

- Kākā Point: Once a fortified Māori Pa site, now a view point looking east to Nelson and north to Abel Tasman National Park.
- 2/3. Breaker Bay and Honeymoon Bay:
 The coastal road to Mārahau runs behind these bays. Easy access makes attractive sites for holiday and permanent homes.
- 4. Ngaio Bay: Another secluded Bay with access to the Mārahau road. The Manoy family of Motueka grew hops for beer production at Ngaio until 1938.
- 5. Split Apple Rock: Main rock type along the coast is granite approximately 135 million years old. The granite splits along natural fault lines, then breaks down to form golden quartz sand beaches characteristic of this coast.
- 6. Mārahau Bay: Large Tidal estuary, typical of Abel Tasman Coastline with one of the largest tidal ranges in New Zealand – up to 5.1 metres. Last area of settlement before entering National Park.
- Abel Tasman National Park starts on the right side of Mārahau Valley, at end of walkway across estuary – extends to the skyline and to the north.
- 8. Tinline Bay: Named after John Tinline, early settler and landowner. Campsite above beach.
- Coquille Bay: Many features in southern section of park named by French explorer, Dumont D'Urville. Coquille was name of his ship on his first visit to New Zealand in 1823
- Guilbert Point: Named after the Lieutenant on D'Urville's ship, in charge of hydrographic work.
- 11. Apple Tree Bay: First settlers planted apple trees here. 4 acres (2 hectares) private land still here. When the National Park was established 1942, leasehold was reclaimed by the government, but many privately owned, freehold sections remained and could not be included in the National Park.
- 12. Astrolabe Roadstead: Astrolabe was the name of D'Urville's ship on his second visit to New Zealand, 1827. Roadstead: nautical term, meaning place near shore where the ship can ride at anchor. D'Urville anchored in lee of large island for one week while he conducted a detailed survey of the area.
- 13. Adele Island: Named by D'Urville after his wife. He also named smaller island Fisherman's Island. Nelson visible in the distance between the two islands.
- **14. Stilwell Bay:** The Stilwell family were early settlers in Motueka who purchased land here in the 1920's and built holiday homes.
- **15. Yellow Point:** Yellowish lichen grows on this point.
- 16. Akerston Bay: William Akerston was a prominent early settler of Nelson. This bay now part of the park with campsites above beach.
- 17. Cyathea Cove: Named by D'Urville after the Silver Fern (Cyathea dealbata). 502 acres of land above the beach is private land, the Moncrieff Scenic Reserve, named in honour of Perrine Moncrieff, who purchased land in 1936 and lobbied to preserve the beauty of this coast. It was mainly due to her hard work that Abel Tasman National Park was established, 1942.
- **18. Observation Beach:** D'Urville set up an observatory 16-22nd January 1827 to study the stars and establish accurate measurements for detailed maps.
- **19. Watering Cove:** D'Urville's crew collected water from a freshwater creek at the northern end of the beach.
- **20. Anchor Bay:** Quayle Family lived here during the 1930's depression. Chopped firewood for a living.
- 21. Te Pukatea Bay: Pukatea is the NZ Laurel tree. Track runs from this bay, around Pitt Head to Anchorage. Pleasant 1hour walk with great views.
- 22. Pitt Head: Colonel Albert Pitt purchased land here in 1900. Site of Māori Pa or fortified village. Now bears a modern navigation light. Island beside Pitt Head is named Dolly Varden, as it resembles one of the singer's hats.
- 23. Anchorage Bay: DOC hut and camping ground in eastern corner of beach. Coastal track, south to Mārahau or north to Bark Bay (high tide route) starts at centre of beach. Low tide route to Bark Bay: track leaves western end of beach and crosses Torrent Bay estuary.

- 24. Torrent Bay: Named by D'Urville for the three streams flowing into it. Village of privately owned land with no road access. Torrent Bay Lodge provides accommodation for guests of Wilsons Abel Tasman holidays. Track to Bark Bay leaves from northern end of beach. For the track south to Mārahau, walk through reserve at centre of beach, turn left
- **25. Glasgows Bay:** Owned by the Glasgow family since 1908.
- **26. Boundary Bay:** Once the boundary between the two counties of Golden Bay to the north and Waimea County to the south. These have now merged to become Tasman District Council.
- **27. Māori Burial Bay:** Traditionally known as a Māori burial site.
- **28. Frenchman's Bay:** Once the site of a Māori Pa. European settlers built ships here. Now the site of a privately owned holiday house.
- 29. Falls River: One of the larger rivers of the National Park, forming a sand spit with a narrow entrance to the sea. A suspension bridge spans upriver from the entrance.
- 30. Bark Bay: Settled by Huffman family1870.
 Collected bark from Beech and Rimu trees to extract tannins for tanning industry in Nelson. Camping ground behind beach.
 High tide route starts southern end of the beach. DOC hut 10 minutes along track.
 Low tide route follow beach to the north.
- **31. Mosquito Bay:** Popular bay for kayakers with lagoon behind beach. No access from walking track.
- **32. Foul Point:** This point catches the wind and there are many hidden reefs.
- 33. Tonga Quarry: Granite rock quarried here 1900-1910. Campsite now on site of old quarry buildings. Public Trust Building in Wellington and steps to the cathedral in Nelson are made from Tonga granite.
- 34. Onetahuti Bay: Locally known as Tonga Bay. Coastal track follows beach. Board walk and bridge at northern end of beach leads to the coastal track over Tonga Saddle to Awaroa. Large island is Tonga Island Tonga means south wind. Land from Tonga to Awaroa was farmed until 1930.
- **35/36. Wharf Rock** is large sloping rock before Boulder Point (36)
- **37. Shag Harbour:** Supply depot when this area farmed late 1800's/early 1900's. No track down to here.
- **38. Cottage Loaf Rock:** Local navigation landmark.
- 39. Brereton Cove: Named after family of early settlers in Motueka Valley. In 1890 a father and son blown out to sea in their catamaran and never found. Plaque in the bay dedicated to them.
- **40. Abel Head:** Named after Dutch explorer Abel Tasman who was the first European credited to visit New Zealand in 1642. Park officially opened on 300th anniversary of his visit.
- **41. Canoe Bay:** Named after a derelict canoe found here.
- **42. Awaroa Head:** Interesting Granite formations.
- 43. Awaroa: "Long River". Evidence of Māori settlement from 16th Century. European settlement from 1855, included Hadfield family whose descendents, the Wilsons now provide accommodation for guided walkers and sea kayakers at Meadowbank Homestead on the estuary beachfront. Tidal crossing in front of DOC hut and camping area further up the estuary. Awaroa Lodge on the wetlands behind eastern end of beach.
- **44. Waiharakeke Beach:** "Water by flax". Sawmill here 1906-09 milling Kahikatea and Rimu. Track to Awaroa (towards northern end of beach) follows old tramway.
- **45. Goat Bay:** Coastal track follows beach.
- **46. Tōtaranui:** "Large Totara". Totara trees highly prized by Māori for making wakas (canoes). First European settler William Gibbs. Inlet farmed from 1855 to recent years. Now sight of large camp ground with resident Park Ranger.