

wishbone relay - abel tasman hike & kayak



trip highlights

- Fundraising for Wishbone and promoting orthopaedic research
- Golden sand beaches, rocky granite headlands, clear blue water, native coastal and beech forests of the Abel Tasman National Park
- Boat cruise between Kaiteriteri and Totaranui with informative commentary
- Hike and kayak the best sections of one of the Department of Conservation Great Walks with a knowledgeable guide
- Enjoy all the home comforts of private lodges with charming local heritage and freshly prepared meals
- Learn about Maori and early European history in the area



Trip Duration	3 days	Trip Code: SOG7764
Grade	Introductory	
Activities	Walk & Kayak - Suitable for ages 12+	
Accommodation	2 nights private lodge	

Kia ora from Adventure South

We're proud to be partnering with Wishbone who've been funding NZ based orthopaedic research for over 25 years. This local research ultimately improves NZ patient outcomes and transforms lives through increased mobility & quicker patient recovery time.

Orthopaedic surgeons and outdoor adventurers Perry Turner and Ian Galley are heading a dedicated team who have been working on these exciting plans for a journey across NZ to raise both awareness and the funds needed for orthopaedic research.

The sections hosted by Invercargill Hospital commence mid-January 2024 and the Relay finishes in late March 2024 with a gala dinner and sporting activities hosted by Auckland surgeons.

This orthopaedic odyssey is broken up into locally run and sponsored legs so the orthopaedic community from all over NZ can come together, get active & support Wishbone. Walking, biking, paddling, sailing and more! Help us bring colleagues, friends & family together to fundraise and have an unforgettable experience.

Your participation directly enables local orthopaedic research that then helps Kiwis by restoring function and quality of life.



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trip cost

Joining Nelson from: \$2525

All prices are per person

options & supplements

You will need to arrive into Nelson the day prior to the tour departure. Your guide will collect you from central Nelson on the first morning of the tour. At the end of the trip if you wish to fly home this evening please ensure your flight departs Nelson domestic airport later than 7pm. You can get a taxi, shuttle or public bus to the airport from the city centre. For those staying in Nelson on the final evening your guide will drop you at a central drop off point around 6pm.

trip dates

2024 10 Feb - 12 Feb

important notes

BP - Base Price

the trip

Join Wishbone's Perry Turner and Ian Galley on leg 6 of their Length of NZ relay. The Abel Tasman National Park on the northern coast of the South Island is well known for its picturesque vistas of golden sand and azure blue ocean. With options to kayak and walk, you can choose how much kayaking or walking to do on this fabulous combo trip, traversing the length of the Abel Tasman coastline from Totaranui to Kaiteriteri.

The tour meets in Nelson and transfers by bus to Marahau and water taxi to Totaranui, providing a great overview of the trail from an offshore perspective as well as a chance to spot seals, penguins, dolphins and other marine life. On day 1 you walk through mature native forest and along secluded beaches to the breathtaking expanse of Awaroa Inlet where you'll reach Meadowbank Homestead. On day 2, you'll start with a walk over a forested saddle to Onetahuti where you transfer to your kayak. You'll then paddle through Tonga Island Marine Reserve and explore hidden inlets on the way to Torrent Bay and your second nights luxury accommodation. On our 3rd and final day you kayak to Te Pukatea Bay and past the islands of the Astrolabe Roadstead to our final destination at Kaiteriteri.

Your accommodation is at private beachfront eco lodges, each one exuding charm and heritage. Fully serviced and fully catered, with all the comforts of home, these provide the perfect setting to relax after a day's walking or kayaking.

about your leader/escort

Perry has set himself (often together with his family) the challenge of completing all the South Island legs (even adding in some great bits in-between) and Ian will be joining as many of the North Island legs as he & his family can. They are both pouring vast amounts of time & energy into organising this Wishbone Relay - Why?

"My main motivation was to bring all those involved in care of our patients together and share what orthopaedic surgery is achieving in NZ with the public. I want to help bring us together in a fun activity and common goal." - Ian

"This is an opportunity for myself and my family to give back to a job and career that has given us so much." - Perry

Health & Safety and Contracting Parties:

Take note that Wishbone Trust and the NZ Orthopaedic Association Inc are not organising the trips and they or their staff or officers have no role to play in providing the trips or managing any aspects of Health & Safety in relation to the trips. Wishbone Trust is only acting as the recipient of donations made by those choosing to participate in a trip.

You must follow all Health and Safety requirements of the trip organiser and any other provider of services or other organisations with any H&S responsibilities during the trip.

at a glance

DAY 1	TRANSFER TO START OF ABEL TASMAN COAST TRACK, WALK TO AWAROA (9KM, 2-2.5HRS)
DAY 2	WALK AWAROA TO ONETAHUTI (7 KM, 1.5HRS), KAYAK ONETAHUTI TO TORRENT BAY (10KM, 4HRS)
DAY 3	KAYAK TO MARAHAU (12 KM, 4.5HRS), TRANSFER TO NELSON

what's included

- NZ\$300 per person donation to Wishbone
- 2 nights private lodge in Abel Tasman National Park (twinshare) with private bathroom
- 2 breakfasts, 3 lunches, 2 dinners, snacks along the trail

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fast facts

Singles:

A single supplement is available for this trip*

Leader:

Expert local leader

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 which monitors tourism businesses based on quality, safety and sustainable experiences.

We're very proud to have received a Gold Qualmark rating, having met standards designed to protect what makes New Zealand unique and special.

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 although we are not perfect, we are striving to continually learn and improve.

trip grading

- Drinking water
- Daily luggage transfer - 1 bag only, must use the sports bag supplied (40L, 47x35x25cm)
- Professional local guide
- Commemorative Wishbone performance T-shirt
- Kayak and top quality kayak gear and dry bags
- Return transfers from Nelson hotel to meeting point in Motueka
- Return transfers from Motueka to Kaiteriteri (boat launch)
- Scenic boat trip between Kaiteriteri and Totaranui (trailhead) - one way
- Excess luggage storage in Motueka if required
- Access and Concession fees paid to Department of Conservation

what's not included

- Travel to Nelson on Day 1 and onward travel from Nelson on Day 3
- Meals not mentioned in the itinerary
- Drinks other than water - good drinking water is available at each night's accommodation and at marked locations along the trail
- Optional activities, extras and upgrades (such as extra boat transfers)
- Items of a personal nature (eg. laundry, shopping, internet)
- Daypack (30L daypacks are available if you need to borrow one; please request in advance)
- Travel insurance
- Visa (if required)

fund raising support

All travel and trip related costs for this Around the Mountains challenge are to be met by the individual taking part.

A donation to Wishbone is built into the trip fee, but of course you can pick up the baton & do more!

Donate an additional amount at any time via this Wishbone Foundation Link. Donations from individuals over \$5 are eligible for a tax credit: <https://www.nzoa.org.nz/wishbone>.

Perhaps get friends, family & colleagues to sponsor you on your Wishbone Journey?

Many hospitals along the route will be hosting public events - check with the local orthopaedic department & join in.

During the journey we'll be posting updates regularly - so you'll be able to follow the fun on the New Zealand Orthopaedic Association website: <https://www.nzoa.org.nz/>

If you have any questions about The Wishbone Foundation, fundraising ideas or just want to get in touch - please email the Events Manager Nikki Wright: nikki@nzoa.org.nz or Vanya Schoeler: vanya@nzoa.org.nz

pre trip briefing details

On Day 1, there is a compulsory trip briefing at the depot of our local partner in Motueka at a time TBC. Details will be provided at time of booking. Transfers to/from Nelson to Motueka are included in the trip price. If you are self-driving you will need to be in Motueka at the allotted briefing time. Car parking will be arranged after the briefing.

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Introductory

This trip involves hiking or kayaking for up to five or six hours a day at a slow but steady pace. The trip involves walking along well graded undulating trails, with some sandy beach sections. Care needs to be taken as there are some steep sections that have loose surface and are slippery when wet. There may be some estuary crossings at low tide (depending on the tide times for your trip) which can be muddy, up to knee deep in water and/or have small pebbles and shells underfoot. You will need a reasonable level of fitness and good health. Our introductory trips are not 'easy' trips and you will need a reasonable level of fitness and good health. Suggested preparation: We recommend 30 minutes of aerobic type exercise, (fast walking, jogging or cycling) three times a week. Hill or stair walking with a 5-7kg daypack is also highly recommended at least once a week for leg strengthening and aerobic fitness. Walking in variable weather conditions is advisable. During the walking stages you will need to carry your daily requirements such as water, lunch, spare clothing and personal items.

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 available for this itinerary, and supersede any previous information found online, including but not limited to the itinerary and price.

detailed itinerary

DAY 1 Transfer to start of Abel Tasman Coast Track, walk to Awaroa (9km, 2-2.5hrs)

You will be collected from your accommodation this morning (timing will be advised upon booking) and transferred to Motueka (approx 50 mins) for a short trip briefing and to meet your guide. Another short transfer (approx 25 mins) takes you to the seaside settlement of Kaiteriteri with its brilliant golden beach foreshore. Here you will board your scenic boat cruise, travelling northwards along the impressive granite coastline of the Abel Tasman National Park to Totoranui (approx 1 hr 40 mins). Watch out for seals and other marine life along the way as you pass by protected Marine Reserves. Totoranui is so named due to the large Totara trees originally found here by Maori inhabitants who used them to build 'waka' (canoes). Commence walking south from Totoranui, passing through lush forest that has regenerated after farming and saw milling activities from the late 1800's and early 1900's. Your guide will lead you across Awaroa Inlet, the largest tidal estuary in the National Park, or arrange a barge if the tide is too high. Not far from there Meadowbank Homestead appears, the private lodge where your friendly hosts will take care of you this evening.

meals: L,D

DAY 2 Walk Awaroa to Onetahuti (7 km, 1.5hrs), Kayak Onetahuti to Torrent Bay (10km, 4hrs)

After a hearty breakfast, you will walk 5km over a forested saddle with panoramic views of the northern beaches. At the maximum elevation of 85m, descend to the long golden beach at Onetahuti where your Guide introduces you to your kayak with full instructions and safety brief.

Then you will paddle 10km from Onetahuti to Torrent Bay, through the Marine Reserve to view seals on Tonga Island (weather permitting). Continue down the spectacular granite coast, past Falls River to Torrent Bay. Torrent Bay, where tonight's lodge is located, is a village of privately owned land with no road access. Areas such as this have historical links prior to 1942, when the Abel Tasman National Park boundaries were first established. Enjoy home comforts once again this evening while your hosts at Torrent Bay Lodge take care of all your needs.

meals: B,L,D

DAY 3 Kayak to Marahau (12 km, 4.5hrs), transfer to Nelson

Another delicious breakfast at the lodge sets you up for your final day of kayaking. Launch your kayak from Torrent Bay and paddle southwards along the coast while your guide shares stories of early explorers, and introduces you to the predator-free wildlife sanctuary of Adele Island. If the wind is with you, you may get to hoist a specially designed sail to ride the sea breeze. Explore the idyllic coves and islands around Te Pukatea and the Astrolabe Roadstead, stopping at golden sand beaches for breaks, making ideal places for swimming and a picnic lunch. The bays, beaches and headlands are all named after Maori settlements, pioneering European landowners, ships of early explorers or natural features, again showcasing the fusion of natural and cultural history within Abel Tasman National Park.

You will arrive in Kaiteriteri at the end of your paddle where your driver will meet you. From here you will transfer by bus back to Motueka and onwards to Nelson, where trip arrangements end around 5:30-6pm.

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

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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 are 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, mean 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 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 over 4 million people and a rugged interior, the wilderness areas of New Zealand are many. Most 'Kiwis' 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 1800's 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

New Zealand's weather can frequently change with amazing rapidity and unexpectedly, so you must 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 West Coast Rainforest is called this for a good reason!

The temperature during the South Island summers range from 10-30°C. Higher altitudes are always considerably cooler (minimum temperatures in the Southern Alps in Summer time are around -5°C) 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. 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 us.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.



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accommodation on the trip



Accommodation in the Abel Tasman National Park is in private lodges, with twin share rooms and ensuite bathrooms. All linen, including towels, is provided. The lodges have solar power, running water, spacious communal lounge and outdoor areas, and an in-house bar with a selection of drinks available for purchase (credit card and eftpos only; no cash). Wifi is available for a small donation to Project Janszoon environmental trust. Mobile phone reception is limited, depending on the provider. There is a sink for hand washing laundry and a drying room (turned on as needed). Each lodge also has many home comforts, a resident chef who prepares all meals and its own local history.

Meadowbank Lodge at Awaroa: a rebuild of an original 1884 homestead, using sustainable and recycled wood sources, set in the original gardens, now with flourishing native trees and flowering plants introduced from England with the early settlers. Still owned by the same family, keepsakes from previous generations adorn the lodge, preserving the heritage and character of this property amidst its modern facilities.

Torrent Bay Lodge at Torrent Bay: a refurbished original “bach” (holiday house) from the 1960’s, with casual charm and a relaxed atmosphere. Natural timbers, beach frontage and a nautical theme create a true seaside holiday feeling for guests at this property, which is also still owned by the same family.

pre and post tour accommodation

We can arrange additional nights in Nelson if required. Please ask us for details and costs.

joining instructions

On confirmation of your trip you will receive a Pre-Departure kit. This will include all the important details you need such as what to bring, joining instructions and what to expect.

You will be collected from central Nelson around 7am on the first morning and transferred to Motueka, where a trip briefing for the walk will be held at Wilsons Abel Tasman depot at 409 High St, Motueka. Please be ready with your overnight luggage in one bag so that you can easily pack it into your lodge bag. At the trip briefing you will receive your lodge bag and meet your guide who will provide an overview of what to expect on the walk. We recommend bringing something you can attach to your lodge bag that is easily identifiable (such as a brightly coloured tag, string or key ring) since everyone’s luggage will look the same! Please let us know where you will be staying in Nelson.

At the end of the trip, you will be dropped back in Nelson around 5:30pm.

what you carry

Daypack with rain jacket, reef/estuary shoes, lunch and snacks, water bottle, warm jacket, sunscreen, camera, personal items

equipment required

Daypack, water bottle, sturdy walking shoes or boots, reef shoes or shoes for estuary crossings (must be fixed at heel), sun hat, sunscreen, rain jacket, warm clothing, lightweight walking clothes. A comprehensive gear list is included in the Pre-departure Information provided on booking



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luggage

Daily transfer of one piece of luggage per person during the walk is included in the trip price. You will need to pack your overnight luggage into the lodge bag provided at the trip briefing. The lodge bag is a 40L soft sports bag (dimensions are 47 x 35 x 25 cm) and is the ONLY acceptable luggage that will be transferred, via boat, each day. We recommend sorting your overnight requirements into one bag prior to the trip briefing so that you can easily pack these items into your lodge bag on arrival at the briefing. Plastic liners are provided to put inside the lodge bag to protect against sand and water. Extra luggage that you don't need during the walk can be stored securely and collected on your return. Please bring any luggage you wish to store to the trip briefing.

how to book

To connect with colleagues, friends & family on this leg of the Wishbone Relay just book online at the following link:

<https://www.adventuresouth.co.nz/private/PSUNTK>

Here you will be asked to complete a booking form and pay a \$400 deposit per person. The balance is payable 60 days before departure.

ADVENTURE SOUTH CONTACT DETAILS

Toll Free from New Zealand: 0800 00 11 66

Email: info@adventuresouth.co.nz