



## **Risk disclosure for adventure activities.**

1. All of these activities are registered on the [WorkSafe Adventure Activities Register](#) and have passed a robust and independent auditing process.
2. Adventure Activities Operators are expected to provide you with :
  - Information before you make a commitment to the activity, and
  - Up to date information as necessary, right up to the point where you commence the activity.
3. You are invited to ask questions at any point of anything you are unsure of.

### **Abel Tasman Kayaks**

Sea kayaking in Abel Tasman National Park offers a magical way to explore its golden sand beaches, turquoise waters, and lush native forest — from a completely different perspective. This coastal paradise reveals hidden coves, granite headlands, and abundant marine wildlife—including seals, penguins, and dolphins—with every stroke.

**Safety & Risk Awareness** <https://www.abeltasmankayaks.co.nz/faq/riskdisclosure/>

- This kayaking experience takes place in a dynamic coastal environment, which involves inherent risks that cannot be completely eliminated.
- Potential hazards include changing weather conditions, wind gusts, sun exposure, and sea conditions such as swell, waves, and tidal currents.
- Participants may also encounter slippery surfaces, capsize events, and contact with marine life or submerged objects.
- All kayakers must wear correctly fitted buoyancy aids at all times while on the water.
- A basic level of physical fitness and water confidence is recommended; participants must be able to swim short distances in open water.
- Children must meet minimum age and weight requirements and be accompanied by a responsible adult.

### **Canopy Tours – Rotorua**

[Rotorua Canopy Tours | Zipline Rotorua](#)

Experience New Zealand’s ancient native forest like never before with Rotorua Canopy Tours. The Original Canopy Tour is perfect for families and first-time adventurers, offering a gentle introduction to ziplining with fun swing bridges and short zips through the treetops. For those seeking more thrills, the Ultimate Canopy Tour steps it up with longer, faster ziplines, a controlled descent, and higher platforms – all while immersing you deeper into a stunning, untouched conservation forest.

**Safety & Risk Awareness** <https://www.canopytours.co.nz/safety/>

- All participants are securely attached at all times using a continuous belay system
- Helmets need to worn
- Ziplines and platforms are inspected monthly and audited annually by external professionals.
- Participants should be in good physical condition, able to walk on uneven terrain, climb stairs, and lift their knees while ziplining.
- Minimum age is 6 for the Original Tour and 10 for the Ultimate Tour.

### **Cathedral Cove Diving & Snorkeling**

Discover the beauty of Te Whanganui-A-Hei Marine Reserve on a guided snorkelling or diving trip. Swim through crystal-clear waters, explore rock gardens and sea caves, and encounter a variety of marine life in one of New Zealand's most iconic coastal environments.

**Safety & Risk Awareness** <https://cathedralcovedive.co.nz/terms-conditions/>

- Snorkelling and diving are enjoyable and rewarding outdoor activities, but they do take place in a natural marine environment where some level of risk exists.
- Potential risks include changing weather or sea conditions, sun exposure, and minor discomfort such as seasickness.
- Our experienced guides are there to support you throughout your adventure.
- All vessels are equipped with first aid kits and oxygen as a precaution.
- If you're not a confident swimmer, we provide flotation devices and snorkelling aides to help you feel safe and comfortable in the water.

### **Cathedral Cove Kayaks**

The Cathedral Cove Kayak offers an unforgettable sea kayaking experience through the stunning Te Whanganui-A-Hei Marine Reserve. Paddle through crystal-clear waters, explore hidden bays and rocky outcrops, and enjoy the unique opportunity to kayak sail with the wind at your back. Along the way, you'll take in breathtaking coastal scenery and may even spot some local marine life.

**Safety & Risk Awareness** <https://kayaktours.co.nz/faq/>

- This is a fun and scenic activity, but it takes place in a natural, open-water environment where some risks exist. Potential risks include physical exertion, changing weather conditions, and close encounters with marine wildlife.

### **Dart River Adventures - Wilderness Jet Experience**

Embark on a thrilling yet family-friendly jet boat journey deep into the heart of Mount Aspiring National Park. Departing from the picturesque township of Glenorchy, this experience takes you up the spectacular braided Dart River, combining high-speed excitement, including 360-degree spins, with awe-inspiring alpine scenery. Our Wilderness Jet Experience offers a softer alternative to other jet boat rides in the region, making it a great choice for families with children. The ride is fast-paced and fun, but not extreme or technical. While we operate on an open, braided river system, occasional water spray into the boat is possible.

**Safety & Risk Awareness** <https://www.dartriver.co.nz/terms-and-conditions/>

- Minimum age: 3 years old
- Minimum height: 100 cm (may increase to 120 cm depending on river conditions)

- Not suitable for pregnant women or individuals with certain medical conditions (e.g. back or neck injuries)
- All participants must be able to board the boat unassisted and fit into a lifejacket (up to size 2XL)
- Safety protocols are strictly followed, though water-related risks and injuries—while rare—can occur
- Remote location may affect emergency response times
- Weather can change rapidly; trips may be altered or cancelled at short notice for safety

### Dart River Adventures - Funyak Adventure

The Dart River Funyak Adventure is an unforgettable journey deep into the heart of Mount Aspiring National Park. This full-day experience begins with an exhilarating jet boat ride up the Dart River, showcasing breathtaking alpine scenery, crystal-clear waters, and ancient beech forest. You'll then paddle downstream in a stable, inflatable Funyak (canoe), exploring hidden side streams, dramatic rock gorges, and serene chasms. A delicious picnic lunch and informative guides make this a unique mix of adventure and tranquility, perfect for those wanting to immerse themselves in the wilderness.

**Safety & Risk Awareness** <https://www.dartriver.co.nz/terms-and-conditions/>

- Children must be at least 5 years old and a minimum of 100 cm tall (this may increase to 120 cm depending on river conditions).
- All participants must be able to climb in and out of the boat unassisted.
- Life jackets are provided and must be worn; the maximum size available is 2XL.
- This activity is not suitable for: Pregnant individuals, anyone over 120 kg, those with medical conditions such as back or neck injuries
- In low river conditions, some walking is required across uneven terrain and shallow water, so a moderate level of fitness is necessary.
- Basic English comprehension is essential to ensure all safety instructions can be understood and followed.
- Confidence in water and the ability to swim are required.
- If you are not a confident swimmer, we recommend the **Wilderness Jet Experience** as an alternative.

### Dive! Tutukaka – The Perfect Day – Snorkel/ Kayak

Join us for a *Perfect Day* out to the incredible Poor Knights Islands, one of the top snorkelling spots in the world and a protected marine reserve full of life, colour, and beauty. This is a relaxed, fully guided ocean experience perfect for all ages and experience levels. Whether you're floating above kelp forests or gliding alongside curious fish in crystal-clear water, it's an unforgettable way to connect with New Zealand's marine world. With wetsuits and all snorkelling gear provided, as well as hot drinks, lunch, and warm freshwater showers on board, you're set for a full day of adventure and comfort.

**Safety & Risk Awareness** <https://diving.co.nz/adventure-activity-risk-disclosure-know-before-you-book>

- While conditions are generally calm, the sea can be bumpy at times.
- Our boats are well-equipped, but may feel unsteady due to swell — take care when moving around.
- The water is too deep to stand in; snorkel aids are available for added confidence.
- We provide high-quality snorkelling gear and exposure suits to help keep you warm.
- Please advise us of any health conditions, injuries, or special requirements in advance so we can take care of you.
- Marine life is stunning but should be treated with caution — some creatures can bite or sting.

### **Dive! Tutukaka - Diving**

Experience one of the world's top diving locations with our *Perfect Day* trip to the Poor Knights Islands—an extraordinary marine reserve known for its clear water, dramatic underwater landscapes, and vibrant marine life. Whether you're a certified diver or returning after a break, our experienced dive crew will guide you through towering arches, kelp forests, and volcanic drop-offs. We provide top-quality dive gear, exposure suits, hot showers, and a delicious lunch onboard, making this a full day of exploration and comfort both above and below the water.=

**Safety & Risk Awareness** <https://diving.co.nz/adventure-activity-risk-disclosure-know-before-you-book>

- All diving and snorkelling activities occur in a natural open-ocean environment with inherent risks which may include changing weather and sea conditions, strong currents, marine life encounters, and equipment malfunction.
- Physical exertion, seasickness, sun exposure, and dehydration are potential health risks.
- Divers must be medically fit to dive and disclose any relevant health conditions or medications in advance.
- All participants must complete a medical questionnaire and waiver before diving.
- Certified divers must present a valid certification card..
- Contact with marine life should be avoided; some species can sting or bite.
- Children under a certain age (usually 12) may not be permitted to dive; minors require guardian consent.

### **Ecozip Adventures – Waiheke Island and Kaikoura**

EcoZip Adventures offers an unforgettable mix of excitement and natural beauty. Whether you're soaring above Waiheke's vineyards and sweeping coastal views, or gliding over Kaikōura's dramatic landscapes, you'll follow up your flight with a peaceful guided walk through ancient native forest, learning about the flora, fauna, and rich history of the area.

**Safety & Risk Awareness** <https://www.ecozipadventures.co.nz/terms-conditions/>

- Weight limits: 30–125 kg; participants should have average fitness and mobility.
- Disclose health conditions like heart issues, pregnancy, or injuries before booking.
- Wear harnesses attached to steel cables; gear fitted and checked by guides.
- Walking involves uneven terrain and about 1.4 km with elevation changes.
- Possible risks: falls, bruises, insect bites, panic, or injury (rare).

- No loose items; wear appropriate shoes and clothing.

### **Family Adventures – Queenstown – White water rafting Grade 2 and scenic drive through Skippers Canyon.**

Experience a thrilling yet family-friendly white water rafting journey (Grade 2) through the iconic Skippers Canyon. This adventure combines scenic 4WD travel on a historic backcountry road with gentle rafting suitable for all ages (minimum age 3), offering breathtaking landscapes, safe rapids, and plenty of fun for everyone.

#### **Safety & Risk Awareness** <https://www.familyadventures.co.nz/risk-disclosure>

- Some natural risks are involved, including: Travelling on a remote backcountry road, possible rock falls, changes in weather, Jetboats on the river, being on a moving river with unexpected water movement, getting wet or falling out of the raft.
- Participants must inform Family Adventures staff of any medical conditions, previous injuries, or medications that may affect their ability to participate safely.
- Participants must confirm they are in good health and physically able to take part.
- Suitable for ages 3 years and above.

### **Fox Glacier Guiding - Flying Fox Heli Hike**

This incredible heli hike combines the thrill of a scenic helicopter ride with the unforgettable experience of exploring the majestic Fox Glacier on foot. After flying over the dramatic icefalls, you'll land on a remote and stunning part of the glacier. Led by experienced guides, you'll discover spectacular ice formations like arches and caves, and enjoy views of Victoria Falls – a meltwater cascade from the hidden Victoria Glacier. It's an unforgettable way to experience one of New Zealand's most iconic natural wonders.

#### **Safety & Risk Awareness** <https://www.foxguides.co.nz/risk-disclosure-statement/>

- Guided alpine experience with all gear provided, including sturdy boots and crampons
- Natural risks include uneven terrain, changing weather, and walking on ice.
- Helicopter transport involves a small level of managed risk with trained pilots and strict protocols.
- Moderate fitness required: 4–6 hours of hiking, 500–800m elevation gain/loss, carrying up to 10kg.
- Individual weight limit: 116kg (256lb).
- Inform staff of any medical conditions, past injuries, or medications that could affect your participation.

### **Franz Josef Glacier Guides – Helihike**

Soar over breathtaking scenery by helicopter before landing on Kā Roimata o Hine Hukatere/Franz Josef Glacier, where a two-and-a-half-hour guided hike awaits. With ever-changing ice formations, no two trips are the same — you might explore towering pinnacles, slide through crevasses, or discover hidden ice caves.

#### **Safety & Risk Awareness** <https://www.franzjosefglacier.com/terms-and-conditions>

- This experience takes place in a dynamic alpine environment with inherent natural hazards such as icefall, crevasses, and sudden weather changes.
- Participants must be comfortable walking on uneven, icy terrain and have a moderate level of fitness.
- Helicopter transport involves risks associated with alpine flying, including weather-dependent flight delays or cancellations.
- Proper clothing and footwear are essential; guests not suitably dressed may be unable to participate.
- Franz Josef Glacier is constantly moving and evolving — conditions can change rapidly and unpredictably.

### **Kaikōura Kayaks – Guided Sea Kayaking Adventures**

Join us for an unforgettable guided sea kayaking experience along Kaikōura’s stunning coastline. Paddle through dramatic scenery with views of the seaward Kaikōura Ranges and encounter incredible marine life, including New Zealand fur seals, with the chance to spot dolphins and penguins. Our tours are suitable for all ages and experience levels, whether you're after a family-friendly outing, a sunset paddle, or a private adventure.

**Safety & Risk Awareness** <https://www.kaikourakayaks.nz/about/risks-of-kayaking>

- Weather and sea conditions are constantly monitored to ensure safe operations.
- Outdoor water-based activities carry inherent risks, including: Physical exertion, exposure to natural elements (sun, wind, cold), sea-sickness, boat capsizing, encounters with wildlife

### **Kaitiaki Adventures – Guided Mount Tarawera Hiking Tours - Rotorua**

Enjoy a guided hike to the summit of the sacred Mount Tarawera, a volcanic maunga steeped in cultural significance and dramatic geological history. Each experience offers a unique blend of adventure, manaakitanga (hospitality), and deep cultural storytelling – allowing guests to connect with Aotearoa’s natural and spiritual world in an unforgettable way.

**Safety & Risk Awareness** <https://kaitiaki.co.nz/safety/>

- Uneven volcanic terrain with some short, steep sections
- Much of the route is vehicle-accessible, but walking is still required
- Participants must have good mobility and moderate fitness
- Potential risks include slips, trips, and sudden weather changes

### **MDA Adventures – Mountain Biking - Rotorua**

Home to one of the best trail networks in the Southern Hemisphere, this adventure caters to all levels—from first-time riders to seasoned pros. Ride through towering native and exotic trees on a purpose-built trail system offering flowy descents, technical features, and scenic forest loops.

**Safety & Risk Awareness** <https://www.mdanz.com/termsandconditions>

- Mountain biking involves inherent risks, including falls, collisions, and exposure to changing weather and trail conditions.

- Riders may encounter natural obstacles such as roots, rocks, steep descents, and loose surfaces.
- All participants are required to wear a helmet at all times while riding.
- Tours are adjusted based on rider skill, fitness, and weather/trail conditions.
- Minimum age, height, or fitness requirements may apply—please advise of any health concerns when booking.
- In the event of adverse weather or trail closures, MDA may modify or postpone tours for safety.

### **Nomad Safari 4WD Tours - Lord of the Rings" & Skippers Canyon 4WD Tours**

Step into Middle-earth or journey deep into the historic gold-mining backcountry on one of our iconic 4WD adventures. Whether you're exploring famous filming locations from *The Lord of the Rings* or navigating the dramatic cliffs of Skippers Canyon, our tours combine epic scenery with local stories and off-road thrills.

<https://www.nomadsafaris.co.nz/disclosure-of-risks/>

- Movement or bumps during off-road driving
- Uneven or slippery ground when entering or exiting the vehicle
- Encounters with farm animals or wildlife
- Narrow tracks or steep terrain, especially in Skippers Canyon

### **Nomad Safari 4WD Tours – Queenstown Quad Biking**

Experience the thrill of quad biking across Queenstown Hill Station – a 3,500-acre working sheep farm with over 20km of trails ranging from beginner to advanced. Whether you're a first-timer or experienced rider, our expert guides will make your off-road adventure fun, safe, and unforgettable.

**Safety & Risk Awareness** <https://www.nomadsafaris.co.nz/disclosure-of-risks/>

- Full training is provided before the tour to ensure you feel confident and capable of riding.
- Our experienced guides support you throughout the experience.
- Safety is a top priority, especially for first-time riders.
- All participants must: Demonstrate safe handling of the quad, communicate effectively in English. Those who cannot meet these requirements may not be permitted to ride.
- In some cases, a pillion ride with a guide may be offered as an alternative.
- Quad biking is physically demanding and requires strength and coordination.
- Individuals of smaller stature or slight build may be at greater risk; participation may be restricted for safety.
- Minimum rider age: 16 years (manufacturer's recommendation). Maximum rider weight: 150kg.
- Strong command of English is essential.
- Not suitable for individuals with: Hearing or vision impairments, reduced mobility, certain physical conditions
- A strict drug and alcohol policy applies — no exceptions.

### **Pōhatu Penguins Sea-Kayaking Safari**

Enjoy a unique sea-kayaking adventure exploring the wild outer coast of Banks Peninsula. After a scenic 4WD journey over Akaroa's crater rim, paddle beneath towering cliffs, through sea caves, and around Flea Bay Island's natural arch (weather permitting). Encounter native wildlife including Kororā/White-Flipped Penguins, fur seals, seabirds, and possibly the rare Hector's dolphin. No kayaking experience needed.

**Safety & Risk Awareness** - [https://www.pohatu.co.nz/About\\_Us/Risks+disclosure.html](https://www.pohatu.co.nz/About_Us/Risks+disclosure.html)

- Potential risks include capsizing and exposure to cold or hot weather conditions.
- All necessary gear is provided, including life jackets.
- Trips only operate in settled sea conditions to prioritise safety.
- Participants must be comfortable in moving water.
- A good understanding of English is required to follow safety instructions.

### **Real NZ**

**Rafting** - Embarking on a white-water rafting adventure on the Shotover or Kawarau Rivers in Queenstown is an exhilarating way to experience some of New Zealand's most dramatic landscapes. These rivers offer the perfect combination of excitement, natural beauty, and unforgettable moments on the water.

**Safety & Risk Awareness** - <https://www.realnz.com/en/plan/activity-eligibility-and-restrictions#rafting>

- White-water rafting involves inherent risks, including fast-flowing currents, submerged obstacles, and sudden water level changes due to weather.
- Trips take place on the Shotover and Kawarau Rivers, which can be challenging even in normal conditions.
- Guests must have a reasonable level of physical fitness and be comfortable in moving water.
- You must be able to understand English to follow guide instructions and safety briefings.
- Age 13 plus, weight ( 40 kg – 120kg ) and swimming ability may affect your ability to participate.

### **Real NZ**

#### **Glowworm Caves**

Step into a magical underground world on a guided tour through the Glowworm Caves. Marvel at the glittering glowworms that light up the darkness as you navigate through stunning limestone formations, underground rivers, and cathedral-like caverns. This unique experience combines natural wonder with fascinating storytelling from your expert guide.

**Safety & Risk Awareness** <https://www.realnz.com/en/plan/activity-eligibility-and-restrictions#glowworm>

- Some sections of the Glowworm Caves have reduced-height access and require low crouching
- Pathways may be dark or uneven, so care is needed when moving through the caves
- Good mobility is essential for navigating the cave environment safely
- Sturdy, closed-toe footwear is strongly recommended for grip and stability

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### **River Rats - Kaituna River Rafting – Rotorua**

Experience the thrill of white-water rafting on the world-famous Kaituna River, home to the highest commercially rafted waterfall in the world! This exciting adventure takes you through beautiful native bush and exhilarating Grade 5 rapids, guided by experienced professionals and supported with top-quality safety gear.

**Safety & Risk Awareness** <https://www.riverrats.co.nz/health-and-safety/>

- White water rafting involves physical activity and exposure to natural elements.
- There is a risk of rafts tipping and participants entering the water.
- Safety gear is provided, including helmets, wetsuits, spray jackets, and high-float life jackets.
- All rafts are regularly maintained and independently inspected annually.
- You don't need to be able to swim, but you must be comfortable in the water. Let your raft guide know if you cannot swim.
- Risks are managed through training, equipment, and strict safety protocols.
- Participants must be physically fit with no medical conditions or injuries that could be aggravated by the activity or have any physical or mental impairment that could pose a risk in an emergency.

### **Southern Alps Guiding and Aoraki Mt Cook Guiding – Mt Cook**

#### **Heli hike**

This unforgettable fly-in, fly-out heli-hike combines the thrill of two scenic helicopter flights with the once-in-a-lifetime experience of walking on New Zealand's largest glacier. After landing high on the white ice of the mighty Tasman Glacier, you'll explore an ever-changing landscape shaped by nature's powerful forces. Surrounded by the towering peaks of the Southern Alps, you'll discover spectacular ice formations, crevasses, and perhaps even ice caves—features accessible only by air. Suitable for those with a low to moderate fitness level.

**Safety & Risk Awareness** <http://www.mtcook.com/tasman-glacier-heli-hiking>

- This experience takes place in a remote, natural alpine environment that is dynamic and unmodified.
- We manage risks through expert guiding and proper equipment.
- Some inherent risks remain, including: Avalanches, ice or rockfall, hidden crevasses, rapidly changing weather, uneven terrain

#### **Glacier kayaking**

An adventure for keen kayakers, offering a rare chance to paddle among icebergs and witness the towering terminal face of New Zealand's longest glacier. With small group sizes (just 8 per guide), you'll enjoy a highly personalised experience in a truly unique environment. The ever-changing Tasman Lake, born from the retreating glacier, is home to regularly calving icebergs and dramatic alpine scenery. Kayaks are equipped with stabilising outriggers, and if you're reasonably active and have some prior kayaking experience, you'll love the challenge—just be ready to carry your kayak about 50 metres to the lake edge.

**Safety & Risk Awareness** <http://www.mtcook.com/glacier-sea-kayaking>

- The trip occurs in a remote, natural, and ever-changing environment.
- Guides prioritize your safety and are trained to manage potential risks.
- Some risks, including sudden weather changes and glacial activity, are inherent and cannot be fully predicted or eliminated.
- Participants should be prepared for the unpredictable nature of backcountry conditions.

## **The Legendary Black Water Rafting Co**

### **Labyrinth & Abyss Tour**

Black Water Rafting in Waitomo offers an unforgettable underground adventure through the stunning Ruakuri Cave, with options to suit both thrill-seekers and first-time explorers. Whether you choose the exhilarating Abyss tour—with abseiling, zip-lining, underground waterfalls, and glowworm-lit tubing—or the fun-filled Labyrinth experience, which involves climbing, leaping, and floating along a subterranean river, you'll be guided safely through a surreal underworld of limestone and light. Both tours deliver an epic mix of natural beauty and adrenaline, making for a truly unique New Zealand experience

**Safety & Risk Awareness** <https://www.waitomo.com/black-water-rafting>

- Black Water Rafting is an exciting underground adventure requiring reasonable fitness and confidence on uneven, sometimes slippery terrain.
- No prior caving experience is necessary.
- Activity involves walking, climbing, jumping, and floating through dark waterways—physical capability is important.
- Wetsuits and Blackwater Rafting tubes provide buoyancy.
- Basic swimming ability and water confidence are recommended.
- Familiarity with water will help you feel more comfortable navigating water passages.
- The Legendary Black Water Rafting Company has been guiding guests safely since 1989.
- Experienced guides, quality equipment, and strong safety procedures ensure a safe and memorable experience.
- Consult your doctor before booking if you have pre-existing health conditions such as knee or ankle issues, heart problems, asthma, or significant back or neck problems.

## **Waimarino - Tauranga & Rotorua**

### **Starlight & Glow worm Kayak & Big Kanu Experiences – Rotorua & Tauranga**

Enjoy a truly magical evening on one of our guided starlight kayak tours, exploring calm waterways by twilight and venturing into enchanting glow worm canyons. Whether you're paddling across Lake Rotoiti in Rotorua or through serene waters near Tauranga, these experiences combine the beauty of nature with a gentle sense of adventure.

**Safety & Risk Awareness** <https://glowwormkayaking.com/about-us/>

- Our qualified guides carefully assess weather and environmental conditions before and during each trip. If conditions change and present any risk to participants, the tour may be modified or cancelled.
- A moderate level of fitness and mobility is required.
- It is essential that clients come dressed appropriately for the weather.
- Visibility lights and correctly fitted buoyancy aids are used on all trips.
- If spray decks are used, participants will practise release techniques beforehand.

### **Wildwire Wanaka – Via Ferrata Waterfall Climb**

Wildwire Wanaka offers a thrilling via ferrata climbing adventure alongside a stunning waterfall. With steel rungs, ladders, and safety cables, climbers of all levels can ascend safely while enjoying breathtaking views of the surrounding alpine landscape.

**Safety & Risk Awareness** <https://www.wildwire.co.nz/be-prepared>

- Inherent risks include rockfall, sudden weather changes (which may cause flooding), and the physical demands of the climb
- Experienced Wildwire guides perform regular safety checks and continuously monitor conditions to reduce risks
- Minimum participant weight: 40 kg; minimum height: 120 cm for proper harness fit and safety
- Moderate fitness and agility are required
- Participants must be comfortable with heights
- Children under 16 years must be accompanied by a responsible adult throughout the activity

### **Wilsons Abel Tasman**

#### **Multi day Kayaking/Walk**

Choose how much kayaking and walking you want to do on this fabulous three-day, two-night combo adventure through the heart of Abel Tasman National Park. With one night at each of our stunning beachfront lodges—Meadowbank Homestead at Awaroa and Torrent Bay Lodge—you'll enjoy the perfect mix of comfort and exploration. Paddle across crystal-clear waters, stroll along golden beaches and native bush trails, and discover secluded coves and abundant wildlife. Each day is tailored to your pace and preferences, with expert guides ensuring a seamless, enriching experience in one of New Zealand's most beautiful coastal landscapes.

**Safety & Risk Awareness** <https://www.abeltasman.co.nz/quick-find/kayak-risk-disclosure/>

- Outdoor adventures inherently involve some risk.
- For this water-based activity, potential risks include: Changing weather conditions, kayak capsizing, contact with natural hazards or other water users
- Adults are responsible for ensuring that anyone under 18 also follows all safety instructions.

### **Ziptrek Ecotours - Queenstown**

Soar through the forest canopy on a guided zipline adventure with Ziptrek Ecotours, located high above Queenstown. This exhilarating eco-tour combines adrenaline with education as you glide between tree platforms, take in stunning views of Lake Wakatipu, and learn about local ecology and sustainability from your knowledgeable guides. With a variety of tour options, there's something for every level of thrill-seeker.

**Safety & Risk Awareness** <https://www.ziptrek.co.nz/your-safety/>

- Ziptrek Ecotours takes place in a forest environment and at height, involving inherent elements of risk.
- Primary risks include potential slips, trips, changing weather conditions, and moving at speed between platforms.

- All participants are securely harnessed and closely supervised by trained professionals throughout the experience.
- Guests must be at least 6 years old to participate.
- Weight limits apply: minimum 20kg for Kereru tours, minimum 30kg for Kea tours, and a maximum of 125kg across all tours