



Mangawhai to Pakiri

(Map 020, 021, 022)

Northern Start	Beach carpark, Wintle St, Mangawhai Heads
Southern End	Beach access, Pakiri Beach
Distance	30km
Time	7-8hr
Tramping Standard	Easy tramping track

Route

From Mangawhai Heads carpark, follow the road to the walkway by 44 Wintle St which leads down to the estuary. Follow the estuary past a camping ground, a boat ramp & holiday baches until wooden steps lead up to the Findlay Street walkway. From Findlay Street, head left into Molesworth Drive until reaching Mangawhai Village. Then a right into Moir St, left into Insley St and across the estuary then left into Black Swamp Rd. Follow this road until reaching Pacific Rd which leads you through a forestry block to the beach and the next stage of Te Araroa.

Bypass Note: You could obtain a boat ride across the estuary to the Mangawhai Spit to avoid the road walking section. Care of sand-nesting birds is required on this Scientific Wildlife Reserve - please stick to the shoreline.

No dogs allowed

Lower tide best: check best times for walking on www.niwa.co.nz/our-services/online-services/tides.

Warning; when heavy rain & high tide coincide these rivers can be deep; never cross flooded rivers; Environment Wildlife Sanctuary - avoid dune nesting sites; no dogs allowed.

Just 1km south, a stream cuts across the beach and it can go over thigh height, as can other water crossings on this track. Follow the coast southwards for another 2km, then take the track over Te Arai Point. Once back on the beach, continue south for 12km (fording Poutawa Stream on the way) until you cross the Pakiri River then head inland to reach the end of Pakiri River Road.

****Please take care all the way down the beach and avoid entering taped/marked nesting sites, particularly if needing to venture upstream to cross. Where possible, avoid the sand-dune area altogether.**

Other Information

Mangawhai Heads

Getting to/from the start

Te Araroa's Auckland region begins at Mangawhai Heads, a popular holiday and surf destination which is accessible by road. Unfortunately, long haul bus services pass by 19kms away at Kaiwaka so getting to Mangawhai would necessitate a pre-arranged pick up by a willing accommodation provider - see Local Transport below.

Local Transport

[Leabourn Shuttles](#) P: 09 423 7416 - E: info@leabourn.co.nz

General / Visitor Information

[Carters's Mangawhai Information Centre](#) - Molesworth Drive, Mangawhai Heads (entrance Mangawhai Golf Club) - P: 09 431 5090 - E: mangawhaiinfo@xtra.co.nz

Accommodation

[Mangawhai Heads Motel or Camping Ground](#) - 2 Mangawhai Heads Rd, Mangawhai Heads - P: 09 431 4675

[Fairways B&B](#) - 240 Molesworth Drive, Mangawhai Heads - P: 09-431 4042 or 021 619 311 - E: cleaver@fairways.co.nz

[Mangawhai Lodge](#) - 4 Heather St, Mangawhai Heads - P: 09 431 5311 - info@seaviewlodge.co.nz

Debbie's Flax Studio - Mangawhai Heads Rd - P: 021 519480 - E: debbiesflaxstudio@gmail.com - Double bed studio, hot alfresco shower, kitchenette, tea/coffee provided - \$50pp

Resupply

-[Mangawhai Deli](#) - Wood Street Shops - P: 09 431 5887

Mangawhai Village

Accommodation

[Hidden Estuary sleepout retreat](#) - Molesworth Drive, Mangawhai - P: 021 1126161 (Simon) - Sleepout with double bed upstairs and double bed downstairs, use of main house bathroom or compost toilet available. Spacious grounds with private estuary front access. BBQ and kayak also available. Close proximity to all village amenities.

[Tudor Oaks Motel](#) - 47 Moir St, Mangawhai - P: 09 431 5393 or 027 493 1901 - E: dianne@tudoroaks.co.nz

[Mangawhai Holiday Park](#) - 71 Moir Street, Mangawhai - P: 09 431 5435 or 027 483 9335 - E:

info@mangawhaiholidaypark.co.nz

[Riverside Holiday Park](#) - 41 Black Swamp Rd - P: 09 431 4825 - E: office.riverside@xtra.co.nz - tent sites, caravans, units, kitchen, laundry, wifi and TV/games room.

Resupply:

[Mangawhai Village Four Square](#) - Moir Street, Mangawhai Village - P: 09 431 4585

Te Arai Point

Car parking, toilets and picnic areas.

Note: there is no tenting allowed; there is a small SCC campground (up to 10 SCC campervans) for SCC campervans only, pre booking through the Auckland Council is required.

Pakiri

Accommodation

[Pakiri Beach Holiday Park](#) - 261 Pakiri River Rd, Pakiri (just as you come off Pakiri Beach) - P: 09 422 6199 - E:

pakiri@khh.co.nz - Camping, cabins & motel units. Camp store stocks a variety of food, drinks, toiletries, fresh milk and bread.

Potential Hazards

- Vehicles on road or track
- Forestry operations
- Tides, waves & rivers - safer at low tide
- River crossings - Never cross flooded rivers
- Track exposed to sun, wind or cold
- If swimming, beware of rips.

Requirements

- Respect private land
- No litter
- No dogs
- No taking plants
- No fires

Amenities (Start)

- Full range of amenities in Mangawhai

Amenities (On Route)

- Carpark Te Arai Point
- Picnic area Te Arai Point
- Toilets Te Arai Point



Mt Tamahunga (Te Hikoi O Te Kiri) Track

(Map 023)

Northern Start	Beach access, Pakiri Beach
Southern End	Cnr Govan Wilson and Matakana Valley Rds
Distance	11km
Time	4-5hr
Tramping Standard	Tramping track

Route

Be considerate of animals & keep to the track; leave gates as you find them; no dogs, horses, guns, bikes or vehicles.

If walking this track in isolation/day-walking, please note that at the eastern end of the track parking is in short supply - the ONLY places to park are in a small lay-by at the Govan Wilson Rd intersection and a small bus-stop lay-by further south.

Please DO NOT park in any driveways.

From the Pakiri Beach access (adjacent to the Camp Ground), follow Pakiri River Rd for 3km to the intersection with Pakiri Rd. Cross over and continue south on Bathgate Rd, past the school and several houses.

Beyond the southern end of Bathgate Rd, go down what looks like a driveway to the Te Araroa sign. Follow the orange track markers leading up a ridgeline through steep farm pasture for 2.5km to a farm track near the end of Rodney Rd. This climb offers fantastic views up the coast.

The track turns west through more farmland and down/up a steep and muddy saddle (do take care when wet) before climbing through pine plantation into covenanted/DOC native bush. At the summit, there is a helicopter platform which makes a good spot to rest a while.

Continuing on, this rough & occasionally slippery track soon descends steeply down before climbing again and walking beneath a weather satellite station. From there another rocky/slippery descent before the track levels out through regenerating bush.

A "grassy knoll" affords some views (between the gorse) to the coast before continuing west on a well-formed track. That track leaves the ridge, crosses a stile and descends 200m to another stile before a narrow and slippery track takes walkers down, across a footbridge and to a short boardwalk across a swamp before another narrow, steep and slippery climb to Matakana Valley Rd.

Head S on Matakana Valley Rd for 450m to the junction with Govan Wilson Rd. If in need of re-supply, Matakana is 6km south down Matakana Valley Road.

Other Information

Matakana

General / Visitor information

[Matakana Information Centre](#), Matakana Cinemas Foyer, 2 Matakana Valley Road, Matakana P: 09 422 7433

E: Matakanainfo@xtra.co.nz

Getting there/away

Long haul bus services to stop 9km away at Warkworth, nearest town on SH1.

[InterCity](#) - P: 09 583 5780 - E: info@intercity.co.nz

[Northliner Express Coach Service](#) - Paihia - Auckland - Wellington - P: 09 438 3206 - www.northliner.co.nz

[Naked Bus](#) - P: 0900 62533 (calls cost)

Local transport/Transport to Trailhead

[Matakabs](#) - P: 09 422 2244 or 0800 522 743 - E: bookings@matakabs.co.nz

[Warkworth taxis](#) - 54 Burtram St, Warkworth - P: 09 425 0000

Accommodation

[Andros B & B](#) - 1 Courtney Lane, Matakana - P: 09 422 9903 or 027 291 2744 - E: androsbnb@yahoo.co.nz

[Hesselwood \(SC, B & B\)](#) - P: 09 422 9344 - E: hesselwood@slingshot.co.nz

[Matakana Village Cottages \(SC, B & B\)](#) - 202 Matakana Valley Rd - P: 09 422 9337 or 021 189 4242 - E: cottage@xnet.co.nz

[Matakana Outback](#) - 844 Matakana Valley Rd (just downhill/north of where the route exits onto the road) - P: 09 4229514 or 021 558514 - E: matakanaoutback@gmail.com - a lovely cottage with kingsize bed, spa and laundry facilities (10% discount when you mention the Te Araroa website), camping also available \$25 with outdoors shower. Meals/snacks on request.

[Glamping Opportunity](#) - Great house with an amazing view located at 732 Matakana Valley Rd - so just down from the end of the trail. The owners are happy to offer a 10% discount to those who are doing the Te Araroa walk, just mention this when you book!

<https://glampinghub.com/newzealand/northisland/matakana/unique-holiday-rental-matakana-north-island/?checkin=&checkout=&guests=2>

Resupply

[Matakana Four Square](#) - 21 Matakana Valley Road, Matakana - P: 09 422 7213

[Matakana Store & Post Centre](#) - 21 Matakana Valley Rd, Matakana - P: 09 422 7213

Potential Hazards

- Poisons & traps
- Farming operations
- The track is steep and slippery in parts - good footwear and walking poles recommended.

Requirements

- Keep to the track
- Respect private land
- Leave gates as you find them
- No litter
- No dogs
- No horses
- No firearms
- No vehicles
- No bikes
- No taking plants
- No camping
- No fires

Amenities (Start)

- Car park
- Toilets
- Shop
- Phone
- Serviced Campsite
- Accommodation Pakiri Beach Holiday Park

Amenities (On Route)

- Carpark Rodney Rd



Govan Wilson to Puhoi Valley

(Map 023, 024, 025)

Northern Start	Junction of Govan Wilson and Matakana Valley Rds
Southern End	Junction of Ahuroa and Remiger Rds, Puhoi
Distance	37.5km
Time	1.5 days
Tramping Standard	Mixed grade

Route

Govan Wilson to Dome - 15km / 6-7hr

Please note: this track crosses private forestry land in the Waiwhiu Valley. Open daylight hours only - no camping, fires, dogs, horses, vehicles.

Walk 3km to the end of Govan Wilson Rd to the marked steps up onto the track.

Once up the steps from Govan Wilson Road, follow the clay 4WD track (it passes a private home so please keep to the track). Enjoy the views & the rusty old bus while following along the ridge to the junction with Conical Peak Rd. Take the right fork and continue on this 4WD track until reaching a turnoff on the left onto a narrow bush track in DOC's Totara Scenic Reserve.

Follow the marked bush track which eventually descends steeply down the ridge into the Waiwhiu Valley. At the bottom of the hill, the track turns right across a small creek and follows the true right of the Waiwhiu Stream for approximately 1.3km. At this point, the track crosses the Stream (take care not to slip) to enter private forestry land.

The track joins the Waiwhiu Valley Rd (a private forestry road). Turn right and follow the road for some 300m; turn left into a clay 4WD road (Fisher Road - but sign keeps disappearing) which climbs steeply through pines. Just over the brow of the hill, the track turns off the 4WD road (easy to miss) into the pines for a short climb to the ridgeline and DOC's Dome Forest.

This narrow bush track now follows along the ridgeline through attractive podocarp and broadleaf forest with glimpses of the surrounding countryside and coast.

The track climbs to the Dome trig. Then there's a few more ups and downs along the ridge, including a steep scramble around large rocks, on the way to the Lookout platform with views across the Mahurangi Peninsula to the Hauraki Gulf. The track then descends 1km on upgraded walkway & steps to the Dome Cafe carpark and SH1. The Dome Cafe welcomes walkers - however please take care to ensure you are free of mud (take boots off and wipe yourselves down if muddy) before entering.

Dome to Moirs Hill - 16km / 4-5hr

Warning: Forestry & farming operations

Immediately across SH1 from the Tearooms is Kraack Rd. Follow this road up to a forestry gate. Pass the gate, head along a SW forestry road. Take a left down another track heading southwards then cross westwards through regenerating native bush. This is thinly marked through to Smyth Rd.

Follow Smyth Rd south, turn right into Kaipara Flats Rd, then left into Streamlands/Swamp Rds.

Turn right (W) into Old Kaipara Rd and keep an eye out for the entrance to #121 when the route is marked up the driveway.

Follow the markers up the driveway and around the edge of a fence (ie not up driveway to the house) then follow the marked fenceline up to and along the ridge to Edgerley Rd, please use the stiles. Give stock a wide berth - they are very friendly!

Follow Edgerley Rd 1km before turning right (W) onto Woodcocks Rd. A further 500m along take a left into Matthew Rd and running off the end of Matthew Rd is a forestry road to take you up to the summit of Moirs Hill. As the forestry track runs onto Moirs Hill Rd, continue straight ahead past DOC's Waihunga Track and past the radio transmission tower shortly after.

Just east of the transmission tower, there is a Te Araroa-signed, 4WD track (Barkers Rd) that heads 1.7km south down to Ahuroa Rd.

Note: *stay on the clay/grass track. The gravel one you glimpse occasionally is a neighbouring forestry road. There are very few markers as there is just pine and gorse for much of the way.*

Dunns Ridge Track - 2.5km / 1hr

Warning: Farming operations & predator control - please do not freedom camp in this area

From the Ahuroa - J Tolhopf Road intersection, Head south 1km down J Tolhopf Rd until you pass a rural residential subdivision, then reach a widened area of sealed road with angle parking. Enter through the gate just past the carpark, and follow the fenceline up and over the ridge to the bushline.

From this bushline, follow orange markers across and through part of Dunn's Bush (a QEII reserve, with loop tracks back to Ahuroa Rd) until you pass the "Sugarloaf" rock formation. A stile is in place if you want to climb up to this very peaceful & picturesque spot with beautiful views across the valley and out to the coast.

Otherwise keep heading SE on the ridge and follow markers through the farm paddocks. The route briefly joins a farm track then leaves it again to follow the fenceline - please stick strictly to the marked route and follow the fenceline down and over stiles to Remiger Rd.

Follow Remiger Rd 1km to the intersection with Ahuroa Rd - directly opposite you is a swingbridge onto the Puhoi Track.

Other Information

For tramping tracks, it's recommended you carry appropriate safety gear including map, compass, whistle, warm clothing, raincoat, basic medical kit, strong footwear, food and water. Cellphones can work on the ridgelines.

General / Visitor information

[Warkworth i-Site Visitor Information centre](#) - 1 Baxter St, Warkworth - P: 09 425 9081 - E: info@warkworthnz.com

[DOC](#) - Unit 12, 30 Hudson Rd, Warkworth - P: 09 425 7812

Getting there/away

Long haul bus services to stop 9km away at Warkworth, nearest town on SH1.

[InterCity](#) - P: 09 583 5780 - E: info@intercity.co.nz

[Northliner Express Coach Service](#) - Paihia - Auckland - Wellington - P: 09 438 3206

[Naked Bus](#) - P: 0900 62533 (calls cost)

Local transport/Transport to Trailhead

[Warkworth Taxis](#) - 54 Burtram St, Warkworth - P: 09 425 0000

[Matakabs](#) - P: 09 422 2244 or 0800 522 743

Accommodation - Govan Wilson

Twin Rimus (Matt and Jas) - 107 Govan Wilson Rd - P: 021 2057404 Matt. Camping (or in the barn if its raining), hot shower, wifi, a cold beer and coffee in the morning. \$20pp/night. Produce, chocolate, chips and extra drinks also available for purchase.

Mandy Logan is at 256 Govan Wilson Rd and happy to have walkers camp for the night - please contact in advance

mandyf@xtra.co.nz

Accommodation - Warkworth

[Mahurangi Backpackers](#) - 11 Wickens Place, Warkworth - P: 09 425 7513

[Walton Park Motor Lodge](#) - 2 Walton Ave, Warkworth - P: 09 425 8149 - E: info@waltonpark.co.nz

[Ribbonwood B & B](#) - 7 Thompson Rd, Warkworth - P: 09 422 2685 - E: berris@ribbonwoodwarkworth.co.nz

Detour option for Accommodation - 2 km south

[Warkworths Sheepworld Caravan Park](#) - Cabins & Camping - SH 1 Dome Valley Warkworth - P: 09 425 9962

Accommodation - Dome to Moirs Hill Route

[Nanekoti Homestay](#) - 111 Edgerley Road, Kourawhero, about halfway along the [Dome to Moir Hill Route](#) - P: 09 425 9756 -

E: nanekoti@bauer.org.nz

Resupply

[New World Supermarket](#) - 6 Percy St, Warkworth - P: 09 425 1040

Refreshments

Top of the Dome Café - 496 State Highway 1, Warkworth - P: 09 425 7794

Potential Hazards

- Vehicles on road or track
- Poisons & traps
- Farming operations
- Forestry operations
- River crossings - Never cross flooded rivers
- Small stream crossings
- Track exposed to sun, wind or cold
- Few water sources between Dome and Puhoi

Requirements

- Keep to the track
- Respect private land
- Forestry operations - Track may be closed occasionally
- No litter
- No dogs
- No horses
- No firearms
- No vehicles
- No bikes
- No taking plants
- No fires in forest

Amenities (Start)

- Full range of amenities at nearby Matakana Village
- Car park at Matakana Valley and Govan Wilson Rds intersection

Amenities (On Route)

- Carpark
- Toilets
- Dome Cafe on SH1



Puhoi Track

(Map 025)

Northern Start	Junction of Remiger and Ahuroa Rds, Puhoi
Southern End	Puhoi Village
Distance	5km
Time	2hr
Tramping Standard	Easy tramping track

Route

Please remain on the track at all times - for personal safety and to protect the magnificent trees you pass

From Remiger Rd, cross the Puhoi River by swingbridge and climb through pines to an old ridge track. To your right a number of spectacular young kauri tree line the route - please take care to stay on the gravelled track here to prevent spread of kauri dieback disease. There are glimpses at times of the Puhoi Valley below - which look particularly splendid in autumn. Inquisitive fantails (or piwakawaka) may take an interest in you as you pass.

Climbing to the highest point on the track, you leave pine forest and move into wonderful NZ native bush, descending through a mix of magnificent mature puriri, totara and rimu and regenerating young growth. When you reach the small footbridge, look up and you may see our resident morepork (or ruru).

Continuing through more pine then up the final climb - there is then another stretch of beautiful native bush and kauri in close proximity before exiting onto the formed track through farmland with great views of the valley below. There's another short bush block then out onto a gravel track for 200m - take care as this track can carry construction traffic for a new motorway being constructed.

Before the final descent, cross a stile onto the Puhoi Lookout Loop Track and here you have a choice - the route is marked to head further east down a gentler grade with steps down through more bush, or in front of you is a more direct route down past the Arthur Dunn memorial lookout, but note that when the ground is wet underfoot this can be steep and slippery.

You exit into the Puhoi Domain - directly opposite is the Puhoi General Store and the historic Puhoi Pub, where well deserved refreshments may be in order and a few good yarns with the friendly locals are guaranteed.

Other Information

Puhoi

There is a small 3-car parking bay at the Remiger Road end of the track and plenty of parking in the Puhoi Domain carpark at the Puhoi end of the track.

General information

For more information on Puhoi log onto - www.puhoinz.com

Local Supplier

Puhoi River Canoes - Puhoi Village (opposite Historic Church) - Open 1st Sept - 30 June - P: 09 422 0891 or 027 284 1672 - E: puhoicanoes@clear.net.nz

Accommodation

[Kauri Glen Lodge](#) - 35 Fiddlers Hill Rd - P: 09 422 0598 or 0274 792 328 - E: larry@kauriglen.co.nz Ask for the special walker/backpacker and/or lodge guest rates!

[Puhoi Backpacker Accommodation](#) - Backpacker Style Homestay Accommodation - 10min walk from end of the track - P: Pip 09 4220009 or 021 722266 - E: pipbeagley@gmail.com

[Hungry Creek B & B](#) - 5 Hungry Creek Rd - E: hungrycreek@clear.net.nz - Located off SH 1 just south of Puhoi Village turn off.

[Puhoi Hotel Pub & Bistro](#) - Cnr Saleyards & Puhoi Rd, Puhoi (limited accom) - P: 09 422 0812 -

E: thepuhoipublimited@gmail.com

[Camping](#) - nothing official in the area

Resupply / Refreshments

[Puhoi Hotel Pub & Bistro](#) - Cnr Saleyards & Puhoi Rd, Puhoi - P: 09 422 0812 - E: thepuhoipublimited@gmail.com

[Puhoi General Store](#) (Coffee, food, supplies & Post shop) - 109 Puhoi Rd, Puhoi (Open daily 7am-7pm) - P: 09 422 0818

[Puhoi Valley Café and Cheese Factory](#) - 275 Ahuroa Rd, Puhoi - P: 09 422 0670

[Puhoi Cottage Tearooms](#) - 50 Ahuroa Rd, Puhoi (open Fri-Sun 10-4) - P: 09 422 0480

Potential Hazards

- Vehicles on road or track
- Poisons & traps
- Forestry operations
- Few water sources

Requirements

- Keep to the track
- Respect private land
- Forestry operations - Track may be closed occasionally
- No litter
- No dogs
- No horses
- No firearms
- No vehicles
- No bikes
- No taking plants
- No camping
- No fires

Amenities (Start)

- Car park



Puhoi to Wenderholm Kayak

(Map 025)

Northern Start	Puhoi Village
Southern End	Wenderholm Regional Park
Distance	7km
Time	2hr
Tramping Standard	Mixed grade

Route

At the present time, the walking route to Wenderholm Regional Park is incomplete so, on an outgoing tide, you can hire a kayak for the downstream journey to Wenderholm. The kayaks do need to be pre-booked so contact:

Canoe and Kayak Hire

[Puhoi River Canoe & Kayak Hire](#) - 84 Puhoi Rd, Puhoi (Opposite the Historic Puhoi Church) - P: 09 422 0891 or 027 2841672
Opening times - Daily 1st Sept - 30th June (Closed - Christmas Day)

[Hibiscus Kayak Hire](#) - P: 021 1336938 - E: info@kayakhire.co.nz - \$45 for Puhoi River, \$50 for half-day (4hr) or \$70 for 1-day hire if you want to go further (pickup/delivery fee may apply depending on final destination). All hire includes kayak, paddle, lifejacket and drybag.

[Auckland Sea Kayaks](#) - P: 0800 999 0899 (Freephone) - Operating throughout the summer months

Note: *Exchange the kayak for your pack at the ramp on the Puhoi River side of Wenderholm Regional Park.*

Requires an outgoing tide-check tides at www.niwa.co.nz/our-services/online-services/tides

Other Information

General Information

For more information on [Wenderholm Regional Park](#) or contact the Auckland Council on P: 09 366 2000.

There is camping available at the [Schischka Campsite](#), turn left and walk 1km just after the Wenderholm main gates. Please **do not** freedom camp anywhere else within Wenderholm Regional Park.

Accommodation - Silverdale

Silverdale Hilltop Lodge (www.silverdalelodge.co.nz) Beautiful rooms or pitch your tent in the garden, breathtaking views, right

on route, breakfast available - 2036 East Coast Road, Stillwater - P: 021 21 21 395 – E: bookings@silverdalelodge.co.nz

Potential Hazards

- Poisons & traps at Wenderholm Regional Park
- Tides, waves & rivers - safer at low tide - better to paddle (SOBO) on outgoing tide, or (NOBO) incoming tide
- Water - wear a lifejacket.

Requirements

- Keep to the track
- Respect private land
- No dogs allowed at Wenderholm Regional Park
- No firearms

Amenities (Start)

- Full range of amenities in Puhoi
- Car park
- Picnic area
- Toilets
- Shop
- Phone



Wenderholm to Stillwater

(Map 025)

Northern Start	Wenderholm Regional Park, Hibiscus Coast
Southern End	Stillwater Boating Club, Stillwater
Distance	24.5km
Time	1 day
Tramping Standard	Mixed grade

Route

Wenderholm to Orewa Estuary - 11.5km / 3hr

Low Tide Route only

From the Puhoi River boat ramp at Wenderholm Regional Park, follow the sealed carpark road south-east for 200m to the Park's Information Board. Here, a map of the Park is displayed. Walk through the grounds of the historic Couldrey House to join the Perimeter Track (clockwise over the headland is the most picturesque and has great views). Exit it by the Waiwera Bridge on the Hibiscus Coast Highway. Cross the bridge & head down Waiwera Road to the beach. Arrange your walk so that you reach here about half an hour before low tide.

At low tide, it is an easy walk and rock hop around rocks and beaches to Hatfields Beach.

At the southern end of the beach, take the public walkway steps up to Ocean View Rd & follow the walkway signs south via footpaths back out to the HBC Highway. Just over the hill to the south is Lookout Point and the most fantastic view down Orewa Beach – a great sight no matter what the weather.

Note - It is possible to continue around the rocks from Hatfields to Orewa at low tide but you'd miss the view.

Continue down the hill & walk through Arundel Reserve to Orewa Beach. About 1.5km south is the Orewa Beach Shopping Centre. (Orewa Beach is approx 3km long in total).

Requires an outgoing tide- check tides at www.niwa.co.nz/our-services/online-services/tides

Orewa Estuary to Stillwater - 13km / 3hr

From the southern end of Orewa Beach, follow the path to the bridge over the Orewa River.

At the S end of the bridge take the path down next to the bridge and turn West underneath the bridge onto Te Ara Tahuna - the Orewa Estuary walkway.

Follow Te Ara Tahuna approx. 2.5km to the intersection of Longmore Lane and Millwater Parkway then turn S for 1km.

Turn right/S at the intersection of Millwater Parkway and Silverdale St. On your left is the Silverdale Centre with shops that include a supermarket, food outlets, outdoors shop and pharmacy. To your right a couple of banks (with ATMs), fast food outlets, butcher and greengrocer.

Continue on Silverdale St to the intersection with Hibiscus Coast Highway where an underpass takes you safely under the road, and onto Tavern Rd (past the historic Wade Tavern), up the hill to Forge Rd/East Coast Bays Rd.

Turn south onto East Coast Bays Rd and walk 2km to the intersection with Spur Rd. Turn east onto Spur Rd and walk 1.4km

where it leads into Duck Creek Rd and continue a further 5km on Duck Creek Rd to the Stillwater Boating Club where the next track commences.

Other Information

Wenderholm Regional Park

General Information

For more information on [Wenderholm Regional Park](#) or contact the Auckland Council on P: 09 366 2000.

Silverdale Hilltop Lodge

Silverdale Hilltop Lodge (www.silverdalelodge.co.nz) Beautiful rooms or pitch your tent in the garden, breathtaking views, right on route, breakfast available - 2036 East Coast Road, Stillwater - P: 021 21 21 395 – E: bookings@silverdalelodge.co.nz

Waiwera

Accommodation

There is no longer any accommodation in Waiwera - the options you have are Schischka campground in Wenderholm Regional Park (north) or hostel/motel/campground accommodation in Orewa (south).

Resupply

[Waiwera minimart](#) - 2 Waiwera Rd. Waiwera - P: 09 426 1470

Orewa Estuary to Stillwater

Accommodation en route:

[Pillows Lodge](#) - Dorm (bunks) and rooms - 412 Hibiscus Coast Highway, Orewa - P: 09 426 6338 - E: pillows.lodge@xtra.co.nz

Silverdale Bed and Breakfast - 41 Whangaparaoa Rd, Silverdale (600m off the Te Araroa route) - [Apartment](#) - [Studio](#) - [Caravan](#) - P: 09 4211460 - E: Seaside_BnB@xtra.co.nz

Resupply en route

[Silverdale Centre](#) - 61 Silverdale Street, Silverdale - P: 09 426 4716 - Includes Countdown Supermarket, pharmacy, outdoors store (Macpac), food outlets, The Warehouse, barber etc.

Stillwater

[Stillwater Heights Backpacker Retreat](#) - Duck Creek Rd, Stillwater - P: 022 1210120 (Jeff) or use links to book. \$25 for tentsite or open air shack. [Private room](#) available.

Stillwater Motor Camp - 2 Duck Creek Rd, Stillwater - P: 09 424 7518

[Kereru Cottage](#) - Stillwater Cres - P: 021 832358 (Lisa)

Potential Hazards

- Vehicles on road or track Take extreme care on East Coast, Spur and Duck Creek Rds heading to Stillwater
- Poisons & traps at Wenderholm Regional Park
- Tides, waves & rivers - safer at low tide

Requirements

- Keep to the track in Wenderholm Regional Park
- No litter
- No dogs allowed in Wenderholm Regional Park, and restrictions on beaches
- No firearms
- Wear hi-viz clothing/pack cover and don't use headphones

Amenities (Start)

- Car park
- Picnic area
- Toilets
- Basic camp site
- Duty ranger at Wenderholm Regional Park

Amenities (On Route)

- Full range of amenities in Orewa and Silverdale
- Carpark
- Picnic area
- Toilets

- Shop
- Phone
- Serviced Campsite
- Accommodation



Okura to Long Bay

(Map 025, 026)

Northern Start	Stillwater Boating Club, Stillwater
Southern End	Long Bay Regional Park, North Shore
Distance	8.5km
Time	3hr
Tramping Standard	Tramping track

Route

Low tide estuary crossing - check the best times for walking on - www.niwa.co.nz/our-services/online-services/tides

Caution: you need to make your own water safety assessment - based on the amount of recent rain, tides, currents, waves and your own confidence in the water.

Low tide route

From the jetty or ramp near the Stillwater Boating Club (Tel: 09 428-2185), walk to the eastern end of Duck Creek Rd to the start of DOC's Okura Bush Walkway. Follow this track around the coast, past the historic Dacre Cottage to Dacre Point. At low tide, it is possible to leave the track and walk out right out on the spit. It is possible to wade across the Okura Estuary at low tide (roughly hip-deep at the 4th white marker in from the river mouth) across to the SW end of the cliffs. Taking a wider arc across the estuary mouth should enable you to follow the bar around and avoid the deeper channel, however use your judgement and common sense no the day. Once across the estuary, dry off & veer around the SW end of the cliffs and up into the Long Bay Regional Reserve. Pick up the coastal track that heads SE to the Long Bay. (Note: This track does pass Pohutukawa Bay - a male nudist beach).

At higher tides or if you don't want to get wet, you'd be advised to continue on the Okura Bush Track until you reach a spit with a shallower crossing to the ramp at the end of Okura River Rd. Follow this road to the East Coast Bays Rd, turn south then NE onto Glenvar Rd. Follow this road all the way down to Long Bay Regional Park.

Alternatively, follow the Okura Bush Track all the way to its end at Haigh Access Rd, head out on Haigh access Rd to East Coast Bays Rd and turn left/south to walk to Glenvar Rd. Take extreme care walking on East Coast Bays Rd as it is a high-volume road with traffic moving at speed.

NO dogs at Long Bay Regional Park

Dog restrictions apply on the beaches

Other Information

Long Bay

General Information

Please note there is NO camping or accommodation at Long Bay Regional Park

For more information on [Long Bay Regional Park](#) / [DOC Long Bay Okura Marine Reserve](#), 2000 Beach Road, Long Bay or contact Auckland Council on P: 09 301 0101. Duty Ranger 24/7. Pedestrian access - Open 24 hours, Summer gate opening times: 6am - 9pm (Daylight saving), Winter gate opening times: 6am - 9pm (Non daylight savings)

Local transport

For bus transport to/from Long Bay Regional Park,
[Auckland Transport](#) - P: 0800 103080 or 09 366 6400

Supply

Snack kiosk is open only in Summer.

Potential Hazards

- Poisons & traps
- Tides, waves & rivers - safer at low tide Take extreme care crossing Okura Estuary - dead low tide only
- River crossings - Never cross flooded rivers
- Track exposed to sun, wind or cold

Requirements

- Keep to the track
- Respect private land
- No litter
- No dogs at Long Bay Regional Park. Dog restrictions on beaches.
- No firearms
- No taking plants
- No camping

Amenities (Start)

- Roadside parking only
- Car park
- Picnic area
- Toilets
- Accommodation

Amenities (On Route)

- Toilets - long drop at Dacre Cottage



North Shore Coastal Walk

(Map 026, 027)

Northern Start	Long Bay Regional Park, North Shore
Southern End	Devonport
Distance	23.5km
Time	6-7hr
Tramping Standard	Walking track

Route

All-tide route follows cliff top tracks, pedestrian shortcuts, steps and footpaths. After heavy weather events, some parts can be affected so follow marked alternatives or self-navigate the streets.

Long Bay to Torbay

From Long Bay, near Marine Education Recreation Centre at the bottom of Beach Road, head up the Oneroa Track to Cliff Road. Go down Cliff Road to Rewi Street, turn left into Rock Isle Road, right into Waiake Street, left onto Beach Road and head down to Waiake Beach (Torbay).

Torbay to Browns Bay

Walk along the Waiake beachfront at Torbay, go up Beach Road a little way and turn left into Sharon Road. At the end of Sharon Road, follow the Lotus Walk down to Manly Esplanade and Browns Bay Beach.

Browns Bay to Rothesay Bay

At the southern end of Browns Bay Beach follow the concrete path to the footbridge, which leads round onto the North Shore City Cliff Top Walkway, up the steps to Beechwood Road, past Dan Jones Bluff and down to Rothesay Bay.

Rothesay Bay to Murrays Bay

Coming out of the Cliff Top Walkway at Rothesay Bay, follow the path across the footbridge, through the reserve, and up into Rothesay Bay Road. From there turn left into Churchill Road, and just before the road curves right, head down Gumdiggers Trail and onto the Cliff Top Walkway, to emerge on Murrays Bay Reserve.

Murrays Bay to Mairangi Bay

From the reserve at the northern end of Murrays Bay, walk along the beachfront and then up the steps to the Cliff Top Walkway at the southern end of the beach. This leads up and over, to come out on Mairangi Bay beachfront.

Mairangi Bay to Campbells Bay

From Mairangi Bay Beach head up Forde Way to Whitby Crescent. Turn left into Whitby and a little way along find Te Araroa signs pointing up Sea Dog Alley to View Road. Head left down View Road until you reach the Possum Ladder track on the left. This will take you down to Campbells Bay.

Campbells Bay to Castor Bay

Walk along Campbells Bay Beach, and up Huntly Road to Beach Road. Stay on Beach Road as far as JF Kennedy Memorial

Park. Go through the park to the eastern edge and follow the track through to Rahopara Historic Reserve. From here take the path down to Castor Bay Reserve.

Castor Bay to Milford

From The Esplanade at Castor Bay there is no access, at any time of the tide, around the beach to Milford. Wairau Creek cannot be safely forded.

At the southern end of Castor Bay Esplanade turn right along the concrete path, and follow it left to climb the steps between the houses, emerging on Beach Road at the top of the hill. From there go down to Inga Road, and across the footbridge over Wairau Creek, through the reserve and onto Milford beach.

Milford to Takapuna

You can walk all the way along the beach and rocks from the northern end of Milford Beach to the southern end of Takapuna Beach. Between Milford Beach and Takapuna Beach the route follows the North Shore City heritage trail Takapuna – Milford Walk and crosses private property thanks to the owners' goodwill. Please respect the environment and the privacy of local residents, and do not trespass on private property outside the described route. The pathway in this area is not properly constructed so please take care. Neither North Shore City Council, Te Araroa Trust, nor the private property owners accept any responsibility for any loss, damage or injury to you or your property arising from your use of this walkway.

Takapuna to Devonport

From the southern end of Takapuna Beach, head up Clifton Road to Lake Road. Walk down past Takapuna Grammar School and Belmont Intermediate School, turn left into Winscombe Road, and then right along Seacliffe Avenue and Hamana Street. At Old Lake Road, turn left to reach Narrow Neck Beach. From the southern end of the beach follow Vauxhall Road up and over, down to Bath Street on your left. At Bath Street turn left to reach Cheltenham Beach and walk along the sand as far as Cheltenham Road.

You may leave the beach at Cheltenham Road, and walk straight through to Devonport, or you may go to the end of the beach and up North Head to come down Takarunga Road. Then head left along King Edward Parade to finish at Devonport Wharf.

From here, you can catch a Fullers ferry to link with the next stage of Te Araroa, Auckland's coast to coast walk.

Caution: Parts of the signed route are very steep. There are steps and narrow grassy tracks which may become slippery in wet weather.

At low tide only: check tide times on - www.niwa.co.nz/our-services/online-services/tides

It is possible to walk almost all the way on the shoreline, but Auckland Council does not recommend this route. Rocks may be very slippery and unstable underfoot. Because high sandstone cliffs are subject to sudden rockfalls, please keep at least 10 metres out from the cliffs.

You will need to take careful note of the time of low tide, as there are several points where you can be cut off by the rising water. If you want to walk the whole way during one low tide, prepare to do some wading. Alternatively, break the walk part way, and complete it at low tide the following day.

All walkers must come inshore between Castor Bay Esplanade and Milford Beach to cross Wairau Creek. There is no foreshore route between these two beaches. Wairau Creek cannot be safely forded at any stage of the tide.

If you are unsure of the state of the tide, please follow the signed all-tide route.

Follow [this link](#) for a printable map of the route.

Dog restrictions apply on the beaches.

Other Information

North Shore (Auckland)

Background Information

Te Araroa traverses 10 cities en-route. The North Shore Coastal Walk was Te Araroa's first fully marked up urban section.

Signage: Te Araroa logos, markers on posts, and small Council-Te Araroa fingerboards on poles mark the all-tide route.

Terrain: A mix of suburban footpath, steep paths and steps, with some slippery and uneven surfaces and unstable rocks.

Equipment: Wear comfortable clothes and strong walking shoes, carry water, snacks, raincoat, sunscreen and hat

General Information

[Long Bay Regional Park](#), 2000 Beach Road, Long Bay. Duty Ranger 24/7. Pedestrian access - Open 24 hours, Summer gate opening times: 6am - 9pm (Daylight saving), Winter gate opening times: 6am - 9pm (Non daylight savings) For further information contact Auckland Council on P: 09 301 0101

For local assistance (in/around Campbells Bay), please contact Rob Howe 027 6922674.
Rob has walked most of the Trail between Cape reinga and Hamilton and is happy to advise/assist as he can.

Local transport

For bus transport to/from Long Bay Regional Park

[Auckland Transport](#) for bus or train information - P: 0800 103080 freephone or 09 366 6400

[North Shore Taxis](#) - P: 09 488 8000

[Fullers Ferries](#) - passenger ferry runs between Devonport Wharf and Auckland CBD. The trip takes 12 mins and generally departs every half hour - check the timetable. P: 09 367 9111

Accommodation en route

[YHA Auckland International](#), 5 Turner St, Auckland - P: 09 302 8200 - E: aucklandinternational@yha.co.nz

[YHA Auckland City](#), 18 Liverpool St, Auckland - P: 09 309 2802 - E: aucklandcity@yha.co.nz

[Browns Bay Olive Tree Motel](#) - 24 Glencoe Rd, Browns Bay - P: 0800 002486 or 09 9294616 - E: contact@olivetreemotel.com

[North Shore Motel & Holiday Park](#) - camping, cabins and motels - 52 Northcote Rd, Northcote - P: 09 418 2578 or 0508 90 90 90 freephone - E: info@nsmotela.co.nz

[Takapuna Beach Holiday Park](#) - 22 The Promenade (north end of Takapuna Beach) - P: 09 489 7909 - Campsites, caravans, motel & cabins

[Devonport Motel](#) - 11 Buchanan St, Devonport - P: 09 445 1010 - E: anne@devonportmotel.co.nz

Also, throughout this section there is a wide range of a variety of accommodation available.

[Karin's Villa](#) - 27 Clarence St, Devonport - P: 09 4458689 - E: stay@karinsvilla.com

B&B accommodation with free internet and laundry.

Short detour to Browns Bay Village

A range of shops including supermarket, cafes, banks and a pharmacy

Short detour to Mairangi Bay Village

A range of shops including supermarket, cafes, banks and a pharmacy

Short detour to Milford township

A range of shops including supermarket, cafes, banks and a pharmacy

Short detour to Takapuna township

A range of shops including supermarkets, cafes, banks and pharmacy's.

Short detour to Devonport township

A range of shops including supermarkets, cafes, banks and pharmacy's.

Devonport i-SITE Visitor Information Centre - Devonport Wharf, Devonport P: 09 3659906

Resupply

[New World Supermarket](#) - Local store locations

[New World Supermarket](#) - 2 Inverness Road, Browns Bay - P: 09 478 8057

[New World Supermarket](#) - 35 Bartley Terrace, Devonport - P: 09 445 1217

[Countdown Supermarket](#) - Milford Shopping Centre, 24 Milford Rd, Milford - P: 09 255 2445

[Countdown Supermarket](#) - Cnr Anzac & Clyde Roads, Browns Bay - P: 09 255 9662

[Countdown Supermarket](#) - 3 Ramsgate Terrace, Mairangi Bay - P: 09 255 2392

[Countdown Supermarket](#) - Barry's Point Road, Takapuna - P: (09) 255 2423

Auckland

Background Information

Auckland with its 65 island in the Hauraki Gulf, is governed by Auckland City Council, which has within its jurisdiction the largest population of any local authority in the country. Auckland is ethnically diverse, containing some 181 ethnic groups, in marked contrast to other parts of New Zealand.

Auckland boasts landscapes shaped by a volcanic field, its two harbours, 600 years of Maori occupation, and some farsighted colonists.

The Auckland isthmus is New Zealand's narrowest neck of land, never more than nine kilometres from north to south and less than 2 kilometres east to west. Given the distance, Maori used these as canoe portages, from the Waitemata Harbour and Pacific Ocean on one side, to the Manukau Harbour and Tasman Sea on the other.

In 1840, New Zealand's first Governor, Captain William Hobson, acquired some 3000 acres of Isthmus land from the Nagti Whatua chiefs, a triangle whose base stretched some 12 kilometres along the Waitemata southern shore and whose apex was the summit of Maungawhau (Mt Eden).

Aside from the colonial governors, the best known early Aucklanders were the Scot, John Logan Campbell. An adventurer and one of the first Auckland settlers, he became the city's most prominent businessman and mayor. He gifted Cornwall Park to the people of Auckland, with the park still run by a trust he helped to establish. The Araroa passes by a statue of Campbell in that park. His grave, with the Latin inscription - si monumentum requires circumspice - "if you want a memorial, look about you" - is on the summit of Maungakiekie/One Tree Hill.

Potential Hazards

- Vehicles on road or track - take care when walking in urban areas
- Tides, waves & rivers - safer at low tide
- Track exposed to sun, wind or cold

Requirements

- Respect private land
- Dog restrictions on beaches.

Amenities (Start)

- Car park
- Picnic area
- Toilets
- Shop - Kiosk in summer; restaurant operating all year.
- Duty Ranger 24/7

Amenities (On Route)

- Full range of amenities
- Carpark
- Picnic area
- Toilets
- Shop Cafes, dairies & nearby shopping centres
- Phone
- Accommodation
- Bus stops



Coast to Coast Walkway

(Map 027)

Northern Start	Ferry Terminal, Quay Street, Auckland CBD
Southern End	Onehunga Bay Reserve, Beachcroft Ave
Distance	14km
Time	4-5hr
Tramping Standard	Walking track

Route

The hike that defines Auckland (just follow [this link](#) to a printable route map):

Please follow the map and signage in exploring the Auckland Isthmus. You proceed roughly as follows:

- Cross Quay St onto Queen St
- Customs St East
- Emily Place
- Princes St
- Auckland University - www.auckland.ac.nz
- Alfred St
- Grafton Rd
- Auckland Domain
- Auckland War Memorial Museum (adjacent to the route)
- Park Rd
- Mountain Rd
- Clive Rd
- Mt Eden Domain
- Owens Rd
- Cecil Rd
- Epsom Ave
- Through the Auckland College of Education
- St Andrews Rd/Melville Park
- Cross Gillies Ave to Kimberley Rd
- Cross Manukau Rd and park to Puriri Drive
- Cross Greenlane West Rd to Cornwall Park
- Pohutukawa Drive and Olive Grove and up to One Tree Hill summit
- Exit onto Haydn Ave then onto Manukau Rd and south through the Royal Oak roundabout
- Continue on Manukau Rd (this leaves the Coast to Coast Walkway temporarily) and through Jellicoe Park
- Grey St
- Quadrant Rd
- Arthurs St, and down a green corridor
- Onehunga Bay Reserve, across the bridge to Orpheus Drive

The Isthmus

Auckland has long been known as Tamaki Makaurau - the spouse desired by a hundred lovers." All who saw it for its fertile volcanic slopes sheltered fishing sites and access to the greatest waterway in New Zealand, the Waikato River, desired it.

The Coast to Coast walk takes you through landscapes shaped by 600 years of Maori occupation, and through some of our

finest natural and built heritage areas - woodland settings, windswept hills, charming parks and gardens, captivating architectural treasures, and fascinating geological landforms - all offering glimpses of times gone by. You will also experience panoramic views stretching across Auckland city and the region. Most impressive is the vista of Auckland's waterfront playground, the Hauraki Gulf, including the distinctive cone shape of Rangitoto Island.

The Auckland isthmus is New Zealand's narrowest neck of land, never more than nine kilometres from north to south and less than two kilometres east to west. Given the distance, Maori used these as canoe portages, from the Waitemata Harbour and Pacific Ocean on one side, to the Manukau Harbour and Tasman Sea on the other.

Trail viewpoints also show:

To the North - the waters of the Waitemata Harbour, the islands of the Hauraki Gulf and the 600-year-old symmetrically-shaped shield volcano, Rangitoto.

To the Northeast - an old volcanic chain, the Coromandel Range.

To the East - the uplifted greywacke bulk of the Hunua Ranges.

To the South - the more gentle rise of the Bombay Hills, another old volcanic field.

To the West - the remnants of a once-mighty volcanic chain, the Waitakere Range.

To the Southwest - the vast Manukau Harbour.

The Volcanoes

Regarded as still active, Auckland's volcanic field is geologically young, having produced mainly small-sized cones. Its pocket-sized volcanoes first erupted through the underlying isthmus rock over 50,000 years ago.

The Coast to Coast walkway passes five volcanic sites.

Albert Park, now a green shoulder of the Central Business District, is a small, now barely-recognisable volcano. The Domain volcano retains its central scoria cone, called Pukekaroa, and the smooth encircling mound from its initial eruption - the tuff ring. The walkway crosses the scoria cone and exits over the tuff ring to sidle past an adjacent scoria cone at Outhwaite Park.

Many rock walls made from the extracts of the old lava flows shape the trail's approach to Maungawhau (Mt Eden). To see a remnant of the old field and its original forest cover, follow the detour marked on the map. The trail crosses Maungawhau summit, at 196 metres the highest summit in the isthmus. The summit crater is virtually unmodified.

Maungakiekie (One Tree Hill) has three craters, two breached and one intact. The Coast to Coast walkway passes over the 183 metre high summit.

The People

Fertile volcanic slopes, access to sheltered fishing sites, strategic command of land routes, access to sea routes on either coast, and to the greatest inland waterway in New Zealand (Aotearoa), the Waikato River, gave the isthmus its Maori renown. The Maori name, Tamaki Makau Rau - the spouse desired by a hundred lovers - reflects that renown. As they contended for control of the isthmus, the tribes reshaped the volcanic cones into formidable pa sites.

In 1840, New Zealand's first Governor, Captain William Hobson, acquired some 3000 acres of isthmus land from the Ngati Whatua chiefs, a triangle whose base stretched some 12 kilometres along the Waitemata southern shore and whose apex was the summit of Maungawhau (Mt Eden).

Aside from the colonial governors, the best-known early Aucklanders were the Scot, John Logan Campbell. An adventurer and one of the first Auckland settlers, he became the city's most prominent businessman and mayor. He gifted Cornwall Park to the people of Auckland, with the park still run by a trust he helped to establish. As the walkway enters the park, it passes a statue of Campbell. His grave, with the Latin inscription *si monumentum requiris circumspice* - "If you want a memorial, look about you" - is on the summit of Maungakiekie.

Auckland city, including 65 islands in the Hauraki Gulf, covers the largest land area (63,174 hectares) of the region's four cities. It is governed by Auckland City Council, which has within its jurisdiction the largest population of any local authority in the country.

Auckland is ethnically diverse, containing some 181 different ethnic groups, in marked contrast to other parts of the Auckland region and the country as a whole. [Click here for more information about our people in Auckland city.](#)

The Urban Landscape

A warm climate, good rainfall and generous property sizes have encouraged an urban forest of mixed native and exotic trees with gardens at their feet. Street and park planting's date back to the 19th century. The oaks, often grown from acorns from English estates, and the plane trees brought from London reflect the colonial heritage. The distinctive pinnate shape of the Norfolk pines reflects Auckland's sea-route beginnings - brought to early Auckland in tubs and sold by sailors. Many native trees also prevail in the parks.

The city's early merchants built grand verandahed villas in Princes Street, establishing what would become, alongside the later bungalows, a prevailing architectural pattern.

Native birds include the iridescent blue kingfishers (kotare), fantail (piwakawaka), and tui - distinguished by a white throat tuft and a melodious call, and the large wood pigeon (kereru).

Whau trees, whose wood are as light as balsa and were once used by Maori for net floats, still grow on Maungawhau (the hill of

the whau tree). The trail passes a small forest of Totara and Rimu on the old volcano's southern slopes and Cornwall Park's many native trees include an avenue of Puriri, which the trail follows, and a young kauri grove. You will see introduced bird species en route, including the sparrow, blackbird, the thrush and rock pigeons in the parks. Sizeable grassy areas attract the large black and white magpie and the bright green and red rosella, both Australian immigrants.

Other Information

Auckland

DOC Visitor Centre

Shed 19, Princes Wharf - adjacent to "The Crab Shack" and overlooking the ferry terminal. Hut passes, booking advice and plenty of information and advice available.

General information and map

<http://www.aucklandcouncil.govt.nz/en/parksfacilities/walkingtracks/pages/coasttocoast.aspx>

Places of interest en route

- Auckland University - www.auckland.ac.govt
- Auckland Domain - www.aucklandcity.govt.nz/whatson/places/parks/domain.asp
- Auckland War Memorial Museum - www.aucklandmuseum.com
- One Tree Hill & Cornwall Park - www.cornwallpark.co.nz
- Stardome Observatory - www.stardome.org.nz

Local transport

[Auckland Transport](#) for bus or train information

Accommodation

There is a wide variety of accommodation available throughout this section including:

Te Araroa preferred hostels (in Auckland CBD)

[YHA Auckland International](#), 5 Turner St, Auckland - P: 09 3028200 - E: aucklandinternational@yha.co.nz

[YHA Auckland City](#), 18 Liverpool St, Auckland - P: 09 3092802 - E: aucklandcity@yha.co.nz

[Scotty's Hostel](#) - 202 Onehunga Mall, Onehunga - P: 09 622 3266

Detour to Newmarket Shopping Centre

Includes a range of shops, supermarket, cafes, banks, pharmacies

Detour to Onehunga Shopping Centre

Includes a range of shops, supermarket, cafes, banks, pharmacies

Potential Hazards

- Vehicles on road or track Take care crossing roads - use crossings where possible
- Farming operations Take care around livestock in Cornwall Park

Requirements

- Respect private land
- Dogs on leash only in Cornwall Park

Amenities (Start)

- Full range of amenities
- Accommodation YHA Auckland International and YHA Auckland City - see above

Amenities (On Route)

- Full range of amenities



Onehunga to Puhinui

(Map 028)

Northern Start	Onehunga Bay Reserve, Beachcroft Ave
Southern End	Puhinui Reserve, Price Rd
Distance	25km
Time	6-7hr
Tramping Standard	Walking track

Route

From the end of the Coast to Coast at Onehunga Bay Reserve head southeast through the Reserve to cross the four-lane Hugh Watt Drive on a foot bridge to Orpheus Drive. Follow Orpheus Drive east along the Manukau foreshore until opposite the Airport Harbour View Motel where it heads onto the old Mangere Bridge. The piles of the old bridge were founded on a lava crust from nearby Mangere Mountain, and over the years the bridge footings broke through that crust and sank slightly. As a result it's bike and foot traffic only here, and it's a favourite local fishing spot.

Once you've crossed the Manukau Harbour on the bridge, head west along Kiwi Esplanade, following the coastal margin for 3km to Ambury Regional Park. Follow the marked track around the edge of the paddocks near the shore. You'll see the Ambury Regional Park headquarters, including a ranger's house, and a fairly basic campground - fresh water on tap, loos, and a barbeque. Forward bookings are essential for this campground, see [this link](#) for more information.

Mangere Foreshore Track - 9km / 2.5hr

Exit through the kissing gates that mark the Ambury Regional Park's SW boundary. *Cameron the draughthorse is the main resident on this stretch.*

Beyond the kissing gates you'll see the first signage of the Mangere Foreshore track, opened in 2005 as part of Watercare's Manukau foreshore rehabilitation.

2.5km later, you pass the Mangere Lagoon, part of the Auckland volcanic field. In the 1960s, earthworks for the Mangere Sewage Works sludge ponds in the lagoon damaged the scoria cone at the centre of this explosion crater, and the crater itself. The sewage works handled Auckland's waste for 40 years. Its sludge ponds stood on this shore, and its oxidation ponds webbed the sea on the right-hand side of the track all the way out to Puketutu Island.

Walk on another kilometre and you'll see version 2 of the old sewage works, Watercare's Wastewater Treatment Plant, opened in 2003. Thirteen hours processing by clarifiers and ultra violet radiation now treats what used to take, by sludge settlement and oxidation, 21 days. These days the sterile solids are trucked away, and the sterile fluids are released on the outgoing tide at the rate of 25 tonnes a second, Auckland's biggest river.

As Watercare decommissions some of the old treatment systems, they have embarked on a project to rejuvenate the area and nurture the abundant birdlife. The Te Araroa route goes around one of these areas - past the main Watercare works and offices turn right/west next to the canal then turn again left/south past the bird roost and continue past the restored area.

Across the Oruarangi Creek pedestrian bridge, a galvanised gate lets you onto a nicely gravelled path that leads past a bird hide, and past white-shell beaches. The overall walk features two bird hides, and you'll pass roost islands that host godwits, lesser knots, wrybills, spoonbills and the distinctive red at-arms slope of the oyster-catchers' bright bills.

By now the Otuataua Stonefields are in sight - a good, emphatic, heaped finish. Volcanic vents once effervesced here, and Maori moved in later to trap the sun's warmth, piling up these stones and expanding their kumara-growing season. The Maori garden mounds, the storage pits, and the drystone walls of later Pakeha farmers are still prominent in this area.

Head through a galvanised gate into the Stonefields, and various paths wind through the old remnants of a previous culture.

From the Otuataua Stonefields, exit onto Ihumatao Quarry Road and follow SE, turn right into Oruarangi Road, left/E into Ihumatao Road for 3 kms. Turn right/S into George Bolt Memorial Drive for 1km, and past the Airport Shopping Centre (and the Airport to the south). Turn left/E into Tom Pearce Drive, and follow it for 1.5 km as it turns south. Turn left/E onto Puhinui Rd and follow it for 3kms. Turn right into Price Road. Follow Price Road for 1km down to Puhinui Reserve.

Other Information

Onehunga

Accommodation en route

[Airport Harbour View Motel](#) - 6 Onehunga Harbour Rd, Onehunga - P: 09 634 5300 - E: stay@airportharbourview.co.nz

Mangere Bridge Village

General information

For information log onto - www.mangerebridge.co.nz

Local transport

[Auckland Transport](#) for bus or train information - P: 0800 103080 freephone or 09 366 6400

Accommodation

[Mangere Bridge Homestay](#) - 1 Boyd Ave, Mangere Bridge - P: 09 636 6346 - E: mangerebridgehomestay@xtra.co.nz

[Mountain View B & B](#) - 85a Wallace Rd, Mangere Bridge - P: 09 636 6535

[Ambury Regional Park Campground](#) - 43 Ambury Road Mangere Bridge - P: 09 366 2000 - E: info@arc.govt.nz - forward bookings essential.

Resupply

[Bridge Mini Mart](#) - 21 Coronation Rd - P: 09 636 9645

[Mangere Bridge Fruit Supplies](#) - 38 Coronation Rd - P: 09 622 1292

[Mangere Bridge Super Value](#) - 40 Coronation Rd - P: 09 636 8424

Accommodation en route

[Airport Harbour View Motel](#) - 6 Onehunga Harbour Rd, Onehunga - P: 09 634 5300 - E: stay@airportharbourview.co.nz -

Auckland Airport

Resupply en route

[Countdown Supermarket](#) - P: 09 256 2128 - The Airport Shopping Centre - Cnr George Bolt Memorial Drive (the main road access to the airport) & John Goulter Drive -

Getting there/away

[Air New Zealand](#) - International and domestic flights from Auckland Airport - P: 0800 737 000 freephone or 09 357 3000

[InterCity](#) - P: 09 583 5780 - E: info@intercity.co.nz

[Northliner Express Coach Service](#) - P: 09 307 5873

[Naked Bus](#) - P: 0900 62533 (calls cost)

Accommodation

Many options are available at a variety of levels including:

[YHA Auckland City](#), 18 Liverpool Street, Auckland Central, Auckland - P: 09 309 2802 E: aucklandcity@yha.co.nz

[YHA Auckland International](#), 5 Turner Street, Auckland P: 09 302 8200 E: auckland@yha.co.nz

[Airport Skyway Lodge](#) - 30 Kirkbride Rd, Mangere - P: 0800 726 880 freephone or 09 275 4443 - E: skyway@ihug.co.nz - (backpackers/motel/airport transfers)

[Auckland Airport Kiwi Motel](#) - 144 Mackenzie Rd, Mangere - P: 0800 991 885 freephone - includes restaurant, continental breakfast, free 24 hour shuttle to/from airport, free car parking for up to 14 days

Local transport

[Auckland Transport](#) - for bus or train information - P: 0800 103080 freephone or 09 366 6400

[Auckland Co-op Taxi Society](#) - P: 09 300 3000 - E: info@cooptaxi.co.nz

[Alert Taxi](#) - P: 09 309 2000 - www.alerttaxi.co.nz

[Shuttle Bus](#) - P: 09 275 8888 - E: info@shuttlebus.co.nz

[Super Shuttle](#) - P: 0800 748 885 or P: 09 522 5100

Potential Hazards

- Vehicles on road or track Take care crossing roads, especially around airport
- Farming operations
- Open drains
- Track exposed to sun, wind or cold

Requirements

- Respect private land
- No dogs in Ambury Park

Amenities (Start)

- Car park
- Picnic area
- Toilets

Amenities (On Route)

- Full range of amenities Auckland Airport Shopping Centre
- Carpark
- Picnic area
- Toilets
- Shop
- Standard Campsite Ambury Park



Puhinui Stream Track

(Map 028, 029)

Northern Start	Puhinui Reserve, Price Rd
Southern End	Totara Park, Wairere Road
Distance	9.5km
Time	3hr
Tramping Standard	Tramping track

Route

At the end of Price Road, you'll see a stile across the fence into the reserve. Head across the reserve to a gate in the NE corner (the row of trees on your left intersects the reserve at that point). Join the gravel path there and continue north alongside the Puhinui Stream.

Crossing the footbridge, continue upstream, now on the Puhinui's true left bank. Leave the stream at Aerovista Place. Turn right out of Aerovista into McLaughlins Rd, then left into Vogler Drive to the junction with Roscommon Rd. Turn right and follow Roscommon Rd until the traffic lights.

Turn left off Roscommon Rd into Wiri Station Rd. Follow this road about 2.5 kms to its junction with Lambie Drive and Druces Rd. Diagonally across the intersection, the Puhinui Stream track opens up again. Follow it through to meet up with Kerrs Rd.

Follow Kerrs Rd east up to Great South Road, turn right down Great South Road for 400ms to where the Puhinui Stream goes underneath. Take the pedestrian underpass to the true right-hand bank of the Puhinui Stream and follow this very impressive track (opened 2012) right up and underneath the Southern Motorway into the Auckland Botanic Gardens.

Te Araroa is signposted through the Gardens to Wairere Road, though if interested a short deviation will take you to the Visitor Centre and/or Cafe Miko near the Botanic Garden Entrance.

Other Information

Puhinui Stream Track

General Information - 1km detour from main trail;

[Miko Café & Visitor Centre at the Auckland Botanic Gardens](#) - 102 Hill Rd, Manurewa - P: 09 269 3407

Local transport

Bus stops on Hill Rd,

[Auckland Transport](#) - for bus or train information - P: 0800 103080 freephone or 09 366 6400

Resupply en route - 11km detour from main trail

Westfield Mall - Cnr Geat South & Wiri Station Rds, Manukau

Full range including supermarkets, shops, café, banks and pharmacies available

Potential Hazards

- Vehicles on road or track - take care in urban areas
- Few water sources recommended not to drink from Puhinui Stream

Requirements

- Keep to the track
- Leave gates as you find them
- No firearms

Amenities (Start)

- Car park

Amenities (On Route)

- Full range of amenities nearby in Manukau City
- Roadside parking only



Totara Park to Mangatawhiri River

(Map 029, 030)

Northern Start	Wairere Road, Totara Park
Southern End	End of McNicol Rd, Clevedon
Distance	26km
Time	7-8hr
Tramping Standard	Mixed grade

Route

Exit the Botanic Gardens into Wairere Rd, and follow it to its end. Turn right/southwest into Hill Rd and follow that down 300m to a three-way roundabout. Turn left/southeast into Stratford Rd, for 600m to a large roundabout intersection.

The bypass start here for 36.5 km in a direct line to return to the trail through urban areas as much as possible for footpaths. Turn right/southeast into Ranfurly Rd. Head along Ranfurly Road for 150 metres and turn left into Porchester Road. Follow Porchester Road for 5 km until it bends left into Ingram Street. Take the first right into Pictor Street, cross the five way junction/roundabout South into Marne Road. Turn right into Settlement Road, cross over the railway then after 650 metres turn left into Great South Road. You will pass historic Kirks Bush Scenic Reserve on the right/west.

Follow Great South Road for 3.7 km to the roundabout in Drury, turn left into Waihoehoe Road and cross over the Main Trunk Railway. This is the end of the footpaths. Turn right into Fitzgerald Road and follow for 3 km. It will merge with Drury Hills Road, rename as Ramarama Road and pass the quarry on the left.

Turn left into Willow Road and right into Davies Road. Cross the intersection into Maxted Road. Turn right into Matthew Whitford Drive across the intersection into Barber Road, right into Papparata Road, veer right into Pinnacle Hill Road after 2.5 km. Follow Pinnacle Hill Road for 6.5 km to meet State Highway 2.

Turn left/east along the State Highway for 2.5 km until you cross a bridge over the Mangatawhiri River. Cross the road on to the stopbank on the southeast side of the river. You are back on the normal trail at km 690.5

Other Information

En route

Accommodation

Applaud Bed and Breakfast - check it out on booking.com - or text Robert on 0274 928 965 - Homestead for a bed and room for tents - plenty of showers and hot water!! - FREE WIFI

Ramarama Country Caravan Park - 25 Ararimu Rd - One person is \$23 and \$8 for an extra person. Their ph is 092948903

Potential Hazards

- Vehicles on road or track Take extreme care on Brookby Rd, Twilight Rd and Kimptons Rd

- Poisons & traps
- Farming operations
- Few water sources

Requirements

- Keep to the track
- Respect private land
- Forestry operations - Track may be closed occasionally
- No dogs
- No horses
- No firearms
- No fires in forest
- Wear hi-viz clothing/pack cover and don't use headphones

Amenities (Start)

- Car park
- Picnic area
- Toilets

Amenities (On Route)

- Roadside parking only



Mangatawhiri to Mercer

(Map 031, 032)

Northern Start	End of Lyons Rd, Mangatawhiri
Southern End	Skeet Rd, Mercer
Distance	17km
Time	5-6hr
Tramping Standard	Tramping track

Route

Follow Lyons Rd some 5.5km to SH2, turning right (W) onto Mangatawhiri Rd for the last 500m to SH2.

Keep well off the road shoulder on Mangatawhiri Rd and SH2 as these are extremely busy roads with a lot of traffic.
Head down the side of SH2 (no need to cross it) and cross a stile to take you under the bridge and onto the stopbank route.

Mangatawhiri River Track - 6.5km / 2hr

This track opens up a little-seen corner of New Zealand where you'll overlook from the stopbank, Dutch Polder-style agriculture. It follows the Mangatawhiri River from the SH2 bridge south-west to the exit at McIntyre Road.

Day trippers beware: SH2 is a fast highway. It is best to drive across the bridge and pull off the highway onto Mangatawhiri Rd, then make your way back on foot, below the road-bridge.

Follow the stopbank which is on the true left of the Mangatawhiri River – i.e. the left bank as you face downstream. There's one low-lying area about halfway along which may flood, but only in very wet weather. After a 5km walk down the stopbank you'll come to a drainage ditch about 10m wide. At this point the stopbank, and the track route, turns a right angle and follows the drainage ditch inland for about 1km before finishing at the McIntyre Road end, and a pump-station there for an Archimedes Screw which is part of the drainage.

If you want to see what this land was like before being modified, look across the drainage ditch and you'll see land run by the Auckland/Waikato Chapter of Fish and Game. It's natural swamp.

Mercer - 4.5km / 1.5hr

McIntyre Road is a little used road serving only a few houses. It has views across the Fish and Game swampland, and a relaxing shady section before it reaches the junction with Kellyville Road.

Note: after heavy rain and when the river is running high, this route may be under water - check conditions carefully and if water is high, use the Koheroa Bypass as an alternative.

After crossing the railway line follow the markers into the trees opposite and under the Southern Motorway bridge. Turn left/south and follow the marked route parallel to the motorway 1.5km to the Mercer Service Centre - where a petrol station, cafe and foodcourt are available for refreshments before you leave the Auckland region and enter Waikato.

Other Information

Getting to/from the end

The Auckland region conveniently ends at the Mercer Service Centre, SH 1, Mercer.

It is well serviced by long haul bus companies such as:

[InterCity](#) - P: 09 583 5780 - E: info@intercity.co.nz

[Northliner Express Coach Service](#) - P: 09 307 5873

[Naked Bus](#) - P: 0900 62533 (calls cost)

Accommodation

[Mercer Motel](#) - 2 Roose Rd, Mercer - P: 09 233 6555 - E: mercermotel70@gmail.com

Has motel units.

They also offer free campsites and showers/toilets for Te Araroa walkers.

Refreshments

Adjacent to the Mercer Motel is a tavern called Podge's Place with meals and refreshments.

Potential Hazards

- Vehicles on road or track
- Farming operations Occasionally farm animals. Also temporary electric fences (can be stepped over).
- Open drains
- Track exposed to sun, wind or cold
- Few water sources

Requirements

- Keep to the track
- Respect private land
- Open daylight hours only
- No dogs
- No camping
- No fires

Amenities (Start)

- Roadside parking only

Amenities (On Route)

- No amenities