



WOMEN'S ABEL TASMAN BIKE, HIKE & KAYAK

New Zealand

9 days | 8 nights

OVERVIEW

Join us on a multi-adventure experience in New Zealand's Abel Tasman.

The picturesque top of New Zealand's South Island awaits, ready to embrace you on this multi-activity adventure for women. Explore Nelson and its surrounds by bike, tasting your way through local delights before swapping your 2-wheels for your two feet as we traverse our way to Torrent Bay and Awaroa in Abel Tasman National Park. Be enraptured in old-fashioned hospitality with a modern-day twist at what was once the Wilsons family's holiday home and then onward to the faithful recreation of their original homestead. Both are situated within the Abel Tasman National Park and nestled within gentle bays of turquoise waters. Learn about the local iwi (Māori tribe) and how they designed the beautiful boardwalk and bridge that lead to spectacular views over the Awaroa inlet.

While staying at the lodge and homestead, you can opt to relax or sea kayak your way along the coast, choosing how active or gentle you wish to make your experience. Eventually, our return journey leads us back to Nelson, where we arrive feeling deeply sated and satisfied. Here, additional activities can be arranged if you want to extend your adventure. Perhaps fly to Wellington and join our 5 STAR experience on the Queen Charlotte Track, where you will be professionally led by our qualified and experienced female bushwalking leaders for the ultimate Big Heart double-up.

DETAILS

- Type: Women's Trips
- Adventure: Women's Abel Tasman Bike, Hike & Kayak
- Destination: New Zealand
- Traditional Country: Maori
- Group Size: Max 12 plus leaders

ITINERARY

Day 1 | Arrive in Nelson

Today you arrive in Nelson where we begin our Abel Tasman multi-adventure. Most flights arrive in Nelson in the afternoon and evening. You can also choose to fly with our host from Australia or opt to connect on the same flight into Nelson to arrive at the same time (ask us for more info). Check into your accommodation for the next three nights.

Meals Included: n/a

Walking Distance: n/a

Day 2 | Nelson

Today we meet after breakfast for a tour briefing with your host before a guided half or full-day cycling tour. Hybrid bikes are provided, and Ebikes are also available for a surcharge.

Once on wheels, we head off to cycle on the Great Taste Trail along

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the scenic coastal wetland route to Mapua. This trail is 26 km one way (approx. 2 hours of cycling time), and you can either take transport back or you can cycle both ways with your local guide and stop for different experiences each way.

Choose your own adventure with cafes, wine tasting, beer tasting and cheese tasting opportunities. Or there's delicious handmade ice cream blended with fresh berries for the sweet-toothed, plus local arts and crafts, including glass art and possibly even glassblowing! The scenery is spectacular along the trail, and bird-lovers are in their element with the tide in and the Estuary a popular breeding ground for many migratory and native birds. There are boardwalks and swing bridges, a beautiful white sand swimming beach, and best of all, the terrain is flat, which means we get to coast along on our bikes and soak in all our surroundings.

We make a short crossing on the cycle ferry to get to Mapua from Moturoa/Rabbit Island. Mapua is a lively little seaside town with a thriving wharf area that's popular with tourists looking to relax and unwind. We enjoy lunch here, either at one of the two cafes or feasting on the famous Motueka fish and chips! After lunch, you make your way back to our Nelson accommodation, choosing to return cycle, stopping at more points of interest, or opting for transport if you wish to rest your legs.

Meals Included: Breakfast
Cycling Distance: 26km one-way (52km return)

Day 3 | Nelson

Today you can choose between an optional half day of cycling or enjoy free time to explore Nelson independently.

Hybrid bikes are provided for those keen on more cycling, and Ebikes are also available for a surcharge.

We ride along the Great Taste Trail towards Spooners Tunnel back to Nelson Airport (38 km). Spooners Tunnel is 1.4km and is the longest rail tunnel available for cycling in the Southern Hemisphere. Once through the tunnel, we kickstart our adrenaline with a 10km downhill blast before the route returns to flat terrain, and we enjoy a gentle cruising pace. This section of the trail runs alongside a meandering river all the way to Wakefield. You may like to refuel at one of the cafes there or sample one of the delicious baked goods from a wonderful bakery that sells over 700 pies every day!

Beyond Wakefield, there are fields of hops and pastoral scenery, a river crossing over a swing bridge, and wineries with cellar-door tasting opportunities for those wishing to sample the local vintage. The cycling route today is graded 1-2 and is slightly more technical than yesterday's ride to Mapua. The middle of the tunnel does have reflectors on the ground for most of its length, and headlamps are supplied along with many of the Ebikes fitted with bike lights. However, it is not suitable for people who may not function well in dark, confined spaces. Cyclists will need to have a warm layer with

them as the tunnel temperature is 13 deg.

Our cycling adventure today takes around 2-3 hours, plus time for stops and our 45-minute transfer. The afternoon is yours to explore Nelson at leisure before we catch up later in the day for dinner and a preparation chat, ready for our hike tomorrow.

Meals Included: Breakfast
Cycling Distance: 38km

Day 4 | Nelson/Motueka to Torrent Bay

We begin the day by checking out of our Nelson accommodation. Then, it's a scenic drive through the coastal orchard and vineyards lining the highway from Nelson to Motueka and Mārahau. Luggage storage can be arranged at Motueka if needed.

From Mārahau, we walk the gentlest grade on the track and rediscover the pristine bays and headlands named by French explorer Dumont D'Urville in 1827. With views over the Astrolabe Roadstead to Adele Island, we choose one of the lovely, sheltered bays to stop at for lunch. Once rested and nourished, we continue for your welcome at Torrent Bay Lodge. This was the Wilson family's holiday home, now tastefully extended and renovated to include all modern comforts whilst keeping its relaxed beach holiday atmosphere.

Tides will determine whether you walk around the Torrent Bay inlet, taking in views overlooking Anchorage Beach, or take the fun shortcut across the inlet to Torrent Bay village.

Once welcomed to Torrent Bay Lodge, your ensuite room and evening meal await. Celebrate with a pre-dinner drink available to purchase from the in-house bar.

Meals Included: Breakfast, Lunch, Afternoon Tea, Dinner
Walking Distance: up to 16km (depending on tides)

Day 5 | Torrent Bay to Awaroa

Start with a relaxing breakfast overlooking the beach from Torrent Bay Lodge, then choose how much walking you want to do – boat transfers can be arranged to suit your needs. Your walk today follows the coastal track through cool native forest and reaches golden sand beaches, that are perfect for swimming.

You can choose to walk in 3 sections of approximately 2 hours each.

> **Torrent Bay to Bark Bay – 7km; maximum elevation 105m**
Departing Torrent Bay Lodge, we walk the most varied section of the coastal track as it winds through verdant gullies of mature beech forest, fern grottos and sunny groves of fragrant manuka framing coastal vistas.

Crossing the swing bridge at Falls River, we take time out for lunch at Bark Bay. The facilities here include a shelter, picnic tables,



filtered drinking water and modern toilets. Rest in the shade, explore the bay or refresh with a swim.

> Bark Bay (Medlands Beach) to Tonga Quarry – 4km maximum elevation 120m

We then take the Waterfall trail around Bark Bay, featuring views of the cascade from a sturdy swing bridge. Then, walk over a forested saddle to the historic site of Tonga Quarry.

> Tonga Quarry and Onetahuti to Awaroa – 7km; maximum elevation 85m

Walk along the stretch of golden sands on Onetahuti Beach, leading to a beautiful boardwalk and bridge designed by the local iwi (Māori tribe). A last gentle climb from the boardwalk takes you to spectacular views over the Awaroa inlet.

We are then welcomed to Meadowbank Homestead at Awaroa, a faithful recreation of the Wilson family's original home on the 'finest site in the bay'.

Meals Included: Breakfast, Morning Tea, Lunch, Afternoon Tea, Dinner
Walking Distance: up to 18km

Day 6 | Awaroa

Today is a day to relax and explore the Northern Beaches.

Take your time over breakfast, served with stunning views across Abel Tasman's largest tidal estuary. As you fuel up for the day ahead, you contemplate whether you wish to be active in Awaroa's beautiful surroundings or choose time to yourself and simply savour the comfort and tranquillity of Meadowbank Homestead.

You can join an exploration of the Awaroa inlet, where you depart Awaroa beachfront on the Vista Cruise and arrive in Tōtaranui. Considered to be one of the most ideal destinations for outdoor lovers, Tōtaranui is often used as the start or end point for hikers doing the Abel Tasman Track. As you commence your walk south to Awaroa Inlet, the trail winds its way through wonderful indigenous flora. If the tide is out and you are able to cross, it is a 2.5 hour walk including tidal crossing, plus an optional walk around the Estuary (up to 3 hours). Alternatively, take a boat ride across the stunning expanse of the largest inlet on the coast.

Back at Meadowbank Homestead, freshen up in your room with a hot shower while your hosts prepare a delicious evening meal. Swap stories with your fellow adventurers over pre-dinner nibbles accompanied by a local beer, wine or soft drink available for purchase at the in-house bar.

Meals Included: Breakfast, Morning Tea, Lunch, Afternoon Tea, Dinner
Walking Distance: 9km

Day 7 | Awaroa to Torrent Bay

Wake to breakfast and birdsong overlooking Meadowbank's gardens by the sea.

After breakfast, we depart Meadowbank Homestead and walk over a forested saddle to Onetahuti. This walk takes us back over the beautiful boardwalk and bridge designed by the local iwi (Maori tribe) and along the golden sands, where you enjoy refreshments supplied by your guide.

Upon arrival at Onetahuti, you will be provided with full instructions and a safety briefing as you settle into your double kayak. You'll then kayak through Tonga Island Marine Reserve and explore hidden inlets on the way to Torrent Bay. Weather permitting, kayak to the seal colony where New Zealand fur seals breed. Floating on clear, turquoise waters, paddle past Tonga Quarry and the Tonga Arches, where your guide shares stories about the unusual granite features and relics from the historic quarry.

Stop for lunch at sheltered Bark Bay, where you can take time out to explore, swim or relax on the golden sand. After lunch, continue beach hopping along the coast with picture-postcard views, including the Falls River and Frenchman's Bay.

Paddle into beautiful Torrent Bay and be welcomed, once again, back at Torrent Bay Lodge.

Meals Included: Breakfast, Morning Tea, Lunch, Afternoon Tea, Dinner
Walking Distance: 8km
Sea Kayaking Distance: 10km

Day 8 | Torrent bay to Kaiteriteri/Motueka/Nelson

Wake up to morning light on the golden sands of Torrent Bay and a hearty breakfast to ready you for paddling to Te Pukatea Bay and past the islands of the Astrolabe Roadstead to Kaiteriteri. If you prefer a break from kayaking, a day to suit your desire for relaxation or walking can be arranged.

Launch your kayak from Torrent Bay and paddle southwards along the coast while your guide shares stories of early explorers, shows you bays and beaches, and introduces you to the predator-free wildlife sanctuary of Adele Island. If the wind is in your favour, you may get to hoist a specially designed sail to ride the sea breeze.

Stop for lunch and a rest at a sheltered beach, then continue your journey through azure waters to the famous Kaiteriteri beach.

Upon arrival at Kaiteriteri, your driver meets you for the return journey to Motueka and Nelson, arriving back at approximately 6 pm.

Meals Included: Breakfast, Morning Tea, Lunch
Sea Kayaking Distance: 12km

Day 9 | Farewell or Continue your adventure!

This morning we say farewell to Nelson and to your new friends made on this incredible adventure.

You might like to stay on for more adventure in NZ or perhaps you are booked on our Women's Queen Charlotte Track trip and are flying to Wellington to meet the gang and start your next adventure!

Meals Included: Breakfast

Walking Distance: n/a

INCLUSIONS

Travel

Comfortable private vehicle transport (Mapua to Nelson)

Comfortable private vehicle transport (Kaiteriteri to Motueka and Nelson)

Meals

All meals as per the itinerary

B x 8 | L x 5 | D x 4

Accommodation

4 nights Stay Tides Motel Nelson or similar

2 nights Torrent Bay Lodge

2 nights Meadowbank Homestead at Awaroa

Activities

Guided cycling tours on hybrid bikes (Ebikes available for a surcharge)

Cycle up to 90km over 2 days (options for less distance)

Professionally guided walks, cycling and kayak experiences led by qualified local leaders

Hike up to 51km over 3 days (options for less distance)

Guided sea kayaking tour with all equipment and safety gear included (double kayaks)

Paddle up to 22km over 2 days (options for less distance)

Safety

A Big Heart Leader and experienced local Guides/Leaders

Group First Aid kit and emergency communication device

Leaders certified in Remote Area/Wilderness First Aid

Qualified Bushwalking Leaders

Qualified Kayaking Instructors

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Reduce waste through recycling, reusing and composting

National Park entry fees

Big Heart Extras

Big Heart Adventures designed ioMerino hiking top

Big Heart Adventures designed head sock

Big Heart Adventures journal

Guided pre-departure training walks and or program (trip specific)

Discount card for pre-departure purchases at Exurbia

A charity contribution to our Give Back program

EXCLUSIONS

- Flights to and from New Zealand
- Comprehensive Travel Insurance (compulsory)
- Meals and drinks not stated on itinerary
- Items of a personal nature

FITNESS REQUIREMENT

- A good level of fitness is required to participate in the activities on this trip
- You will be cycling, walking, and kayaking pack free (day packs only)
- You will walk on a variety of surfaces, including sand
- Our longest walking day is 18km, however, there are options for less
- We recommend you do hilly walks before this trip to maximise your enjoyment of all the activities
- Trail rating: Easy – Moderate
- Activity rating: Moderate (includes cycling and sea kayaking)

IMPORTANT INFORMATION

- *Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour

- A limited number of single rooms are available on a first-come basis
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund
- If this trip departs during Fire Ban Season – last minute changes to our itinerary or walking days may be required for safety reasons
- Rooming is twin share
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

PACKING LIST

A detailed packing list is provided prior to travel

- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min capacity 2Ltrs)
- Personal medications
- Clothing suitable for walking that is quick drying and breathable – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and sunscreen, insect repellent
- Sleeping attire
- Swimwear/rashie and towel
- Shoes for kayaking: wetsuit boots, sandals, or old sandshoes (no thongs or bare feet)

ACCESSIBILITY

This is a multi-activity adventure including cycling, hiking, and sea kayaking. There are stairs, uneven surfaces and moving luggage to and from accommodation is required. Please talk to us about your accessibility needs before booking.