

Baby and toddler friendly walks in the Abel Tasman



PROJECT
JANSZÖÖN
Together restoring the Abel Tasman

Exploring the Abel Tasman National Park is still possible if you have a small toddler or pushchair. Here are a few short walks that you and the little ones will enjoy

Walks from Marahau



Porters beach

The 15 minute walk from Marahau to Porters beach is easily navigated with a (preferably off-road) push chair. The beach is relaxed and safe with rock stacks to explore. At low tide you can walk back across the estuary although this is not possible with a push chair.

Tinline

Tinline has a camping ground, toilets and rolling lawn. It is 40 minutes walk from Marahau. The walk will involve a bit of effort in some spots with the push chair but it is achievable. There is a great 20 minute nature walk at Tinline, but it is not as pushchair friendly.



Walks from Wainui carpark

Wainui beach and viewpoint

Wainui beach is a great beach for the young ones with the estuary on one side and dunes on the other. Most of the track is stroller friendly, although it does get a bit narrow and mushy near the estuary. The walk to the viewpoint takes 20-30 minutes (head up the hill on the Coast Track towards Whariwharangi) and is stroller friendly. It is worth the effort for the view.



Walks from Totaranui

Puketea walk

The Puketea Walk will take no more than 30 minutes to complete. You will find it at the bottom of Anapai Hill off the Coast Track. It includes a boardwalk through a raupō swamp, then a dry ridge forest of beech trees, and on into magnificent puketea forest with glades of tall nīkau palms and the occasional massive rātā tree and tall black mamaku treeferns. Ask at the camp office for a tree identification booklet for the older kids.

Further afield

Take a water taxi to Anchorage and spend the day at the beach. You can also do the walk to gorgeous Te Puketea Bay. Note – this is not a stroller friendly walk but is achievable with toddlers or a baby in a backpack.

Top tips

Take sun hats, sunblock and all water and food as well as insect repellent for sand flies.

