TIPS, HINTS and DEALS for KBW24.

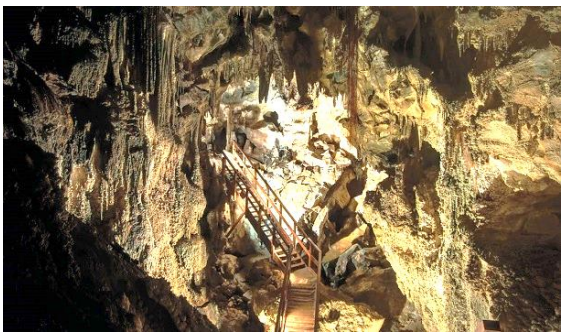
WELCOME TO MOHUA – GOLDEN BAY.

Here's an insider's list of things to do and deals you may not have heard of until now. (Don't forget to look at the Event Bulletins for other information.) But first let's acknowledge and thank those local businesses offering those deals and prize vouchers: **Ngarua Caves**, **NewTopo** maps, **Molly B's**, **Anatoki Salmon** and the **Mussel Inn**.

PLACES TO GO.

Tip One. Don't rush 'The Hill' (as it's known locally) Its easy. Just remember the motto:- "It's only a hill. Get over it!"

On the way to the Middle Event stop off at **Hawkes Lookout** on the Takaka Hill for a pleasant 20 minute return stroll to visit a great lookout spot high above Tasman Bay. (Look for a sign on the left to the car park, about one minute uphill from the Limeworks.)



Fancy getting into the Underworld? Then visit **Ngarua Caves**, about 1km, on the Tasman side of the Hill before the turn-off from SH 63 to Canaan. (www.ngaruacaves.co.nz) Tours hourly from 10:00 AM all holiday weekend. (Last tour 3:00 PM) The Caves are offering a $5 discount per adult. (Tell them you are going to / have been to the Orienteering Event.) If you would like to go earlier and / or have a larger group please contact the Caves directly to arrange your visit (027268115). There is also a small café on-site if you just want to drop by for refreshments.

There are great views over Golden Bay, once you've passed over the Hill summit. A lot of the tighter corners on this western side are named. How many can you spot? (Please do not stop at any orienteering flags you might see – they are just to indicate our welcome.)

Apart from the more famous Waikoropupu Springs, and Whatariki Beach (the location for the now world-famous Windows 10 desktop photo.) there are lots of lesser known gems. Have a look at www.goldenbaynz.co.nz for some great ideas.

NewTopo (www.newtopo.co.nz) publishes a useful map, produced by our local rogaine cartographer, that covers the whole of Golden Bay. NZTopo will donate $5 from the sale of each map to competitors to the Nelson Marlborough Rescue Helicopter Trust.

If you go to the 'Pupu' Springs and have a couple of hours to spare, the newly renovated Pupu Hydro Walkway, is highly recommended (The best route is anti-clockwise) Don't forget to have a quick look into the Powerhouse to see the historic generator, restored by local volunteers, still working after almost a hundred years of service. (https://nelsontrails.co.nz/pupu-hydro-walkway/)

En route to Pohara, **the Grove** is also well worth a short side trip. Beautiful Nikau vegetation set amongst naturally sculptured limestone boulders and cliffs. Allow about half an hour.

Or when heading westwards take a short walk at **Milnthorpe Beach** (about 5km before Collingwood) The adjacent Arboretum was planted almost exclusively by one local during a project spanning nearly 50 years. What dedication! A myriad of tracks to explore. (www.nelsontrails.co.nz/milnthorpe-park/)

Despite its now world renown, **Whararíki Beach** is definitely worthy of a visit. An easy 20 minute walk will take you down to the spectacular, but often windy beach. (You have been warned !) Also visit nearby **Cape Farewell,** a short 5 minute drive off the Whararíki Beach road, to view not only the cliffs, archways and seals but also the precariously perched predator proof fence for the new sanctuary for the re-introduction of Pakahā Fluttering Shearwater, thanks in the main to the local business HealthPost and a host of local volunteers. (https://www.naturetrust.nz)

For something completely different visit The Village Theatre, situated in the heart of Takaka. Run by a charitable trust and described as the "best little cinema in the Galaxy", it has, since its inception in the '80's, morphed into a star of the Bay's quirky cultural scene. Probably one of the cheapest cinemas in NZ. And yes they keep the tradition of an Intermission alive. For the current programme see: www.villagetheatre.org.nz

PLACES FOR FOOD & DRINK.

(Opening times quoted below are applicable to Kings Birthday Weekend.)

The **Woolshed Café**, as you turn off SH63 towards Canaan, will be open all weekend (10:00 AM to 4:30 PM) for coffee/ teas (including takeaways) cakes, scones or toasted sandwiches. If you have some bored children with you the Cafe has an eclectic mix of animals to keep the littlies amused. (thewoolshedcanaan.co.nz)

On the way to Pohara stop in for a tasting and/or a cocktail (cheeseboards available as well) at Kiwi Spirit Distillery. Their ethos is "unique spirits handcrafted from the purest homegrown ingredients". (Te Kiwi, the only genuine tequilana spirit made in New Zealand, has been served on Emirates First Class !) Open all holiday from 10:00 AM to 5:00 PM.

Molly B's at Pohara (9:00 AM to Late, every day over the holiday) especially welcomes orienteers and is offering competitors a very generous **15% discount** on all food and drink purchases over the long weekend. A great place for a meal, snack or drink. To get your discount show your race bib when paying. Reservations for evening meals are strongly recommended as this is a popular venue. (03-525-7678)

Also in Pohara you'll find Nikau Café & Bar (Open 8:30 AM to 8:30 PM every day.)

About 15 minutes from Takaka township, up a well signposted side valley, there is **Anatoki Salmon** where you can catch your own salmon and have it smoked on the spot. Or you could just relax over a salmon platter or pizza overlooking the rearing areas and ponds. (Open every day 10:00 AM to 4:00 PM) They have kindly supplied five fantastic "***catch a salmon for free and have it smoked***" vouchers worth a total value of $250, which some lucky competitors will find as spot prizes in their race packs. (www.anatokisalmon.co.nz)

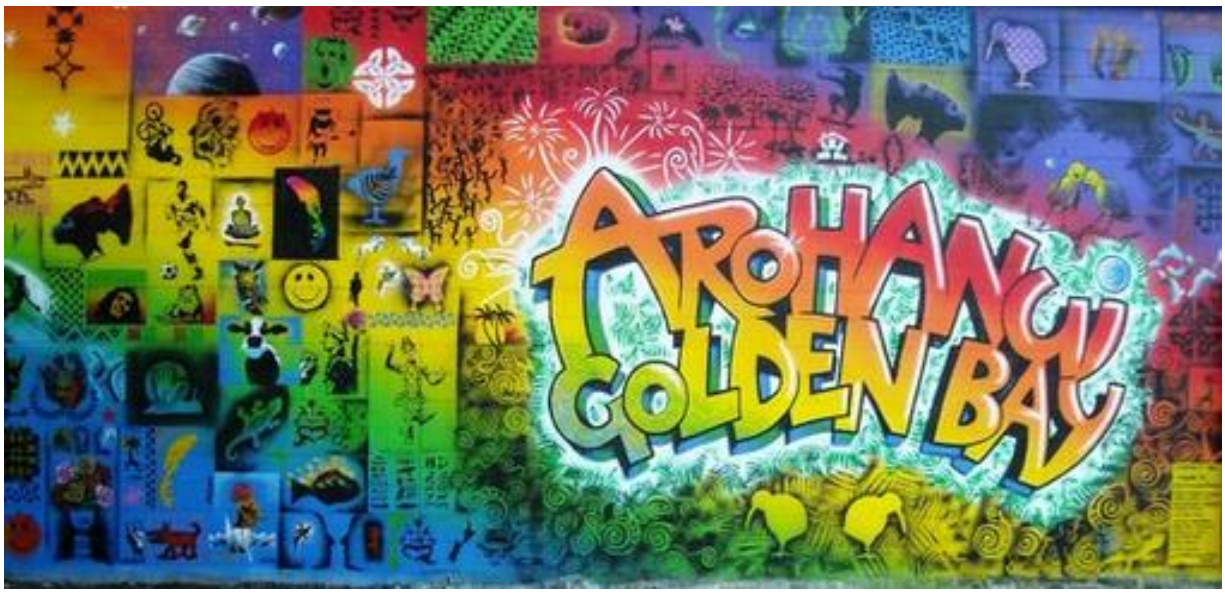
Bars and eateries in Takaka township include Roots Bar for music, meals and a range of craft beers (Open 11:00 AM to Late), the Courtyard Café (7:00AM – 8:00 PMish every day) for all day breakfast, a range of cooked meals, cabinet food and drinks; the Dangerous Kitchen (9:00 AM to 8:00 PMish but only open Friday and Saturday); or the Wholemeal Cafe which was established soon after the 'alternative life-stylers' invasion of the Bay in the early 1970's. (Open 7:30 AM to 3:00 PM every day)

If you fancy Thai food try O'Sha's (small dining area or takeaways) – Sat & Sun 11:30 to 2:30PM for lunch and 5:00 to 8:30 PM for dinner. For something different Heartfull Bowl have inexpensive, takeaway organic curries (11:00AM to 7:00PM Sat and Sun) and Bay Takeaways have the full range of fish & chips and burgers. (11:30 to 7:30 Sat & Sun)

Half way between Takaka and Collingwood is the iconic **Mussel Inn.** The Muss, as it's known hereabouts, very kindly donated $125 worth of vouchers to be used as prizes for those competitors who registered early. Not like any other pub in New Zealand. Great beers brewed on the premises and a selection of meals including of course the scrumptious Mussel Chowder. (www.musselinn.co.nz) Oh by the way, remember not to take your cell phone in with you – just joking.

The Muss will be open 11:00 AM to Late every day. On Saturday evening Tess Liataud will be performing a selection of Country Folk songs. ($15 at the door) "A Tribute to Queen" will be performing on Sunday from 8:00 PM (Entry pre-purchase $40 or $50 at the door.)

The Courthouse Cafe at Collingwood is a historic venue in the township serving a range of teas, coffees and light meals (Open 8:00 AM to 3:00 PM each day) The Collingwood Tavern, otherwise known as Tinkys, (Open 11:00 to late every day) offer takeaways, a bar and a restaurant serving traditional pub grub. Or try Zatori which has a public restaurant, with a whole food menu, overlooking the Ruataniwha Inlet. (Open from 5:00PM Fri & Sat.) Bookings recommended. (Text Tracey 0225483105 or email info@zatori.co.nz)

Further on towards the Kaihoka event you will pass through Pakawau. The Old School Cafe and Restaurant will be open Sat & Sun 11:00 AM to 8:30 PM. If you fancy an ice-cream then the Pakawau Camp Store has a range of good old fashioned scoop ice-creams to satisfy your cravings.

And finally, take a trip down memory lane to Langford's Store at Bainham for a traditional Devonshire Tea – or coffee. Lots of antiques. (Open 9:00 AM to 4:00 PM all weekend)