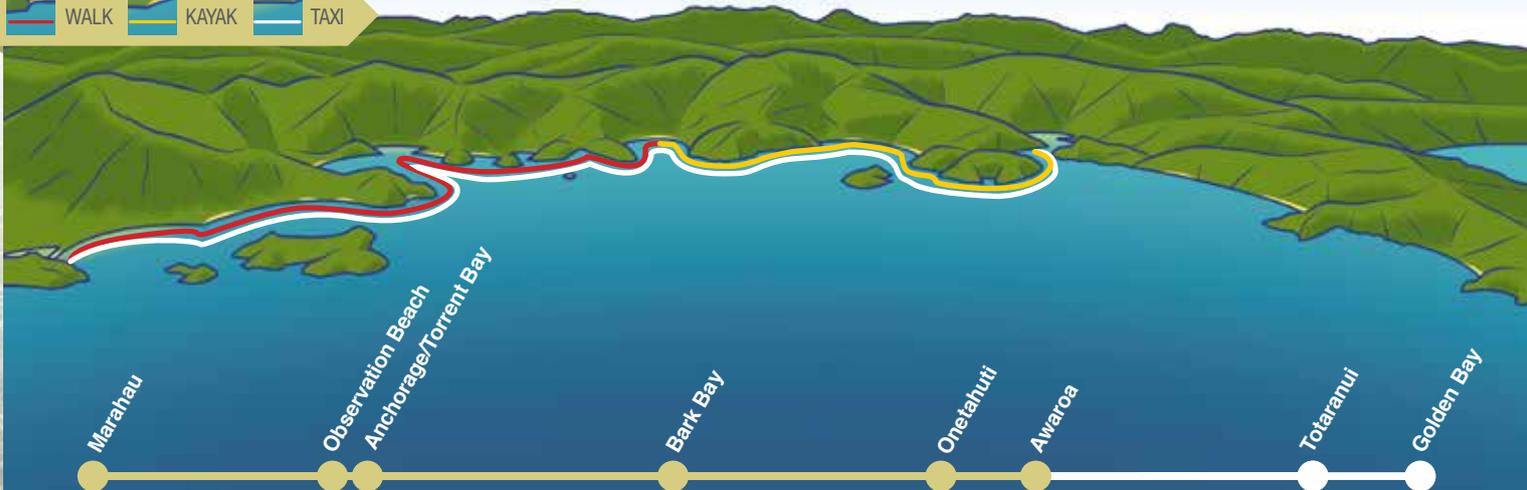


The stunning

Remote Coast Overnighter



Abel Tasman Soul



-  Duration: 2 or 3 days

-  Check In: 8.30am (1 Oct–30 Apr)

-  Catering: Self catered (lunch supplied on kayaking day)

-  Departs: Daily

-  Open: 1 Oct – 30 April

-  Age: 12+

Showcases: 100% pure marine reserve – kayak the entire marine reserve.

Kayak: Awaroa to Bark Bay.

Walk: Bark Bay to Anchorage or Bark Bay to Marahau.

Description: Day one join us for the Remote Coast Tour. This is a stunning day trip that covers the entire marine reserve from start to finish. Starting at Awaroa, courtesy of our water taxi transfer, allows us to visit Shag Harbour*, a hidden inlet like nowhere else in the Abel Tasman. We then paddle south, focusing on the Tonga Island Marine Reserve and its playful inhabitants – the NZ fur seal, Kekenos. After a great picnic lunch on one of the beautiful beaches we'll visit the Tonga Arches, exploring south along

the carved granite coastline through to the tranquil lagoons and golden sand of the 'heart of the park' and our final destination, Bark Bay.

Spend the night in the park at Bark Bay and on day two walk the most famous section of the coastal track back to Anchorage. You will walk up through the lush coastal forest before crossing the 47m suspension bridge across Falls River before heading to Anchorage to catch your late afternoon Water Taxi.

If you are spending three days in the park you will spend night two at Anchorage and then walk back to Marahau on day three. There are some great lookout points and amazing beaches on this section of the track, make sure you allow plenty of time to explore them.

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Itinerary*

DAY 1

- 8.30am Check in and meet your guide.
- 9.00am Water Taxi to Awaroa.
- 10.30am Arrive Awaroa.
- 10.30am Kayak briefing.
- 11.00am Kayak from Awaroa to Bark Bay. Total kayak time approx 4 hrs with breaks.
- 1.30pm Enjoy lunch in the Onetahuti area.
- 3.30pm Arrive Bark Bay.
Spend the night at Bark Bay.

DAY 2

- Walk from Bark Bay to Anchorage (high tide route approx 4hrs, 11.5km, low tide route approx 3hrs, 8.4km)
- 4.00pm Water Taxi back to Marahau**
- 4.00pm Spend the night at Anchorage

DAY 3

- Walk from Anchorage to Marahau 3.5hrs, 12.4km

*Please note: This is an estimate of timings.

**Trip finishes for those on 2 day Remote Coast Overnighter.

What to bring:

Cooking equipment: If you plan to cook a hot meal ensure you bring a cooker and fuel as fires are only permitted in certain parts of the park, at certain times of the year. Pots, pans, utensils, cutlery, plates and cups will also come in handy.

Camping equipment: During the evening it can become quite cool in the park so please make sure you pack a tent, camping mat and a warm sleeping bag.

Kayaking clothes: You're bound to get wet when kayaking bring some quick drying clothes to paddle in. Shorts, t-shirt (long sleeves are preferable), warm top (wool/fleece), hat, sunglasses and shoes. Don't forget your swimsuit and a towel!

Campsite clothing: Warm campsite clothing is essential for the evenings. Long pants, t-shirt, long-sleeved shirt, warm top (wool/fleece), trainers and socks, sleeping clothing, rainproof jacket.

Personal items: Such as medication, toiletries, camera (with plenty of film or memory space!), personal drinking bottle, first aid kit, sunscreen and insect repellent.

Food: This trip is self catered (excluding lunch on the first day) be sure to bring enough food for your whole journey. We recommend purchasing this before you get to Marahau. Make sure you bring plenty of fresh water with you. Filtered water is available at our base and hut sites, and untreated water is available at the campsites.

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.