

Get out into nature this summer and discover New Zealand's hidden taonga with our estuary exploration guide.

SHOW RESPECT FOR WILDLIFE

- Be careful where you step, keep to the footpaths
- Leave wildlife where you find it
- Keep dogs on leads at all times and avoid dog free zones with your dog
- Leave attached seaweed and other plants in place it might be someone's home
- Do not collect too many shells because they make excellent homes for wildlife
- Leave wildlife behind and take only photos with you.

KEEP SAFE AND BE CAREFUL

- Check the tides before you head out and explore during low tide: www.linz.govt.nz/sea/tides/tide-predictions
- Keep an eye on the incoming high tide
- Check the weather before you leave and keep an eye out for changes in the weather
- Do not explore the estuary alone take a friend or family member
- Make sure you are sun smart sunblock, a hat and covered shoulders
- Wear appropriate footwear and clothes that you don't mind getting dirty
- If you see any rubbish, take it with you and dispose of it correctly nature thanks you for it!
- Keep your distance from seabirds, penguins and most importantly seals and sea lions
- Check your local council / DOC office for further site specific info about your local estuary.

