



**Use of these notes implies agreement that Wilsons Abel Tasman cannot be responsible for your safety, or liable for extra cost incurred by loss or injury when walking unguided.**

- If you have not arrived at one of our Lodges by 6 pm, a search will be launched. Please let your hosts know if you plan on a later arrival.
- Any transport with another operator is at your own cost.
- Please ask our Lodge and Boat Hosts for assistance if required.

### TIDES

This region has one of the largest tidal ranges in the country, up to 5 metres (over 15 feet). Some areas are under water at high tide. There is usually a high tide alternative that will keep you dry but add extra time and distance to your walk.

**If you take a low tide route outside the recommended times, you must be prepared to be wading above your waist.**

Tide times are variable. **Please record official tide times for your trip here:**

Day/Date	Low Tide morning	Low Tide afternoon

### To minimize risk, we recommend:

- Always walk with at least one other person
- Check times for tidal crossings
- Stay on the main walking track
- Carry a first aid kit
- Prepare for weather changes with extra clothing
- Carry a cellphone, but be aware there is variable reception for some phones and networks in the National Park.

**Drinking water:** It is not recommended to drink unfiltered or untreated water in the Park. Water that is safe to drink is available at:

- Our lodges – all taps (faucets)
- DOC camps and huts as indicated on maps. Look for taps labeled “Drinking Water Only”.

### Please carry out all rubbish:

No bins in the Park so dispose of rubbish at our Lodges or on our Vista Cruise.

### The National Park is administered by the Department of Conservation (DOC)

They maintain walking tracks and provide toilet facilities at camp grounds and huts.

Please use these facilities.



- **Orange Track Markers**  
Large orange discs or triangles mark the trail. Look out for these markers on beaches and tidal crossings.

**Signage:** All times and distances on signs in the Park relate to DOC facilities. Our Lodges are on private land, and are not signposted. These notes will help you to locate our Lodges

## TOTATARANUI WALKS



There is a public telephone and detailed maps for walks around the Totaranui area, located at the DOC information centre.

**Pukatea Walk:** Easy, 40 – 80 minutes (return to Totaranui)

**Headlands Track:** Moderate with some steep uphill, 1 hour return

**Anapai Beach:** Moderate with some steep uphill, 1½ hour return (allow 2 hour return trip if you include the Headlands Track)



## Totaranui to Awaroa

About 2 hours 30 minutes (7.2 kms, 4½ miles) Maximum elevation 75 m (250 ft)

### From Totaranui Visitor Centre to Pound Gully on the Awaroa estuary.

Approx 2 hours walk.

There is no High Tide Track at Awaroa. If you cannot reach Pound Gully within 2 hours of low tide, please arrange a boat pick-up with your hosts.



**Estuary crossing shoes are essential** to walk over the estuary: water is above ankle deep and there are sharp shells in the sand

From the DOC Hut, continue east along the beach to a row of holiday houses on the embankment above the beach. A ramp leads up to Meadowbank Homestead, the only two-story building in the row of houses.



**Welcome! Enjoy a drink and pre-dinner snacks.**



**Awaroa to Torrent Bay Lodge**  
 About 6-7 hours (17 - 18 kms, 10½ - 11 miles)



**Torrent Bay Lodge**  
 View from the beach

— Walking track  
 ..... Tidal track

This walk is split into 3 sections (approximately 2 – 2.5 hours each).

**Before leaving the Lodge**, if you would like less walking, please discuss with your hosts the options for boat transfers.

### **Tidal Crossings at Onetahuti and Bark Bay**

Narrow, sandy creeks that can be crossed with bare feet.

**Awaroa to Onetahuti:** 6-8 km (3.5 - 5 miles) Max elevation 85 m (280 ft)

#### **Follow signs to Coastal Track South and Onetahuti**

All-tide track starts between Meadowbank Homestead and the DOC campsite. The track adds approximately 1 hour to your walk (2 ½ hours total to Onetahuti).

Low tide track crosses Venture Creek and follows an airstrip to the Awaroa Lodge & Café. The Sky Track (signed posted after the track leaves the airstrip) is rough and steep, leading up to panoramic views over Awaroa to Totaranui. The main track from Awaroa Lodge is easier but misses the views.

**At Onetahuti:** Board walk and bridge leads to the northern end of the beach. In the middle of the beach, is a narrow tidal creek. This might require paddling through water at High Tide. Toilet facilities are located in the DOC campsite at the southern end of the beach.

**No filtered drinking water at Onetahuti.**

**Boat pick up is at Tonga Quarry**, 15 minutes further walk along the coast track

**Onetahuti to Bark Bay** 4km (2.5 miles) Max elevation 120 m (400 ft)

From Onetahuti DOC campsite, follow the Coastal Track South through **Tonga Quarry** historic site, then up to Tonga Saddle. On the downhill from Tonga Saddle choose the track to suit the tide.

**High Tide Track:** signage directs to the right before you reach the Bark Bay estuary. This scenic track around the lagoon waterfall trail includes a short Swing Bridge. It goes past the **Bark Bay DOC hut** and only adds about 20 minutes walking time. You are welcome to shelter in the hut. To reach the main beach, pass the turn-off to the hut and walk about 5 minutes further to the main beach.

**Low Tide Track:** Stay on the main coastal track leading down to the estuary. Cross the creek and walk along the front beach to the DOC camping area.

**At Bark Bay:** Emergency Radio located at the DOC Hut

Shelter, toilets, **filtered drinking water** available at the DOC Hut and the Campsite

**Boat Pick up is at Medlands Beach**, signposted 10 minutes further along the coast track.

**Bark Bay to Torrent Bay:** 7 kms (4.4 miles) Max elevation 105 m (340 ft)

Track to Torrent Bay and Anchorage leaves from the southern end of the Bark Bay Campsite. Follow the track past the Medlands Beach turnoff, over Falls River Swing Bridge and continue on to Torrent Bay.

**At Torrent Bay Village:** Walk along the front beach for your welcome to the Lodge, half-way down the beach. If you follow the coastal track into the village look for the Lodge back entrance at the junction of Manuka and Lagoon Streets.



### **Torrent Bay Lodge Back Gate**

Open the gate to be welcomed by your hosts.



## Torrent Bay Lodge to Marahau

4-5 hours (13-16 kms, 8-10 miles) depending on tides. Max elevation 110 m (360 ft)  
High tide track adds 1½ hour (3 kms)

**No filtered drinking water between Torrent Bay and Marahau.**



At low tide, take a shortcut across Torrent Estuary to Anchorage Beach, then up to the main Coast Track above the beach. If the tide is in, follow the main Coast Track around the lagoon and up to the track with views over Anchorage Beach.

### **Anchorage to Marahau**

There are several optional side trips down to beaches where you can swim and picnic. Turnoffs are clearly marked with signposts. Beaches might be underwater at high tide.

**Observation Beach and Akersten Bay:** Tracks are very steep.

**Stilwell Bay** (10 minutes from Akerston) and **Apple Tree Bay** (30 minutes from Stilwell) are recommended for a lunch break. High tide access to Stilwell Bay requires crossing a narrow, sandy stream.

**Tinline Camp** (about 45 minutes from Apple Tree Bay): toilet and optional Nature Walk.

**At Marahau** a boardwalk across the estuary leads to a bus shelter beside the Park Café.

## VISTA CRUISE TIMETABLE

Bookings are essential to guarantee a boat pick up. Please arrange this with your hosts before leaving the Lodge. If our boat is not expecting to pick up passengers, it might cruise past a beach without stopping.

### 20 Dec 2020 to 31 March 2021

#### High Season

Service Code		AT2N	WT2N	AT3N		AT2S	AT3S
Seats		140	19	140		140	140
Boat		Vista	Water Taxi	Vista		Vista	Vista
Totaranui	↑	11.20	12.40	2.40	↓	11.20	2.40
Awaroa	↑	11.05	12.20	2.20	↓	11.35 o/r	2.20*
Tonga Quarry	↑	10.50	12.00	2.05	↓	11.50	3.00
Medlands	↑	10.20	11.30	1.50	↓	12.00	3.10
Torrent Bay	↑	10.05	11.15	No stop	↓	12:15 o/r	3.30
Anchorage	↑	10.05	11.15	1.35	↓	12.20	3.35
Apple Tree Bay	↑	No stop	10.50	No stop	↓	12.40	3.55
Kaiteriteri	↑	9.20	10.30	1.00	↓	12.55	4.15

### 1 July – 19 Dec 2020 and 1 April to 31 May 2021

#### Shoulder Seasons

Service Code		AT2N	AT3S	AT3S
Seats		140	140	140
Boat		Vista	Vista	Vista
Totaranui	↑	11.20	↓	11.20
Awaroa	↑	11.05	↓	11.35 o/r
Tonga Quarry	↑	10.50	↓	11.50
Medlands	↑	10.20	↓	12.00
Torrent Bay	↑	10.05	↓	3.30 o/r
Anchorage	↑	10.05	↓	3.35
Apple Tree Bay	↑		↓	3.55
Kaiteriteri	↑	9.20	↓	4.15
		<b>Northbound</b>		<b>Southbound</b>



**Boat pickups:** Please watch for the boat and walk towards it when you see it coming into shore. Landing is usually close to the centre of a beach but exact pickup point depends on tides and weather.

There might be times when we operate our Vigour Water Taxi. If you see the water taxi with our sea fern logo, please approach the boat and check in with the Skipper.



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