

Nelson Tasman



Nelson Tasman is a place where all the best bits of New Zealand are distilled into a single destination; where a world-class culinary experience, stunning natural landscapes, high sunshine hours and a vibrant arts scene are just the beginning. Beaches, rivers, lakes and

mountains combine to create an outdoor playground unlike any other. Opportunities to immerse yourself in nature abound across three diverse national parks – the sweeping golden coastline of the Abel Tasman, the rugged untouched wilderness of Kahurangi, and the 16 glacial-carved lakes of Nelson Lakes National Park. Explore beaches, waterfalls, dancing springs and natural forest.

A network of cycling and walking trails weaves through coastal and urban landscapes. Tasman's Great Taste Trail rides past orchards, hops and

vineyards, sparkling coastlines, rivers and hill valleys. Nestled amongst the hills you'll find world-famous mountain-bike tracks, including The Coppermine, The Gorge, Kaiteriteri and Cable Bay Adventure Park. Boutique arts and artisans are discoverable at the weekend markets, art trails, tasting trails and glorious galleries that stretch from the city through to the bay. With 25 cellar doors, craft breweries, New Zealand's oldest pub, plus delicacies like mushrooms and black garlic from local producers, there's something to suit every taste.

TOP 10 MUST DOS

1. Explore the Abel Tasman National Park
2. Journey the length of nature sanctuary Farewell Spit
3. Experience the ultimate thrill, NZ's highest skydiving!
4. Admire stunning landscapes on a scenic helicopter flight
5. Experience the thrill of canyoning
6. Cycle Tasman's Great Taste Trail
7. Paddle a Māori waka to Split Apple Rock
8. Don't miss the Nelson Saturday Markets
9. Enjoy a tasting at a craft brewery or vineyard
10. Travel with a Light-footprint on NZ's first Zero Carbon Itinerary

TOP 5 for FAMILY ADVENTURES

Paid Activities & Accommodation

1. Explore the Park with Abel Tasman Sea Shuttle
2. Take a guided eco tour with Farewell Spit Tours
3. Paddle the coastline with Waka Abel Tasman
4. Cycle Tasman's Great Taste Trail with Kiwijourneys
5. Stay on a small farm at The Pear Orchard

TOP 5 for ADVENTURE SEEKERS

Paid Activities & Accommodation

1. Zipline, abseil, jump with Abel Tasman Canyons
2. Ride the mighty Buller River with Buller Canyon Jet
3. Find your favourite adventure at Cable Bay Adventure Park
4. Enjoy NZ's highest jump with Skydive Abel Tasman
5. Go on a Heli-bike adventure, with Helicopters Nelson

TOP 5

for LIGHT FOOTPRINT TRAVELLERS

Paid Activities & Accommodation

1. Tour the region with Wine, Art & Wilderness
2. Stay at Abel Tasman Lodge in Marahau
3. Sail into paradise with Abel Tasman Sailing Adventures
4. Find something for everyone at abeltasman.com
5. Relax and enjoy with Gentle Cycling Company

Getting There

Located at the top of the South Island, Nelson Tasman is well connected to the rest of the country.

You can take a scenic drive from Christchurch (5.5hours); catch the ferry from Wellington to Picton, then drive to Nelson (2 hours); or fly direct from Auckland (75mins), Wellington (30mins) or Christchurch (50mins).

It's easy to get around the region, with bus, coach, taxi, helicopter, and rental car options, plus many activity and accommodation providers offer transfers.



DO SOMETHING
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