



One day Birdsong and Beaches kayak and walk

This is a one day easy kayak and walk. This trip is very flexible, thus able to cater for all ranges of age and ability.

The trip departs from Marahau Beach, paddling northwards along the coastline of the Astrolabe Roadstead, the most sheltered and protected part of the Abel Tasman National Park. Our plan will be to explore the nooks and crannies of our golden beaches and to paddle to a predator free Adele Island, where penguins, shags and other birdlife are abundant.

Our kayak adventure finishes at Watering Cove.

You now have time to enjoy your lunch and a swim before embarking on your walk back along the coastal track to Marahau (a two and half hour walk).

This trip is possible to do in reverse by walking up to Watering cove and paddling back to Marahau

Suggestions on what to bring.

- Quick drying shorts or swim wear.
- Avoid cotton T's when possible. Polypro underwear is best with a warm fleece top. Long sleeved shirts are a good idea for summer when the sun is very strong.
- Hat, sunscreen & sunglasses
- Insect Repellent
- Towel
- Light walking shoes/ sandals
- Water bottle
- Camera
- Warm clothes to change into after paddling including; Trousers, long sleeve top and fleece top, socks

Check in times:

7.45 a.m. meet at Motueka Base, 506 High Street. If you are staying in Marahau the night before your trip let us know and we'll advise an alternate pick up time.

5.00 p.m. back at Motueka base.

Frequency of Tours:

Tours departing daily

Minimum numbers required.

Maximum of 8 people per group.

Group bookings available

**The Sea Kayak Company (NZ) Ltd
506 High St, Motueka
New Zealand**

Tel: 03 528 7251 fax 03 528 7221

Reservation freephone (NZ only) 0508 25 29 25

**www.seakayaknz.co.nz
Email: info@seakayaknz.co.nz**