

Abel Tasman Coast Track

trip information sheet

ABEL TASMAN NATIONAL PARK

SAFETY

Tidal crossings

There is one area on the track that is *only* passable near low tide: Awaroa Inlet can only be crossed within 1 hr 30 min before and 2 hr after low tide. It is *dangerous* to cross outside of these times. The estuaries of Torrent Bay and Bark Bay can be crossed near low tide but also have all-tide tracks around them. At Goat Bay and Anapai, the track follows the top of the beach. Anapai is passable at all times. At Goat Bay a short section of the beach may be impassable during spring high tides.

Protect yourself

Take insect repellent, sunscreen and a sunhat, plus any medication you need. Wasps are common on the track; if you're allergic to wasp stings, take antihistamines with you. *Please note: cellphone reception is poor within the park.*

TRAMPING TIMES

Mārahau to Anchorage Hut	4 hr	12.4 km
Anchorage Hut to Bark Bay Hut (<i>high tide track</i>)	4 hr	11.5 km
Anchorage Hut to Bark Bay Hut (<i>low tide crossing, Torrent Bay estuary</i>)	3 hr	8.4 km
Bark Bay Hut to Onetahuti Bay (<i>high tide track</i>)	2 hr	6.4 km
Bark Bay Hut to Onetahuti Bay (<i>low tide crossing, Bark Bay estuary</i>)	1 hr 45 min	4.6 km
Onetahuti Bay to Awaroa Hut	2 hr 30 min	7.1 km
Awaroa Hut to Tōtaranui	2 hr 20 min	7.1 km (<i>tidal</i>)
Tōtaranui to Whariwharangi Hut	3 hr 15 min	9.8 km
Whariwharangi Hut to Wainui car park	2 hr	5.7 km

Side trips

- Whariwharangi to Tōtaranui via Gibbs Hill Track 3 hr
- Separation Point 1 hr return (from Coast Track)
- Falls River Track 3 hr return (from Torrent Bay)
- Cleopatras Pool 2 hr return (from Anchorage)
- Anchorage–Pitt Head–Te Pukatea Bay–Anchorage 1 hr 30 min
- Tinline Bay Nature Walk 20 min return (from Tinline Bay)

KAYAKING TIMES

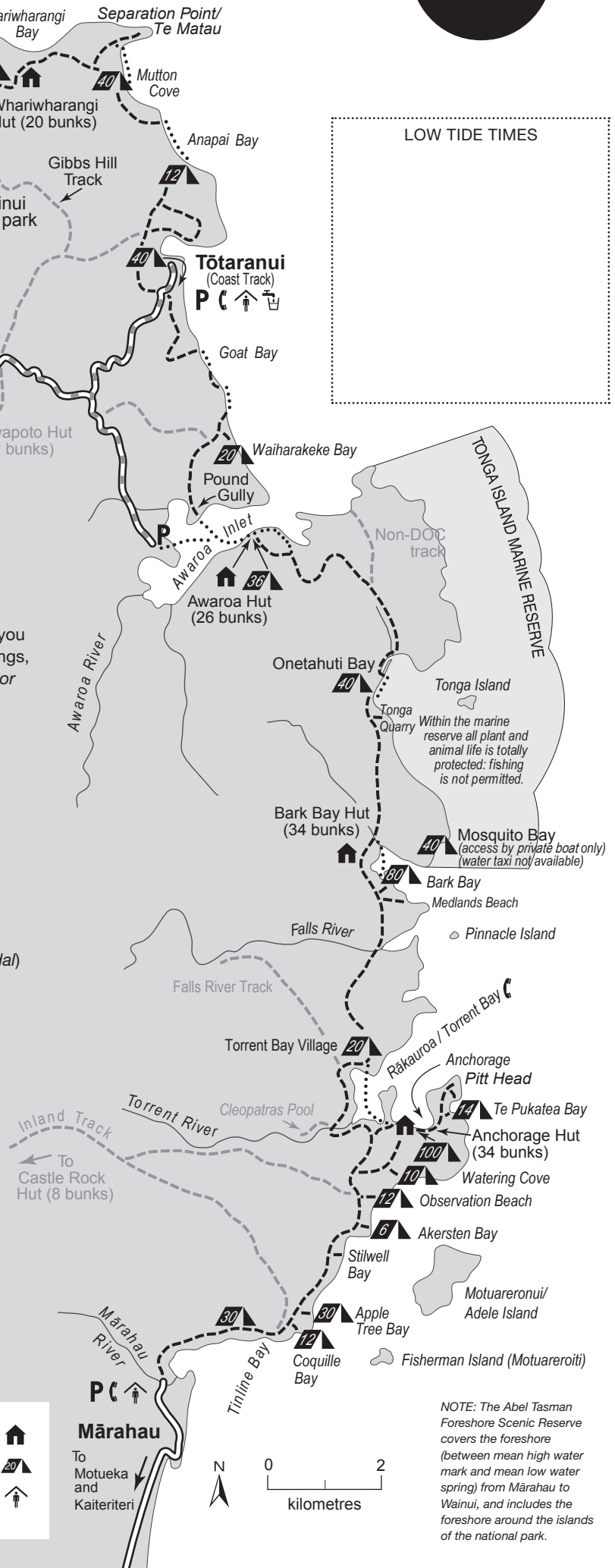
Approximate paddling times for experienced kayakers, without stops, in calm conditions are:

Mārahau to Watering Cove	3 hr
Mārahau to Anchorage	4 hr
Anchorage to Bark Bay	2 hr
Bark Bay to Onetahuti	1 hr 30 min

KEY

Sealed road	Great Walk	Car park	Hut
Unsealed road	Tramping track	Phone	Number of campers
	Route (beach/estuary)	Filtered water	Shelter

Car park	P	Hut	🏠
Phone	☎	Number of campers	👤
Filtered water	🚰	Shelter	🛖



NOTE: The Abel Tasman Foreshore Scenic Reserve covers the foreshore (between mean high water mark and mean low water spring) from Mārahau to Wainui, and includes the foreshore and the islands of the national park.

Torrent Bay Village Campsite is not recommended for kayakers because access by water is only possible at high tide. Kayaking is not recommended north of Onetahuti Bay due to the remote and exposed coastline.

FACILITIES

- There are no cooking facilities.
- Water may be contaminated. Filter, chemically treat or boil drinking water for at least three minutes before drinking. Filtered water is only available at Tōtaranui.
- Toilets are available at all huts, campsites and car parks, and at Goat Bay, Pound Gully, Medlands and Stilwell Bay.
- Rubbish must be taken out with you; bins are not present anywhere in the park.

Fires are only permitted in the formal fireplaces at Anchorage, Bark Bay, Waiharakeke, Tōtaranui, Mutton Cove, Whariwharangi Bay. Please note: in dry conditions DOC may impose a total fire ban.

PLACES TO STAY

- Camping is only permitted in designated campsites. Hammocks are not permitted.
- Great Walk huts and campsites must be booked in advance all year round. Bookings can be made online at www.doc.govt.nz or contact DOC Nelson Marlborough Bookings Helpdesk +64 3 546 8210 for assistance. Please note additional fees apply for telephone bookings. Make sure you have a hut/campsite ticket before you start your trip and take the ticket with you.

OTHER INFORMATION

Drones

Drones cannot be flown over Abel Tasman National Park or Foreshore Reserve without a permit and this would only be granted in exceptional circumstances.

Parking

DOC provides a car park at Mārahau, Tōtaranui, Wainui and Awaroa road ends. Secure parking can be arranged at various businesses in Mārahau.

Water taxis

A water taxi service is provided by private companies. They do not go north of Tōtaranui. Torrent Bay is drop-off only, this service is between 9.00 am and 12 noon. Awaroa water taxi drop-off/pick-up is on the beach in front of Awaroa Lodge, a 30 min walk from Awaroa Hut at low tide. Refer to your water taxi provider for their pick-up/drop-off locations and timetable.

Seal colonies

There are seal colonies on Pinnacle and Tonga Islands, and at Separation Point. Do not go within 20 m of a seal when it is on land.

Mountain biking

From 1 May to 30 September, mountain bikers can ride from Tōtaranui to Gibbs Hill and on to Wainui Bay. Mountain biking is not permitted on the Coast Track.

**For more information visit www.doc.govt.nz/abeltasmantrack.
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DOC Nelson Visitor Centre, phone +64 3 546 9339
www.doc.govt.nz



Anchorage Hut



Bark Bay Hut



Awaroa Hut



Whariwharangi Hut

Care for Aotearoa



Protect nature

Keep your distance and don't feed wildlife. Follow any rules restricting dogs, fires, drones or vehicles.



Be prepared

Stay safe in the outdoors by planning and preparing for your trip.



Keep NZ clean

Take all rubbish with you and use toilets where provided.



Show respect

Respect others, respect culture.