

# NELSON TASMAN ACTIVITY SUGGESTIONS

Tack on a day - stay and play



# Holiday Parks New Zealand Annual Conference 2025

## Nelson 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](#)

### Taste the Experience in the Nelson Tasman Wine Region

Enviably sunny hours, imposing mountain ranges, spectacular beaches - the unrivalled scenery of our wine region, with a 150 plus year-long legacy of winemaking, provides a stunning backdrop to visit the many cellar doors and vineyard restaurants in the area. With three distinct terroir in one compact region, our premium wines offer an impressive mix of different and emerging varieties that have made us one of the most awarded wine regions per hectare in the country.



Discover the delights of Aotearoa's best kept wine secret.

Operator: [Wine Nelson](#)

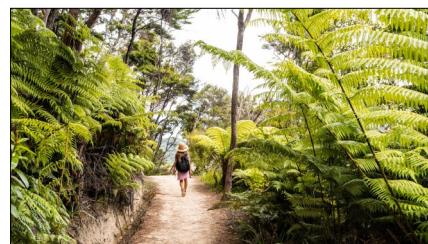


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## Nelson Activity Suggestions

### **Great Abel Tasman Getaway**

Recharge your soul at Kaiteriteri with a two-night package for two in a standard apartment overlooking the stunning Kaiteriteri beach. Enjoy a boat transfer to Abel Tasman and explore the pristine golden sands. Start each day with breakfast at the Waterfront restaurant before relaxing or discovering the wonders of Kaiteriteri and Abel Tasman National Park. Also includes arrival platter and lunch.



### **Kaiteriteri Escape Bed & Breakfast Package**

Experience luxury at the gateway to Abel Tasman National Park. Perfect for relaxing and recharging, this package includes one night in a beachfront apartment for two. Take a sunset stroll, wake up to birdsong, the lapping waves, stunning ocean views and beachfront breakfast. Fill your day with activities like paddle boarding, sea kayaking, or a walk through the national park.



Operator: [Kaiteriteri Recreation Reserve](#)

### **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 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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### 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 2<sup>nd</sup> 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](#)

### 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](#)



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## Nelson 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.



We couldn't be more conveniently located, alongside the Great Taste Trail at the Nelson Airport, so it's easy for you to cycle with us whether you are looking for a half day, full day or multi day ride.

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

### Cable Bay Adventure Park - Nelson's Adventure Destination

Fly the Skywire - The must do attraction in Nelson! An epic journey flying above stunning native forest with a dash of adrenaline.



At 3.2kms long, the Skywire is a one of a kind flying fox experience with gravity-assisted speed and softer scenic segments. Superb views and a fantastic ecological story.



Top it off at the licensed Base Café, serving fresh food crafted onsite, and accompanied by a range of local drinks including coffee, beer and wine.

Other activities include self drive Quad Bike tours (guided), Paintball, Mountain Biking on some of NZ's best trails.

Operator: [Cable Bay Adventure Park](#)



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## Nelson Activity Suggestions

### Flamedaisy Jewellery & Glass Demonstrations

Discover flamedaisy glass design and Lexgun Jewellery, where two talented artists, Anthony Genet and Alexis Gundry, share their creative space. Located just 60 metres from the Cathedral steps at 324 Trafalgar Square West, this gallery and studio is a 'must' visit.

Watch Anthony blow glass into beautiful, functional, and sculptural forms, some enhanced with neon. You can often find him working in his studio, bringing art to life.

Explore Alexis's contemporary silver jewellery, hand-fabricated and often adorned with precious stones. His pieces are generous and refined, perfect for any occasion.

Visit us for the chance to find the perfect gift and meet us in person at our unique boutique studio and retail gallery.

Operator: [Flamedaisy](#) & [Lexgun Jewellery](#)



### 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.

Flights can depart from Nelson, Motueka or Tākaka, and the Golden Bay Highlights flight from Tākaka departs daily at 11am and can be booked online.

Operator: [Golden Bay Air](#)



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## Nelson Activity Suggestions

### SUP in the Beautiful Tasman Bay

Join the best little paddling adventures at Tāhunanui Beach, only minutes from the heart of Nelson City. Stand-up-paddleboards (including our Big Tāhuna Paddleboard) and sit-on-top kayaks are available to hire by the hour, or longer, to explore the Nelson Haven at your leisure. Or choose to join one of our amazing guided paddleboard tours.

Our qualified and experienced crew can paddle your group up the Maitai River, letting you take in the sights right in the middle of town, or we can guide you over to Haulashore Island, seeing the iconic Fifeshire Rock up close!

Want to see the sights by night and under lights even? Our guided Night Paddle is a truly magical experience using state of the art LED lighting strips so you can view our playground after dark.

Operator: [Moana Paddle Nelson](#)



### Elevate your Visit with Gravity Nelson's MTB Adventures

Welcome to Nelson, one of the world's best mountain biking destinations!

At Gravity Nelson, we offer a range of services to enhance your stay in Nelson. Book our MTB shuttles to access stunning trails with ease. Need a bike? Our high-quality electric and acoustic MTB rentals have you covered. Join our guided rides for an unforgettable adventure with expert local guides, exploring Nelson's breathtaking landscapes.

Come see and experience what makes Nelson one of the world's best MTB destinations.

Operator: [Gravity Nelson](#)





# Holiday Parks New Zealand Annual Conference 2025

## Nelson 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](#)



### **The Suter Art Gallery**

Unwind and explore the heart of Nelson's cultural scene at The Suter Art Gallery. Immerse yourself in a diverse collection of New Zealand and international art, from historic masterpieces to contemporary works. Discover inspiring exhibitions, engage with thought-provoking pieces, and enjoy a leisurely afternoon surrounded by creativity.

The Suter also offers a vibrant café overlooking the tranquil Queen's Gardens and a unique gift shop offering a curated selection of locally crafted treasures. It's the perfect escape for art lovers and culture seekers alike.

Operator: [The Suter Art Gallery](#)



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## Nelson Activity Suggestions

### 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, Fibre Craft and Artisan Workshops

Join some of the best textile, fibre artists and artisans from this region in a range of inspirational small group workshops. You will have memorable experiences, learn new skills and take your creations away with you. These workshops include Wild Basket Making, Screen Printing, Contemporary Felt Making, Small Loom Weaving, Unconventional Textile Materials, NZ Flax Weaving - Harakeke, Eco Dyeing with Plants, Contemporary and Traditional Stitch/Embroidery, Creative Bookbinding, Spinning and more. Workshops are already pre-scheduled during the year or we can tailor workshops to your small groups and travel plans.



Operator: [NZ Textile Experiences](#)

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## Nelson Activity Suggestions

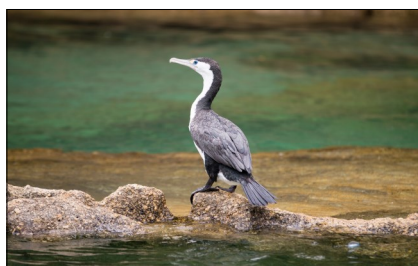
### The Mārahau Pledge

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.



### 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 Activity Suggestions

### **Wilsons 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 Wilsons 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 on Tonga and Adele Islands.

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: [Wilsons Abel Tasman National Park](#)

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## Nelson 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 \*

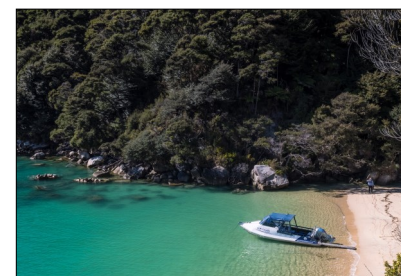
Explore the Ecology - Experience the Wildlife - Enjoy the Beauty

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 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](#)



# Holiday Parks New Zealand Annual Conference 2025

## Nelson Activity Suggestions

### Abel Tasman Luxury

Explore the golden sand beaches of the Abel Tasman National Park aboard comfortable cruising catamarans as our friendly guides share the stunning scenery, wildlife, history and culture of the Park in a relaxed, fun 6 hour day trip. Our bespoke small group charters are ideal for families or couples and include opportunities to kayak, hike, swim, and snorkel. With beverages and a delicious antipasto lunch sourced from local producers for your enjoyment this is a great day out.

Operator: [Abel Tasman Charters](#)



### Cruise the Abel Tasman National Park

Explore and experience the Abel Tasman National Park with Abel Tasman Sailing Adventures. Cruise from Kaiteriteri on a comfortable sailing catamaran viewing the bush clad coastline, golden sandy bays, beaches and islands. Enjoy the antics of fur seals, bird and wildlife. Relax on a full day sail or combine sailing with beach time, walking, water taxi cruising or kayaking.

Join others on a variety of scheduled half-day or full-day tours. Private day tours and multiday sailing holidays are also available.

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 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](http://AbelTasman.com)



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## Nelson 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.

No previous experience required. Jumps and slides are optional. Fully catered. Photos and videos included.

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](#)

# Holiday Parks New Zealand Annual Conference 2025

## Nelson Activity Suggestions

### Relax and Unwind at Kimi Ora Day Spa

Take advantage of our day packages; relax, unwind and restore at Kimi Ora Eco Resort.

Enjoy a relaxing spa treatment in our day spa, unwind in our spas, saunas or pools and listen to the harmony of the birdlife whilst strolling through the bush walks around the Resort. An option of either a nourishing breakfast or delicious dinner in our vegetarian restaurant completes your visit.



If you wish to make the most of your visit, unwind in nature's embrace with an overnight stay in one of our units. Wake up to the Panoramic views of the estuary and Kaiteriteri from your unit., enjoy a leisurely breakfast and make the most of your day with a soak in our spas followed by a dip in the pools.

Operator: [Kimi Ora Eco Resort](#)