, bays and coves. The best beaches we have seen in New Zealand so far!”

Megan, England



Track guide



The Abel Tasman Coast Track can be walked in either direction. The track is well marked and signposted, but some sections may be steep, rough or muddy. This guide describes a 4 day easy hike for independent, non-guided walkers who choose to walk the whole track from Marahau to Wainui Bay.

Day 1: Marahau to Anchorage

12.4 km, 4 hours

Cross the estuary over the Marahau causeway and follow the track through open country, then beech forest with large kākūka trees. The track eventually turns inland, winding in and out of several little gullies before emerging to a view of the beautiful Torrent Bay. Descend to Anchorage Hut and Campsite.

Day 2: Anchorage to Bark Bay

High tide track: 12.1 km, 4 hours

Low tide crossing, Torrent Bay estuary: 8.4 km, 3 hours

Torrent Bay estuary can be crossed within 2 hours either side of low tide, or you can take the all-tide track around it. An impressive 47 metre suspension bridge takes you over Falls River, then you'll meander through lush coastal forest before being led back to the sea.

Day 3: Bark Bay to Awaroa

11.4 km, 4 hours (tidal)

Cross Bark Bay estuary 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 with a short walk to Onetahuti Bay. The track then climbs over Tonga Saddle and descends to Awaroa Inlet.

Day 4: Awaroa to Whariwharangi Bay

13.8 km, 4 hours 45 minutes (tidal)

Awaroa Inlet can only be crossed up to 1 hour 30 minutes before low tide and up to 2 hours after it. Along the track, the scenery alternates between sandy beaches and rocky headlands of regenerating kākūka. Camp or stay in the hut just behind the beach.

Day 5: Whariwharangi Bay to Wainui Bay

5.5 km, 1 hour 30 minutes

Follow a stream and climb out of the bay to a saddle overlooking Wainui Inlet. The track winds down to the shore and follows the estuary edge to the car park.

Optional side trips

Day 2

Te Pukatea Bay and Pitt Head
- 1 hour 20 minutes

► Great views to Pitt Head, and visit an old pā site.

Day 2

Cleopatras Pool - 20 minutes

► Walk along a stream bed of large boulders to this secluded swimming spot.

Day 4

Separation Point - 1 hour

► From Mutton Cove, a track leads to this breeding ground for fur seals. The track rejoins the coast track at the saddle.

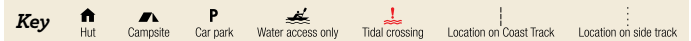
Days 3 & 4



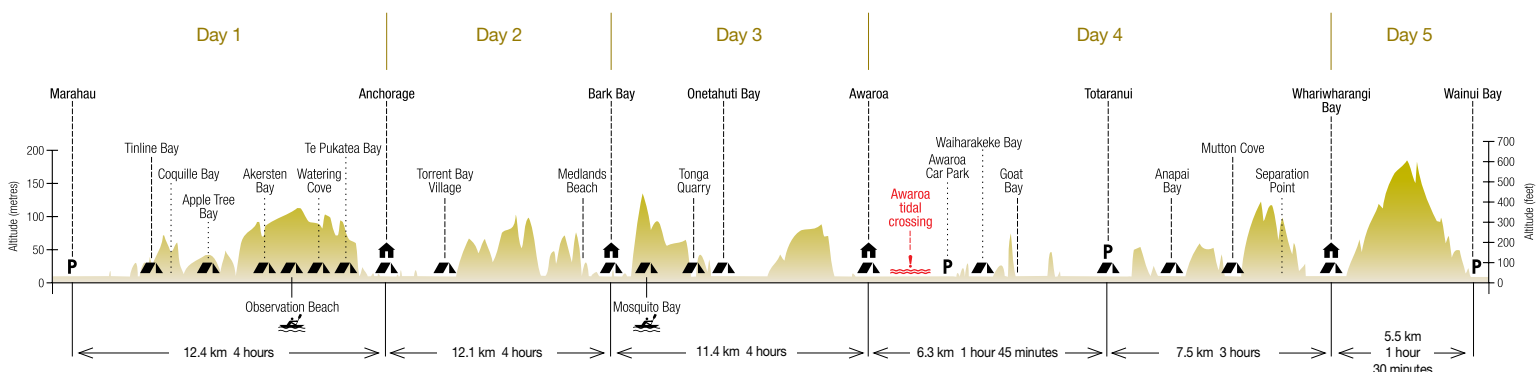
Tidal track—consult a tide timetable before you set out.



ELEVATION PROFILE



Please refer to altitude to assess track elevation





GETTING THERE

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

1. Marahau (67 km from Nelson).
2. Wainui (21 km from Takaka). The road is unsealed for the final 2 km.
3. Tataranui (32 km from Takaka). The road is unsealed for the final 12 km.
4. Awaroa estuary (31 km from Takaka). The road is rough and unsealed for the final 12 km and there are two fords that flood after heavy rain. From the Awaroa car park on the northern side of the estuary, it is a 25 minute tidal walk to Awaroa Hut and Campsite, which are on the southern side of the estuary.

The track is well serviced by public transport including buses and coaches. Water taxis operate year round from Marahau and Kaiteriteri and can transport you to and from Anchorage, Torrent Bay (drop off only), Medlands, Bark Bay Onetahuti, Awaroa and Tataranui.

Refer to the back of the brochure for transport options and services.

This map is intended as a **general guide only**. For up-to-date track, route, hut and safety information visit www.doc.govt.nz and/or your local DOC Visitor Centre **before you travel**.



Plan and prepare

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
2. Tell someone
3. Be aware of the weather
4. Know your limits
5. Take sufficient supplies



- Book your trip well in advance including your accommodation, transport and transfers to the start/end of the track.
- Safety is your responsibility—leave your trip details with a trusted contact. See adventuresmart.org.nz.
- Weather on the track is changeable, so be prepared and check the forecast before you go. See metservice.com.
- A good level of fitness is required to walk the track. You can expect to walk up to 5 hours a day, depending on your fitness and weather conditions; and carry a pack of up to 15 kg for the whole length of the track.
- The right outdoor clothing, gear and equipment will greatly improve the enjoyment of your trip. Pack all necessary equipment, your own food and drinks (including an extra day's supply) and personal effects.
- Food and drinks are not available for purchase at Great Walks huts and campsites.

Abel Tasman track safety

- Consult a tide timetable when planning your trip as Onetahuti and Awaroa estuaries on the track are only passable at low tide. (See Abel Tasman 'Plan and Prepare' information at greatwalks.co.nz or contact the DOC Visitor Centres in Nelson, Motueka or Takaka.)
- 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.
- For a comprehensive gear list, see **Plan & Prepare** at greatwalks.co.nz.

Air New Zealand is proud to support the Department of Conservation by funding biodiversity projects in and around the beautiful Great Walk tracks.


AIR NEW ZEALAND 

All beach images:
Onetahuti Beach.
Photo: DOC/90 Seconds


Quote: rankers.co.nz

Opposite image:
Tūi.
Photo: DOC

PLACES TO STAY

 **The Abel Tasman Coast Track 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.

\$32 per adult per night; 17 years and under stay free.

 **Great Walks campsites** offer basic facilities including toilets, sinks and a water supply. Some also have picnic tables and cooking shelters. Great Walks campsites can only be accessed on foot and are not accessible by vehicle.

Bookings are **essential** all year round. Great Walks huts and campsites **must be booked in advance**.

FURTHER INFORMATION AND BOOKINGS

Visit the Great Walks website or contact your nearest DOC Visitor Centre for further information and bookings.

P: 0800 NZ GREATWALKS (0800 694 732)

E: greatwalks@doc.govt.nz

W: greatwalks.co.nz

 **Book online greatwalks.co.nz**

Project Janszoon Trust

Project Janszoon is a privately funded trust 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 time frame the project aims to reverse the trend of ecological decline in the Park by reducing predator numbers and weeds, restoring ecosystems and re-introducing native birds, animals and plants into a thriving Park environment.

For more information go to www.janszoon.org or look for Project Janszoon on Facebook.



Other Great Walks

1

Lake Waikaremoana

Duration: 3-4 days | **Distance:** 46 km

Trace the shoreline of beautiful Lake Waikaremoana 'the sea of rippling waters' for spiritual and cultural enlightenment. Walk through ancient rainforest, pass giant podocarp trees and admire stunning views from Panekire Bluff.



Huts:
\$32
adult/night

Location: Te Urewera National Park, east North Island
Nearest towns: Rotorua, Napier, Wairoa, Gisborne

2

Tongariro Northern Circuit

Duration: 3-4 days | **Distance:** 43 km

Winding its way past Mt Tongariro and Mt Ngauruhoe, this Great Walk lets you explore dramatic volcanic landscapes including craters, glacial valleys, native beech forest, alpine meadows and emerald-coloured lakes in this World Heritage area.



Huts:
\$32
adult/night

Location: Tongariro National Park, central North Island
Nearest towns: Taupo, Turangi, Ohakune, Waiouru

3

Whanganui Journey

Duration: 3-5 days | **Distance:** 145 km

The Whanganui River winds its way from the mountains to the Tasman Sea through countless hills and valleys. This journey lets you take a multi-day canoe or kayak trip to experience its most remote scenic beauty, history and cultural significance.



Huts:
\$32
adult/night

Location: Whanganui National Park, south-west North Island
Nearest towns: Whanganui, Taumarunui, Ohakune

5

Heaphy Track

Duration: 4-6 days | **Distance:** 78.4 km

From forest to coast, the Heaphy Track combines all of New Zealand's scenic beauty into one Great Walk. Travel through expansive tussock downs, lush forests and nikau palms to the roaring seas of the wild West Coast.



Huts:
\$32
adult/night

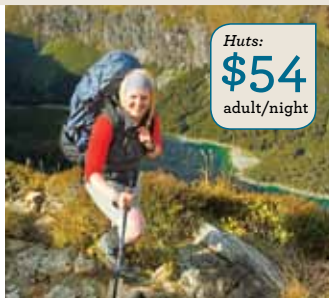
Location: Kahurangi National Park, north-west South Island
Nearest towns: Nelson, Westport, Collingwood

6

Routeburn Track

Duration: 2-4 days | **Distance:** 32 km

The Routeburn Track traverses the Southern Alps of New Zealand and passes through ice-carved valleys and beech forest. Walk alongside pristine rivers and glistening alpine lakes offering breathtaking views and mountain scenery.



Huts:
\$54
adult/night

Location: Mount Aspiring & Fiordland Nat. Parks, South Island
Nearest towns: Queenstown, Te Anau and Invercargill

7

Kepler Track

Duration: 3-4 days | **Distance:** 60 km

An adventure above the clouds! The Kepler Track takes you from the gentle, beech-forested shores of Lakes Te Anau and Manapouri to the exposed tussock lands and the summit of Mount Luxmore for spectacular alpine views.



Huts:
\$54
adult/night

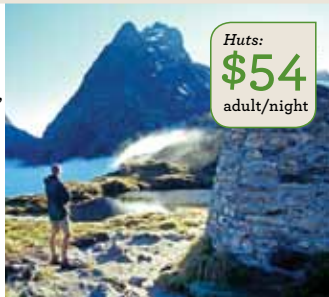
Location: Fiordland National Park, south-west South Island
Nearest towns: Queenstown, Te Anau and Invercargill

8

Milford Track

Duration: 4 days | **Distance:** 53.5 km

Experience the stunning grandeur of the Milford Track including rugged mountain peaks, breathtaking sheer canyons and majestic waterfalls. Walk beside pristine rivers and amongst lush, green rainforest before crossing Mackinnon Pass and reaching spectacular Milford Sound.



Huts:
\$54
adult/night

Location: Fiordland National Park, south-west South Island
Nearest towns: Queenstown, Te Anau and Invercargill

9

Rakiura Track

Duration: 3 days | **Distance:** 32 km

Escape on an island adventure and exchange the hustle and bustle of mainland life for the tranquillity of the Rakiura Track. Revel in the peacefulness and idyllic surroundings with the bush, birds and beach at your side.



Huts:
\$22
adult/night

Location: Stewart Island/Rakiura
Nearest towns: Invercargill (20 min flight) or Bluff (1 hr ferry)

DOC Visitor Centres

Helping you plan your
Great Walks experience



Find one near you:
doc.govt.nz

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Te Papa Atawhai



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Transport to both ends of Abel Tasman

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Aqua Packers

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phone: 0800 430 744 or 027 430 7400
www.aquapackers.co.nz

GREAT WALKERS DESERVE GREAT HOSTELS

YHA offers great pre and post walk options with affordable, comfortable accommodation ideally suited to Great Walkers.

YHA Motueka - On the park's doorstep. 20 mins from Marahau.

YHA Golden Bay - Ideal launching pad for the walk or for relaxing at the end. 30 mins from Wainui car park.

YHA Nelson - Gets five stars for groups and families. Easy day walk access.



YHA MOTUEKA



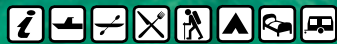
YHA.co.nz/great-walks or 0800 278 299

abel tasman marahau water taxis

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!

We've Got Your **Abel Tasman Experience Covered!**

0800 80 80 18
www.abeltasmancentre.co.nz



ABEL TASMAN KAYAKS

We offer a comprehensive portfolio of guided, day and multi-day tours designed to showcase the scenery.

www.abeltasmankayaks.co.nz

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email: info@abeltasmankayaks.co.nz
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Flights connecting Motueka, Takaka and Awaroa. A fast efficient way to travel over this stunning track. Scenic flights available.

ADVENTURE FLIGHTS GOLDEN BAY www.adventureflightsgoldenbay.co.nz
Takaka Airport, RD 2, Takaka, 7182 phone: 03 525 6167 or 0800 150338
email: flights@adventureflightsgoldenbay.co.nz

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