Auckland Regional Trail Notes

Mangawhai to Pākiri

Last Edited: November 12, 2026 15:31:28 NZST

INTRO

Te Araroa section: Te Araroa's Auckland region begins at Mangawhai Heads, a popular holiday and surf destination accessible by road. From there, it is a long, scenic, beach walk to another holiday settlement of Pākiri

DESCRIPTION

Mangawhai Heads to Pakiri - 30km

From Mangawhai Heads carpark, follow the road to the walkway by 44 Wintle Street, which leads down to the estuary. Follow the estuary past a camping ground, two boat ramps and a grass carpark. Then immediately after a colourful toilet, head up wooden steps to a short clifftop walk past holiday homes and you will reach Robert Street reserve. Head inland now onto Wood Street, pass several shops, and then head left into Molesworth Drive. Immediately after crossing the estuary, the trail leaves Molesworth Drive to follow the Back Bay Boardwalk for 1km, bypassing a busy road to enjoy the coastal wetlands on a path built by local volunteers. The route returns to Molesworth Drive to continue until reaching Mangawhai Village. Then a right into Moir Street, left into Insley Street and across the estuary, then left into Black Swamp Road. Follow this road until reaching Pacific Road, which leads you through a forestry block to the beach and the next stage of Te Araroa.

Once on the beach, 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 Ārai Point. Track markings near Te Arai Point may be difficult to follow. Take extra care.

Once back on the beach, continue south for 12km (fording Poutawa Stream on the way). As you walk this beach, south of Poutawa Stream it is essential to stay below the mean high tide line to respect private property rights in this area which extend to the mean high-water mark.

Continue down the highwater of the beach to reach the river. This should be done within 90 minutes either side of low tide to ensure it's safe and possible. Check the tide chart here.

NOTE: Do not turn inland across the sand dunes before the river mouth. Continue along the highwater line until you can see the row of cabins at the holiday park. Once you are past the dunes and the dry sand nesting area aim for the last cabin on the right and walk across shallow estuary. It's normally knee deep. The spit is fenced off for the protection of Tara-iti nesting sites.

After crossing the wide estuary cross the small tidal steam and follow the short track along the holiday park fence line that will lead you up to Pākiri River Road.

Environment

This section of coastline is home to two of only four nesting sites for Tara-iti (NZ Fairy Tern). With just 40 adults in the wild and 9 breeding pairs, they are likely New Zealand's most endangered indigenous breeding bird. Nesting in a small scrape in the sand, these delicate sea birds are very vulnerable. Nest sites are roped off and signs erected to alert people to the area. If you see these sites, please keep clear and give them space. The constantly changing shape of the river mouth has eroded part of last season's preferred nesting area so the birds may be looking for a new site. Please respect any local signage or fencing and keep clear.

Department of Conservation staff and volunteers are on site during the breeding season raising awareness with people who use the beach.

To learn more about the efforts of DOC and their partners to protect Tara-iti, check out the links below:

The NZ Fairy Tern Charitable Trust

DOC - Tara-iti

CONDITIONS

No dogs allowed

Lower tide best: check best times for walking on Mangawhai Spit

Warning; when heavy rain & high tide coincide these rivers can be deep - never cross flooded rivers.

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

ECOLOGY AND ENVIRONMENT

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Department of Conservation staff and volunteers are on site during the breeding season raising awareness with people who use the beach.

To learn more about the efforts of DOC and their partners to protect Tara-iti, check out the links below:

The NZ Fairy Tern Charitable Trust

DOC - Tara-iti

ACCESS

Northern Start: Beach carpark, Wintle Street, Mangawhai Heads
Southern End: Beach access, Pakiri Beach

TRANSPORT

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

ACCOMMODATION

Mangawhai Heads

- 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

Mangawhai Village

- 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.
- Mangawhai Travellers Rest — 4 Insley St, Mangawhai Village (opp SuperValue) — P: 09 431 5389, 021 023 77242 (Alan/Lisa) — E: mangawhaitravellersrest@gmail.com — $20 per person inside, $15 per person camping, and a private room for two for $50 — Includes free wifi, recharging, shower and toilet.

Mangawhai Village Trail Hosts

- Mangawhai Camping - We have a basic cottage and tenting with water, electricity and toilet in our small orchard at the Mangawhai village close to Shops and food. Koha of $10pp appreciated. Call first please on Oh too one, 796 496. Your hosts - Mark and Kerry

Te Arai Point

- Car parking, toilets and picnic areas.
- 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.

Pākiri

- Pākiri Beach Holiday Park - 261 Pakiri River Rd, Pākiri P: 09 422 6199 E: info@pakiriholidaypark.co.nz. *Reception & Shop hours 9 am – 5:00 pm*. Limited numbers of camp sites available for TA walkers at a reduced rate of $20.00 per person per night with a maximum of 6 people. Tents must be within the site markers. Shared cabins subject to availability $30 per night per person. *Summer booking are very high, so we highly recommend booking in advance.* The Christmas and New Year period is heavily booked and we may not be able to accommodate everyone. We have a communal kitchen with fridges and microwaves, and bathrooms, and laundry facilities available). Showers are 50c for 4 minutes and laundry is $2 per load
- The Pakiri Glade - 183 Rāhuikiri road, Pakiri beach. Access- walk up the drive and there is a sign where the cabin and tent sites are. This basic campsite offers places for tents with a simple compact cabin available also. There is a toilet (long drop) and drinkable water available. Campsites $20 per night. Cabin $35 per night. Phone Andy: 021 238 7269

Pakiri Ridge Trail Hosts

- Pākiri Paradise on the Ridge - 505 Rodney Road, Pakiri, phone 021 066 2108, osiewilk@xtra.co.nz - airbnb - Guest Room. Accepting campers and charging $10.00 pp for site and water. This is south of Pakiri, up the hill near km 490.4, 200m off trail.

FOOD AND SUPPLY

Mangawhai Heads

- 4 Four Square - 3 Wood Street, Mangawhai Heads - P: 09 431 4656
- Mangawhai Deli - Shop 2, 7 Wood Street, Mangawhai Heads - P: 09 431 5887

Mangawhai Village

- Supervalue - Moir Street, Mangawhai Village - P: 09 431 4585 Hours: Monday to Sunday: 7:00am – 7:00pm
- New World supermarket - 83 Molesworth Drive, Mangawhai. Hours: Monday to Sunday: 7:00am – 9:00pm

EXTRA INFO

General information

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

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

This track is part of the Herenga ā Nuku Aotearoa track database. Herenga ā Nuku has maps and advice about public access to the outdoors.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz.

We recommend trying these online learning tools:

- Trip Planning
- Tramping/field Skills
- Basic Navigation
- River Safety

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council YouTube channel.

Mt Tamahunga (Te Hīkoi O Te Kiri) Track

Last Edited: October 25, 2026 20:28:38 NZST

INTRO

Te Araroa trail section: The trail leaves the northern beaches and coast to head inland to Mt Tamahunga and Matakana.

DESCRIPTION

Mt Tamahunga Track - 11km

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

Beyond the southern end of Bathgate Road, 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 Road. This climb offers fantastic views up the coast.

At the top of the ridge the track turns right (west) at a junction, km 490.2. The track to the left leads out to meet Rodney Rd. DOC have installed a long drop toilet on the spur track approximately 200m from the Te Araroa trail junction, close to Rodney Road. A little further off trail at 505 Rodney Road there is a campsite charging $10.00 pp for site and water – use the DOC toilet. Total 250m from Te Araroa.

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

Continuing on, this rough and occasionally slippery track soon descends steeply down before climbing again and passing beneath a weather satellite station. There's another rocky and slippery descent before the track levels out through regenerating bush.

A grassy hill affords some views (between the gorse) of the coast before continuing west on a well-formed track. The 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 Road.

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

CONDITIONS

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

Potential hazards

- Few water sources
- Wasps are common on the section between Rodney Road and Mt Tamahunga

ACCESS

Northern Start: Beach access, Pākiri Beach
Southern End: Corner Govan Wilson and Matakana Valley Roads
If you are day walking this track, please note parking is in short supply at the western end of the track. The only places to park are in a small lay-by at the Govan Wilson Road intersection and a small bus-stop lay-by further south. Please do not park in any driveways.

TRANSPORT

Matakana

Long-haul bus services to stop 9km away at Warkworth, the 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 the 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

- Pākiri Beach Cabins for Te Araroa walkers - We offer comfortable beds, private facilities, a beautiful view and meal options to help you on your journey. From $70pp. Phone or email me direct for Te Araroa deal. P: 021 832 466 – E: Adriane: adswin@y7mail.com
- Matakana Village Cottages (SC, B&B) - 202 Matakana Valley Rd - P: 09 422 9337 or 021 189 4242 - E: cottage@xnet.co.nz
- 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 Te Araroa walk, just mention this when you book.

Pakiri Ridge Trail Hosts

- Pākiri Paradise on the Ridge - 505 Rodney Road, Pakiri, phone 021 066 2108, rosiewilk@xtra.co.nz - airbnb - Guest Room. Also accepting campers and charging $10.00 pp for site and water. This is south of Pakiri, up the hill near km 490.4, 250m off trail

FOOD AND SUPPLY

- Matakana Four Square - 21 Matakana Valley Road, Matakana - P: 09 422 7213
- Matakana Store and Post Centre - 21 Matakana Valley Rd, Matakana - P: 09 422 7213

EXTRA INFO

Matakana Information Centre, Matakana Cinemas Foyer, 2 Matakana Valley Road, Matakana P: 09 422 7433 E: Matakanainfo@xtra.co.nz

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- Tramping/field Skills
- Basic Navigation
- River Safety

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Govan Wilson to Puhoi Valley

Last Edited: October 23, 2026 07:47:23 NZST

INTRO

Te Araroa section: Puhoi is situated on the beautiful Puhoi River and is one of New Zealand's historic villages. It was originally settled in 1863 by immigrants from Bohemia, an area which is now the Czech Republic—situated 40km north of Auckland and the gateway to Matakana Coast and Country.

DESCRIPTION

Govan Wilson to Dome — 15km / 6-7 hours

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

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

Once up the steps from Govan Wilson Road, follow the clay four-wheel drive track. It passes a private home, so please keep to the track. Enjoy the views and the rusty old bus while following along the ridge to the junction with Conical Peak Road.

The house owners provide a basic tent site. A compost toilet and some water may be available. The entrance gate is on the right, a little further down to road past the old boat, at km 499.5

Just before reaching Conical Peak take the right fork off the gravel road and continue on this 4WD clay track until reaching a turnoff on the left onto a narrow bush track in DOC's Tōtara Scenic Reserve.

At km 509 there is a trail junction. The Te Araroa route branches off to the left.

An alternative route continues on the 4WD track to the right, labeled Govan Wilson Rd - Dome Track Bypass on older maps), DO NOT use this bypass. New forestry work in October 2024 uses the road part at the lower end of the bypass, making it dangerous

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 1.3 km. At this point the track crosses the stream over rocks (take care not to slip) to enter private forestry land. This crossing can become deep after prolonged heavy rain. If it is too dangerous to cross it is possible to continue west on the true right of Waiwhiu stream almost 1 km to reach a concrete ford. There is no clear track to the ford and this alternative should only be attempted if the stream crossing is not possible,

Te Araroa have built a campsite between Waiwhiu Stream crossing and Waiwhiu Valley Road at km 504.5. There is space for tents and a long-drop toilet

The track joins the Waiwhiu Valley Road, a private forestry road. Turn right and follow the road for approx 300m. Turn left onto a gravel 4WD forestry road (Fisher Road — however, signage may be removed).

Fisher Road climbs steeply through pines. Just over the hill's highest point, the track turns right off the 4WD road (now signposted) 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 are 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 an upgraded walkway and steps to the Dome Cafe carpark and SH1. The former Dome Cafe is now a private residence, but the owners are generously providing a campsite for Te Araroa walkers. There is a drinking water tap and Te Araroa hikers are allowed the camp on the small grass area behind the former cafe buildings. Please take care and be considerate of the owners who are continuing to develop the property as their home, with provision for Te Araroa walkers. There is an outdoor kitchen are and a toilet accessible around the right side of the shelter.

Dome to Moirs Hill — 16.5km / 4-5 hours

- Warning: Forestry and farming operations
- SH1 is a busy road. The crossing has been modified to make it safer but take care as motorists may not be expecting pedestrians crossing

Immediately across SH1 from the Dome Cafe is Kraack Road. Follow this road up to a forestry gate. Pass the gate and head along a southwest forestry road. Take a left down another track heading southwards, then cross westwards through regenerating native bush. Follow the track through Smyth Bush Reserve to Smyth Road.

Follow Smyth Road south, turn right into Kaipara Flats Road, then left into Streamlands/Swamp Roads.

Turn right (west) into Old Kaipara Road 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 (not up the driveway to the house), then follow the marked fenceline up to and along the ridge to Edgerley Road; please use the stiles. Give stock a wide berth — they are very friendly.

Follow Edgerly Road for 1km before turning right (west) onto Woodcocks Road. A further 500m along, take a left into Matthew Road and follow it for 1 km. Running off the end of Matthew Road is a forestry road to bring you up to the summit of Moirs Hill. As the forestry track runs onto Moirs Hill Road, continue straight ahead past DOC's Waihunga Track and the radio transmission tower shortly after. Take care along Moirs Hill Road as forestry trucks may be working and the winding road limits visibility. Do not walk this road with headphones on.

A gate and Private Property sign block vehicle access to the forestry road at the end of Matthew Road. Te Araroa walkers are welcome to squeeze around the gatepost on the left end of the gate and continue up the hill, following the forestry road.

Moirs Hill to Dunns Bush - 2.5km

Just east of the transmission tower is a Te Araroa-signed track that heads 1.7km south down to Ahuroa Road at km 529.4. Signage indicates 5 km to Remiger Road and 9.5 km to Puhoi.

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

Cross Ahuroa Road, straight ahead into J Tolhopf Road. A grass track following the power poles provides a safer shortcut, bypassing the first 100 m of J Tolhopf Road. Had south 1km down, and then up, J Tolhopf Road until you pass a rural residential subdivision, then reach a widened area of the sealed road with car parking. Enter through the gate just past the carpark, and follow the fenceline up and over the ridge to the bushline.

Dunns Ridge Track — 3.5km / 1 hour

- Warning: Farming operations and predator control — please do not freedom camp in this area. Predator control may include hunting wild goats and pigs.

From this bushline, follow orange markers across and through part of Dunn's Bush (a Queen Elizabeth II National Trust reserve, with loop tracks back to Ahuroa Road) until you pass the "Sugarloaf" rock formation. A stile is in place if you want to climb up to this very peaceful and picturesque spot with beautiful views across the valley and out to the coast. Take care at the end of Dunn's Bush. Te Araroa continues ahead over grassland. Do not follow DOC arrows for an alternative track turning downhill to the left.

Otherwise, keep heading southeast on the ridge and follow markers through the farm paddocks. The route briefly joins a farm track and then leaves it again to follow the fenceline — please stick strictly to the marked route and follow the fenceline, descending steeply to Remiger Road.

On reaching Remiger Road turn right and cross the bridge over a small creek. On the left, the Remiger Road Conservation Area (km 533.2) offers free camping with a small shelter, picnic tables, water supply (treatment recommended) and a toilet. Camp on the grass near the shelter, avoiding the young trees and shrubs planted to enhance this DOC site.

Follow Remiger Road 1km to the intersection with Ahuroa Road. Directly opposite there was previously a swing bridge onto the Puhoi Track. The bridge was destroyed in the flooding and storms in January 2023. An alternative crossing point, starting on the other side of the concrete road bridge to your left and fording the smaller stream, has been developed to connect to the original track at km 534

CONDITIONS

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

No dogs allowed

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

ACCESS

Northern Start: Junction of Govan Wilson and Matakana Valley Road
Southern End: Junction of Ahuroa and Remiger Road, Puhoi

TRANSPORT

Getting there/away

Long haul bus services stop 9km away at Warkworth, the 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 the trailhead

- Warkworth Taxis - 54 Burtram St, Warkworth - P: 09 425 0000
- Matakabs - P: 09 422 2244 or 0800 522 743

ACCOMMODATION

Trail Pass

Waiwhiu Campsite - km 504.5 - Included in the Trail Pass. Tent space and toilet. Water from the stream

Remiger Road Campsite - km 533.2 - Included in the Trail Pass

Other Accommodation

Govan Wilson Trail Hosts

- *Twin Rimus* (Matt and Jas) - Cottage for rent at 107 Govan Wilson Rd. Book in advance through airbnb https://abnb.me/EwAdz3J67Ib or https://www.airbnb.co.nz/rooms/18696367
- There is a *basic campsite* at km 499.5 Govan Wilson Road and Conical Peak. The owner supplies water and a composting toilet. $20 donation expected

Dome Cafe Trail Hosts

- *The old Dome Café* at km 511.5 is no longer open as a cafe. Te Araroa walkers are permitted to camp on the small grass area behind the cafe buildings. Please take care and be considerate of the owners who are continuing to develop the property as their home, with provision for Te Araroa walkers. There is a drinking water tap and a toilet in the main cafe building, accessed by walking around the deck.

Dome to Moir Hill

- *Sheepworld Cafe and campsite* is 2 km south of the closed Dome Cafe on SH1. Sheepworld Campground is open and available to Te Araroa walkers to camp overnight for a small fee. Walkers can go to our website at www.sheepworldcamp.co.nz to check availability and book a site. Fees are generally $20pp/night. Your host is Ian and his contact number is 09 425 9962. We are located at 324 State Highway One, Dome Valley.

Dome to Moir Hil Trail Hosts

- *Kraak Road*. 1.7 km uphill from the highway crossing, just before reaching the forestry gate, there a small, tidy campsite provided by the farmer. Drinking water is available from a tap beside the doors on the green barn across the driveway. Please respect that this is a limited water supply from a rainwater tank. The resident who depends on it has expressed concern that hikers are using it for washing and the tank may run dry in summer.
- *396 Moir Hill Rd* - Just several hundred easy meters off Te Araroa, The Woolshed is the perfect place to get out of the weather. With plenty of space for large groups inside, a fire to dry out and warm up, free wifi, bunks, beds, large couches, filtered drinking water, a flush toilet, unlimited camping with sweeping views over the Hauraki Gulf and Coromandel back into the city, it's a great stop just off trail. Hosted by Stu Bennett, Te Araroa hiking alumni and Auckland Trust Member. Koha, ph 027 447 7159. I also can assist in brutal pack shake downs, reducing pack weight, and motivational chats about how you have only just started and how the best is yet to come.

Warkworth

- 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

Warkworth Trail Hosts

- *Carolyn and John Caukwell.* Trail Hosts in Warkworth. Phone or WhatsApp 021 274 1724. Share our home/pitch your tent, and recharge. Hot tub, dogs and cat available to walkers. May be able to collect from Dome. Max 6 walkers per night
- *Todd & Kip*. Trail Hosts. Plenty of room to pitch tents but anyone is welcome to a spare bed and a hot shower when available. Happy to pick up from the dome. LGBTQ friendly. Txt or call Todd on 021 654 043

Detour option for accommodation - 2 km south of Dome Cafe

Warkworth Sheepworld Caravan Park - Cabins and camping - SH 1, Dome Valley, Warkworth - P: 09 425 9962

FOOD AND SUPPLY

New World Supermarket - 6 Percy St, Warkworth - P: 09 425 1040

EXTRA INFO

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

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- Basic Navigation
- River Safety

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Puhoi Track

Last Edited: August 28, 2026 09:09:55 NZST

INTRO

Te Araroa trail section: Enjoy a mix of forest types with good bird life and views of Puhoi Valley.

DESCRIPTION

Puhoi Track - 4.8km

The Puhoi Track is now open. The bridge previously at km 534 was destroyed by extreme rainfall in January 2023 has not been replaced. A short bypass fording the Puhoi River 100m upstream from the bridge site now connects to the Puhoi Track, which has been extensively cleared and reconstructed

At the end of Remiger Road southbound turn left (west) across the road bridge and up Ahuroa Road for 100m to the ford access track on the right.

The ford uses a rock ledge to cross the Puhoi River. In flood conditions the ledge may be covered by the water flow. The river bed immediately downstream from the ledge is significantly deeper. In extreme flood conditions use the road bypass route to Puhoi Village.

For northbound hikers the Puhoi Track starts from the carpark across the bridge opposite the Puhoi Pub and Puhoi General Store. The Puhoi River is tidal at the village. In extreme weather conditions the Puhoi River may flood further upstream and the ford crossing near km 534 may not be safe

CONDITIONS

Potential hazards

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

ACCESS

Northern Start: Junction of Remiger and Ahuroa Roads, Puhoi
Southern End: Puhoi Village

ACCOMMODATION

- Puhoi Hotel Pub and Bistro - Corner Saleyards and Puhoi Rd, Puhoi (limited accommodation) - P: 09 422 0812 - E: thepuhoipublimited@gmail.com

Puhoi Trail Hosts

- *Puhoi cottage tearooms* would absolutely love to host TA hikers on the banks of the Puhoi river. On the bypass road, 300 m upstream from Puhoi village. $10 camp fee. $20 camper trailer fee. Dinner and breakfast available at the cafe. Fresh water, charging facilities. Hot water shower Amazing pies and scones. Phone or text Steve 021 288 2554
- *Puhoi accomodation* - 6 person self contained loft (backpacker style), 3 person caravan, 6-8 tent site. Power, water, hot showers, compost toilet. 900m from km 539 track end. We are looking forward to hosting this season ☺
  Pip 021 722 266 or pipbeagley@gmail.com

There is no official camping in Puhoi village, but a polite enquiry at the Puhoi Hotel may prove worthwhile. Puhoi is a Te Araroa friendly town

FOOD AND SUPPLY

- Puhoi Hotel Pub and Bistro - Corner of Saleyards and Puhoi Rd, Puhoi - P: 09 422 0812 - E: thepuhoipublimited@gmail.com
- Puhoi General Store (Coffee, food, supplies and post shop) - 109 Puhoi Rd, Puhoi (open daily 7am to 7pm) - P: 09 422 0818
- Puhoi Cottage and Tea Rooms - 50 Ahuroa Rd, Puhoi (open Friday to Sunday 10am to 4pm) - P: 09 422 0480

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

EXTRA INFO

Puhoi NZ

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

This track is part of the Herenga ā Nuku Aotearoa track database. Herenga ā Nuku has maps and advice about public access to the outdoors.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz.

We recommend trying these online learning tools:

- Trip Planning
- Tramping/field Skills
- Basic Navigation
- River Safety

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council YouTube channel.

Puhoi Track Bypass

Last Edited: September 22, 2025 13:36:31 NZST

INTRO

UPDATE 12 December 2024

Puhoi Track is open!

The bridge previously at km 527.5 was destroyed by extreme rainfall in January 2023 has not yet been replaced. A short bypass fording the Puhoi River upstream from the bridge site now connects to the Puhoi Track, which can only be used in low to medium flows. If the flow is too high, you'll need to use this road bypass.

DESCRIPTION

UPDATE 12 December 2024

Puhoi Track is open!

The bridge previously at km 561.6 was destroyed by extreme rainfall in January 2023 has not yet been replaced. A short bypass fording the Puhoi River upstream from the bridge site now connects to the Puhoi Track, which can only be used in low to medium flows. If the flow is too high, you'll need to use this road bypass.

ACCOMMODATION

- Puhoi Accommodation - self contained backpacker style accommodation for up to 6, plus caravan and tent space, - 10 minutes walk from the end of the track - P: Pip 09 422 0009 or 021 722 266 - E: pipbeagley@gmail.com
- Puhoi Hotel Pub and Bistro - Corner Saleyards and Puhoi Rd, Puhoi (limited accommodation) - P: 09 422 0812 - E: thepuhoipublimited@gmail.com
- Pear Tree Farm, Homestay accommodation, two double rooms available, bathroom, kitchenette, laundry and other facilities, Wi-Fi, TV etc. Pick up can be arranged from the end of the track. Ph Carrie 0220815793 or E iwalk@xtra.co.nz

There is no official camping in Puhoi, but a polite enquiry at the Puhoi Hotel may prove worthwhile. Puhoi is a Te Araroa friendly town

FOOD AND SUPPLY

- Puhoi Hotel Pub and Bistro - Corner of Saleyards and Puhoi Rd, Puhoi - P: 09 422 0812 - E: thepuhoipublimited@gmail.com
- Puhoi General Store (Coffee, food, supplies and post shop) - 109 Puhoi Rd, Puhoi (open daily 7am to 7pm) - P: 09 422 0818

- Puhoi Cottage and Tea Rooms - 50 Ahuroa Rd, Puhoi (open Friday to Sunday 10am to 4pm) - P: 09 422 0480

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

EXTRA INFO

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- Basic Navigation
- River Safety

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Puhoi to Wenderholm Kayak

Last Edited: September 26, 2025 14:48:17 NZST

INTRO

You can hire a kayak for the downstream journey to Wenderholm.

DESCRIPTION

Puhoi to Wenderholm by kayak - 7.5km

Hire a kayak in Puhoi and paddle down the Puhoi River to Wenderholm Regional Park. Exchange the kayak for your pack at the ramp at Wenderholm.

Requires an outgoing tide - check tides at Niwa Tide Calculator

CONDITIONS

Tide information for Puhoi to Wenderholm by kayak

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.

No dogs allowed

ACCESS

Northern Start: Puhoi Village
Southern End: Wenderholm Regional Park

TRANSPORT

Canoe and Kayak Hire

- Puhoi Kayaks - 84 Puhoi Rd, Puhoi (Opposite the Historic Puhoi Church) - P: 027 484 1672 Puhoi Kayaks (formerly Puhoi River Canoe Hire) are part of the Puhoi to Wenderholm section of The Araroa. Price is $50 per person. Hire includes Kayaks, all safety equipment and transport of your gear to your finish point. Opening times - Daily 1st Sept - 30th June (Closed - Christmas Day)
- Hibiscus Kayak Hire - P: 021 133 6938 - 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 Niwa Tide Calculator

ACCOMMODATION

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

EXTRA INFO

For more information on Wenderholm Regional Park visit the website or contact the Auckland Council on P: 09 366 2000.

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

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- Trip Planning
- Tramping/field Skills
- Basic Navigation
- River Safety

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Puhoi to Wenderholm Road Bypass

Last Edited: November 04, 2026 11:24:29 NZST

INTRO

Should tides not suit, or you don't wish to pay for kayaking from Puhoi to Wenderholm - it can be walked.

DESCRIPTION

Puhoi to Wenderholm Road Bypass - 6.5km

Please wear a hi-viz vest and/or pack cover if available.

From the Puhoi Domain, turn left/east and walk 1200m and under the Motorway Bridge to Pahuehue Road. Cross with caution and turn right/south, following the east side of the road for 4.5km to Wenderholm Regional Park (Schischka Road).

It is 1km down the driveway to the start of the next route.

For northbound walkers using the road bypass. The motorway north of the Johnstone's Hill tunnels is not shown on some Topo maps. Do not use the access road that crosses above the tunnels. Descend the hill, remaining on the eastern side of the highway. Turn left (west) under the motorway bridge at bypass km 1, signposted to Puhoi

CONDITIONS

Cross Pohuehue Road (previously SH1) with extreme caution as cars are travelling at 80-100km/h. Walk as far off the road shoulder as you can, on the far side of the barrier fence where this is possible. The elevated motorway is now SH1

Potential hazards

- Vehicles on road or track. Walk well off the road, over barrier where possible
- Motorway construction and road works. Follow any instructions given by traffic management staff and signage.
- Track exposed to sun, wind or cold
- Few water sources

ACCESS

Northern Start: Puhoi Village

Southern End: Wenderholm Regional Park

ACCOMMODATION

Wenderholm Regional Park - Basic camping, duty ranger - Auckland Council - 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.

EXTRA INFO

Check the Trail Alerts Status page

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

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- Basic Navigation
- River Safety

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Wenderholm to Stillwater

Last Edited: November 10, 2026 09:45:40 NZST

INTRO

Te Araroa trail section: This section includes a low-tide walk and rock hop, and a fantastic view of the trail down Orewa Beach

DESCRIPTION

Te Araroa now uses the Perimeter Track clockwise starting from the path to the right (south) of Couldray House

From the Puhoi River boat ramp at Wenderholm Regional Park take the sealed road south-east through the carpark. Follow the signs for Walking tracks, through the gate into the Couldray House grounds. Continue to the right of the house to reach the park signboard. Turn left at the signboard and walk 200 m to join with the Perimeter Track. This is a loop track so arrows indicate both directions. Clockwise over the headland is the most picturesque and has great views. Cross the gravel road and head uphill on the Perimeter Track towards Kokoru Bay.

Exit the track by the Waiwera Bridge on the Hibiscus Coast Highway. Cross the bridge and head down Waiwera Road to the beach. Time 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 to Hatfields Beach. Beware of slippery rocks.

At the southern end of the beach, take the public walkway steps up to Ocean View Road and follow the walkway signs south via footpaths back out to the Hibiscus Coast 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: Optionally, you can avoid Lookout Point by walking along the beach and rocks from Hatfields to Orewa at low tide. This option, however, would bypass the elevated coastal views.

Continue down the hill and 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).

Orewa Estuary to Stillwater - 14km / 3 hours

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

At the south end of the bridge, take the path next to the bridge and turn west underneath the bridge onto Te Ara Tahuna (The Orewa Estuary Cycleway and Walkway)

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

Turn right/south at the intersection of Millwater Parkway and Silverdale Street. On your left is the Silverdale Centre with a selection of shops, including a supermarket, outdoors shop and pharmacy. To your right are multiple banks (with ATMs), fast food outlets, butcher and greengrocer.

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

Turn south onto East Coast Bays Road and walk 2km to the intersection with Spur Road. Turn east onto Spur Road and walk 1.4km to where it leads into Duck Creek Road. Continue a further 5km on Duck Creek Road to the Stillwater Boating Club where the next track commences. This road is narrow and winding with poor visibility. Duck Creek Road will be bypassed when the PenLink road bridge is built, but that is a long time away. It is often possible to hitch from the top of Spur Road. Local residents, concerned about the safety of walkers on narrow Duck Creek Road, may offer lifts to hikers waiting at the top of Spur Road, km 566.75

CONDITIONS

Potential hazards

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

No dogs allowed

ACCESS

Northern Start: Wenderholm Regional Park, Hibiscus Coast
Southern End: Stillwater Boating Club, Stillwater

ACCOMMODATION

Waiwera

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

Waiwera B&B.
Have a soak in a hot mineral pool to relax and break the journey
Guest room 31 Waiwera Place, Waiwera Beach
King Size Bed,ensuite, TV, couch and use of our kitchen. Breakfast is provided.
Unlimited use to a private hot mineral pool on the property. Few steps to beach and pub/resturant short walk along the boulevard
TeAroha Trail Walkers - $40.00 per person. Option to use accompanying bedroom also with two single beds.
Phone Diane on 027 257 6868 for availability.

Trail Hosts

- *Frank and Laurie*, Old North Road, Orewa, near the km 555. We offer a warm bed and a hot shower, along with laundry facilities. No koha. Contact number: 021 893 239 Please message or call, preferably the day before anticipated arrival

Campsite after Stilwater

- *Dacre Cottage* at km 576 offers a a pleasant campsite, with toilet, generously shared by Dacre Cottage Community Trust. Please respect this site and take particular care around areas on the beach marked with hazard fencing. These are nesting sites for the rare and vulnerable Dotterel. Important. Camping is free but please send a text to 027 452 9255 to say how many people will be camping and which night. The campsite is sometimes used by school groups and the Dacre Cottage Community Trust needs to know if it wil be shared.

FOOD AND SUPPLY

Waiwera minimart - 2 Waiwera Rd. Waiwera - P: 09 426 1470

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

EXTRA INFO

Wenderholm Regional Park or contact the Auckland Council on P: 09 366 2000.

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- Trip Planning
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- Basic Navigation
- River Safety

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council YouTube channel.

Okura to Long Bay - Low Tide crossing

Last Edited: November 03, 2026 16:39:52 NZST

INTRO

Te Araroa trail section: Follow Okura Bush Walkway around the coast as far as Dacre Point before crossing Okura Estuary. Be careful not to disturb dotterels.

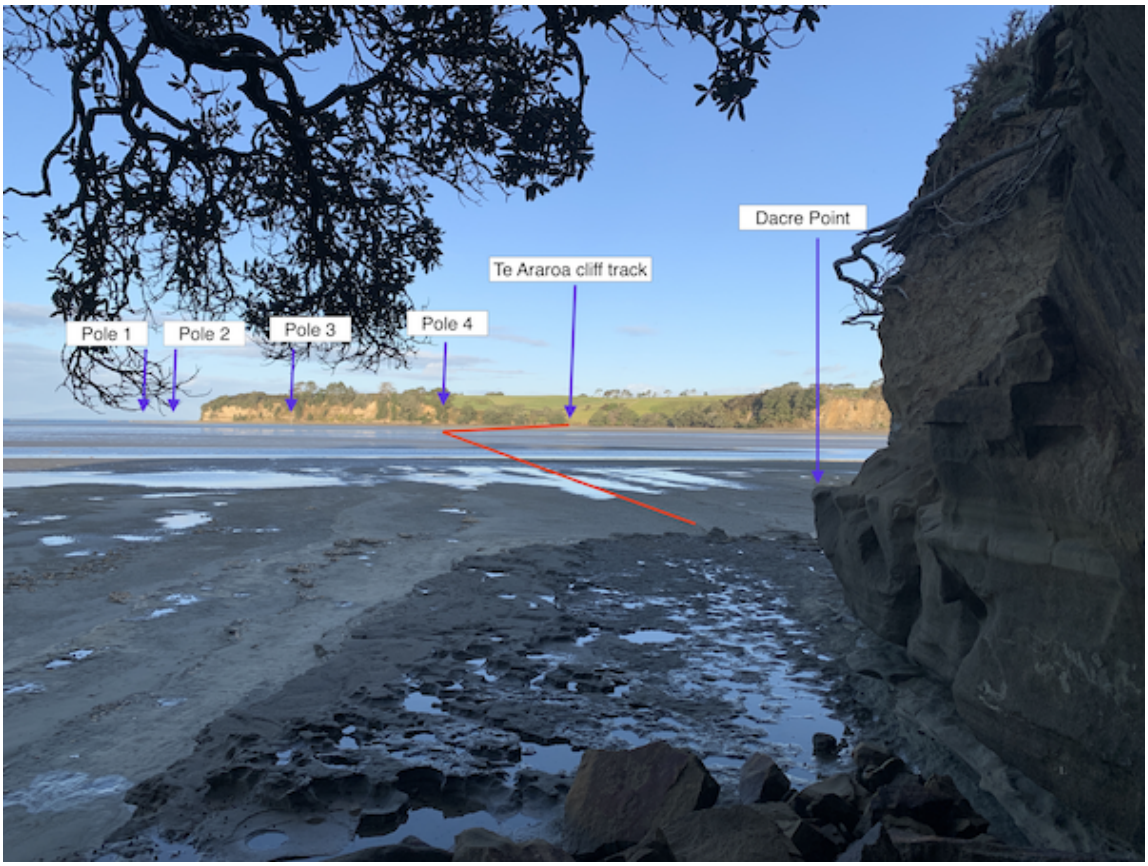
DESCRIPTION

Okura Estuary Crossing - Low tide route - 4.5km

Check with NIWA for times to walk at low tide.The NIWA tide calculator will indicate the water depth at low tide at the estuary crossing point above a standard level for Okura, of between 0.30 and 1.10 metres. Adding 0.15 m to this number will give a predicted maximum water depth across the deepest part of the channel at the recommended crossing point, near the south shore. Storm conditions and atmospheric pressure may alter this depth slightly.

From the jetty or ramp near the Stillwater Boating Club (Tel: 09 428 2185), walk to the eastern end of Duck Creek Road and the start of DOC's Okura Bush Walkway. Follow this track around the coast, initially on grass and then along the beach past the historic Dacre Cottage to Dacre Point. At or near low tide you can walk along the beach and rocks below the cliffs all the way. At higher tide level there is a scenic track over the headland before Dacre Cottage. You can wade across the Okura Estuary at low tide (roughly hip-deep at the fourth steel pole marker in from the river mouth) across to the southwest end of the cliffs opposite. From the tip of the rocky Dacre point, look across to the headland. The cliffs at left drop down to a small bay where Te Araroa resumes. To the left of that bay from your view, where the cliffs are low, you should see a tall narrow steel pole. This is the fourth similar pole counting from left to right. Ignore the smaller wooden or white painted poles. From Dacre Point walk across the mud flats to the fourth pole and then turn right to continue into the bay where the grass comes down to beach level. The steel pole has orange trail markers attached, although these may be hard to make out at distance and have sometimes been dislodged by extreme weather

Stingrays feed in the shallow water of the estuary. They are not aggressive, but do not like being stepped on. To avoid contact tap the mud ahead with a hiking pole or splash the surface to disturb them



Okura Estuary crossing from Dacre Point

Northbound: Come off the cliff track into the beach. Turn right towards the river mouth 100m, then cross towards the fourth pole from the mouth. You are looking for thin metal posts, not big white ones, which are further upstream. The fourth pole should have an orange marker attached. This has been dislodged after storms on occasion. Once at the fourth pole turn slightly left and head due west to the tip of Dacre point.

Southbound: Walk to the very end of the Dacre Point. You are targeting the small bay at the right end of the cliffs nearest the river mouth. The four narrow metal poles are can be seen from that point although it may be difficult to spot the ones nearest to the river mouth. Cross to the fourth pole from the river mouth. The pole to aim for should have orange triangle markers attached. At low water the base of the fourth pole is usually standing on mud just above the water next to the deeper channel. Low tides are variable so the pole may be standing in water even at the lowest tide on some days.

Once across the estuary channel (southbound), veer to the right around the southwest end of the cliffs and up into the Long Bay Regional Reserve. Pick up the coastal (cliff-top) track that heads southeast to Long Bay. Note: This track passes Pohutukawa Bay, a male nudist beach.

While the tide is low it is possible to walk to Long Bay along the beach and rocks below the cliffs. The rock surfaces are very slippery when wet.

Shallower crossing route including 5km road walk
If the tide is not low enough for the normal estuary crossing there is an alternative crossing point at the sandspit, further up the Okura River
The official route, including the main estuary crossing near Dacre Point, is preferred if you can fit in with the low tide.

Southbound: From Dacre Point continue on the Okura Bush Track until you reach a spit with a shallower crossing to the ramp at the end of Okura River Road. After reaching the Okura boat ramp on the south shore walk up Okura River Road 2.2 km to the pine trees at the top of the hill. Turn sharp left down Vaughan's Road. Follow Vaughans Road and then Piripiro Point Drive for a combined 3 km. There may be active road construction at the junction with Piripiri Point Drive but the path remains open. At the end of Piripiro Point Drive there is a wooden gate and gravel path leading to the right of the

stockyards for 150 metres to a stile. This is an access track provided by Auckland Council to get around the track subsidence at km 578.75. From the stile follow the marker poles for 350 metres down to the cliff-top path at km 579. Turn right onto Te Araroa. From Granny's Bay (km 579.75) you can use the coastal path or the cliff-top walk for 1.5 km to Long Bay

Northbound: Previous road-based bypass routes are no longer available. From Long Bay you can use either the coastal track or the cliff-top walk to the Okura Estuary crossing point. From there you can cross to Dacre Point at low tide

If you are using the shallower alternative crossing via Okura River Road take the cliff-top path from Granny's Bay up to the track warning signs at km 579.25. Cross the stile on the left and follow the marker poles 350 metres to a second stile on the hilltop. Walk another 150 metres of gravel track, passing to the left of the stockyard to cross a wooden gate onto Piropiro Point Drive. Follow Piripiro Point Drive and then Vaughans Road for a combined 3 km to the pine trees and junction with Okura River Road. There may be active road construction at the junction with Vaughans Road but the road remains open. Turn right and walk 2.2 km down Okura River Road to the boat ramp and shallower river crossing to the Okura sandspit. Walk down the river bank to rejoin Te Araroa at Dacre Point (km 568.4)

Take special care to avoid disturbing the dotterels nesting and feeding around the Okura sandspit. These birds are now rare and protected. Their vulnerable nesting sites are indicated by fencing, but the birds will often rest on the shore just above the high tide line. Keep well clear to avoid causing the birds to fly unnecessarily.

The Okura Bush Scenic Reserve is currently closed to all walkers because of kauri dieback disease. The closure does not affect the official Te Araroa route, which crosses the estuary without entering the affected area. The Okura Bush Scenic Reserve previously offered an alternative route, following the Okura Bush Reserve track all the way to its end at Haigh Access Road, and then heading out on Haigh access Road to East Coast Bays Road and turn left/south to walk to Glenvar Road. This route is currently, closed and blocked.

The estuary crossing can be avoided altogether by following East Coast Road from Browns Bay to Silverdale. Take extreme care walking on East Coast Road as it is a high-volume road with traffic moving at speed.

CONDITIONS

Low tide estuary crossing — check the best times for walking.

Please assess water safety before any water activity — based on the amount of recent rain, tides, currents, waves and your own confidence in the water.

No dogs are allowed at Long Bay Regional Park.

Dog restrictions apply on the beaches.

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

ACCESS

Northern Start: Stillwater Boating Club, Stillwater

Southern End: Long Bay Regional Park, North Shore

TRANSPORT

- For bus transport to or from Long Bay Regional Park, contact Auckland Transport — P: 0800 103080 or 09 366 6400

FOOD AND SUPPLY

- The snack kiosk at Long Bay Regional Park is open only in summer.

EXTRA INFO

Campsite before Okura Crossing

- *Dacre Cottage* at km 576 offers a a pleasant campsite, with toilet, generously shared by Dacre Cottage Community Trust. Please respect this site and take particular care around areas on the beach marked with hazard fencing. These are nesting sites for the rare and vulnerable Dotterel. Important. Camping is free but please send a text to 027 452 9255 to say how many people will be camping and which night. The campsite is sometimes used by school groups and the Dacre Cottage Community Trust needs to know if it wil be shared

After **Okura Crossing**

Long Bay,

- 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 to 9pm (daylight saving time), winter gate opening times: 6am to 9pm (Non-daylight saving time)

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- River Safety

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North Shore Coastal Walk

Last Edited: August 28, 2026 11:46:46 NZST

INTRO

Te Araroa trail section: This walk from Long Bay to Devonport never strays far from the coastline.

DESCRIPTION

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

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 partway, and complete it at low tide the following day. At low tide only: check tide times

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 10m out from the cliffs.

Okura to Long Bay - 5km

A path beginning from the beach on the south side of the estuary provides a pleasant scenic walk to Long Bay. Alternatively turn left on reaching the shore and walk along the sand and rocks. Wet rocks may be slippery

Coastal Walk - 23.5km

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 for a short while 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.

Note: The pathway in this area is not properly constructed, so please take care. Neither Auckland 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. At low tide it is possible to walk along the beach from Takapuna to Narrow Neck Beach.

From the southern end of the beach at the boat ramp (km 601.4) Te Araroa leaves the road for a more scenic route up the grass slope keeping, to the right of the trees marking the cliff edge. The path goes around some old gun emplacements and top the left of the Naval Officers Mess to pick up a short path at km 602, to Vauxhall Road

Follow Vauxhall Road 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.

Here, there are two options:

- 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. There are multiple pathways through the North Head Historic Reserve, with varying signage. In general take the path nearest to the coast to exit onto Jubilee Avenue. Continue on King Edward Parade to Devonport

From Devonport Wharf, you can catch a Fullers ferry to link with the next stage of Te Araroa, Auckland's coast to coast walk. The ferry trip requires either a debit or credit card or an AT HOP card which can be purchased in small shops and dairies in Auckland, or in the Take Home shop at Auckland Airport. If you don't have a debit or credit card or an AT HOP card you can pay cash at the booth in the city terminal. There is no ticket office at Devonport Wharf.

These is a printable map of the route.

HISTORY

- Te Araroa traverses 10 cities. The North Shore Coastal Walk was Te Araroa's first fully marked-up urban section.
- 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 the Pacific Ocean on one side to the Manukau Harbour and the Tasman Sea on the other.
- in 1840, New Zealand's first governor, Captain William Hobson, acquired some 3000 acres of Isthmus land from the Ngāti 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 Aucklander was 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. Te 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.

CONDITIONS

The trail is a mix of suburban footpaths, steep paths and steps, with some slippery and uneven surfaces and unstable rocks. Wear comfortable clothes and strong walking shoes, carry water, snacks, raincoat, sunscreen and a hat.

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

Potential hazards

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

Dog restrictions apply on the beaches.

ACCESS

Northern Start: Long Bay Regional Park, North Shore
Southern End: Devonport

TRANSPORT

North Shore

For bus transport to/from Long Bay Regional Park

- Auckland Transport for bus or train information - P: 0800 103 080 freephone or 09 366 6400. All public transport, buses, trains and ferries operated by *Auckland Transport uses an AT HOP card for payment*. Since 2024 a credit or debit card can by used instead of an AT HOP card. *Cash payments are not accepted onboard buses, trains or ferries.*
- *The card must be scanned when boarding a bus and again when getting off the bus, and when entering or leaving a railway platform or ferry terminal*
- Pre-pay AT HOP cards can be purchased and topped up at many small shops in Auckland, from the Take Home shop at Auckland International Airport and from vending machines at some terminals. $5 card purchase, plus transport credit as required. AT HOP cards are no longer essential as the AT card readers now accept debit and credit cards.
- It is highly recommended to download the free *AT Mobile app* for planning any trip in Auckland, whether by public transport or on foot as the app calculates route maps to any address

- 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. There is no ticket office at Devonport Wharf, but passengers without an AT HOP card or suitable debit or credit card can pay at the booth at the city terminal.

ACCOMMODATION

North Shore

- Browns Bay Olive Tree Motel - 24 Glencoe Rd, Browns Bay - P: 0800 002 486 or 09 929 4616 - 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 and cabins
- Devonport Motel - 11 Buchanan St, Devonport - P: 09 445 1010 - E: anne@devonportmotel.co.nz
- Karin's Villa - 27 Clarence St, Devonport - P: 09 445 8689 - E: stay@karinsvilla.com B&B accommodation with free internet and laundry.
- *Devonpor*t km 605.25, Lisa - M: 021 195 7948 or WhatsApp +64 21 982 625.
  *Cosy room for 1 or 2 people, $40 for one person/ night, $50 for 2 people/night in one room. Bed, bedding and towels provided.
  *Tent on patio for 1 or 2 people, $15 for one person/night, $20 for 2 people/night in one tent on patio. Tent, sleeping bags and towels must be provided by hiker(s).
  Usage of house included in both cases - bathroom, toilet, kitchen, living room, washing machine etc.

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

Auckland

- There is a wide variety of accommodation available throughout this section including Te Araroa preferred hostels in Auckland CBD:
  - *Haka House* Auckland City (previously YHA), 5 Turner Street, M: 021 505 468. E: aucklandinternational@yha.co.nz
  - *Verandahs Parkside Lodge*, 6 Hopetoun Street, Freemans Bay. P: +64 9 360 4180, 09 360 4180 Phone enquiries will only be taken during office hours (08:00-12:00; 14:00-19:00) E: info@verandahs.co.nz
  - *JO&JOE* Auckland, 16/20 Fort Street, Auckland 1010, - P: 09 200 5080 E: auckland@joandjoe.com
  - Choice Backpackers, 10 Wellesley Street East, Auckland 101 - P: 09 309 88 02. E: choice@hostel.nz
  - *Econo Lodge* City Central, 37 Wellesley St - P: 09 307 3388
  - *Metro Adventurer Backpackers*, 51 Hobson St - P: 800 112 128
  - *Base Backpackers* Auckland, 229 Queen St (entrance on Darby St) - P: 09 358 4877
  - *Frienz Backpackers*, 27/31 Victoria St East - P: 09 307 6437

- *Queen Street Backpackers*, 4 Fort Street - P: 09 373 3471

FOOD AND SUPPLY

- 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
- Woolworths Supermarket - Milford Shopping Centre, 24 Milford Rd, Milford - P: 09 255 2445
- Woolworths Supermarket - Corner of Anzac and Clyde Roads, Browns Bay - P: 09 255 9662
- Woolworths Supermarket - 3 Ramsgate Terrace, Mairangi Bay - P: 09 255 2392
- Woolworths Supermarket - Barry's Point Road, Takapuna - P: 09 255 2423

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 pharmacies.

Short detour to Devonport township

A range of shops including supermarkets, cafes, banks and pharmacies. Includes Devonport i-SITE Visitor Information Centre - Devonport Wharf, Devonport P: 09 365 9906

EXTRA INFO

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 to 9pm (Daylight saving time), Winter gate opening times: 6am to 9pm (non-daylight saving time)
- For further information contact Auckland Council on P: 09 301 0101
- For local assistance (in/around Campbells Bay), please contact Rob Howe 027 692 2674.
- Rob has walked most of the Trail between Cape Reinga and Hamilton and is happy to advise/assist as he can.

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

This track is part of the Herenga ā Nuku Aotearoa track database. Herenga ā Nuku has maps and advice about public access to the outdoors.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz.

We recommend trying these online learning tools:

- Trip Planning
- Tramping/field Skills
- Basic Navigation
- River Safety

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council YouTube channel.

Coast To Coast Walkway

Last Edited: August 28, 2026 09:14:08 NZST

INTRO

Te Araroa section: The Auckland isthmus is New Zealand’s narrowest neck of land, never more than 9km from north to south and less than 2km east to west. Given the distance, Māori used these as canoe portages, from the Waitematā Harbour and the Pacific Ocean on one side, to the Manukau Harbour and the Tasman Sea on the other.

After getting off the ferry, this section of trail starts at Te Wharekura (“the house of learning”), an immersive cultural and marine environmental education space. The name was gifted by Ngāti Whātua Ōrākei, as ahi-kā and tangata whenua for the central city and isthmus.

The western side of the whare engages visitors in te taiao, the natural environment from the mountains to the sea, and the eastern side focuses on ahi-kā, dedicated to the deep connection Ngāti Whātua Ōrākei have to Tāmaki Makaurau and a range of physical taonga. Make sure to make time to visit, it’s not to be missed!

You can participate in the immersive experience of Te Wharekura free of charge. Opening Hours: Thursday - Saturday | 10am - 4pm

DESCRIPTION

Auckland City Coast to Coast Walk - 15.5km

Printable route map

Please follow the map and signage in exploring the Auckland isthmus. Proceed roughly as follows:

- Cross Quay St onto Queen St
- Customs St East
- Emily Place
- Princes St

- Te Wharekura
- Auckland University
- 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 Pūriri Drive
- Cross Greenlane West Rd to Cornwall Park
- Pōhutukawa 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
- Walk east along the path to cross the new pedestrian bridge to Mangere

The Isthmus

Auckland has long been known as Tāmaki 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 Māori 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.

Trail viewpoints also show:

- To the North - the waters of the Waitematā 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 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 plantings 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 verandah villas on Princes Street, establishing what would become, alongside the later bungalows, a prevailing architectural pattern.

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

Whau trees, whose wood is as light as balsa and were once used by Māori for net floats, still grow on Maungawhau (the hill of the whau tree). The trail passes a small forest of Tōtara and Rimu on the old volcano's southern slopes, and Cornwall Park's many native trees include an avenue of Pūriri, which the trail follows, and a young kauri grove. You will find introduced bird species en route, including the sparrow, blackbird, 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 introduced from Australia.

HISTORY

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 and passes over the 183m high summit.

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 196m the highest summit in the isthmus. The summit crater is virtually untouched.

Maungakiekie (One Tree Hill) has three craters, two breached and one intact.

The people

Auckland is one of New Zealand's most religiously and ethnically diverse regions, with the largest Polynesian population in the world.

With fertile volcanic slopes, access to sheltered fishing sites, strategic command of land routes, and access to sea routes on either coast and to the greatest inland waterway in New Zealand (Aotearoa), the Waikato River is a significant Māori landmark. The Māori name, Tāmaki Makaurau, translates to 'the spouse desired by a hundred lovers'. As they contended for control of the Isthmus, Māori tribes reshaped the volcanic cones into formidable pā sites.

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

Aside from the colonial governors, the best-known early Aucklander was 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 around you” — is on the summit of Maungakiekie.

Auckland city, including 65 islands 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.

CONDITIONS

Potential hazards

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

Dogs on leash only in Cornwall Park.

ACCESS

Northern Start: Ferry Terminal, Quay Street, Auckland CBD
Southern End: Onehunga Bay Reserve, Beachcroft Avenue

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:

- *Haka House* Auckland City (previously YHA), 5 Turner Street, M: 021 505 468
- *Verandahs Parkside Lodge*, 6 Hopetoun Street, Freemans Bay. P: +64 9 360 4180, 09 360 4180 Phone enquiries will only be taken during office hours (08:00-12:00; 14:00-19:00) E: info@verandahs.co.nz
- *JO&JOE* 16-20 Fort Street - P: 09 200 5080 (+64 9 200 5080)
- *Econo Lodge City Central*, 37 Wellesley St - P: 09 307 3388
- *Metro Adventurer Backpackers*, 51 Hobson St - P: 800 112 128
- *Base Backpackers* Auckland, 229 Queen St (entrance on Darby St) - P: 09 358 4877
- *Frienz Backpackers*, 27/31 Victoria St East - P: 09 307 6437
- *Queen Street Backpackers*, 4 Fort Street - P: 09 373 3471

EXTRA INFO

General information and map

- Auckland Council walking tracks information
- DOC Visitor Centre, Shed 19, Princes Wharf - adjacent to "The Crab Shack" and overlooking the ferry terminal. Backcountry Hut passes, booking advice and plenty of information and advice available.

Places to visit

- Auckland University
- Auckland Domain
- Auckland War Memorial Museum
- One Tree Hill and Cornwall Park
- Stardome Observatory

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

This track is part of the Herenga ā Nuku Aotearoa track database. Herenga ā Nuku has maps and advice about public access to the outdoors.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz.

We recommend trying these online learning tools:

- Trip Planning
- Tramping/field Skills
- Basic Navigation
- River Safety

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council YouTube channel.

Onehunga to Puhinui

Last Edited: August 27, 2026 13:00:16 NZST

INTRO

Te Araroa trail section: Follow the once volcanic coast east of Māngere through a variety of terrain. You'll see birds, sewage works and old Māori garden mounds.

DESCRIPTION

Māngere Pedestrian Bridge - 1km

From the end of the Coast to Coast Walkway at Onehunga Bay Reserve head southeast through the reserve. 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.

The path rises to a junction where you turn right (south) onto the new pedestrian bridge, built alongside the abutments of the older Mangere Bridge that was replaced, partially demolished and now rebuilt for pedestrians, cycles and scooters.

The piles of the old bridge were founded on a lava crust from nearby Māngere Mountain. Over the years, the bridge footings broke through the crust and sank slightly. Further damage from a ship collision led to its removal.

When the old bridge was closed to foot traffic, a pedestrian underpass was built under the newer motorway bridge a short distance further along the foreshore. That underpass is still there, but was scheduled for removal in December 2022.

Manukau Harbour Foreshore Walk - 2.5km

Once you've crossed the Manukau Harbour on the new pedestrian bridge, head west along Kiwi Esplanade.

Alternatively continue south another 250 m up to Mangere Bridge village to enjoy a range of cafes, including the highly recommended Hong Kong Bakery.

On Kiwi Esplanade, follow the coastal margin for 2.5km to Ambury Regional Park.

Ambury Park - 1km

Keep to the right through the gate to follow the marked grass track around the edge of the paddocks near the shore. The gravel path leads to the park office. Te Araroa follows a more interesting route, starting with a short walk through the paddock along the fence line towards to shore

The route follows a mown track between Ambury Farm and the coast and ends through a gate near the access road for the Ambury Park campground. The basic campground has fresh water on tap, toilets and a barbeque. Bookings are recommended. The Ambury Regional Park headquarters, including a ranger's house, are 250 m up the road. If you have already booked the campsite there is access through a gate beside the track around km 626.3

Book online at Ambury Park Campground or 09 301 0101. The Ambury Regional Park webpage indicates that the site is closed from 1st June to 16th October. This provision is intended to avoid damage to the grass by vehicles in winter conditions. Te Araroa walkers will not be turned away

Māngere Foreshore Track - 9km / 2.5 hours

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

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

There are several shell bank bird roosting sites along the foreshore. The first bird hide is signposted from the Watercare track at km 626.7. Turn right to follow a 330 m side track leads to a constructed bird hide with information boards. A 570 m shore path rejoins Watercare track at km 634.8, where there is a viewpoint overlooking an artificial island used by South Island pied oystercatchers and royal spoonbills. The best roost site is another 0.6 km south. It is a peninsula fenced to prevent human access. A bench seat on a knoll provides a view point over the roost. The shellbanks host an array of bird species: godwits, lesser knots, wrybills, spoonbills and the distinctive red at-arms slope of the oyster-catchers' bright bills.

2.5km from the start of Watercares you pass the Māngere Lagoon, part of the Auckland volcanic field. In the 1960s, earthworks for the Māngere 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 1km and you'll see version two of the old sewage works, Watercare's Wastewater Treatment Plant, opened in 2003.

The new plant can process waste in 13 hours by using clarifiers and ultra violet radiation. The old plant used sludge settlement and oxidation, and took 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 track takes you around one of these areas.

Go past the main Watercare works and offices then turn right (west) next to the canal. Then turn again left (south) past the bird roost and continue past the restored area.

From the car park and toilets at km 632.65 follow the sign for Ihumatao Quarry Rd exit

Across the Oruarangi Creek pedestrian bridge, a wooden gate lets you onto a nicely gravelled path that leads past a bird hide, and past white-shell beaches. Some low-lying parts of the path may be muddy but not deep.

By now the Otuataua Stonefields are in sight. Volcanic vents once effervesced here, and Māori moved in later to trap the sun's warmth, piling up these stones and expanding the kūmara-growing season. The Māori garden mounds, the storage pits and the drystone walls of later Pākehā farmers are still prominent in this area. Various paths wind through the old remnants of a previous culture.

Watercare signage on this section is less than helpful and Te Araroa direction signs are faded and easily missed. A gps navigation app may be helpful in staying on the correct path through the coastal wetlands. The sign at km 633.45 is poorly placed. The path straight ahead leads to a view point with information signs explaining local history. Turn left, away from coast, for the Ihumatao Quarry Rd exit.

A second Watercare sign at km 633.75 is also unclear. The gravelled path ahead explores the shoreline but is not part of Te Araroa. For the Ihumatao Quarry Rd exit go through, or climb around, the galvanised gate opposite the sign and follow the grass track up the slope parallel to a line of trees.

From the Otuataua Stonefields, exit onto Ihumātao Quarry Road and follow southeast. There is a signposted avocado orchard near the end of the road and walkers are invited to sample a few in season.

Ihumatao to Puhinui - 9km

Ihumātao Quarry Road has been the scene of political protest in recent years. There are are some signs of this remaining. There are vehicle road blocks around the intersection of Ihumatao Quarry Road and Oraurangi Road, but Te Araroa walkers are welcome to pass through. Please show respect for local sensitivities.

Turn right into Oruarangi Road, left (east) into Ihumātao Road for 3kms. Turn right/south into George Bolt Memorial Drive for 1km, and past the Airport Shopping Centre (and the Airport to the south). Turn left (east) into Tom Pearce Drive, and follow it for 1.5 km as it turns south at the roundabout. Turn left/east onto Puhinui Road at a second roundabout, staying on the right hand side to pick up the pedestrian path along the airport road and follow it for 3km. Turn right into Prices Road. Follow Prices Road for 1km down to Puhinui Reserve.

Northbound directions for Otuataua Stonefields

From George Bolt Memorial Drive turn left into Imumatao Road for 3 kms. Turn right (northeast) into Oruarangi Road. After 0.75 km walk past the road block and turn left into Ihumatao Quarry Road. At the end of the road (1 km) there is signage and a wooden gate. The route now follows a grass track to the right beside a row of pine trees. Cross a galvanised gate at the and of the track and turn right (northeast) onto the Watercare Coastal Walkway. At km 633.75 turn right (east) again and continue another 0.6 km to cross the Oruarangi Creek pedestrian bridge

CONDITIONS

Track standard: Walking track

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

ACCESS

Northern Start: Onehunga Bay Reserve, Beachcroft Ave
Southern End: Puhinui Reserve, Prices Road

ACCOMMODATION

Ambury Park campsite - km 625.55 - Auckland Council. Book online at Ambury Park Campground or 09 301 0101. The Ambury Regional Park webpage indicates that the site is closed from 1st June to 16th October. Te Araroa walkers will not be turned away

The basic Ambury campground has fresh water on tap, toilets and a barbeque. Bookings are recommended. The Ambury Regional Park headquarters, including a ranger's house, are 250 m up the road. If you have already booked the campsite there is access through a gate beside the track around km 625.55

Trail Hosts

- 50 Prices Road, km 643.95. Camping with bathroom facilities available. There is no charge other than a small donation if you want to use the shower. We also have inside accommodation, two rooms with double beds and single rollaway bed, includes all bathroom facility $40 per person per night. Contact Diane 0274 337 315

EXTRA INFO

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

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- Basic Navigation
- River Safety

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Puhinui Stream Track

Last Edited: December 27, 2025 08:39:29 NZST

INTRO

Te Araroa trail section: Make your way through Wiri to Auckland Botanic Gardens.

DESCRIPTION

Puhinui Stream Track - 9km

At the end of Prices Road continue straight ahead, passing farm buildings, a house on your left and a pond on your right. You'll see a cattle grid stile across the fence into the reserve. After the stile bear left off the gravel path and through a farm gate. Head east across the reserve to a gate in the northeast corner (the row of trees on your left intersects the reserve at that point). Join the gravel path there and continue north alongside 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 Road, then left into Vogler Drive to the junction with Roscommon Road. Turn right and follow Roscommon Road until the traffic lights.

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

Follow Kerrs Road east up to Great South Road, turn right down Great South Road for 400m 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 (rebuilt in 2025) right up and underneath the Southern Motorway into the Auckland Botanic Gardens.

Te Araroa was previously signposted through the lower part of Totara Park to Wairere Road. The current route goes through the extensive ornamental gardens and past the Visitor Centre and Cafe Miko to the Botanic Garden Entrance.

CONDITIONS

Potential hazards

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

Leave gates as you find them.

ACCESS

Northern Start: Puhinui Reserve, Prices Road
Southern End: Botanical Gardens Entrance, Hill Road

TRANSPORT

- Bus stops on Hill Rd
- Auckland Transport - for bus or train information - P: 0800 103 080 freephone or 09 366 6400. All public transport, buses, trains and ferries operated by Auckland Transport use accept debit and credit cards or an AT HOP card for payment. Cash payments are not accepted onboard buses, trains or ferries.
- It is highly recommended to download the free AT Mobile app for planning any trip in Auckland, whether by public transport or on foot as the app calculates route maps to any address

ACCOMMODATION

Heaven's Rest B&B - 180A Mill Road, Bombay. 022 312 1462 and email is info@heavensrest.co.nz

- One night’s accommodation in one of our rooms or cabins
- Pick up and drop off to the Te Araroa Trail
- Continental breakfast
- Free laundry facilities and use of full kitchen
- $20 discount on any massage treatment*

The price is $119 for 1 person or $129 for 2.

Here is a link to the package

Drury Hills Nest – Drury Hills Road P: 022 692 3054 (Hannah) or 021 566 527 (Jono) E: druryhillsnest@gmail.com – Spacious, self-contained detached accommodation, comfy super king bed, heat pump, wifi and a flat-screen TV. Continental breakfast provided. Happy to accommodate up to two kids, too.

FOOD AND SUPPLY

- Westfield Mall - Corner Great South and Wiri Station Rds, Manukau. Full range including supermarkets, shops, café, banks and pharmacies available.

EXTRA INFO

Before starting Te Araroa either as a through-walker of the whole country or a section walker, please register on Te Araroa website. Please also visit the website or download the app for detailed maps, trail alerts and other relevant information.

This track is part of the Herenga ā Nuku Aotearoa track database. Herenga ā Nuku has maps and advice about public access to the outdoors.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz.

We recommend trying these online learning tools:

- Trip Planning
- Tramping/field Skills
- Basic Navigation
- River Safety

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council YouTube channel.

Botanic Gardens to Mangatāwhiri

Last Edited: October 03, 2026 20:51:33 NZST

INTRO

Te Araroa trail section: You will walk over Mount William, but this section no longer takes in the Hunua Ranges due to kauri dieback disease and other developments.

DESCRIPTION

Manurewa to Mangatāwhiri - 39km

Follow the Puhunui Stream underneath the motorway to enter the Botanic Gardens near the Everglade Drive park entrance. Turn right (south) to walk up through the Botanical Gardens, following park signage, to the Huakaiwaka Visitor Centre at the Botanic Gardens entrance.

Unfortunately the Botanic Gardens Visitor map and some signboards show the old Te Araroa Route. These will be updated in time, but for now some signage indicating about along the northern edge of the gardens is incorrect. There is a lot more to be seen in walking up the hill towards the Visitor Centre

There are many beautiful routes through the Botanic Gardens, more than are shown on any map.

Exit the Botanic Gardens through or around the visitor centre onto Hill Road. Turn right (west) and follow Hill Road across the motorway bridge. Turn left/southeast into Claude Road, right at Alfriston Road and left onto Great South Road at km 656.5.

Previously Te Araroa included part of the Hunua ranges. The trail was damaged by a storm in 2015-16, and devising a suitable detour without encroaching on private land proved difficult. Later concerns around kauri dieback disease resulted in a complete closure of Hunua hiking trails for a time. Te Araroa was adapted to follow an alternative route that used minor roads through Clevedon and Hunua village to reach SH2. The long road walk to Clevedon included some sections considered dangerous. A further modification eliminated the walk to Hunua village and moved the trail closer to the main highway using urban roads.

The modified route for 2026-27 uses the Southern Path, a shared walking and cycling path parallel to the Southern Motorway with scenic view across the Pahurehure Inlet of the Manukau Harbour.

Follow the Great South Road for 1.7 km. The Southern Path begins just past the Woolworths supermarket and immediate before the motorway off ramp. Te Araroa leaves the path via a spiral pedestrian bridge at km 661.2.

On the eastern side of the motorway follow Rushgreen Ave south and walk through Jack Farrell Park to Lakeside Drive. At the end of Lakeside Drive turn right onto Elliot Street, cross Beach Road into Chichester Drive at the traffic lights and continue south. Turn right at Goodwin Drive and left at Park Estate Road and right onto Great South Road at km 665

Follow Great South Road for almost 3km to the roundabout in Drury, km 667.6. Extensive road and rail bridge construction at this intersection make direction signs hard to spot.

Turn left (east) across the bridge onto Waihoehoe Road and continue 2.7 km to the end, then turn right (south) onto Drury Hills Road.

At the intersection Drury Hills Road with Fitzgerald Road (km 671.6) turn left (south) down the hill on Jack Stevenson Road through the new industrial development. At the southern end of Jack Stevenson Road (km 673.1) there is a pedestrian path through to Ramarama Road. Some NZTopo 50 maps do not accurately represent all roads in this area.

At the end of Ramarama Road turn right into Ararimu Road past the school and then leftt (south) into Hillview Road.

Follow Hillview Road for 4 km and cross Portsmouth Road into Barber Road for 1km. After passing the school on your right turn right (west) down Paparata Road towards Bombay. Turn left into Bombay Road and continue onto Razorback Road. Pass Beaver Road East on your right. Turn left (east) into Puketutu Road and after 1 km enter the Mt William Walkway for break from road walking.

At the southern end of the Mt William Walkway continue south on McMillan Road for a short distance, then right (south again) onto Irish Road to meet State Highway 2 (SH2).

Turn left/east along the SH2 for 2km. This is an extremely busy road with limited road shoulder. Cross carefully into Serpell Road at km 692

Northbound directions from Hillview Road (km 674.5) to the Drury roundabout at km 667.6

Included here because the route has changed in early 2021 and the Drury South Crossing construction area requires extra care.

At the northern end of Hillview Road turn right on Ararimu Road, past the school, then left into Ramarama Road. At the northern end of Ramarama Road there is a pedestrian footpath through to Jack Stevenson Road. Walk north on Jack Stevenson Road for 1.5 km. At the top of the hill turn right (east) into Drury Hills Road. After 2.5 km turn left (west) into Waihoehoe Road. Follow this for 2.8 km to the roundabout on Great South Road (km 667.6). Turn right.

CONDITIONS

Potential Hazards

- Construction traffic around the Drury South Crossing industrial site
- Farming operations
- Few water sources

ACCESS

Northern Start: Botanical Gardens entrance, Hill Road Manurewa
Southern End: SH2 near Serpell Road

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.
- Heaven's Rest B&B – 180 Mill Road, Bombay. Relax in spacious rooms or self-contained cottages just minutes from the Te Araroa trail, and enjoy a soak in our spa pool after a long hike. Special tramper rates and packages include free WiFi, laundry, and breakfast, plus pick-ups and drop-offs. No space for tents. Contact Robert at 022 312 1462 or info@heavensrest.co.nz.

Trail Hosts

- *Conifer Grove*, near km 659.2 on the Southern Pathway. Call Joanne Schroeder 027 255 2275
- Note: We are unavailable to host from
    - 10 - 19 November 2026,
    - 6 - 11 January 2027
    - 4 Feb - 10 March 2027

- *Michelle and Ross Ashby*, 144 Ramarama Road, Drury. Yellow letter box. km 673.7
  5 acres, park like grounds and gardens
  Camping including access to a shower, toilet and kitchenette $ 25 per night
  Four bedrooms from $90 to $100, including towels, linen, etc.
  We have an in ground pool, lovely garden, three orchards, a ten-minute walk up to the local waterfall and swimming hole. Contact phone number for walkers is 021 586 384 Ross and Michele

- *Lynley Jacobs*, a past TA walker, hosts hikers near Bombay (km 680.5). Double or single beds, washing machines, hot showers spa pool, and free wifi. Available from 1st October 2026. Please make contact 2-3 days before intended arrival. Ph 027 378 8804. If no answer please leave a message.

FOOD AND SUPPLY

- Miko Café and Visitor Centre at the Auckland Botanic Gardens - 102 Hill Rd, Manurewa - P: 09 269 3407

EXTRA INFO

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