

FREE



# ABEL TASMAN COAST TRACK



Duration: 3–5 days  
Distance: 60 km (one way)



Great Walks season:  
All year

[greatwalks.co.nz](https://greatwalks.co.nz)

Department of  
Conservation  
*Te Papa Atawhai*

# ABEL TASMAN COAST TRACK

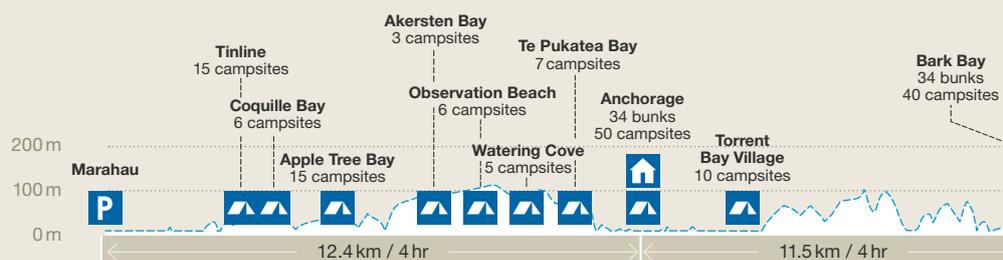
BLESSED WITH a mild climate, golden beaches and lush, coastal native bush, the Abel Tasman Coast Track has it all.

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.

## ELEVATION PROFILE & TRACK GUIDE



Day 1: Marahau to Anchorage



Day 2: Anchorage to Bark Bay

### ➤ 4 hours, 12.4 km

You'll begin your journey as you cross the estuary over the Marahau causeway, and follow the track, first through open country, then lush 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 Anchorage Bay. Here you'll descend to Anchorage Hut and Campsite.

### ➤ High tide track: 4 hours, 11.5 km Low tide crossing: 3 hours, 8.4 km

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 long suspension bridge takes you over Falls River. You'll then meander through lush coastal forest before being led back to the sea and the idyllic golden sands of Bark Bay.

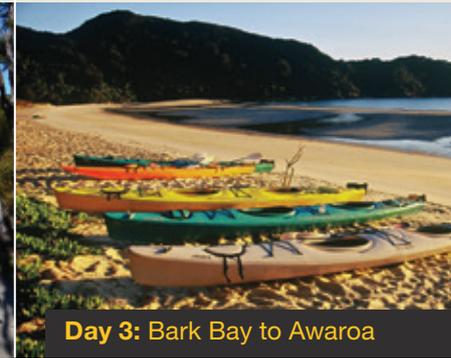
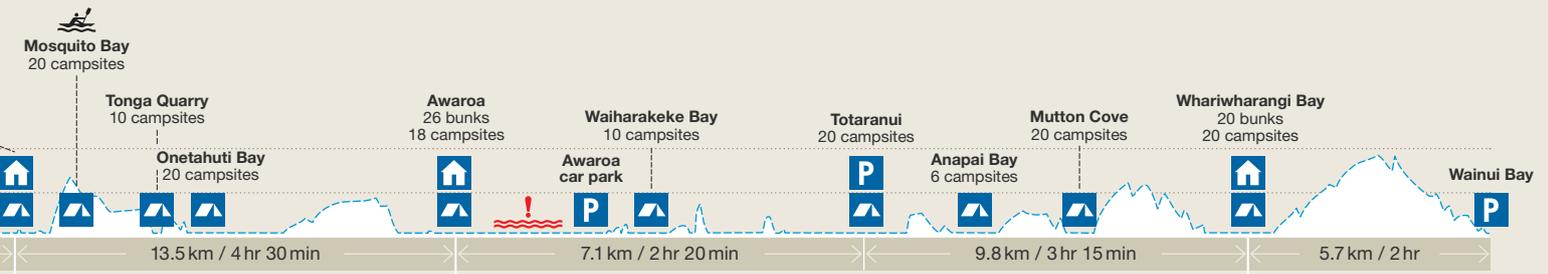


Duration: **3–5 days**  
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**All year**





Day 3: Bark Bay to Awaroa



Day 4: Awaroa to Whariwharangi Bay



Day 5: Whariwharangi Bay to Wainui Bay or Totaranui

➤ 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 and it's a short walk from there to Onetahuti Bay, where one of the longest beaches in the Abel Tasman stretches before you. As you leave Onetahuti and start to descend from Tonga Saddle down to Awaroa Inlet, take a non-DOC track to visit the famous Awaroa Beach before returning to the main track.

➤ 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 cosy and historic Whariwharangi Hut (a former homestead built around 1896) just behind the beach.

➤ 2 hours, 5.7 km  
3 hours, 9 km

Follow a trickling stream and climb above the bay to a saddle overlooking the serene Wainui Inlet. At this point you can either descend to the car park at Wainui or take a left turn onto the Gibbs Hill Track. This will take you to Totaranui where you can get a water taxi back to Marahau.



COVER: Te Pukatea Bay, Darryl Wilson

ABOVE LEFT TO RIGHT:  
Monster Valley; Shellie Evans (tikitouringnz.blogspot.co.nz)  
Andy Dennis; photonewzealand.com; Eduardo Villouta Stengl

MAIN PHOTO: Totaranui, Daniel Deans



Air New Zealand partners with the Department of Conservation to help bring native birds back to the beautiful Great Walks.



Photo: Rob Suisted (www.naturespic.com)

- 1 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.
- 2 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!
- 3 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.
- 4 Take advantage of the region’s sunshine hours and stay next to golden beaches at one of the **19 campsites**.

Conservation story

**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 time frame. 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](http://www.janszoon.org)



2

Photo: Nick Thompson



3

Photo: Karin Noresten



4

Photo: photonewzealand.com



## 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)

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



Photo: David Buckton

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 (1 May – 30 September) per adult per night; 17 years and under free (booking required).

\$38 (1 October – 30 April) per adult per night; 17 years and under free (booking 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

\$15 per adult per night; 17 years and under free (booking required).

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

## Sign me up! What do I do?



- 1 Start off at **greatwalks.co.nz/abeltasma**n for more information.



- 2 Consult tide timetables and **book your huts and campsites** online or at 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/abeltasma**n. Make sure you have left your intentions with a trusted contact at **adventuresmart.org.nz**.



- 6 Check the weather, and make sure you've 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, and download the Abel Tasman National Park app at **janszoon.org**.



- 7 **All set!** Lace up your boots and get hiking. Don't forget to share your experience on **facebook.com/GreatWalks**.

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## ABEL TASMAN SCENIC FLIGHTS

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Flights connecting the Abel Tasman National Park to Motueka  
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## Abel Tasman National Park Virtual Visitor Centre

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Includes up-to-date information on weather,  
tides, walking times, track conditions, map,  
points of interest, history, plants and wildlife.

The app and private Wi-Fi network are pro-  
vided by Project Janszoon [www.janszoon.org](http://www.janszoon.org)

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Kepler Track. © Daniel Deans

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New Zealand Government



**Legend:**

- Great Walk hut
- Great Walk campsite
- Scenic campsite
- Shelter
- Toilet – there are also toilets at each hut and campsite
- Low tide crossing Awaroa Hut
- Great Walk/Tramping track
- Route
- Walking track

**Scale:** 0 to 1 Km

**North Arrow:** N

**Know before you go**

It is **important** to plan your trip thoroughly to ensure you stay safe, and have a great time. Before you go, know the **Outdoor Safety Code** – 5 Simple rules to help you #makeithome.

**1. Plan your trip.**  
Travel times vary greatly in New Zealand, so carefully planning your route is essential. Seek local information about what to take, and allow enough time for the journey. Book accommodation, transport and transfers to the start/end of track early.

**2. Tell someone your plans.**  
Safety is your responsibility. Leave your intentions – including your trip details and emergency contact information – with a trusted contact. It could save your life if things go wrong. Head to [adventuresmart.org.nz](http://adventuresmart.org.nz) for more information.

**3. Be aware of the weather.**  
New Zealand weather is very changeable. Plan for the worst, expect the best. Check [metservice.com](http://metservice.com) for the most up to date info.

**4. Know your limits.**  
Always follow the track markers and signposted tracks. Off-track navigation is not recommended for novice walkers in New Zealand. 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 level. If you get into trouble don't make a bad situation worse. Think **STAR** – Stop / Think / Assess / React.

**5. Take sufficient supplies.**  
With New Zealand's changeable conditions many hikers are frequently caught out by isolated local conditions. Carry – and expect to use – rain jackets all year round. Take an extra day's supply of food and an emergency shelter. Don't rely on cellphone signal alone for communication. Food and drinks are not available to purchase at Great Walks huts or campsites. Plan to be self-sufficient.

**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](http://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](http://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**

To Kaiteriteri, Motueka ↓