



## Okura to Long Bay

(Map 025, 026)

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

### Route

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