

marlborough sounds and abel tasman trails



trip highlights

7 days of full and half day hikes amidst some of NZ's best scenery

Experience scenery of the Marlborough Sounds from the ridgeline track above the Queen Charlotte Sound

Relax in the unexpected comfort and hospitality of your own private eco lodge in the middle of our two day hike, carrying only day bags

Sail the beautiful coastal waters of the Abel Tasman National Park after your hike to Torrent Bay

Enjoy the lake views of Nelson Lakes National Park from the bushline track

Relax in the hot pools of Hanmer Springs after our back country experience through a high country station



Trip Duration	7 days	Trip Code: MSA
Grade	Introductory to Moderate level	
Activities	7 day hike	
Accommodation	5 nights motel/hotel accommodation and 1 night an eco lodge	

Kia Ora from Adventure South

Thank you for your interest in our Marlborough Sounds and Abel Tasman Trails adventure. It's a superb adventure and we hope you can join us. Adventure South has been operating active holidays throughout New Zealand since 1992. Thanks to our experience we're confident to say that we offer the very best cycling, trekking and adventure travel itineraries available in New Zealand today.

There's simply no other collection of New Zealand itineraries that can match the geographic coverage, originality and overall quality of our active New Zealand adventure holidays. An Adventure South holiday aims to take you beyond the more popular and busy trails to provide you with a truly unique New Zealand wilderness experience.

We're here to show you that there are many, many more trails and cycling routes in our great country that are the new frontiers in adventure tourism - beautiful, scenic, and without the crowds. We aim to explore these delicate environments in a sustainable manner to ensure we leave as little impact as possible from our visit. We'd be honoured to introduce you to the wide variety of natural wonders that New Zealand is famous for. Go forth, go south - join us on this amazing small group, value packed adventure!

why travel with Adventure South?

"Small Groups, Great Guides, Superb Holidays."

This comment encapsulates an Adventure South active holiday in New Zealand. The phrase was not born from a long and tortuous strategic planning process, it came from a client review! We could not have said it any better. Our client feedback also confirms that what helps make our holidays different are the quality of our professional guides. They share their humour, compassion and wilderness experience to ensure that you have a great vacation and the right degree of personal challenge.

On an Adventure South tour you can also expect the right, proven equipment is provided for your tour; the food is delicious, plentiful and can be catered to your dietary requests; your guides are all First Aid trained; that the itinerary you have chosen has been carefully crafted from decades of personal experience in the New Zealand wilderness, not from a guide book recommendation.

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A 7-day trekking tour, fully lodge accommodated. Hike the beautiful coastal and lakeside trails of the upper South Island and explore the remote and beautiful tussocklands of the South Island highcountry.



trip dates

2012 04 Nov - 10 Nov
27 Dec - 02 Jan **HS**

2013 03 Feb - 09 Feb **HS**
05 Mar - 11 Mar
09 Apr - 15 Apr

trip cost

Joining Christchurch: NZD\$2485 / AUD\$1995

options & supplements

HS - Public Holiday Supplement: NZD\$50 / AUD\$40

Single Supplement: NZD\$639 / AUD\$513

Adventure South does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

the trip

One of our newest moderate to easy 7-day trekking adventure, fully lodge accommodated starting and finishing in Christchurch. Hike the beautiful coastal and lakeside trails of the upper South Island of New Zealand and explore the remote and beautiful tussocklands of the South Island highcountry.

about your leader

Our Guides are one of our biggest assets. We pride ourselves on the standard and quality of these great people who you will be spending your holiday with. They come from all walks of life but they all have a common desire to give you the best possible experience, heaps of fun and lots of fond memories to take home with you. We provide you with the services of two guides for many of our trips, (this may depend on the size of the group). All are certified in first aid and CPR and many are advanced mountain guides. To check out more about our guides see our 'Who are we' page on our website (www.advsouth.com).

at a glance

DAY 1	CHRISTCHURCH TO PICTON
DAY 2	PICTON - QUEEN CHARLOTTE TRACK - PICTON
DAY 3	PICTON TO ECO LODGE
DAY 4	ECO LODGE TO MOTUEKA
DAY 5	MOTUEKA - ABEL TASMAN TRACK - MOTUEKA
DAY 6	MOTUEKA TO ST ARNAUD
DAY 7	ST ARNAUD TO CHRISTCHURCH

what's included

- All breakfasts (excluding day 1), 7 lunches, and 6 evening meals
- A great guide and transport
- Packs and poles if required - please let our staff know pre tour
- Accommodation as detailed based on a twin share basis with private bathroom facilities
- 1 night in an eco lodge (shared facilities)
- Water taxi access to Queen Charlotte walkway
- Sailing boat on Abel Tasman trek
- Access and Concession fees paid to the Department of Conservation
- NZ Goods and Service Tax (GST)

detailed itinerary

DAY 1 Christchurch to Picton

Important: The night before your tour is to depart your guide will call your pre tour accommodation to advise what time they will collect you the following morning. (Please make sure you have given us information as to where you are staying). If you are not around when your guide calls they will leave a message at reception – its really important that you check with reception if you have not heard from your guide directly. If for any reason you have not heard from your guide by the morning of the tour please call us in the NZ office on 0800 00 11 66 (from within NZ).

After our meet & greet briefing at our Christchurch depot we start our drive to Kaikoura 2.5hrs northwards. The drive is scenic and we time our arrival for lunch and then walk the Kaikoura



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peninsula walkway. This will take approximately 1.5 -2 hrs before we continue the drive to reach Picton, a further 2 hours away and a final short walk to stretch our legs. Drive to Picton (2hrs) and do short bush walk.

meals: L,D

DAY 2 Picton - Queen Charlotte track - Picton

The nearby Queen Charlotte track is a spectacular ridge top walk above the Sound. We access this via water taxi and a short climb to the track, from where we spend the rest of the day weaving down through native bush with glimpses into the many bays below. From Te Mahia saddle on the Queen Charlotte track we gradually descend on the walkway to Anakiwa for a return drive by coach to Picton and back to our accommodation.

meals: B,L,D

DAY 3 Picton to Eco Lodge

Our next two day trek starts out of a secluded bay and involves firstly a scenic drive around the head of the sound and then a backcountry road, to arrive at the start of the track. The old logging trail was cut through the native bush and offers a beautiful benched trail that weaves through regenerating native and exotic forests, steadily rising to a saddle where we break for a picnic lunch. From here we gradually descend into the next Bay and overnight stay at our Lodge. The rest of the afternoon provides a great opportunity to relax on the couches on the porch or to explore the walking tracks and native bush.

meals: B,L,D

DAY 4 Eco Lodge to Motueka

After a hearty breakfast, we pack and depart our beautiful accommodation, and follow the trail that weaves through virgin bush and beachfront. The trail then steadily climbs to a low saddle, and eventually descending to the neighbouring bay and around the shoreline to our waiting coach. Time dependant, we can explore and swim before our mid afternoon departure out to Nelson and onto Motueka and our accommodation for the next two nights.

meals: B,L,D

DAY 5 Motueka - Abel Tasman track - Motueka

Today we drive down to the start of the Abel Tasman track and have a half day hike into Torrent Bay on the famous Abel Tasman walkway. The track is well formed and drops into several sheltered bays and beaches. At midday we have lunch overlooking Torrent Bay and then meet our return yacht for an exciting sail around the heads and back to our coach and then our accommodation.

meals: B,L,D

DAY 6 Motueka to St Arnaud

Leaving Moteuka we have a short 1 hour drive inland into the Nelson Lake National Park and at St Arnaud we have a choice of a shorter 2 hr peninsula hike or a 2 hr climb from the carpark on Mt Bruce. This track climbs steeply to the bushline and the summit of the ridgeline before then returning via the loop track back to the coach and our accommodation. The bush is stunning and Lake Rotoiti a magic location.

meals: B,L,D

DAY 7 St Arnaud to Christchurch

Intensive pest eradication has meant native bird numbers are increasing in the Nelson Lakes National Park. Early risers this morning will have the chance to take a short bush walk and experience the morning songs of the forest or "dawn chorus." We then drive via the spectacular Buller Gorge and Lewis Pass to Hanmer, where we detour to Jacks Pass and hike via the subalpine

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fast facts

Private Groups:

Private group options are available for this trip*

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

*Ask our staff for more information

scrub and open grassland to the summit of Mt Isobel (1324 metres) for panoramic views of the Hanmer Basin and beyond. Late afternoon we relax in the Hanmer hot pools before returning to Christchurch.

meals: B,L

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

country information

Stretching North to South for over 2000 km, and split into two main islands - the North and the South Islands - New Zealand is a country of diverse landforms. From the Pacific Island beaches and rolling farmlands in the north, to the volcanic plateau and then onto the soaring mountains within view of the sea in the south, and the sub-Antarctic islands that dot the South Island coastline, the contrasts are many.

The South Island is the 12th largest island in the world. The west coast is dominated by the Southern Alps, which contain more mountains than the European Alps altogether, and home to New Zealand's highest peak, Aoraki Mount Cook (3754m / 12,316 ft). The Main Divide, the chain of peaks that forms the backbone of the Alps from Arthur's Pass to Fiordland, splits the South Island into east and west. Several ice ages, and the fact that two continental plates are sliding past each other forming the Southern Alps, means that the scenery is as rugged as the New Zealand fauna and flora is unique. The largest city in the South Island is Christchurch.

The North Island is the smaller of the two main islands of New Zealand. Its northern location means it enjoys a warmer, more temperate climate than much of the South Island, and is much more vastly populated. The centre of the island is primarily a volcanic landscape with vast forests, volcanic peaks, and picturesque lakes. The eastern side of the island is covered with vineyards. Auckland, also known as the 'City of Sails', is the largest city of New Zealand and found on the North Island.

With a population of 4.0 million people, the wilderness areas of New Zealand are many as most 'Kiwis' now live in an urban situation near the coast. The Maori are the indigenous people of the land and they named it Aotearoa 'Land of the Long White Cloud' upon their arrival 1000 years ago. Europeans settled in the early 1800s and the country is alive today with a market driven economy and a blend of European and Asia/Pacific influences to create a buoyant South Pacific culture.

climate

As a general rule, November to April are the most ideal months for travelling in New Zealand's stunning outdoors. One of the most important things travellers need to know about the New Zealand climate is that it's a maritime climate, as opposed to the continental climate typical of larger landmasses.

Thanks to its position in the path of the 'Roaring 40s' and mountainous terrain, New Zealand's weather can frequently change with amazing rapidity. Because the weather can change so unexpectedly you should be prepared for sudden changes in temperature and weather conditions. This basically means having a good waterproof jacket and some warm clothing. You don't need to bring your winter wardrobe but a good fleece/jumper and good thermals are a must.

The temperature during the South Island summers range from 10-30 °C, with a pleasant 40-50% humidity. Higher altitudes are always considerably cooler and snowfall is not uncommon even in summer. The Southern Alps act as a barrier to the moisture laden winds coming west across the Tasman Sea, creating a wet climate on the west side of the mountains and a drier climate on the east side. The geography also creates a wind pattern, which can in summer be very hot, dry and fierce. Maximum temperatures we may encounter range up to 30°C. Minimum temperatures expected in the Southern Alps in Summer time are around



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responsible travel

We all have a responsibility to minimise the impact we have on the environment and communities we visit when we travel.

Since our beginnings this has been a cornerstone of our company. The New Zealand travel industry has become a world leader in developing an external audit process to identify quality, and that process has been extended to now include a 3 level Enviro Mark based on company processes. We're very proud that we've received a Gold rating, the highest category; each year since this initiative began.

Being responsible when we travel isn't about a single process or project but rather a way of thinking and then doing.

We started this journey many years ago, and acknowledge we still have a lot to learn. We invite you to join us!

trip grading

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the terrain, the altitude, the number of pass crossings and the length of the trip.

This itinerary utilises formed tracks on all of the walking undertaken. The trekking is as expected for a trip of this grade with no unexpected surprises in steepness. In general the hikes are of a half day duration which usually requires up to 3 hours walking. The tracks are well formed and often have information panels available for additional detail. For you to be able to really enjoy this trip we recommend that you are to walk comfortably for a few hours at a time (with breaks included).

We recommend 60 minutes of aerobic type exercise, (either cycling, jogging or power walking) three times a week for the three months leading up to your trip.

-5°C. Weather is an integral facet of any mountain range and getting to understand and work with this major environmental factor is what will make you more prepared for your tour – any questions about what to expect on your tour talk to one of our sales team.

accommodation on the trip

The accommodation for this trip has been carefully selected to provide comfort and value in the best locations possible. The accommodation is on a twin share or double room basis with private facilities. If you wish to reserve a room to yourself a single supplement is available at extra cost. Please note: although every endeavour is made to stay at the accommodation detailed in the itinerary, occasionally, due to seasonal shortages, we need to use other accommodation of a similar standard.

pre and post tour accommodation

If you would like some help booking pre/post tour accommodation speak to our staff as they can help with different suggestions.

what you carry

On the day 3 and 4 of the tour you will be walking into and then from the eco lodge. For this walk you will need to carry an overnight pack for that period. The rest of the walks on the tour are day walks so a small pack with personal essentials is all you will need to carry. The support vehicle will then take the rest of the equipment.

what's not included

- Alcoholic and soft drinks with included meals
- Personal expenses
- Entry fee to Hanmer Hot springs
- Gratuities, tipping is not expected in NZ but gratefully received. It is at your discretion whether or not to reward for excellent service

private groups

The adventures featured in our brochures, and on our website, are just a starting point. Planning and providing special group departures is something we do exceptionally well. Over the past 18 years we have developed some exceptional itineraries, from cycling to hiking or combination multi-adventure trips. School groups, charities, work colleagues and cycling buddies have all been part of our experience. Our team can assist you with all aspects of your private group to ensure the trip is tailored just right for your group. Contact our team today.

subscribe to our e-newsletter

To keep up to date with the new and exciting trip releases, special offers plus more please subscribe to our free e-newsletter at www.advsouth.com

Or why not view past travellers images and join in on the conversation at <http://www.facebook.com/AdventureSouthNZ>

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. A popular reason to travel with Adventure South is because of our small group sizes. These can fill quickly so it is important to check your availability well in advance. We always need to ensure other services, like train tickets or accommodations, are also available before we can confirm your place on our tours. To ensure we can assist you onto your New Zealand

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adventure travel

By its very nature adventure travel involves an element of the unexpected. To get the most out of your adventure it is important that you are mentally flexible, positive and eager to take on all the challenges that arise.

If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book an Adventure South holiday, you can book directly online (<http://www.advsouth.com/booking.aspx>) or you will need to complete a booking form (found at the back of our brochure). You can also download a copy from www.advsouth.com . On completion, please fax or post the form to Adventure South or your nearest World Expeditions office, along with your non-refundable deposit. If you're coming from outside New Zealand call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation. If you're unsure what would be the best option for you call us NZ free phone 0800 00 11 66, AUS free phone 1800 10 70 60, USA free phone 1866 479 9827 anywhere else +64 3 942 1222 or email us on guide@advsouth.co.nz