OUTDOOR TRAVEL
THE ACTIVE HOLIDAY COMPANY

CYCLE-KAYAK-WALK IN NEW ZEALAND 2026-2027

ABEL TASMAN NATIONAL PARK & GREAT TASTE CYCLE TRAIL

5-day / 4-night Easy to moderate MULTI-ACTIVITY Self-guided cycling, guided walking & sea kayaking





The far north of New Zealand's South Island and the Abel Tasman National Park are regarded as an active holiday paradise. Explore this delightful region by bike, foot and kayak on this multi–activity discovery. Begin your journey with two days of self-guided cycling from Nelson via Mapua to Motueka along the newly completed *Great Taste* Bike Trail. Beachside cycling, vineyards, quirky cafes and boutique breweries with beer, wine and food to match are just part of the delights that await you. With its museums and galleries, the Nelson region is a renowned centre for alternative arts, crafts and life-style - it won't take you long to realise why and to slow down to a more contemplative pace in one of the sunniest parts of New Zealand.

Stay in the Abel Tasman National Park which offers a diverse landscape of native Beech and Podocarp rainforest, ancient fern-filled grottos, mountain streams cascading into clear pools, granite headlands fringing legendary golden beaches and crystal clear waters. With a mild climate year-round, this area is ideal for a walk through native forest or a relaxing sea kayak along the coast. Enjoy a private beachfront lodge for a gourmet meal, fine wine and good company. Stay out late, gazing at the stars, then retire to your own room, let the waves soothe you to sleep at the end of a day that can be as relaxing or adventurous as you like. Join your local guides for easy coastal walking along trails through native forests; giving views of sculptured beaches of golden sand, clear glistening bays of sunshine and silence.

See a different perspective of the Abel Tasman National Park with sea kayaking along the coast and shoreline. When conditions permit, visit the seal colony at Tonga Island where you're entertained by the seal pups. Paddle past stunning rock formations & cliffs and discover secluded beaches only accessible by water. Ideal for experienced or beginners alike. Kayaking trips are not suitable for children under 12 years.

Cost from: **$3140** per person twin share Single room supplement on request.
E-bike upgrade $145 per bike

Departs: Daily, September 2026 to April 2027

Group size: Minimum & maximum group sizes apply, please ask for details.

Included: **Self-guided Cycling section**: 2 nights' quality accommodation with ensuite, tour briefing, bike hire with helmet, luggage transfers, route notes & maps, Mapua ferry ticket, emergency support.

Guided Walking & Sea Kayaking: Launch cruise from Kaiteriteri, Departure launch cruise/transfer back to Nelson, 2 nights twin-share lodge accommodation with ensuite, all bedding and towels at the lodges, all meals from lunch on Day 3 to lunch on Day 5, experienced guide and lodge support staff, use of daypack, overnight bag and daily luggage transfers, use of sea kayaking equipment, use of canoes at lodges.

Call OUTDOOR TRAVEL on (03) 5750 1441 for details or reservations





Suggested itinerary:

Day 1: Nelson – Tahunanui - Mapua **cycling @ 29km**
Start with a shuttle transfer from Nelson city or airport to meet with your cycle specialists at 9.30am for a pre-ride briefing and to make any adjustments to your bikes. Head off on the *Great Taste Trail* taking in the highlights including a beach-side sealed cycling track, and a plethora of cafés, vineyards with wine tasting and boutique breweries with beer and food to match, as well as inspiring arts and crafts.

Around lunch time cross the Mapua estuary from Rabbit Island to Mapua Wharf where you can relax and explore the vibrant Mapua community Plan to arrive by 4.00pm at your Mapua accommodation. Dinner is at your own arrangement; you are spoilt for choice with casual or fine dining options by the beach or the wharf.

Day 2: Mapua - Motueka **cycling @ 29km**
After breakfast, cycle past orchards, vineyards and market gardens set in rolling hills with panoramic coastal views. Lunch at your own arrangement and an option to make a detour to Kina Peninsula (approximately 5km) where there are arts and crafts and vineyards to discover. The coastal scenery includes the Motueka foreshore and the picturesque Raumanuka Reserve and sand spit.

Once in Motueka, overnight *lodge luggage bags* will be delivered to your accommodation, so you can pack what you need for the following two nights in the Abel Tasman National Park. Dinner is at your own arrangement - choose from one of the many cafés or restaurants in Motueka.

Day 3: Motueka – Kaiteriteri – Awaroa **cycling @ 15km, walking @ 2.5 hours, 9km**
After breakfast in Motueka, continue on the *Great Taste Trail* passing tidal inlets and orchards in the rural town of Riwaka, then take the *Easy Rider* trail through the native forest of Kaiteriteri's mountain bike park to the golden sands of Kaiteriteri where you leave your bike.

At 12.30pm meet your guide and board the launch to Totaranui, enjoying lunch as you cruise the Abel Tasman Coast and into the National Park coastline. Hot drinks, covered or open deck areas and bathroom facilities are available on board.

At Totaranui, you can relax on the beach or take a walk through the lush rainforest on the Pukatea Loop (approx 1.5 hours). Walk south along a well-marked trail for approximately 2 hours to the fascinating Awaroa estuary, through rainforest with magnificent specimens of Nikau Palm and Rata fringing idyllic sandy coves. Cross the Awaroa estuary for the overnight stay on the beachfront at Meadowbank Homestead.

Day 4: Awaroa - Torrent Bay **walking @ 1.5 hours, 7km, kayak @ 4 hours, 10km**
Take breakfast overlooking the gardens of Meadowbank Homestead, watching the movement of the tides over golden sands. Depart Awaroa after breakfast for the scenic walk over the Tonga Saddle to Onetahuti.

Our kayaking guide will fit you out with suitable life-jacket, helmet and paddle for training and a safety brief. Weather permitting, there's the opportunity to visit the Seal Colony on Tonga Island where New Zealand fur seals breed. It's often possible to spot new-born pups here in December and January. Enjoy the sensation of paddling through the clear turquoise waters of the Park as we cruise past Tonga Quarry and the Tonga Arches, where your guide will explain the history of this granite area, pointing out some of the unusual natural features and relics from the historic quarry.

Midday, stop for lunch at sheltered Bark Bay, with time to explore, swim or relax on the golden sand. After lunch, we continue beach hopping along the coast with picture-postcard views, including the Falls River and Frenchman's Bay. At around 4.30pm paddle into Torrent Bay to be welcomed with refreshments and a hot shower in your ensuite room at the beachside lodge.

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Day 5: Torrent Bay – Nelson **kayak @ 4.5 hours, 12km**

Wake up to the golden sands of Torrent Bay and perhaps take a stroll along the beach or forest trail before a home-cooked breakfast. Leave Torrent Bay by kayak and glide southwards along the coast, to the pristine bays and beaches named by French Explorer, Dumont D'Urville in 1827. Paddle the idyllic waters of Te Pukatea Bay. In the sheltered Astrolabe Roadstead, sweep along the picturesque coast of Adele Island - now a predator-free sanctuary ringing with birdsong.

If the wind is with you, your guide will help you hoist a specially designed sail so you can ride the sea breeze.

We stop for lunch and a rest at any one of the bays, before we continue our journey to Kaiteriteri beach, where the bus will be waiting to meet you for the journey to Nelson arriving at around 5.30pm, where your tour ends.

Note: *On some departures this itinerary may operate in reverse. Kayaking or walking each day is optional.*






Outdoor Travel offers a wide range of guided walking experiences in New Zealand including **Akaroa Walk** and **Queen Charlotte Walk**. For cyclists we offer guided cycling on the **Queenstown & Wanaka Cycle Trail** and the **Otago Rail Trail**, or self-guided cycling around **Art Deco Napier & Hawkes Bay** wine region on New Zealand's North Island.

We offer guided or self-guided walks in most destinations in Europe including France, Italy, Spain, England, Scotland or Wales, Croatia, Greece, Turkey, Austria, Germany, or Switzerland. For those interested in pilgrimage trails we also offer the ***Via Francigena*** in Italy or the Way of St James, the ***Camino de Santiago***.

Contact Outdoor Travel for more itinerary details and to make your reservation:

- Call: (03) 5750 1441
- Email***:*** **info@outdoortravel.com.au**
- Web**:** **http://www.outdoortravel.com.au**
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright VIC 3741, Australia