



Light Footprint

Follow the light footprint trail to care for our region as much as we do. Take a trip by plane, boat, kayak, or on foot in one of our three national parks, experience the richness of the area, and leave with your luggage packed full of beautiful memories.

Check me out!



Abel Tasman AquaTaxi

9 275 Sandy Bay-Marahau Road, Mārahau 03 527 8083
info@aquataxi.co.nz @ aquataxi.co.nz
Experience the breathtaking beauty of the Abel Tasman from the comfort of our purpose-built, quiet, and eco-friendly water taxis. Whether you're looking for a short walk, a scenic day out, or a multiday hiking adventure, we have a trip option to suit.



Abel Tasman Canyons

9 275 Sandy Bay-Marahau Road, Mārahau 0800 86 34 72
info@abeltasmancanyons.co.nz @ abeltasmancanyons.co.nz
Abel Tasman Canyons provides a range of guided canyoning adventures. We slide down water-polished chutes, jump into crystal clear pools, abseil through showering waterfalls, and soar down ziplines. Our professional guides will help you to take a step (or two) out of your comfort zone.



Abel Tasman Eco Tours

9 8C Nile Street West, Nelson, Dep. from Marahau 03 391 0010
info@abeltasmanecotours.co.nz @ abeltasmanecotours.co.nz
Our signature eco-boat tour in the Abel Tasman National Park is suitable for all ages and fitness levels. Explore the coastal zones, islands, beaches, forests and streams with plenty of time for relaxing and swimming. Enjoy natural discovery, bird watching, sightseeing, photography, and learning with our knowledgeable friendly local guides.



Abel Tasman Kayaks

9 273 Sandy Bay-Marahau Road, Mārahau 03 527 8022
info@abeltasmankayaks.co.nz @ abeltasmankayaks.co.nz
Abel Tasman Kayaks have been providing iconic experiences in the Abel Tasman National Park since 1986. With seamless offerings of guided and rental kayaking, independent walking, water taxis and charter boats, and bespoke adventures, there is a world-class experience for everyone.



Abel Tasman Lodge

9 295 Sandy Bay-Marahau Road, Mārahau 03 527 8250
info@abeltasmanlodge.co.nz @ abeltasmanlodge.co.nz
Abel Tasman Lodge - rated in the Top 10 best Small Stays in the world, 2022, and No 1 Small Stay in NZ 2019, 2020 & 2022 by TripAdvisor - is just 400 metres from the famed Abel Tasman National Park, cafes, beaches, water taxis and kayaking.



Abel Tasman Ocean View Chalets

9 305 Sandy Bay-Marahau Road, Mārahau 03 527 8232
info@accommodationabeltasman.co.nz @ accommodationabeltasman.co.nz
Your hosts Jared and Chris, invite you to stay in their family-owned and operated rustic solid timber chalets. Enjoy scenic ocean views while walking to the southern entrance of the Abel Tasman National Park. Lovely year-round in all weather.



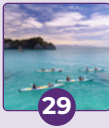
Abel Tasman Sailing Adventures

9 Ticket office 2 Kaiteriteri-Sandy Bay Road, Kaiteriteri 03 527 8375
info@sailingadventures.co.nz @ sailingadventures.co.nz
Join a scheduled day tour, plan an exclusive day tour or multiday sailing holiday just for your group. Explore the islands, bays, beaches, fur seals, and marine life on large, comfortable sailing catamarans. Sailing, walking, water taxi or kayaking combo options are available.



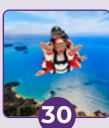
Cable Bay Adventure Park

9 194 Cable Bay Road, Cable Bay 03 545 0304
info@cablebayadventurepark.com @ cablebayadventurepark.com
Nelson's adventure destination - 15 minutes from the CBD and set amongst 400Ha of pristine native forest. From flying the Skywire to quad bikes, paintball, climbing walls and our petting zoo. There's something for everyone! We have a licensed café onsite and free access to MTB's and walkers.



Golden Bay Kayaks

9 29 Cornwall Place, Tata Beach 03 525 9095
info@goldenbaykayaks.co.nz @ goldenbaykayaks.co.nz
Book guided tours, Stand-Up Paddleboarding, or independent hire in the Abel Tasman National Park. We are a small, local, family-owned, sustainable business that's passionate about our environment. The national park is our backdrop and home to NZ's largest grey spotted shag colony, seals, blue penguins, reef herons and more!



Skydive Abel Tasman

9 16 College Street, Motueka 03 929 5564
jump@skydive.co.nz @ skydive.co.nz
Enjoy New Zealand's most scenic skydive experience! Located in central Motueka and boasting the country's most epic scenery, we're the only drop zone in NZ that can show you the mind-blowing views of both NZ's islands! GET UP HERE. IT'S EPIC!



The Brook Waimārama Sanctuary

9 651 Brook Street, Brook Valley, Nelson 03 539 4920
info@brooksanctuary.org.nz @ brooksanctuary.org.nz
Located only 10 mins drive, or 20 minutes' cycle from Nelson Central city, The Brook Waimārama Sanctuary is the largest fenced Sanctuary for endangered plants and animals on the South Island. Immerse yourself in the natural beauty of the hidden valley, breathe deeply and engage with nature.



The Gentle Cycling Company

9 411 Nayland Road, Stoke 03 929 5652
info@gentlecycling.co.nz @ gentlecycling.co.nz
Single and multiday tours for people who like to travel in style, explore and enjoy the finer things in life. Select one of our tried and tested tour options, or let us help you design a bespoke itinerary to suit your needs.



Toad Hall Store & Cafe

9 502 High Street, Motueka 03 528 6456
info@toadhallmotueka.co.nz @ toadhallmotueka.co.nz
Welcome to Toad Hall Store & Café in Motueka! Step into the store for some fresh local produce, or enjoy the sun in our outdoor area while trying our delicious menu at our café. We have a children's playground, complete with a tree house!



Waka Abel Tasman

9 Kaiteriteri-Sandy Bay Road, Kaiteriteri 0800 925 228
kiaora@wakaabeltasman.nz @ wakaabeltasman.nz
To travel across water is to connect across time and space. We feel the motion and te mauri o te wai, just as our tūpuna did. To do it in a group, connects you in a way nothing else does. All kayaking and abilities welcomed, join our daily departures. Nau mai ki Kaiteriteri.



Wilson's Abel Tasman

9 Ticket office 2 Kaiteriteri-Sandy Bay Road, Abel Tasman National Park 0800 223 582
info@abeltasman.co.nz @ abeltasman.co.nz
Escape! Revive! Reconnect! Let the Wilson family's team take care of the details with trips from 2hrs to 5 days, including Vista Cruising, water taxi, guided/self-guided walking, and guided sea kayaking options. Overnight trips stay at the Wilson's unique beachfront lodges within the park.



YHA Nelson

9 59 Rutherford Street, Nelson 03 545 9988
stay@yhanelson.nz @ acentshostel.nz
We offer travellers great value accommodation in the centre of Nelson, next to the famous Saturday Market. A perfect base to explore the Abel Tasman or The Great Taste Trail, our hostel is perfect for singles, couples, families and groups. We will ensure you take away great memories of your time in Nelson.



Also a Wellness & Trails stop

Also a Light Footprint stop



Makers, Creators & Curators

Explore a wealth of award-winning wineries, craft breweries, and talented artisan makers and creators who are ready to share their unique creations with you. So set some time aside to enjoy our artists and artisans displaying a wealth of creative work in their studios and galleries.

Let's go!



Anatoki Salmon

9 230 McCallum Road, Takaka 03 525 7251
catch@anatokisalmon.co.nz @ anatokisalmon.co.nz
Come find a magical spot on Lake Anatoki to cast your line and land your lunch. Free use of fishing gear and no experience required. Have your salmon hot smoked or sliced into sashimi ready to eat in the cafe. Feel the thrill of catching your own food!



Connings Food Market

9 151 McShane Road, Appleby, 021 454 174
hello@conning.co.nz @ connings.co.nz
Connings Food Market is a family-owned and operated boutique grocery store specialising in fresh paddock-to-plate produce. We grow a lot of our produce on our own family farm, which allows us to keep prices, waste and mileage low and produce fresh.



Dancing Sands Distillery

9 46A Commercial Street, Takaka 03 525 9899
info@dancingsands.com @ dancingsands.com
Dancing Sands is one of NZ's most awarded distilleries, praised for its unconventional gin, distilled with high-quality ingredients. Sarah and Ben Bonoma started Dancing Sands with a vision to make the best gin on the market that would capture Golden Bay's beauty. Their cellar door is open for free tastings Mon - Sat.



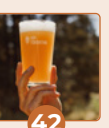
Founders Heritage Park

9 97 Atawhai Drive, Nelson 03 548 2649
founderspark@ncce.govt.nz @ founderspark.co.nz
Explore Nelson's heritage and learn the stories of our local people. Spend a lovely day walking through a village of character buildings set in well-established gardens. Enjoy lunch, a hot or cold drink at Founders Café or a wonderful picnic in the beautiful garden surroundings!



Gravity Winery, Cellar Door & Art Gallery

9 243 Old Coach Road, Mahana 03 543 2877
info@gravitywinery.co.nz @ gravitywinery.co.nz
Our cellar door offers visitors a wine journey like no other in the Nelson region. Taste your way around New Zealand's top wine regions without taking a step, showcasing award-winning wines from Nelson, Hawke's Bay, Otago and Marlborough. Summer hours: 11am - 5pm, bookings essential.



Hop Federation

9 483 Main Road, Riwaka 03 528 0486
info@hopfederation.co.nz @ hopfederation.co.nz
Hop Federation is a craft brewery found in Riwaka, the heart of hop country. Their beers are hop-forward, fresh and known for exceptional quality. Visit Simon and the team at their taproom for tastings and to purchase the full range.



Höglund Glassblowing Studio

9 152 Lansdowne Road, Appleby, 03 544 6509
artglass@hoglund.co.nz @ hoglundartglass.com
Created here for more than four decades, world-renowned art glass and jewellery, the Höglund family invites you to visit their glassblowing studio and showroom. Open daily, 10am - 4pm. You'll find Höglund Art Glass in Appleby (5 mins drive from Richmond, 20 mins drive from Nelson City).



Katie Gold Clay Art & Owen Bartlett Pottery

9 1380 Moutere Highway, Upper Moutere Village 03 543 2544
katiegoldclayart@gmail.com @ bartlettandgoldgallery.co.nz
The home of Katie Gold Clay Art and Owen Bartlett Pottery. In a historic house and garden setting, you will find Katie's limited edition ceramic sculptural works and Owen's contemporary designer tableware and art pieces.



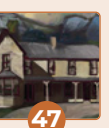
Little Beehive

9 123 Bridge Street, Nelson
littlebeehiveco-op@gmail.com @ littlebeehive.shop
Little Beehive Co-op was founded in 2014 by two Nelson creatives, looking to connect and collaborate with other artists and have a place to showcase their work. A treasure trove with 12 local members showcased among a selection of carefully curated NZ-made products.



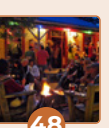
Michael MacMillan Sculptor & Country Homeware

9 252 Neudorf Road, Upper Moutere 03 543 2252
studio@michaelmacmillan.co.nz @ michaelmacmillan.co.nz
Internationally recognised for his carved, kinetic and bold concrete sculpture. Discover two galleries full of sculpture, bronze works, French oak homeware, coffee, photography, painting and jewellery. Open Thurs - Sun, 10am - 5pm, by appointment outside these hours.



Moutere Inn

9 1406 Moutere Highway, Upper Moutere 03 5432 759
info@mouterein.co.nz @ mouterein.co.nz
The Moutere Inn is New Zealand's Oldest Pub in its original building in the Upper Moutere Village. Pop in for craft beers, local wines, and quality pub meals. Open Wednesday - Sunday, from midday and 7 days over the Christmas break.



Mussel Inn

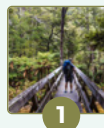
9 Onekaka, Takaka 03 525 9241
haveabeer@musselinn.co.nz @ musselinn.co.nz
The Mussel Inn is in the heart of Mohua/Golden Bay. The atmosphere is laid-back and family-friendly, and our fare is simple and wholesome. We produce our own beers, ciders, and soft drinks in our small onsite brewery. Live music features regularly.



Wellness & Trails

Take some time to rejuvenate your mind, body and soul. Unwind at one of our secluded luxury lodges surrounded by the sound of birds, waterways and native forest. Explore our region on foot or bike on one of our Great Walks, Great Rides, and world-class mountain bike parks.

Digital map



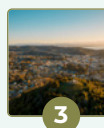
Abel Tasman Coast Track

9 Multiday Hiking, Marahau, 60 km
The Abel Tasman Coast Track is renowned as one of the country's Great Walks. Glorious golden beaches, lush native bush and crystal-clear waterways wrap around the stunning granite coastline, whilst secluded coves, islands, inlets and hidden beaches are found throughout the park.



Awaroa Lodge

9 Awaroa Bay, Abel Tasman National Park 03 528 8758
info@awaroalodge.co.nz @ awaroalodge.co.nz
Awaroa Lodge offers peace and tranquillity, only accessible by water, air or on foot. The accommodation is carefully crafted to complement the environment while placing you amongst it. The restaurant and bar welcomes day walkers. Awaroa Lodge is open October - April.



Centre of New Zealand

9 Short Walk, Nelson, 2 km
This central survey point was used for geodetic surveys in the 1870s. A short but sweet twenty-minute uphill trek under the canopy of poplar and kauri trees will land you at the viewing platform, which is marked with a giant white survey pin in the hills that lay behind Nelson City.



Codgers Mountain Bike Park

9 Mountain Biking, Nelson
As one of the region's most popular and accessible mountain bike parks, you'll find trails suitable for everyone, from easy winding grade 2 tracks to daredevil downhill grade 5 descents. The trail network weaves around three hills that backdrop the city centre, with summits offering spectacular views.



Coppermine Trail

9 Alpine Mountain Biking, 43 km
heartofbiking.org.nz
The Coppermine Trail is one of the country's most accessible backcountry alpine cycle trails. Broad panoramas of Tasman Bay and the rocky tops of Coppermine Saddle are just some of the rewards. The technical Grade 3-4 downhill section makes the full loop best suited to fit experienced single-track riders.



Farewell Spit Tours

9 6 Tasman Street, Collingwood, 0800 808 257
enquiries@farewellspit.co.nz @ farewellspit.com
Our hand-picked local guides at Farewell Spit Tours have been sharing the Farewell Spit Nature reserve with visitors from all over the world for more than 75 years. Join them, feel the sun on your face, the breeze in your hair and the sand between your toes! Bookings essential.



Great Taste Trail

9 Leisure Biking, New Zealand Great Ride, 200km
heartofbiking.org.nz
Experience the region's diverse tastes while enjoying spectacular views and coastline, art, sample local food, wine or brews, spot wading and sea birds, and meet friendly locals. Forming a 200km loop, the Great Taste Trail can be enjoyed over several days or dipped into on shorter day rides.



Kaiteriteri Recreation Reserve

9 5 Kaiteriteri-Sandy Bay Road, Kaiteriteri 03 527 8010
info@krr.co.nz @ experiencekaiteriteri.co.nz
Nestled in the sub-tropical native bush, you'll find Kaiteriteri Recreation Reserve, which offers a network of trails (family-friendly or grade 4-5), close to golden sand beaches and the gold-level IMBA Kaiteriteri Mountain Bike Park. Ride through the ferns and gain beautiful views down the Abel Tasman National Park.



Kiwi Journeys

9 37-39 Halifax Street East, Millers Acre Centre
9 Mapua Wharf, 8 Aranui Road, Mapua Wharf
9 3 Kaiteriteri Sandy Bay Road, Kaiteriteri
0800 292 538 info@kiwijourneys.co.nz @ kiwijourneys.co.nz
The region's most extensive range of quality e-Bikes, trail bikes, mountain bikes and family equipment. Including the Mapua Ferry, transport, luggage transfers, accommodation, support, personal advice and tips. Book online www.mapuaferry.co.nz



Lake Rototoi Circuit

9 Intermediate Hiking, Saint Arnaud, 23km (river crossing)
Fringed by manuka and kanuka, Lake Rototoi is one of 16 lakes in the Nelson Lakes National Park and is easily accessible from the alpine village of St Arnaud. Whether you have a couple of hours to spare or an entire day to explore, there is a network of walking tracks around the lake that people of all ages and abilities can enjoy.



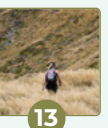
Maitai Whare Iti

9 571 Maitai Valley Road, Maitai 021 497 827
maitaiwhareiti@gmail.com @ whareiti.co.nz
Located in the beautiful Maitai valley (6 km from Nelson city), Maitai Whare Iti adventure cabins offer an excellent base for mountain bikers or trail explorers. Relax in the tranquility of the native bush in one of our four self-contained cabins with a communal kitchen. Dog friendly.



Maruia River Retreat

9 2314 Shenandoah Highway, Tasman 027 563 3143
contact@maruia.co.nz @ maruia.co.nz
Maruia River Retreat is a stunning boutique lodge and private rainforest resort with seven luxury villas in a 500-acre native beech forest within steps of the Maruia River. Guests are transported into a wellness and nature wonderland with gourmet food, yoga classes and forest bathing.



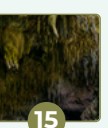
Mount Arthur

9 Intermediate Hiking, Motueka Valley, 18.4 km
At the height of 1795m, Mount Arthur is the highest peak in the Wharepapa/Mount Arthur Range of the Kahurangi National Park. It's a challenging 9.2km day walk along a well-marked and graded track to the summit. You can stay overnight in one of the two huts if you have more time to spare.



Rameka Track

9 Mountain Biking, Takaka Hill, 6.9 km
Riders will navigate a grade 3+ trail through rocky ridges, river crossings and steep downhill descents as they explore middle earth scenery. That's right, the track begins in the limestone landscape made famous by Peter Jackson's The Hobbit movies and is a huge highlight for visitors.



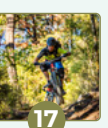
Rawhiti Caves

9 Short Walk, Motupipi, 2.9 km
With one of the largest cave entrances in New Zealand, it is quite possibly also the most diverse. A limestone entrance is adorned with green and pink plants, moss, algae and stunning phytokarst formations. Inside the cave, you'll find twilight zone flora unparalleled elsewhere in the country.



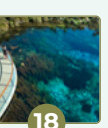
Riuwaka Resurgence

9 Short Walk, Riwaka, 0.6km
The Resurgence is known as Te Puna o Riuwaka to the people of Te Ātiawa and Ngāti Rārua. Recognised as a sacred place, the waters of Te Puna o Riuwaka were considered by local tribes to have healing properties. A carved waharoa (entranceway) illustrates the area's cultural significance, welcoming visitors to respectfully experience the beauty of the clear turquoise waters and lush native forest.



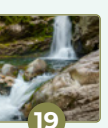
The Wairoa Gorge

9 Mountain Biking, Wairoa Valley, @ mtbtrails.nz
The Wairoa Gorge is home to over 70km of hand-built mountain bike trails. 70% of the trails are up to Grade 4, running through a lush native forest environment from a maximum elevation of 1200m. Think epic gravity-fuelled backcountry riding mixed with bike park convenience. This park is made by mountain bikers for mountain bikers! Bookings essential.



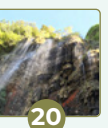
Te Waikoropū Springs

9 Short Walk, Takaka, 1 km
Te Waikoropū Springs are the largest freshwater springs in New Zealand and contain some of the clearest water ever measured. To local māori, Te Waikoropū is a taonga (treasure), is considered wahi tapu (sacred), and holds high cultural and spiritual regard. Legend has it that Te Waikoropū is the home of Huriawa, one of three main taniwha of Aotearoa.



Wainui Falls

9 Short Walk, Wainui, 3.4 km
Shaded by overhanging nikau palms, a short walk along the banks of the Wainui River is a mesmerising nature experience. Enjoy the beauty of the lush native surroundings whilst birds flutter between the treetops. Your senses will be awakened by the thundering sound of the falls as they cascade 20 metres down granite bedrock into the deep blue pools below.



Whispering Falls

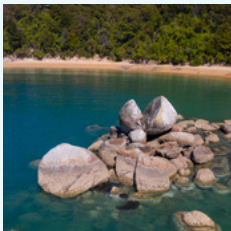
9 Intermediate Hiking, Richmond Forest Park, 7.7 km
Whispering Falls is Richmond's very own hidden gem. The charm and beauty surrounding you is just a small glimpse into what awaits as you eventually reach a series of waterfalls with trickling water drops from great heights, lightly pattering on the limestone rocks below, curtaining you in a halo of spray as you gaze up at the falls.

Nau mai, haere mai ki Te Taihu.

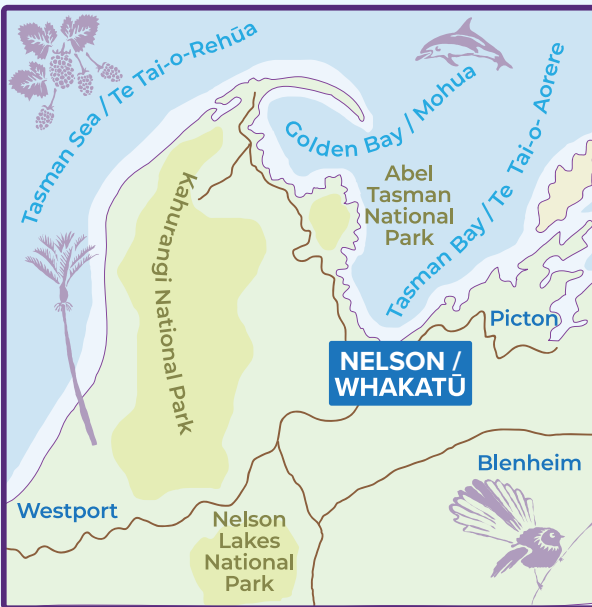
Welcome to our home, located at the centre of Aotearoa, New Zealand. Nelson Tasman is where all the country's best bits are distilled into a single destination: where Abel Tasman is just one of three national parks, craft beer, wine and cider, high sunshine hours and the clearest lake in the world are just the beginning.

Desired as a place to reconnect, revive and recharge, protecting the pristine environment is just a way of life at the Top of the South, Te Taihu. Our tourism businesses are the guardians of the stunning natural landscapes they work within. They work together to nurture the local flora and fauna that make this area special.

This map is designed to help you discover the best of the region, whether that is exploring the path of Makers, Creators & Curators, leaving no trace on the Light Footprint journey or experiencing the outdoors in Wellness & Trails. Create your journey by connecting the dots and make the perfect itinerary for you. There is something for everyone, so take your time, and find your way in this beautiful place we call home.



Nelson Tasman



Te Taihu - Top of the south



Discover our Themed Journeys!

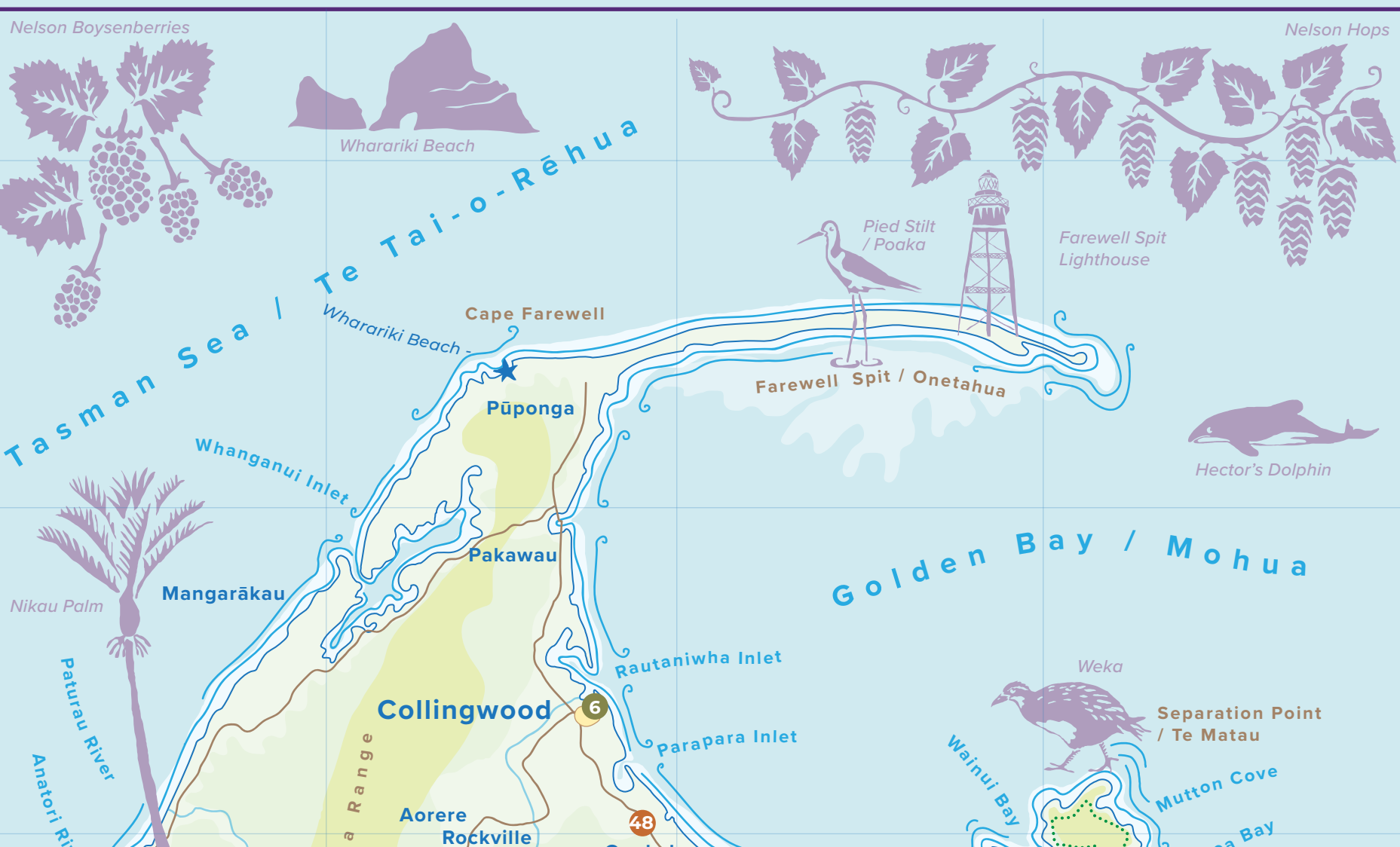
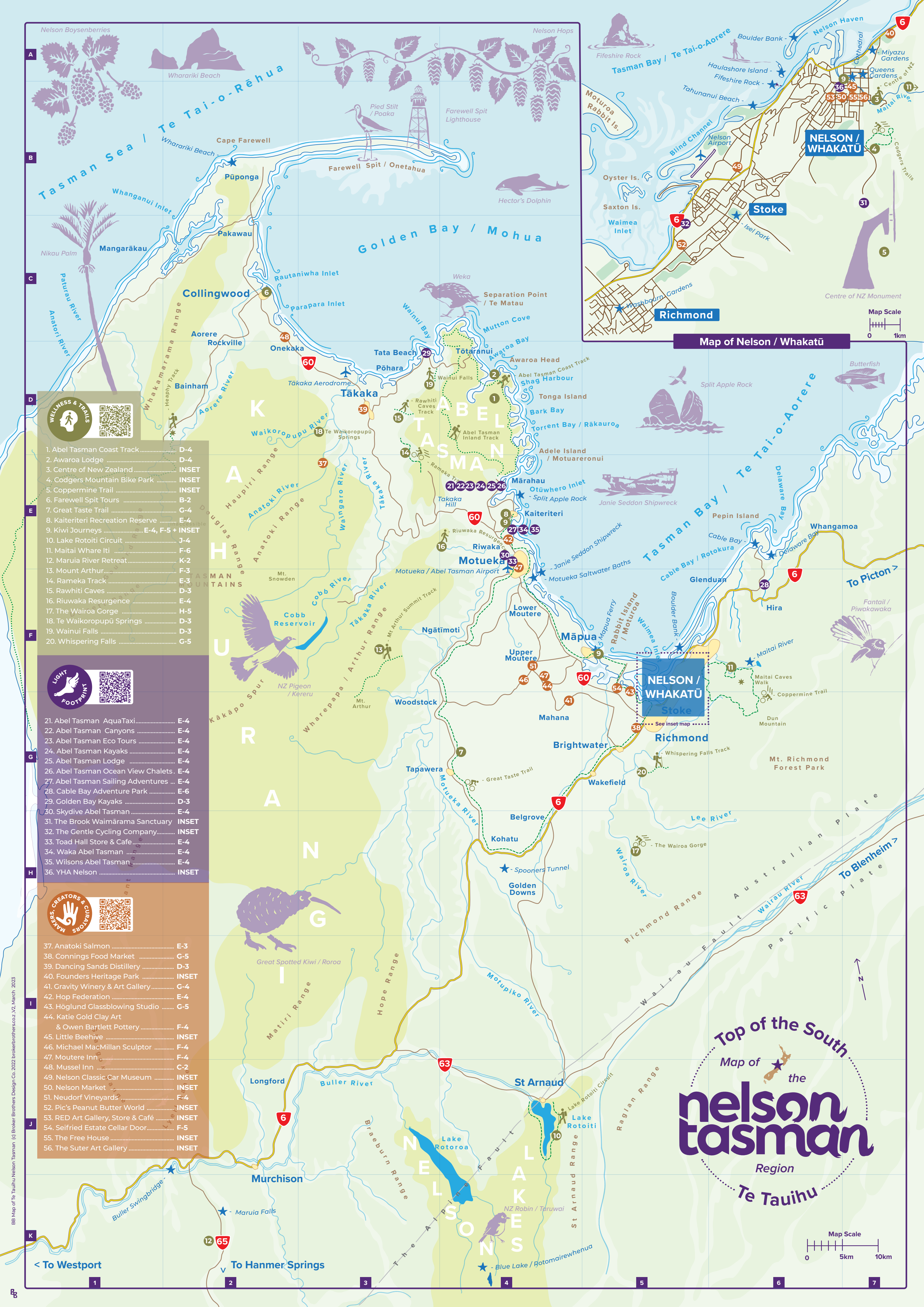
Cover Photo: Helicopters Nelson >



Nelson Classic Car Museum
9 1301 Old Coach Road, Anniesbrook 03 547 4570
info@nccm.nz @ nelsonclassiccarmuseum.nz
Nelson Classic Car Museum has been putting the CLASS in Classic since 2020, presenting one of New Zealand's finest private classic car collections. View over 150 cars spanning more than 110 years of motoring. This is the best place to see sleek Jaguars, cool Cadillacs, trusty Triumphs, and more!



Nelson Market (Saturday)



WELLNESS & TRAILS

- 1. Abel Tasman Coast Track D-4
- 2. Awaroa Lodge D-4
- 3. Centre of New Zealand INSET
- 4. Codgers Mountain Bike Park INSET
- 5. Coppermine Trail INSET
- 6. Farewell Spit Tours B-2
- 7. Great Taste Trail G-4
- 8. Kaiteriteri Recreation Reserve E-4
- 9. Kiwi Journeys E-4, F-5 + INSET
- 10. Lake Rotoiti Circuit J-4
- 11. Maitai Whare Iti F-6
- 12. Maruia River Retreat K-2
- 13. Mount Arthur F-3
- 14. Rameka Track E-3
- 15. Rawhiti Caves D-3
- 16. Riwaka Resurgence E-4
- 17. The Wairoa Gorge H-5
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- 19. Wainui Falls D-3
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LIGHT FOOTPRINT

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- 29. Golden Bay Kayaks D-3
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- 32. The Gentle Cycling Company INSET
- 33. Toad Hall Store & Cafe E-4
- 34. Waka Abel Tasman E-4
- 35. Wilsons Abel Tasman E-4
- 36. YHA Nelson INSET

MAKERS' CREATORS & CURATORS

- 37. Anatoki Salmon E-3
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- 40. Founders Heritage Park INSET
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- 43. Höglund Glassblowing Studio G-5
- 44. Katie Gold Clay Art & Owen Bartlett Pottery F-4
- 45. Little Beehive INSET
- 46. Michael MacMillan Sculptor F-4
- 47. Moutere Inn F-4
- 48. Mussel Inn C-2
- 49. Nelson Classic Car Museum INSET
- 50. Nelson Market INSET
- 51. Neudorf Vineyards F-4
- 52. Pic's Peanut Butter World INSET
- 53. RED Art Gallery, Store & Café INSET
- 54. Seifried Estate Cellar Door F-5
- 55. The Free House INSET
- 56. The Suter Art Gallery INSET



BB Map of Te Taihu Nelson Tasman (c) Broker Brothers Design Co. 2022 brokerbrothers.co.nz V2, March 2023