

## Please remember

### Safety

Weather in Abel Tasman National Park is generally mild but you should be prepared for high winds and heavy rain and carry spare warm clothes all year. Snow falls occasionally around Moa Park and upper Evans Ridge. Please use the visitor books in the huts. Remember your safety is your responsibility.

To report any safety hazards call  
**DOC HOTline 0800 362 468.**

### Rubbish

No rubbish facilities are provided; all rubbish must be carried out of the park.

### Giardia

Giardia has been found in some park waters. It can be removed from drinking water by boiling, chemical treatment or filtering.

### Water

There are few reliable water sources along the Inland Track, particularly along Evans Ridge and between Tinline Bay and Holyoake's Clearing. Carry your own water supply.

**DOC HOTline**  
**0800 362 468**

Report any safety hazards or  
conservation emergencies  
For fire and search and rescue call 111

## Environmental Care Code



Protect plants and animals  
Remove rubbish  
Bury toilet waste  
Keep waterways clean  
Do not use soap in streams  
Take care with fires  
Camp carefully  
Keep to the track  
Consider others  
Respect our cultural heritage  
Enjoy your visit  
*Toitu te whenua* (leave the land undisturbed)

## Further information

Enjoy your visit to the quiet interior of Abel Tasman National Park.

To find out more contact:

### Department of Conservation Nelson Regional Visitor Centre

Millers Acre Centre/Taha o te Awa  
79 Trafalgar Street, Nelson 7010  
P O Box 375, Nelson 7040

Ph: (03) 546 9339 +64 3 546 9339

Email: [nelsonvc@doc.govt.nz](mailto:nelsonvc@doc.govt.nz)



To make a booking for a hut or campsite on the Abel Tasman Coast Track, contact:

### Great Walks Helpdesk Nelson Department of Conservation

P O Box 375, Nelson 7040

Ph: (03) 546 8210 +64 3 546 8210

Fax: (03) 546 9612 +64 3 546 9612

Email: [greatwalksbooking@doc.govt.nz](mailto:greatwalksbooking@doc.govt.nz)

Or visit [www.doc.govt.nz](http://www.doc.govt.nz)



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to Marahau and Tasman Bay.  
Photo: Markus Baumann

# Inland Track



ABEL TASMAN NATIONAL PARK



Department of Conservation  
*Te Papa Atawhai*

# Canaan Downs Scenic Reserve

## Entrance to Abel Tasman National Park

### About the area

Much of the Canaan area is marble. Marble is actually 'cooked' limestone. It develops when limestone (pressure-hardened marine sediment) is transformed within the earth's crust by tremendous heat, to the harder, more fine-grained marble. At about 500 million years old, the marble of Takaka Hill is among New Zealand's oldest rocks; the neighbouring granite that so characterises coastal Abel Tasman is a newcomer by comparison—just 115 million years old.

Marble is dissolved by water, which becomes slightly acidic as it falls from the sky and seeps through the soil. This process, unique to marble and limestone, enlarges faults and cracks in the rock, creating an underground drainage network. Water creates cave passages, eating lower and lower into the bedrock. The higher passages may become dry, and here more patient processes build stalactites, stalagmites and other beautiful formations. On the surface, water-worn outcrops, shafts, arches and sinkholes tell us we are in karst country.

There are several day-walks and mountain biking opportunities at Canaan. The tracks are classified as walking or tramping tracks and provide a good introduction to the area. The ambitious may choose to combine them in a one-day circuit (Canaan–Moa Park–Evans Ridge–Wainui Valley–Canaan) or a weekend trip broken at one of the huts.

### How to get there

From State Highway 60, near the top of Takaka Hill, follow an 11 km side road to Canaan car park where there is a toilet and orientation sign. Camping is allowed at this site.

### The tracks



#### Harwoods Track, 45 min one way, 2.9 km

At 176 metres, Harwoods Hole is the deepest vertical shaft in New Zealand. A water-enlarged (but now dry) sinkhole, it drops to an underground river that emerges below and flows into Gorge Creek and thence into the Takaka River.

From Canaan car park a 45-minute walking track leads through beech forest to a track junction. The right-hand branch leads to a spectacular lookout from where the best impression of the hole itself is gained. The left-hand branch stops near the shaft; it is very dangerous to approach beyond the warning signs.



#### Rameka Track, 2 h 45 min one way

The benched Rameka Track is on legal road so it is open to horse and mountain-bike riders. The track was part of the main route between Tasman and Golden Bays until 1887 when preference was given to the route of the modern road. The track begins on Pages Saddle, about 15 minutes walk up from Canaan car park, and sidles easily through beech forest for about 1 h 30 min to the bush edge. From here a 6 km, 1 h walk, on a farm track drops to Rameka Valley near Central Takaka.

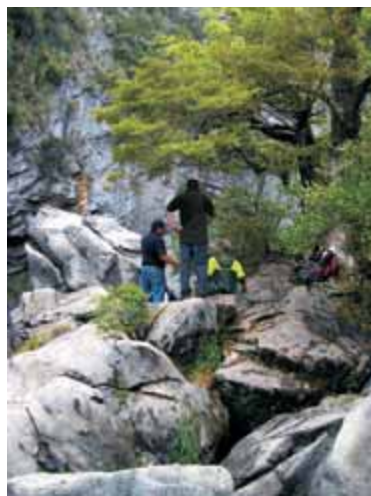
Bikers will find the Rameka demands a moderate level of skills; the first section has many rock outcrops, while the descent to the Rameka valley is steep and fast. Please stay on the track beyond the National Park boundary; stay in control of your bike and give way to walkers and beware of other traffic using Rameka Road.



#### Wainui Track, 3 h 30 min one way

From Canaan car park climb for 50 minutes—passing the Rameka Track—to Wainui Saddle, an obvious low point with views of Golden Bay. It is 40 minutes from here, gently downwards to Wainui Hut (4 bunks).

The track follows the only significant river flats in the park that are still forested, past large red beech trees and bright mosses. The hut is built in a clearing made by gold miners during the 1930s. Below the hut the river becomes very gorgy.



At the hut, ford the Wainui River and after a short distance the track forks with one branch climbing steeply up to the Inland Track on Evans Ridge. The left branch, Wainui Track continues for another 2 hours to Birds Clearing from where a steep, winding road descends to Clifton, 10 km from Takaka.



Wainui Hut. Photo: Markus Baumann



#### Moa Park, 3 h 30 min return

This unusual island of tussock, surrounded by montane forest, sits in a natural depression. The depression creates a cool climate and boggy soils, favouring sub-alpine tussocks and herbs at an altitude normally dominated by trees.

Moa Park is a half-day return trip from Canaan car park. Climb past Pages and Wainui Saddles to Evans Ridge and descend gently to Moa Park. Beyond Moa Park Shelter are two short tracks leading to lookouts with impressive views of Moa Park and the coast below. Porters Rock is a granite outcrop worth visiting for the view.

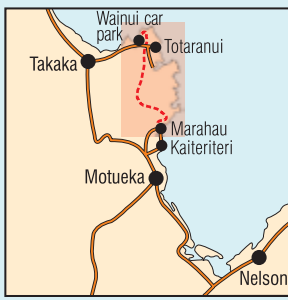


### Mountain biking care code

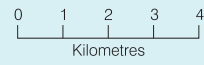
Caring for the environment and sharing tracks:

- Ride in control at all times.
- Slow down where you can't see the track ahead and anticipate meeting other track users.
- Avoid skidding, which contributes to track damage, particularly when the track is wet and muddy. Go easy on the brakes and steer clear of muddy areas. Do not cut corners.
- Give way to uphill track users.
- Ride only where permitted and stay on tracks. Ask permission for access where required. Observe track closures. Leave gates as you find them.
- Be friendly, respect other track users, signal your approach and give others plenty of space when passing.
- Keep your bike and gear clean. This will help prevent spreading plant and animal diseases and weeds.
- Always check the latest information about weather, access and track conditions before you set out.
- If venturing to remote areas leave your trip intentions with a responsible person and remember to check in when you get back.
- Be an ambassador for your sport—tell others about good practice.





- - - Walking track
- - - Tramping track
- ..... Route
- Sealed road
- Unsealed road
- P Car park
- i Information
- 🚵 Mountain biking
- 🏠 Hut
- 🏠 Shelter
- 🚻 Toilet
- ♿ Wheelchair access



This map is a guide only. For more information consult Topomaps M25 (Tarakohe) and N26 (Takaka) or Parkmap Abel Tasman.

Mōa Park, Golden Bay in background. Photo: Markus Baumann



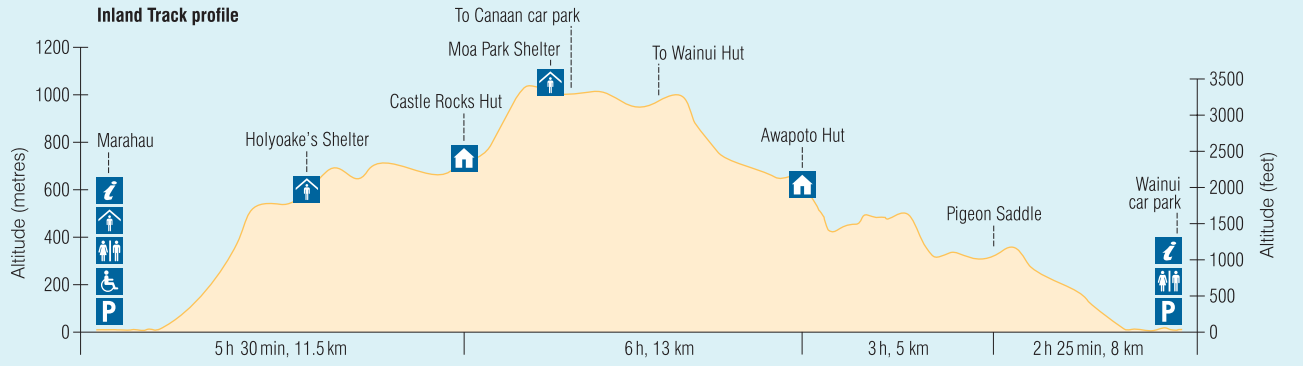
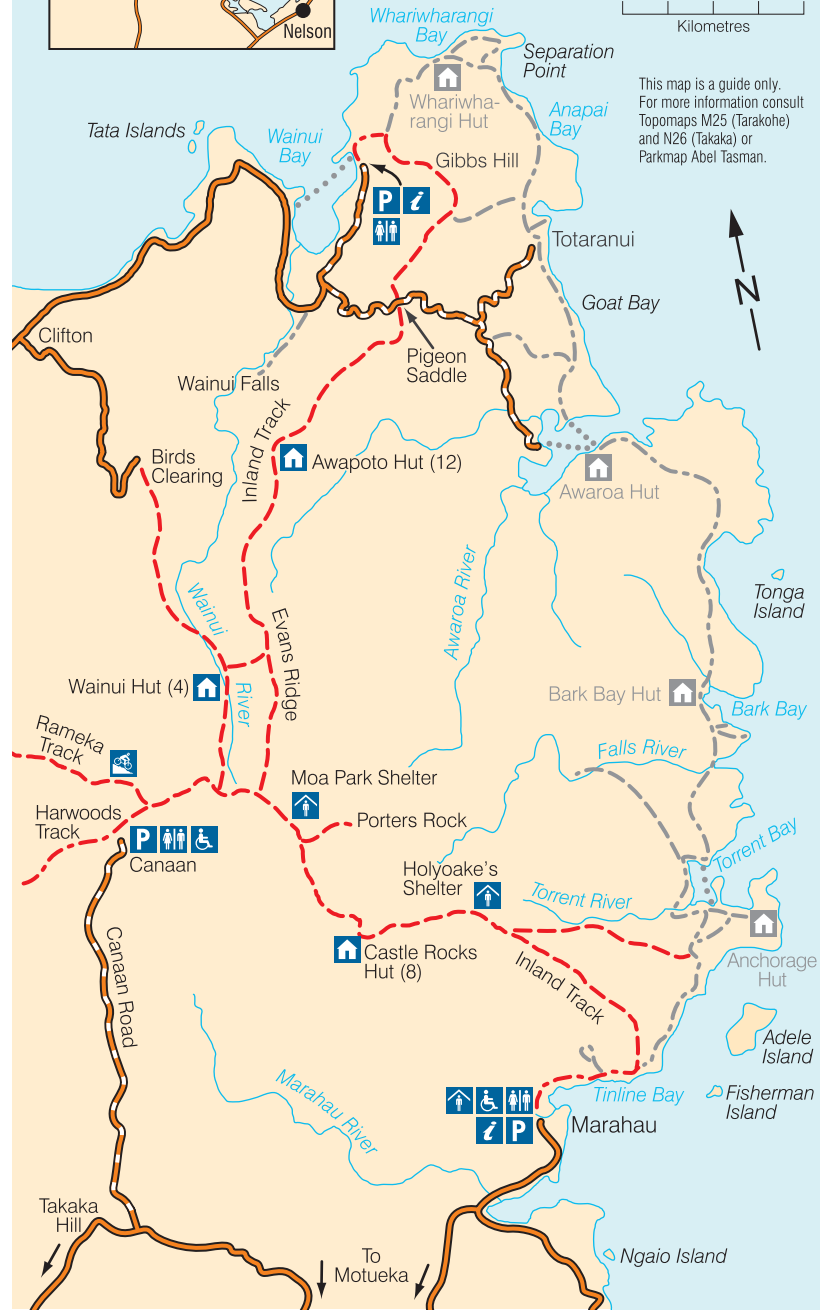
Grass tree, *Dracophyllum elegantissimum* (Porters Rock)



*Aciphylla colensoi*, red tussock and *Hebe odora* in background (Mōa Park)



South-eastern view from Porters Rock to Motueka and Tasman Bay. Photos: Markus Baumann



# Inland Track

## Introduction

The 37.5 km Inland Track links Marahau to Wainui Bay via Pigeon Saddle on the Takaka–Totaranui Road. The tramp takes three days and passes through a range of regenerating and undisturbed forest types between sea level and the roof of the park, Evans Ridge. Occasional granite outcrops offer good views while the Moa Park moor-lands and unusual Canaan landscape (see overleaf) provides an interesting interlude.

The track is classified as a tramping track. There are two huts and two shelters on the track. The track can be linked with the Abel Tasman Coast Track or water taxi to make a varied round trip. If you choose to stay at any of the huts or campsites on the Abel Tasman Coast Track, Great Walk you must make a hut or camp site booking. The contact details for the Great Walks Helpdesk Nelson is listed in this publication.

## How to get there

### Private Transport

The Inland Track has road access at several points:

- Marahau, the southern gateway, is 67 km from Nelson.
- To reach the northern end or Pigeon Saddle (on the Totaranui Road), follow State Highway 60 over Takaka Hill to Takaka (107 km from Nelson). Turn right upon entering Takaka; from there it is 23 km to Wainui car park, 24 km to Pigeon Saddle and 32 km to Totaranui. The last 12 km to Totaranui is narrow and winding—care is required.

### Public Transport

- Regular high season bus services provide access to Marahau, Totaranui, Pigeon Saddle and Wainui.
- On-demand taxi services are available at Motueka and Takaka.
- Boat services from Kaiteriteri and Marahau provide access to Totaranui.

## Accommodation

A Back Country Hut Pass or Backcountry Hut Tickets are required to stay in the huts along or near the track. These must be purchased before you begin your trip and are available from DOC offices, visitor centres and some sports shops throughout New Zealand. Heating is provided in the huts, but there are no cooking facilities. Please use only dead firewood and carry your own cooking equipment.



Awapoto Hut, Castle Rocks Hut. Photos: Markus Baumann

## Walking the track



### Marahau to Castle Rocks Hut, 5 h 30 min, 11.5 km

From Marahau follow the Coast Track to Tinline Bay. Here the Inland Track begins, climbing steadily away from the coast and then steeply through regenerating forest.

The tracks described in this publication have been classified as follows:



#### Walking track

- Easy-to-moderate walking from a few minutes to a day.
- Track is mostly well formed, some sections may be steep, rough or muddy.
- Suitable for people with low-to-moderate fitness and abilities.
- Clearly signposted. Stream and river crossings are bridged.
- Walking shoes or light tramping/hiking boots required.



#### Tramping track

- Challenging day or multi-day tramping/hiking.
- Track is mostly unformed with steep, rough or muddy sections.
- Suitable for people with good fitness. Moderate to high-level backcountry skills and experience, including navigation and survival skills required.
- Track has markers, poles or rock cairns. Expect unbridged stream and river crossings.
- Tramping/hiking boots required.

After 2 h 30 min Holyoake's Clearing is reached, where there is a shelter. Above the clearing the track enters forest and continues climbing to Castle Rocks Hut (8 bunks), perched near rock outcrops with wide views of Marahau Valley and Tasman Bay.



### Castle Rocks Hut to Awapoto Hut, 6 h, 13 km

The track heads northwards from Castle Rocks Hut (8 bunks), then turns west and begins climbing. The gradient steepens and then levels again. The track then undulates for a while before descending to Moa Park Shelter (it's 2 h, 3.5 km to this point), surrounded by the tussocks of Moa Park itself. There are two side tracks leading to lookouts; Porters Rock is a granite outcrop worth visiting for its excellent views. From Moa Park Shelter the track crosses a small stream and quickly re-enters the stunted beech forest. Upon reaching Evans Ridge it turns north, beginning a gradual descent to Awapoto Hut (12 bunks).



Inland Track along Evans Ridge. Photo: Markus Baumann



### Awapoto Hut to Pigeon Saddle, 3 h, 5 km

Beyond Awapoto Hut (12 bunks) the track steepens then eases again before finally descending steeply to the road at Pigeon Saddle.



### Pigeon Saddle to Wainui Car park, 2 h 25 min, 8 km

The track climbs slightly, passing a turn-off to a good viewpoint. Travel is then fairly level to the short climb up Gibbs Hill. Beyond Gibbs Hill are the best views in the whole park as the track descends, steeply at first, to the saddle on the Wainui–Whariwharangi section of the Abel Tasman Coast Track. At this saddle, the track forks and an easy 45-minute descent begins to the Wainui car park.