

A scenic landscape of Nelson-Tasman, New Zealand, featuring a person on a rocky hillside overlooking a bay at sunset. The sky is filled with vibrant orange and yellow hues, transitioning into a deep blue. The foreground is dominated by large, dark, mossy rocks. In the middle ground, a person wearing a hat and a plaid shirt stands on a grassy slope, looking out over a wide, sandy beach and a calm bay. The background shows rolling green hills and distant mountains under the dramatic sky.

WE'VE GOT THIS

**100
Things
to do in
Nelson
Tasman**

**nelson
tasman.nz**

DO SOMETHING
NEW
NEW ZEALAND



Adventure

ZIP THROUGH THE TREETOPS

Experience a 160m tandem or single zipline ride across the Buller River and walk the length of New Zealand's longest swing bridge at the Buller Gorge Swingbridge Adventure & Heritage Park. Or you could head to Cable Bay Adventure Park and strap in for one of the world's longest flying fox experiences – a scenic, adrenaline-fuelled ride above the forest canopy.

HAVE SOME WHITEWATER FUN

Murchison is the whitewater capital of New Zealand, so whilst you're there you may as well indulge in some water-based adventures. Feel the thrill as you jetboat through the pink granite canyons of the Buller Gorge, or ride the rapids on a whitewater rafting trip.

FREEFALL FROM 20,000FT

Experience the ultimate thrill of skydiving from 20,000ft – one of the highest in New Zealand. If the adrenaline rush from up to 90 seconds of freefall isn't enough, the scenery over the North and South Islands, three national parks and the golden coastline sure will be.

TRY ARCHERY

Have a go with a bow and arrow at an archery

range, or try the Dragon Hunt experience at Archery Park in Cable Bay, where you'll discover life-like targets nestled amongst one of New Zealand's last remaining ancient virgin forests.

WHARF JUMP

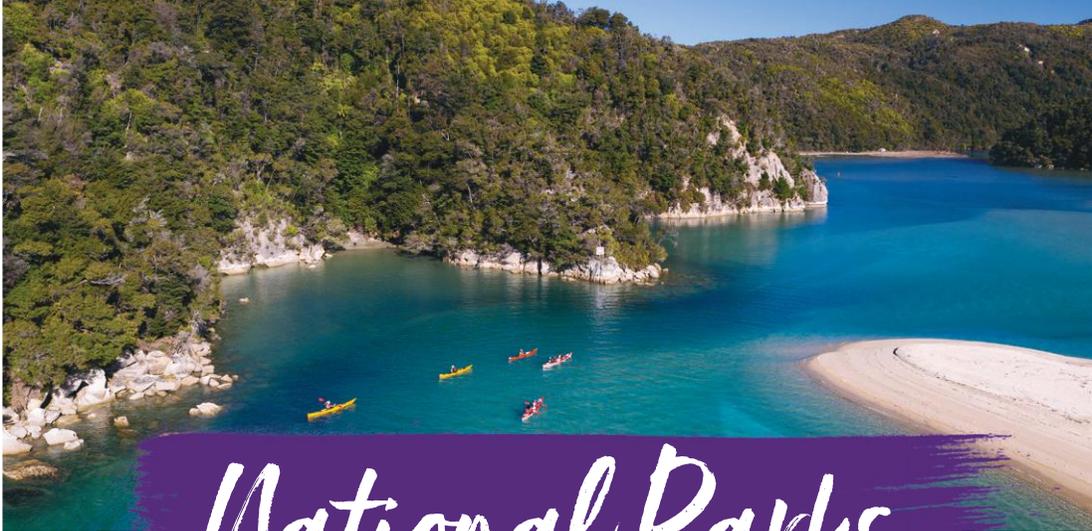
Be like the locals and go wharf jumping in Mapua, the perfect way to cool off after a day or weekend spent browsing the boutique shops, galleries, icecream stalls, wine bar, brewery and eateries in the area.

HANG ABOUT AT PAYNE'S FORD

Payne's Ford is New Zealand's premier limestone sport climbing destination, just minutes from the Takaka River in Golden Bay. Adventurers will find over 200 bolted routes along the limestone crags and walls, ranging from cruisy climbs to gnarly roof grunts. Cool off with a swim in the river afterwards.

HAVE FUN IN THE SNOW

The winter months transform the alpine village of St Arnaud into a winter wonderland, and the nearby Rainbow Ski Field is the perfect place to indulge in some snow adventures. Ski, snowboard or toboggan to your heart's content and enjoy the picturesque views over the Nelson Lakes National Park.



National Parks

TOUR THE ABEL TASMAN

Treat yourself to an experience unlike any other on a guided tour along the spectacular golden coastline of the Abel Tasman National Park. Paddle by kayak or waka, hop aboard a scenic cruise or sailing catamaran, get up close to the coast on a water taxi, take a hike or do any combination of these. However you choose to explore, you'll get to see golden beaches, pristine lagoons, stunning islands, lush native forest and intriguing wildlife along the way.

SEE THE ABEL TASMAN ROCK STARS

Be amazed by the natural beauty of the Abel Tasman National Park and discover some of its most iconic rock stars. From the renowned Split Apple Rock to the elephant shaped rock at Anchorage, the sea-carved archway at Tonga Quarry or the majestic rock stacks at Anapai Bay. Most of the Abel Tasman's natural attractions can be reached by boat, kayak or foot.

VISIT THE PEOPLE'S BEACH

Dig your toes into the sand at Awaroa Beach, enjoy lunch at the lodge, stay overnight in the midst of the Abel Tasman National Park or roll up your trousers and hike across the tidal estuary. Awaroa Beach was purchased by the public in a crowdfunding campaign and is now referred to as 'the peoples beach'.

SLEEP BY THE OCEAN

Spend a night amongst nature in the Abel Tasman National Park to enjoy glowworms at Anchorage and Awaroa, phosphorescence (if you're lucky) and a dawn chorus. Let the waves lull you to sleep aboard a private boat charter, pitch a tent at one of the beachfront campsites, settle in for the night at a DOC hut or enjoy a peaceful night's sleep at one of the spectacular lodges located along the Abel Tasman Coast Track.

CROSS FALLS RIVER

Take a walk across a 40m long swingbridge in the Abel Tasman National Park to admire the views of Falls River. As you cross the bridge that is nestled between Torrent Bay and Bark Bay, you'll often see kayakers or water taxis 20m below, experiencing the breath-taking beauty of the river on a scenic tour – make sure to give them a wave!

GO CANYONING

Feel the adrenaline as you explore dry canyons in the Kahurangi National Park or slide, jump, abseil or zipline down pristine waterfalls in the Abel Tasman National Park. See the beauty nestled behind the golden beaches as you explore the crystal pools, amazing waterfalls and lush rainforest, ending the day's adventures by sliding down a natural waterslide into Cleopatras Pools.

REACH THE TOP OF MOUNT ARTHUR

Challenge yourself to a day hike to reach the highest peak in the Kahurangi National Park. At 1795m, the journey to the top of Mount Arthur crosses vast tablelands, tussocky ridges and rocky outcrops and offers breathtaking views from the summit.

HAVE A LORD OF THE RINGS EXPERIENCE

Step into another world and experience Middle Earth here in Nelson Tasman. Visit some of the iconic Lord of the Rings film locations, take a swim at Salisbury Falls in Golden Bay, indulge in a scenic flight to Mount Owen and Mount Olympus in the Kahurangi National Park or browse the studio workshop at Jens Hansen in Nelson City to see the famous One Ring.

CLIMB MOUNT ROBERT

See the glacial carved lakes of the Nelson Lakes National Park from above with a day hike along the Mount Robert Circuit. You'll ascend the side of the mountain and get to enjoy picturesque 360 degree views from the top over the pristine waters of Lake Rotoiti. Loop back around or continue your hike deeper into the national park towards Lake Angelus.

SEE THE WORLD'S CLEAREST LAKE

Tick the eighth natural wonder of the world off your bucket list and visit Lake Rotomairewhenua, also known as Blue Lake. The world's clearest lake is nestled in the depths of the Nelson Lakes National Park and can be accessed via a side trip from the Travers-Sabine Circuit or seen from the sky on a scenic helicopter trip. If hiking for 4-7 days isn't your thing, take a water taxi across to Sabine Hut to shave a few days off the trip.

ENJOY THE LAKESIDE

Take a walk around Lake Rotoiti or Lake Rotoroa, explore the lake by water taxi or hire a canoe, kayak or rowboat to paddle around the water's edge. The 40m Whisky Falls at Lake Rotoiti are well worth a visit and can be accessed by foot or water.

JUMP OFF THE JETTY

Walk the length of the famous Lake Rotoiti jetty - a great spot for stargazing and sightseeing all year round - or take the plunge off the edge into the glacial carved lake during the warmer months. See if you can spot some of the black swans, trout or eels that gather around the jetty or venture further afield to see what other wildlife you can find.

TICK OFF A GREAT WALK

Nelson Tasman is home to two of New Zealand's Great Walks. The Heaphy Track is a challenging multi-day hike traversing the diverse and rugged landscapes of the Kahurangi National Park, whilst the Abel Tasman Coast Track is an easier trek that follows a pristine golden coastline and can easily be broken up into a half-day, full-day or multi-day experience.

SPOT SOME WILDLIFE

Wildlife abounds in Nelson Tasman's three national parks. Take a scenic tour to see the seals at Adele and Tonga Islands in the Abel Tasman National Park, see if you can spot the illusive South Island takahē at Goulard Downs in the Kahurangi National Park or listen for the chorus of birdsong as you stroll around Lake Rotoiti in the Nelson Lakes National Park. Remember to keep a safe distance from all wildlife and do not disturb their natural habitat.





Getting Active

GO FOR A BIKE RIDE

A network of cycle trails run from the city through to the bay, perfect for scenic morning rides and afternoon adventures. Hire a bike and take a leisurely ride along the Railway Reserve, show off your skills at the Saxton Velodrome, explore some of the countryside on two wheels, or tick off a Great Ride as you experience everything on offer along the Great Taste Trail.

GO MOUNTAIN BIKING

As one of only six regions in the world rated Gold by the IMBA, it's no surprise that a vast range of parks, tracks and trails can be found around the place, suitable for all levels. From the stunning scenery of the Kaiteriteri MTB Park to the native beech trails at wairoa gorge, the accessible alpine route of the Coppermine Trail to the ruggedly beautiful multi-day trail along the Heaphy Track, Nelson Tasman is truly mountain biking paradise.

E-BIKE THE GREAT TASTE TRAIL

Hire an e-bike and spend a day or more exploring the scenic, culinary and artistic tastes along the Great Taste Trail. The 174km loop can be broken up into bite sized pieces and passes some of Nelson Tasman's best galleries, restaurants, vineyards, scenery, hop gardens, beaches and historic attractions.

PADDLE AROUND

Hire a paddleboard or giant SUP at Tahunanui Beach to explore Fifeshire Rock, Haulashore Island and the historic Boulder Bank, or take your board and venture up the Maitai River to enjoy some riverside dining.

KAYAK THE COASTLINE

Explore Nelson Tasman's spectacular ocean environment, visit offshore islands, spot wildlife, discover hidden bays or paddle through sea caves and archways. There are guided and self guided options across Golden Bay, Abel Tasman, Tahunanui and Cable Bay.

GO FOR A WALK

From short riverside strolls to challenging hikes over tussocked mountain ranges, beautiful coastal walks to day treks around spectacular glacial lakes, Nelson Tasman is abundant with opportunities for people of all ages and abilities to enjoy our extraordinary outdoor environment.

WALK THE WATER RACE

Cross Te Waikoropūpū River, zig-zag up the penstock and follow the path of the old goldmining water race at The Pupu Hydro Walkway. There are fantastic views over the Kahurangi National Park from the weir at the top, so make sure you take some time to stop and enjoy the scenery.

COUCH WITH A VIEW

Challenge yourself to a steady climb up Days Track in the Tahunanui Hills, where you'll find a mosaic community couch near Moncrieff Ave, decorated by local artists. Take a seat and admire the views of Tasman Bay and the Western Ranges before returning down the hillside to refuel at one of the nearby coffee shops or eateries, or head here in the evening to enjoy the sunset.

VISIT THE WILDLIFE SANCTUARY

Connect with nature at the Brook Waimārama Sanctuary, the largest fully fenced sanctuary in the South Island. Take a guided walking tour or explore the tracks that weave throughout the sanctuary at your own pace, listening to the birdsong and spotting waterfalls, wildlife and native flora along the way.

IMMERSE IN A LIMESTONE WONDERLAND

Step out of this world and explore some of the stunning natural landscapes nestled over the Takaka Hill in Golden Bay. Spot faces in the limestone labyrinth at Labyrinth Rocks Park or climb the staircase to enjoy views over the valleys at the Grove Scenic Reserve.

HAVE FUN IN TAHUNANUI

Explore the range of activities on offer at the Tahunanui Beach Reserve, including the pro-kart racing track, trampoline park, bumper boats, hydroslide, roller skating rink, childrens zoo and much more.

GO ORIENTEERING

Test your navigation skills and discover the hidden bays, short walks, landmarks and history of Kaiteriteri on an orienteering adventure. Grab a map from the Kaiteriteri Reserve office.

GO HORSE RIDING

Enjoy a gentle trek into the horizon, along a beach and through waving tussocks in Marahau or Golden Bay. Or, if something inland is preferred, venture into the hilltops on horseback for stunning views across the valley floor.

BURN SOME ENERGY INDOORS

Rainy days won't stop the fun in Nelson Tasman, with plenty of choice when it comes to indoor activities for kids of all ages. Splash about in the wave pool at the Aquatic Centre, play glow in the dark mini golf at Road Hogs, go bowling at Action Centre or bounce around at the Flip Out Trampoline Centre.

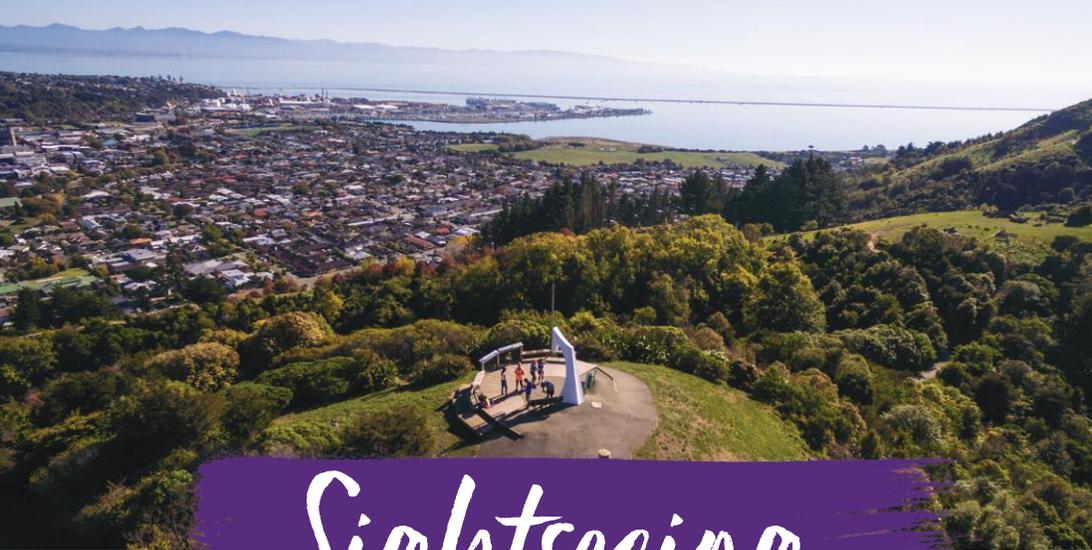
GET A HOLE IN ONE

Putt your way around the region's golf courses, from the hilltop stunners with sweeping sea and estuary views, to the valley charmers and quiet rural gems. There are also plenty of mini-golf courses if you're looking for something a little lower key.

PLAY FRISBEE GOLF

The flourishing gardens and heritage woodland at Iseil Park make it a local favourite, especially over summer for the Thursday twilight market. But that's not all – it's also the ultimate destination for frisbee golf, so if you want to try something a little different, grab yourself a frisbee and make your way around the course.





Sightseeing

GO STARGAZING

Rug up warm and enjoy the beauty of the milkyway at New Zealand's first Dark Sky Park in the Wai-iti Domain. Or visit Lake Rotoiti in the Nelson Lakes National Park where a starry night sky and a beautiful, calm lake make for incredible astro-photography.

SEE THE BEACHES

Nelson Tasman is renowned for its beautiful beaches, from the gorgeous golden sands of the Abel Tasman National Park to the rocky, pebble beach at Cable Bay, the calm, sheltered haven in Tahunanui, the family friendly picnic areas at Rabbit Island and the wild and wonderful Wharariki Beach.

FIND A SWIMMING HOLE

If swimming in the sea isn't your thing, you'll be pleased to discover swimming holes among the pristine rivers that dissect the region. The rivers in the Maitai, Lee and Aniseed Valleys are popular destinations for a dip, as is the Aorere River in Golden Bay. Payne's Ford in Takaka and the Eel Hole in Murchison are also local favourites.

RELAX IN THE GARDENS

Rose gardens, Japanese gardens and heritage woodlands abound in Nelson Tasman and you're spoilt for choice when it comes to finding a quiet spot to relax. Take a picnic to Miyazu,

immerse in history at the Samuels Rose Garden, have high tea at the café of Melrose House & Gardens, play frisbee golf at Isel Park or enjoy the sun by the fountain at Queens Gardens.

SEE THE FALLS

Take a stroll along the banks of the Wainui River through lush native bush to see the beautiful 20m Wainui Falls in Golden Bay, cool off under a light rain shower at Whispering Falls in Aniseed Valley, discover the 40m Whisky Falls at Lake Rotoiti, splash about in the Aorere River at Salisbury Falls in Golden Bay or pull over on the Shenandoah Highway to see the majestic Maruia Falls in Murchison.

TAKE FLIGHT

You'll soon find yourself floating on cloud nine if you take a scenic flight above some of Nelson Tasman's stunning natural landscapes. From the golden coastline of the Abel Tasman National Park to the rugged mountain ranges of the Kahurangi National Park and the pristine glacial carved lakes of the Nelson Lakes National Park, there's something here for everyone to enjoy from the sky.

COOK PANCAKES IN THE FOREST

Take a 4WD tour into the Murchison backcountry to see the natural flames that burn eternally on the forest floor, then enjoy

the unique experience of using their heat to cook some pancakes – it's all part of the Natural Flames Experience.

LOOK OUT AT HARWOODS HOLE

Take a 45 minute stroll through stunning beech forest and limestone outcrops to a lookout over a giant sinkhole nestled into the Takaka Valley landscape, recognised as the deepest vertical shaft in New Zealand. There are no barriers at the lookout so please be careful and ensure children are supervised.

SEE CAPE FAREWELL & FAREWELL SPIT

Farewell Spit is one of the world's longest natural sandspits and a guided tour is a once in a lifetime opportunity to experience the sand dune environment, wildlife and history of this spectacular nature reserve, bird sanctuary and wetland. These tours also include a visit to the dramatic sandstone cliffs at Cape Farewell, the northernmost point of the South Island.

VISIT WHARARIKI

The wild and wonderful Wharariki Beach is undoubtedly one of New Zealand's most intriguing beaches and the archway islands are a major drawcard for visitors. It takes 20 minutes to walk from the carpark, or you can take a day walk along the Puhonga Hilltop Track to view the Pillar Point Lighthouse, Cape Farewell and Wharariki Beach. You can even ride horseback along the beach with Cape Farewell Horse Treks.

GO SEA-SIDE IN WESTHAVEN

Take a scenic coastal drive along the beautiful, unspoilt Whanganui Inlet in Westhaven and enjoy the spectacular views of the wildlife and marine reserve and lush coastal forest that border the road.

LOOK OUT AT CABLE BAY

The views from the top of Sentinel Hill along the Cable Bay Walkway are truly unparalleled. Walk the entire length through to Glenduan, or simply head to the top of the hill for a picnic, looking out over the ombre seascape, crescent-shaped pebble beach and rolling pastures. There's plenty to do in the area including an adventure park, archery, kayaking and 4WD farm tours.

STROLL TO THE CENTRE OF NEW ZEALAND

Enjoy panoramic views over Nelson City, Tasman Bay and the Maitai Valley from the Centre of New Zealand viewing platform and watch as the sun sets over the Western Ranges. It's an easy 20 minute walk to the top, and there are plenty of options for lunch, dinner or drinks in the city when you return to base.

TAKE A DIP IN MOTUEKA

Visit the saltwater baths located on the Motueka foreshore, a popular spot for swimming, sunbathing and photography. Relax with a picnic or BBQ and enjoy Tasman Bay's stunning coastal scenery.





Food & Drink

GO BERRY PICKING

Whilst in the boysenberry capital of the world, it's only fitting to indulge in some berry fun. Depending on the season, you can pick your own selection of berries at a berry farm or order yourself a real fruit ice cream from a local ice cream shop.

CATCH YOUR LUNCH

Go fishing in Nelson Tasman's pristine lakes, abundant rivers and glorious ocean environment - charter a boat, go on a guided fishing trip, enjoy an all inclusive experience at a luxury fishing lodge, indulge in some back-country fishing, cast your line from the wharf or reel in your lunch at the Anatoki Salmon Farm.

TRY THE DONUTS

Try one of the world-famous gourmet donuts at The Smoking Barrel in Motueka, home of the legendary cheeseburger donut, battle it out with your mates over the 1kg donut challenge at Freshbake in Brightwater (bookings essential) or get your fix of sugary goodness at Burger Culture in the city.

INDULGE IN ICE CREAM

When you're in one of the sunniest places in

New Zealand, it's only fitting to try something frozen. Order yourself a real fruit ice cream, head to Hamish's on the Mapua Wharf, pick up some Appleby Farms A2 goodies, try a gelato tasting platter at Penguin's, design your own frozen yoghurt, cool off with a locally made Juicie, or be adventurous and try one of Toad Hall's famous coconut charcoal ice creams.



GO TO THE ARTISAN SHOPS

Taste your way around a selection of locally made products as you sample cheese at the Junction Shop in Appleby, browse the stalls at the markets or gather some artisan staples from the Old Post Office in the Upper Moutere village to create your own local picnic. Dairy, chocolate, preserves, olive oils and antipasto meats – what more could you ask for?

MAKE PEANUT BUTTER

Watch as peanuts are roasted, churned and crushed to create the world-famous Pic's Peanut Butter when you join in on one of their weekday factory tours. You'll even get to taste test some of their delicious creations whilst little ones have a go at creating their own peanut butter. Don't forget to snap a photo by the giant peanut butter jar before you leave!

FOLLOW THE CRAFT BEER TRAIL

Nelson Tasman is the only region in New Zealand to grow commercial hops, so experiencing the range of craft breweries along the Craft Beer Trail is a must-do when you're here. Take it at your own pace or join in on a guided tour of breweries and hop gardens. Have a pint at a craft beer freehouse in Nelson City or the Moutere, visit the Hop & Beer Museum at Founders Heritage Park, take a brewery tour, indulge in a tasting platter or hire some bikes to explore some of the trail.

HAVE A PINT IN AN OLD PUB

Enjoy a pint at the Moutere Inn, New Zealand's oldest pub in its original building. As the craft brewing capital of the country, the 13 rotating

taps on offer here are a great opportunity to taste a delicious local brew.

EXPLORE THE WINE TRAIL

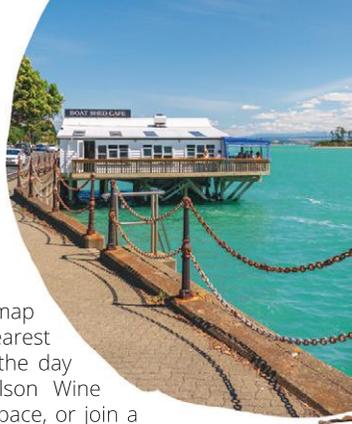
Pick up a wine map from your nearest i-SITE and spend the day exploring the Nelson Wine Trail at your own pace, or join a guided tour so you can taste as much as you like. Visit the various cellar doors across the Waimea Plains and Moutere Hills, taste wine straight from the barrel at Gravity, enjoy lunch at one of the vineyard restaurants, walk through the vines at Flaxmore or hire some bikes to explore wine country.

TOUR IN STYLE

There are plenty of options to tour the craft beer, wine and food trails. Join in on a guided experience so you can taste as much wine and beer as you like, rent a sports car or classic vehicle from RentAClassic, or hire your own private driver.

VISIT A DISTILLERY

Get into the spirit of Nelson Tasman and visit one of the extraordinary distilleries over in the bay. Watch the still in action as you enjoy a tasting at the Dancing Sands cellar door or savour a delicious cocktail in the sunny courtyard at Kiwi Spirit Distillery, home of the only tequila farm outside of Mexico.



RELAX AT A COCKTAIL BAR

Visit one of the specialist cocktail and whiskey bars in Nelson City for a nightcap. Watch as the bartenders shake you up a bespoke cocktail or lounge around and indulge in some whiskey at Kismet, Bamboo Tiger, Mama Cod or Urban Oyster Bar & Eatery.



DINE IN THE CITY

Immerse in the alfresco atmosphere of the Upper Trafalgar street dining precinct, indulge at an eatery on Hardy Street, discover hidden gems down Church Street, visit local favourites down New Street or dine by the water on the banks of the Maitai River. Whatever your dining style, you'll find what you're looking for in Nelson City.

GO INTERNATIONAL

Experience the world without leaving the region and savour some authentic international cuisine. With people from 48 different cultures living in Nelson Tasman, we have a little bit of everything here – Mexican restaurants down quirky side streets, little Indian villas, Thai dining with a twist, Japanese bistros, Argentinian food carts, Asian fusion experiences and much more.

HAVE A MOVEABLE FEAST

Make your way around the diverse selection of restaurants in the region by designing your own moveable feast extravaganza. Start your evening off at a tapas bar, before moving somewhere else for your main, choosing a different location for dessert then finishing off the evening with a nightcap at your final destination.

ENJOY THE SEASIDE

Dine by the ocean at one of the many restaurants located along Tasman Bay's magnificent coastline. You're spoilt for choice for an ocean view, from the restaurants that

overlook the Nelson Haven to the seaside eateries on the Mapua Wharf and the cafes that overlook the golden sand beaches near the Abel Tasman National Park.

TRY SOME MUSSELS

A trip to Golden Bay wouldn't be complete without tasting some of the delicious mussels the area is known for. Head to The Mussel Inn, a locals favourite, to try some of their famous fresh steamed mussels or mussel chowder Onekaka style.

INDULGE IN CHOCOLATE

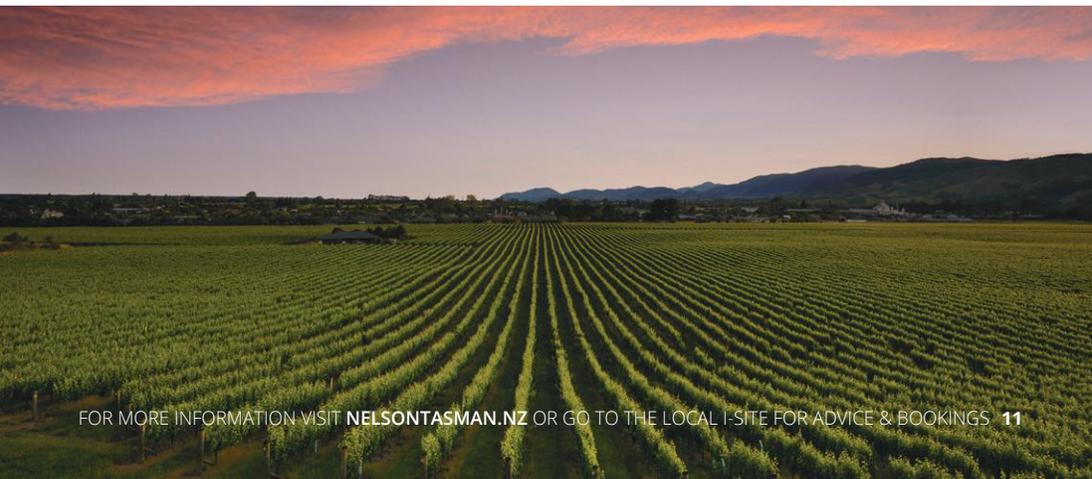
Artisan chocolates are a guilty pleasure of ours here in Nelson Tasman, so you won't want to miss the opportunity to taste test and see what all the fuss is about. Try some delicious gourmet handcrafted treats at the Choco Loco store in Takaka or visit the weekly Saturday Market in Nelson City to savour the unique flavours of locally made Hogarth and Aroha Chocolate.

TOUR THE OLIVE GROVES

Enjoy a tour of the olive groves in the Moutere as you learn about the process of turning olives into oil, see the harvesting process and indulge in a delicious oil and dukkah tasting at Neudorf Olives.

GET CAFFEINATED

Finding good coffee is like finding the pot of gold at the end of the rainbow, so why not start your day by asking a local where their regular is. Whether it's a coffee cart on the side of the road, a neat little roastery, a cold brew bar or just a popular café, you know the locals have done their research!





History & Culture

☐ VENTURE DOWN SOUTH STREET

See the quaint Victorian cottages of New Zealand's oldest fully preserved street with a walk down historic South Street in Nelson City. You can even stay overnight on the South Street heritage precinct, where cottages date back as far as 1863.

☐ TAKE A GUIDED WALKING TOUR

Locals and visitors will have great fun on a guided heritage walking tour around the city of Nelson. The interesting stories and unique attractions unveiled by your knowledgeable tour guide showcase the depth of history and culture present in this boutique little city.

☐ VISIT A HERITAGE HOUSE

Stay the night at the Tophouse Historic Inn, enjoy classical music in the grand ballroom at Warwick House, browse the antique furnishings and ceramic collections at Isel House, take a tour of the costume collection at Broadgreen Historic House or wander the awe-inspiring gardens and enjoy high tea at Melrose House.

☐ EXPLORE A HERITAGE VILLAGE

Step back in time at Founders Heritage Park in Nelson City, browsing the hop and beer museum, visiting artisans in residence, or taking a ride on the railway train. On their open days, head further afield to Wakefield to

make your own knife and browse the displays at Higgins Heritage Park, or dress up in vintage clothing and have a coffee from a 100-year-old-machine at Willow Bank Heritage Village.

☐ SEE THE CLASSIC CARS

Relive history at the Nelson Classic Car Museum as you browse more than 150 immaculate vintage and veteran cars from more than 100 years of motoring. Grab a bite to eat from the Little Engine Eatery then visit the various collections, from the Renaults to the Cadillacs and the Jaguars to the Ferraris.

☐ BROWSE A MUSEUM

Learn about Nelson Tasman's fascinating history at one of the many museums that stretch across the region, from the Te Tau Ihu exhibition at the Provincial Museum, to the tiny orange 'Kiwi' railway station museum in Tapawera, to the goldmining exhibition at the Murchison Museum, or the Maritime Museum on the Mapua Wharf.

☐ VISIT THE LIGHTHOUSE

Explore Te Pokohiwi (Boulder Bank), the largest natural reef and boulder formation in the Southern Hemisphere to see the historic lighthouse. You can walk 8km along the bank, or access it by water on a kayak, boat or sailing trip. You can usually climb the lighthouse and enjoy the view as part of a guided tour.

SEE THE SHIPWRECK

Take a walk along the Motueka Foreshore to see the weathered ruins of the Janie Seddon, the last surviving military ship to have served in both world wars. After sinking at her moorings many years ago, Janie's rusting hull soon became a popular prop for photographers and a 'must visit' on the Nelson Tasman sightseeing list.

HEAD TO THE LANGFORD STORE

Enjoy some tea and scones as you write a postcard to a loved one on the verandah at The Langford Store, a historic (and very colourful) general store and post office in Bainham. Browse the gallery exhibition to admire the works of local artists and take a trip down memory lane as you look through their collection of nostalgic items.

GO FOR GOLD

Try your luck at gold panning in Murchison's pristine river environment and see what riches you can uncover in the historic gold rush town. The Buller Gorge Adventure & Heritage Park can offer the 'dirt' on the best gold panning spots in the area along with pan hire.

PADDLE A WAKA

Experience traditional Māori culture as you paddle a waka out to Toka Ngāwha (Split Apple Rock). This guided trip takes in a stunning golden coastline as you share in the treasured heritage of our tūpuna (ancestors) and feel the joy of working as part of a team.

WALK AT TE PUNA O RIUWAKA

Take a short stroll through a mossy wonderland at Te Puna o Riuwaka (Riwaka Resurgence) to see the crystal pool. Emerging from the depths of the Takaka Hill, the water here is believed to have healing properties and the area is considered wāhi tapu (sacred) to local Māori. Follow the steps down to the water's edge so you can see the clear, crystal pool up close.



GO CAVING

Immerse in nature's history by exploring the network of caves around the region. Take a guided tour to see ancient moa bones, stalagmites, and stalactites at the Ngarua Caves, or walk through Dry Creek Valley to see the stunning phytokarst formations and twilight zone flora at Rawhiti Caves. The Aorere and Maitai caves are also popular.

BIKE THROUGH A RAIL TUNNEL

Follow the route of the old railway line through Norris Gully with a dark, quiet and chilly bike ride through Spooners Tunnel. At 1.4km long, it is the longest decommissioned rail tunnel in the Southern Hemisphere and is one of the many iconic attractions found along the Great Taste Trail.



BE MESMERISED BY TE WAIKOROPUPŪ SPRINGS

Enjoy a short walk through mānuka and kanuka forest to Te Waikoropupū Springs, the largest coldwater springs in the Southern Hemisphere containing some of the clearest water ever measured. The springs are wāhi tapu (sacred) to local Māori, and held in high cultural and spiritual regard.



Art & Shopping

CITY MURALS TOUR

Make your way around the vibrant street art that adorns buildings, walls and facades in Nelson City by foot or bike. The nelson.streetartcities.com website details the stunning murals to be found around the place and is the perfect opportunity to explore this boutique, urban destination at your own pace.

VISIT THE MOUTERE ARTISANS

Grab a map and take a self-guided tour of the Moutere Artisans Village. Here, you can visit artists in their studios, taste jams and chutneys at the Old Post Office, have a beer in New Zealand's oldest pub, taste your way around cellar doors and meet the makers behind some of Nelson Tasman's best handcrafted products.

BROWSE THE MARKETS

The market scene in Nelson Tasman is second to none, offering a bustling boutique environment that showcases local artists, artisans, food carts and businesses. Head to the popular weekend markets in Nelson, Motueka or Takaka, the Wednesday Farmer's Market on Kirby Lane or the Thursday Twilight Market at Isel Park over summer. This is the perfect place to discover talented makers and build a hamper of artisan goodies and handcrafted products for a friend or loved one.

FOLLOW THE ART TRAILS

Pick up a map from the i-SITE to explore some of the art trails that stretch across the region or join in on a guided tour. You'll get to visit artists in their studios, browse galleries, wander around sculpture parks, see street art or get hands on in a workshop.

SEE GLASSBLOWING

Watch the skill and passion that goes into creating handcrafted glass art by visiting Höglund Art Glass or Flamedaisy Studio and browsing their spectacular galleries. If you're lucky, you might get to watch the artists shape, colour and blow glass, but it's recommended to book glassblowing demonstrations in advance.

VISIT BOUTIQUE SHOPS

Indulge in a boutique shopping experience by visiting some of our local icons such as Little Beehive, Louise Douglas Jewellery, Trouble & Fox, Palm Boutique, Mariposa, Shine, HomeLee, Whitwells, Eyebright, Coolstore Gallery or Taylors.

HEAD TO THE RICHMOND MALL

You're spoilt for choice with department stores and boutique shops at the largest mall in the Top of the South and along nearby Queen Street. Refuel over lunch at one of the cafés or relax in the sun at Sundial Square.



Entertainment

WATCH A PERFORMANCE

Watch a theatrical performance at the Theatre Royal, immerse yourself in the sound of music at the Nelson Centre for Musical Arts or attend a night of entertainment at one of the various shows held at The Playhouse Café & Theatre, with everything from interactive murder mystery to comedy, magic, music and everything in between.

PARTICIPATE IN A WORKSHOP

Learn a new skill by trying out a workshop or attending a short course. Nelson Tasman offers a variety of immersive experiences including wheel throwing, painting, ceramics, photography, water sports, jewellery making, cooking, diving, yoga, woodwork, sailing and much more.

WATCH LIVE MUSIC

Whether you're in a courtyard, by the ocean or in an old kiwi woolshed, there's no shortage of options here to listen to the sweet tunes of talented local musicians at a live gig or event. East Street Café, DeVille, The Mussel Inn, The Boathouse, Roots Bar and Toad Hall are all popular venues for a great night of food, drink and live music.

ATTEND AN EVENT

Check out the local itson.co.nz events guide and head along to one of the region's diverse events. From alfresco movies in the park and

music festivals over summer, to autumn's iconic craft beer festival, a bi-annual light festival in winter and the Nelson Arts Festival in spring, the vibrant year-round events calendar promises entertainment for all in every season.

WATCH A MOVIE

Grab yourself a blanket, some popcorn and enjoy a film as you relax on a couch or in an armchair at the boutique cinema in Motueka or the village theatre in Golden Bay. Or, if you're in the central city, catch a blockbuster at the State Cinema.

PAMPER YOURSELF

The relaxed, easy-going vibe of Nelson Tasman makes it the perfect place to rejuvenate your mind, body and soul. Indulge at one of the region's resorts or retreats, book yourself in at a day spa, visit a yoga centre, get out amongst nature, enjoy a massage or lay back in a float pod.

TAKE A LOCAL VACAY

You're spoilt for choice when it comes to discovering somewhere new to spend a night or two away in Nelson Tasman. Pamper yourself at an eco-resort, relax in an outdoor bath with a view, pitch a tent by the beach, stay in a luxury mountain top retreat, head to a central city hotel, surround yourself in nature in a bush chalet or go glamping in a national park.

DO SOMETHING **NEW** NEW ZEALAND



**100% PURE
NEW ZEALAND**

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