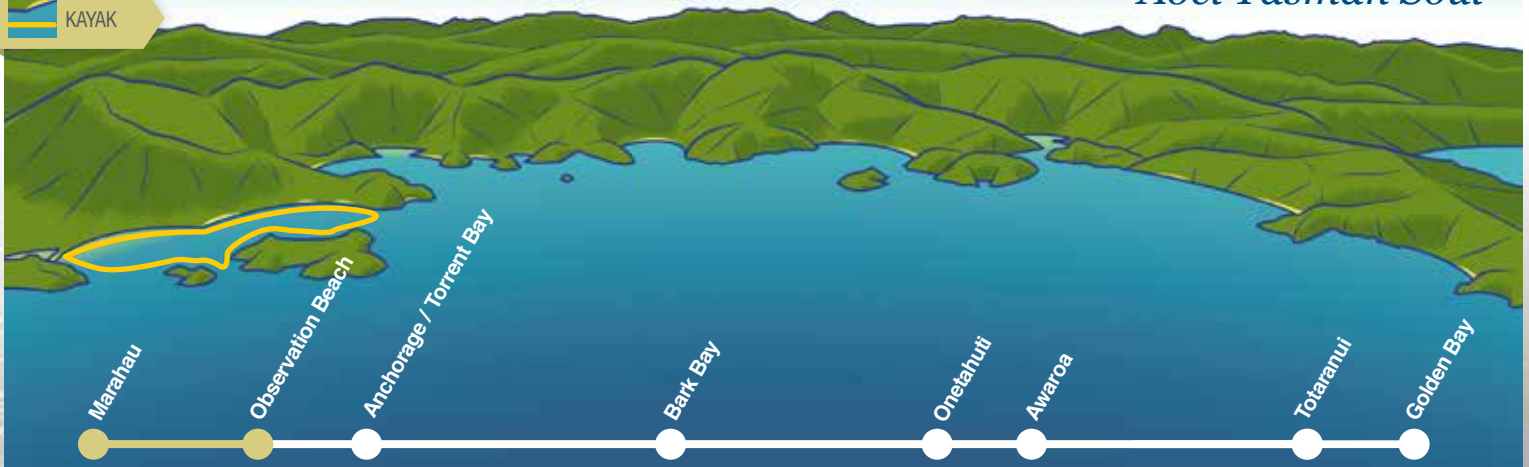




## Soul Food

## Abel Tasman Soul



Duration: Full day



Check In: 8.30am (1 Oct–30 Apr)  
9.00am (1 May–30 Sep)



Lunch: Complimentary



Departs: Daily



Open: Open all year



Age: 12+

**Showcases:** Explore by kayak the stunning Astrolabe area, leave a minimal footprint, our most eco trip!

**Kayak:** Marahau to Marahau.

**Description:** This trip is our most environmentally friendly on offer. The forest-fringed Astrolabe offers the highest concentration of golden sandy beaches in the Abel Tasman to explore. The highlight of this trip is visiting Adele Island sanctuary, home to an array of protected native birds and a popular hang out for NZ fur seals. A cacophony of bird sound is unique to this island and as this trip is 100% paddle power you have a zero carbon footprint. If conditions permit, sail back into Marahau on the afternoon sea breeze. Refines your soul.

### Itinerary\*

- 8.30am Check in and meet your guide.
- 9.00am Kayak briefing.
- 9.30am Kayak from Marahau to Marahau. Total kayak time approx 5 hrs with breaks.
- 12.30pm Enjoy lunch at one of the stunning Astrolabe beaches.
- 4.00pm Arrive back in Marahau.

### What to bring:

Please bring personal water bottle, hat, sunscreen, insect repellent, towel, swimsuit, warm top (wool or fleece), wind jacket, a change of clothes, cameras and any medication.

### We provide:

A top quality double sea kayak, lifejacket, paddle, spray skirt, paddle jacket, dry bags for cameras and of course an awesome ATK guide.

\*Please note: This is an estimate of timings.

