

NELSON TASMAN ACTIVITY SUGGESTIONS

Tack on a day - stay and play



RASNZ Conference 2024

Nelson Pre/Post Conference Activity Suggestions

All tours listed are suggestions but operators may also offer additional tour options. Please arrange tours directly with the operators.

Farewell Spit

On your tour journey you'll travel to Cape Farewell, the South Island's most northern point), be awed by dramatic coastal cliffs, fur seals, fossilised shells, sand dunes, the iconic lighthouse and more. Guides are passionate about the history, ecology and wildlife of the Spit and want you to be inspired and feel connected to nature on your tour.



During the summer there are up to 15,000 godwits and 15,000 knots at the Spit as well as other northern migratory birds, New Zealand natives and introduced species. It's a nature-lovers paradise.

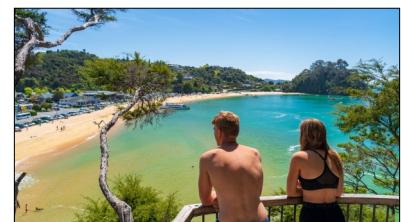
Travel along the 35km long spit and climb a sand dune for panoramic views of the ocean beach. With the changing colours of the sand dunes its beautiful at any time of the day.

You'll spend time at the Farewell Spit Lighthouse and enjoy refreshments in the lighthouse keepers' residence.

Operator: [Farewell Spit Tours](#)

Kaiteriteri Escape

Experience luxury at the gateway to the Abel Tasman National Park with our tailored Kaiteriteri Reserve Escape overnight stay and dine package. The perfect way to relax and recharge. With everything we have on offer right here at Kaiteriteri, you will be spoilt in paradise.



Run, walk or Ride the Reserve

The Kaiteriteri Reserve has 180 hectares of forestry trails perfect for mountain bikers, walkers, hikers and bird watchers.



Operator: [Kaiteriteri Mountain Bike Park](#)

RASNZ Conference 2024

Nelson Pre/Post Conference Activity Suggestions

Pic's Peanut Butter World - Factory Tour

Welcome one and all to Pic's Peanut Butter World, the home of all things Pic's Peanut Butter!

Peanut Butter World isn't just where we make our Really Good award-winning products, but a specially designed space that allows us to host tens of thousands of Peanut Butter lovers every year.

Our Peanut Butter World tours have been designed so young and old, as well as people of all mobilities can share in the wonder of how we make NZ's most loved peanut butter.

Our dynamic trio of tremendous tour guides, Rosey, Rachel and Claudia are on hand to show you around and share our stories. Our tours are a delight for the senses; see it being made, and smell the peanuts being freshly roasted!

Operator: [Pic's Peanut Butter World](#)



Beer and Wine Cycle Tours

Beer Tour: Visit McCashin's Tap Room (the home of Stoke beer and Rochdale Cider), the innovative Eddyline craft brewery, a coastal country pub and Speights Ale House. You will be provided with a beer/cider tasting paddle as part of your tour and be able to watch the beautiful beers being made in the same building whilst you taste and discuss which drink is your favourite.

Wine Tour: Slightly longer in mileage, E-bike your way along the Tasman coastline, visit Richmond Plains and Seifried Estate Winery.

Both tours include flat easy cycling.

Operator: [The Gentle Cycling Company](#)



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Nelson Pre/Post Conference Activity Suggestions

Moutere Wine and Artisans Day Tour

Visit the most scenic winery in Nelson, as well as several other boutique wineries offering award-winning wines. Discover New Zealand's oldest pub, artisans' studios, historical places of interest and stunning scenery all within a 10-30km route. This adds up to a unique cycling experience.

Self guided, guided and E-bike options available.



Back Road Adventures

Enjoy sections of The Great Taste Trail and quiet country back roads, to find that road less travelled. Allow us to take you to places most people don't know exist.

Experience the tranquillity of the countryside, hop gardens, orchards, majestic rivers, with a stunning backdrop of Kahurangi National Park. Many of our routes also pass artisans' studios and galleries. All this and yet never too far away from a coffee stop.

Self guided, guided and E-bike options available.



Operator: [Wheelie Fantastic](#)

Skydive over the Abel Tasman National Park

Skydive in New Zealand's most scenic piece of sky. Skydive Abel Tasman is the only place in NZ where you can see both North and South islands, two national Parks and the beautiful Abel Tasman coastline.

For a lifelong memory with a special discount of 20% off* 10,000ft, 13,000ft and 16,500ft skydives use code *conact20* when making your booking.



** Discount applies to skydive price and excludes photography products and is not able to be used in conjunction with any other offer.*

Operator: [Skydive Abel Tasman](#)

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Nelson Pre/Post Conference Activity Suggestions

Wine Exposed Nelson Tour

Enjoy the best of Nelson's boutique wineries while enjoying fantastic views of Tasman Bay and the mountains beyond. Sample wines from our two unique and diverse sub-regions, the Waimea Plains and the Moutere Hills. Enjoy outstanding Pinot Noir, Chardonnay, Sauvignon Blanc, and aromatics, as well as an impressive mix of emerging varieties. Visit three local wineries and enjoy a vineyard lunch (own cost).



Discover Nelson Walking Tour

Pull on your favourite walking shoes and join our small group tour with your friendly local guide. Experience the hidden gems of Nelson, New Zealand's 2nd oldest city and culture capital. Learn what makes this 'village like' city so attractive to all who live here. Hear of the history that gave shape to this slice of paradise. You'll see street art, colonial gardens, historic buildings, abundant flora and fauna, the shopping district, dining district, Nelson Provincial Museum, Suter Art Gallery and stunning historic houses.



Operator: [Wine, Art & Wilderness](#)

Visit the Nelson Classic Car Museum

Get up close with more than 150 classic cars, showcasing over 115 years of motoring history. From the little 1908 Renault AX to classics of the 1950s including Vauxhalls, Triumphs and Cadillacs, through to the exquisite mastery of Jaguar and Ferrari, come and relive your own memories of your grandad's car, your first car and your dream car!

Spend time at the Little Engine Eatery café onsite or stock up on an assortment of locally made items in the museum shop.

Nelson's top attraction on TripAdvisor, TripAdvisor people's choice award 2023 as well as 2023 TripAdvisor's experts' choice award.



Operator: [Nelson Classic Car Museum](#)

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Nelson Pre/Post Conference Activity Suggestions

Abel Tasman Helicopter Experience

Take a flight over the golden-sand beaches and pristine waters of the Abel Tasman National Park, New Zealand's smallest National Park. Land for an optional lunch at Awaroa Lodge then take a stroll down the beach or swim in the clear waters of Awaroa Bay, before returning to our Nelson Airport Base via the Tasman Bay coastline.

Awaroa Lodge is usually open from 1st September to late May or there may be the option to take a grazing box on tour.

Operator: [Helicopters Nelson](#)



Fly over the bush on the Skywire

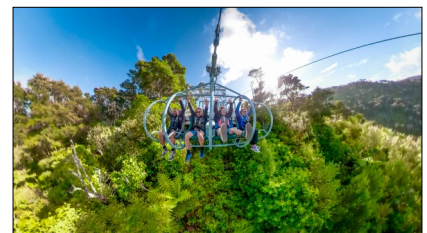
Experience one of the World's longest Flying Fox's! This one-of-a-kind experience is an amazing scenic ride with a shot of adrenaline flying high above the forest canopy.

We'll shuttle you through old native forest, to the Skywire platform at 300m, then harness you in, 4 at a time, to the Skywire and away you go! Travel 3.2kms, at up to 100kmph, across the valley with your feet dangling above the tree canopy. Take in the views across the Tasman Sea while you fly through the sky.

Free transfers with a minimum of 4 pax.

Other activities: mountain biking, quad bikes, paintball

Operator: [Cable Bay Adventure Park](#)



Bike the Great Taste Trail

Tour the Great Taste Trail and bike along boardwalks, country roads, through wine country, along the river and more with stops for photos and refueling with craft beer, coffee and cake. Depending on your tour you may cross the channel on the Mapua Ferry for a beverage stop in Mapua. Choose a guided tour on standard or e-bike.

Operator: [Kiwi Journeys](#)



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Nelson Pre/Post Conference Activity Suggestions

Brook Waimārama Sanctuary

Immerse yourself in the natural beauty of the Brook Waimārama Sanctuary. Located only 10 minutes from Nelson's CBD, the Sanctuary is the largest predator-free fenced eco-haven in the South Island.

This 690-hectare hidden jewel provides a pristine environment where native flora and fauna can thrive. The Sanctuary is unique in its abundant mature Beech Forest, making it the perfect habitat to support a large population of Kākāriki Karaka. These orange-fronted parakeets are one of the rarest birds in the world, and until recently have only been found on off-shore islands.

Come and discover this ambitious community-led restoration project and enjoy the extensive network of well-maintained walking tracks ranging from 45 minutes to 6 hours in duration.

Operator: [Brook Waimārama Sanctuary](#)

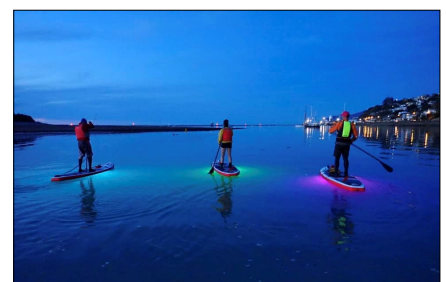


SUP in the Beautiful Tasman Bay

Join the best paddling adventures from Tahunanui Beach, only minutes from the heart of Nelson City. Stand-up paddleboards (SUP's) and sit-on-top kayaks are available to hire by the hour, or longer, to explore the Nelson Haven at your leisure, or join us on one of our amazing guided paddleboard tours to Haulashore Island. These two-hour trips take in all the sights and sounds of our harbour as we paddle past the iconic Fifeshire Rock to Haulashore Island. There's time to explore the island before a short paddle back to the beach.

For the more adventurous paddlers we offer a guided NIGHT paddle. This is a truly magical experience using start of the art LED lighting strips to view our playground after dark. A truly unique experience.

Operator: [Moana Paddle Nelson](#)



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Nelson Pre/Post Conference Activity Suggestions

Cycle Your Heart Out on the Great Taste Trail (GTT)

Whether on an ebike or pedaling a standard cycle you can just cherry-pick the Great Taste Trail (GTT) highlights or cycle the whole 180 km loop, whatever you have time for. The GTT has something for everyone! Awesome coastal and mountain scenery, national parks, golden sand beaches, wine and beer tastings, abundant tastes from fruit and nut orchards, olive groves, vineyards, breweries, hop gardens, arts, swims in clear water rivers, great restaurants and you can access the great adventure playground of the Abel Tasman with a cruise from Kaiteriteri. We will arrange your guided or self-guided tour guide to suit you.



Operator: [Nelson Cycle Hire and Tours](#)

Hidden Falls Canyoning

This half day tour, is a perfect combination of thrilling adventure while exploring the stunning native bush of the Nelson Lakes National Park.

After crossing the pristine Lake Rotoiti, under the impressive gaze of Mount Pourangahau / Mt Robert, by water taxi, head off the main track for a 20-minute walk through lush, untouched native bush to the top of the canyon, and then onto jumping, abseiling, sliding and ziplining through this steeply slotted Greywacke Canyon carved by water so pure you can drink.



This is the **perfect half-day experience** for not only those adventurous types who are **keen to discover what canyoning is** all about, but also those who are already familiar with the activity and ready to tick off a new and exciting canyon in Aotearoa, New Zealand.

Operator: [Canyoning Aotearoa](#)

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Nelson Pre/Post Conference Activity Suggestions

Scenic Flights over mountains, golden sand beaches, turquoise water and towering cliffs

Choose between routes flying over the golden sand beaches and azure waters of the Abel Tasman, alpine valleys carved by ancient glaciers and the jagged 'Dragons Teeth', the wild west coast and Wharariki sea arches, or the world-famous 35km long Farewell Spit.

Maybe enjoy a sample of each route with our Golden Bay Highlights flight or, for the ultimate experience, combine all flights by indulging in our Golden Bay Grand Tour.

Operator: [Golden Bay Air](#)



Shop the Famous Nelson Saturday Market

Located in the heart of the city centre the Nelson Saturday Market has been operating for over 40 years and showcases some unique offerings from over 300 local artisans.

This is a superb place to purchase locally made artisan creations, food products (think Pic's Peanut Butter, Proper Crisps, Hogarth's chocolate etc), clothing, jewellery, ceramics etc from Nelson Tasman and is an enjoyable way to spend a Saturday morning at an iconic Nelson attraction.

With plenty of food carts to keep you fuelled you can stay for hours. Open 8am - 1pm Saturdays.

Operator: [Nelson Market](#)



Art Textile and Fibre Craft Workshops

NZ Textile Experiences offer a huge variety of workshops including: flax weaving, felt twilling, painting, fabric dyeing, basket weaving, loom weaving, twill felt flower crafting, embroidery, dishcloth weaving, unconventional textiles and more.

Operator: [NZ Textile Experiences](#)



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Nelson Pre/Post Conference Activity Suggestions

The Mārahau Pledge

The Mārahau Pledge is a practical commitment by businesses working in the visitor sector to protect and enhance the environment that they love and work in.

All tourism operators in the seaside town of Mārahau, Nelson, have united under a new initiative launched in October 2022, called the [Mārahau Pledge](#). Every single Mārahau-based tourism operator, from canyoning guides to water taxis, has signed up for the pledge.

All signatories must be independently certified as zero-carbon businesses by Ekos, agree to share knowledge with fellow businesses to advance sustainability and give a portion of ticket profits to biodiversity projects in the area.



The new pledge means any local tourism operator you choose in the town will be zero-carbon and donate a portion of your ticket towards a local conservation project.

** Denotes businesses signed on to the Mārahau Pledge*

Kayaking in the Abel Tasman National Park *

Tours include kayaking, cruising, walking or a combination of any of the three with part and full day options.

An example of one tour:

Take a guided scenic water taxi cruise up into the Abel Tasman and see Anchorage, Bark Bay and Tonga Island and the surrounds. Travel back down the coast for lunch before taking a guided kayak adventure from Observation to Marahau. You will experience up close the magic of the Astrolabe Islands and be able to see the conservation work that has been ongoing in the park.



Operator: [Abel Tasman Kayaks](#)

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Nelson Pre/Post Conference Activity Suggestions

Wilson's Abel Tasman - Cruise, Walk, Kayak, Lodges

A visit to Nelson is not complete without an escape to New Zealand's finest coastal national park to revive your senses.

Travel in style with Wilson's Abel Tasman National Park aboard the Vista Cruise. Day trips depart every day from Kaiteriteri with coach connections to/from Nelson. Multiday civilised adventures stay at the Wilson family's exclusive beachfront lodges within the boundaries of the park.



With cruise only, cruise & walk, and sea kayaking options see all the highlights along the coast: granite outcrops, golden beaches and lush native forest, including Split Apple Rock and watching the antics of seals in Tonga Island Marine Reserve.

Relax onboard the Vista Cruise with a drink from the licenced cafe or enjoy quality beach time ashore. Optional beach and bush walking from 30 minutes to 4 hours along the well-formed coastal track. No heavy hiking boots required.

Book a guided sea kayak trip with all gear supplied to explore the sheltered azure waters of some of the best kayaking territory in New Zealand.

Operator: [Wilson's Abel Tasman National Park](https://www.wilsonstasman.com/)

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Nelson Pre/Post Conference Activity Suggestions

Boat cruise and walk combination in the Abel Tasman National Park

With three different walk options, the Discoverer Day offers all the best the Abel Tasman has to offer with a full Park scenic cruise, visits to Split Apple Rock and a Fur Seal colony, golden beaches, forest walking on the Abel Tasman Coast Track and wildlife encounters all in one superb day out.



Sea Shuttle Cruise/Walk into the Abel Tasman National Park

Enjoy our cruise to Awaroa and upon arrival, dine at the world famous Awaroa Lodge*. After lunch take a walk to another stunning beach for your pick up. *Awaroa Lodge operates seasonally so this tour may vary throughout the year.



Operator: [Abel Tasman Sea Shuttle](#)

Abel Tasman Eco Tours *

Explore the Ecology - Experience the Wildlife - Enjoy the Beauty

Our signature eco boat tour is suitable for all ages and fitness levels. We explore the coastal zones, islands, beaches, forests and streams with plenty of time for relaxing, walking and swimming.

Enjoy natural discovery, bird watching, sightseeing, photography, relaxing and learning with our knowledgeable and friendly local guides.

We offer personal, expert service and the highest safety standards in a relaxed, educational and fun manner, in the spectacular Abel Tasman National Park.



Operator: [Abel Tasman Eco Tours](#)

RASNZ Conference 2024

Nelson Pre/Post Conference Activity Suggestions

Abel Tasman Luxury

Explore the golden sand beaches of the Abel Tasman National Park aboard our comfortable cruising catamarans with friendly guides sharing the beautiful scenery, wildlife, history and culture of the local people. Experts in bespoke charters, ideal for small groups or couples alike, easily accessible for all ages and fitness levels. We offer the opportunity to kayak in the heart of the park, walk a section of the Great Walk track, swim and snorkel or just relax with a drink and take in the stunning scenery.



Operator: [Abel Tasman Charters](#)

Abel Tasman Sailing Adventures

Limited for time but still want to get out on the water and feel the sea breeze in your hair? Cruise the Nelson Harbour, walk the unique boulder bank and catch views from the top of the Nelson Lighthouse on a 2.5 hour skippered sailing tour.

If you have a bit more time there are half to full day adventures that offer any combination of sailing, cruising, walking and kayaking either within the Abel Tasman National Park or in the Nelson Tasman area.



Operator: [Abel Tasman Sailing Adventures](#)

Waka to Toka Ngāwha / Split Apple Rock

Enjoy a very special waka experience held in tikanga māori. Paddle along the coast to Split Apple Rock - Toka Ngāwha, a beautiful, atmospheric place and one of the Abel Tasman coastline's most iconic spots. It's an easy two-hour return paddle, and by the end you'll feel uplifted with a strong connect to this beautiful place and our tikanga.



Operator: [Waka Abel Tasman](#)

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Nelson Pre/Post Conference Activity Suggestions

A Short Stroll in the Park

The best short walk in the Abel Tasman.

Catch a water taxi from Marahau to Anchorage, after a quick visit to Split Apple rock, and then a cruise along the coastline past some fantastic beaches. From Anchorage Beach, walk the Pitt Head Loop (about 1.5 hours) via the quintessential, golden-sand, crescent-shaped Te Pukatea Bay. Meet your return water taxi back at Anchorage.



Kayak the sheltered waters of the Astrolabe

If you only have a morning or an afternoon to spare, you can still do a half-day guided kayaking trip. Paddle the stretch of water in the southern part of the Park with your guide and then catch a water taxi back to Marahau. Alternatively, start your trip with a water taxi trip to Observation Beach and then kayak with the afternoon sea breeze back to Marahau.

In either direction, you explore caves, islands and the beautiful beaches along the coast with a local expert at your side.

Alternate Options

Freedom kayak hire, half/full/multi day tours, water taxi service

Operator: AbelTasman.com



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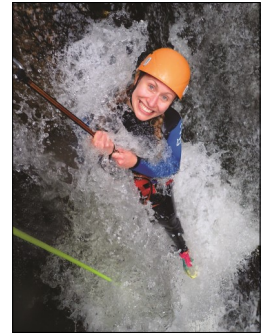
Nelson Pre/Post Conference Activity Suggestions

Epic Canyoning Trips in the Abel Tasman National Park *

Abel Tasman Canyons provides a range of guided canyoning adventures. During your canyoning trip you will be sliding down water polished chutes, jumping into crystal clear pools, abseiling through showering waterfalls, and soaring down ziplines. Our professional guides will help you to take a step (or two) out of your comfort zone.

By going canyoning you will get to see a part of the Abel Tasman National Park that normally stays hidden from view.

Operator: [Abel Tasman Canyons](#)



Explore the Quiet End of the Abel Tasman

Our friendly and knowledgeable family-owned Sea Kayaking company based at the Northern gateway to the Abel Tasman National Park ensures a warm and welcoming atmosphere, perfect for families and individuals alike. With flexible scheduling options, you can design your own itinerary or choose to join one of our scheduled trips. Discover the stunning coastline, explore hidden gems and immerse yourself in the tranquility of Golden Bay.



Whether you're seeking adventure, relaxation, or quality time with friends or loved ones, Golden Bay Kayaks delivers a personalised experience that exceeds expectations.

Operator: [Golden Bay Kayaks](#)