

# WELCOME TO WHANGAREI HEADS

With our subtropical climate and remnants of ancient volcanoes rising from a deep water harbour, the Whangarei Heads peninsula offers a wide variety of fantastic walks ranging from an easy stroll along the beach to a challenging 5 hour hike up and along the unique heritage Bream Head Scenic Reserve Ridge.

Our coastal tracks are all well maintained but please take care and supervise children. Grab your water bottle, sturdy shoes with good grip, a bag for your rubbish and a sweater in case the weather changes. Remember to bring your camera and head out for a great experience! Note that the tracks can be slippery after rain and rocky outcrops have steep drop offs.

Whangarei Heads is one of only five kiwi sanctuaries in New Zealand, so please be aware that dogs are not permitted on any Department of Conservation (DOC) tracks. When in Whangarei Heads your dog should be on a lead at all times. Please don't light fires.

Our tracks cross both DOC Reserve and Council land, with all plants and birds protected for the enjoyment of all. Please stay on the marked tracks and take notice of the signs and information boards at the beginning of the tracks.

**PLEASE LOCK YOUR CAR AND HIDE YOUR VALUABLES.**



MT AUBREY WALK

**FOR MORE INFO**  
[whangareinz.com](http://whangareinz.com)  
[discoverwhangareiheads.nz](http://discoverwhangareiheads.nz)  
[breamheadtrust.org.nz](http://breamheadtrust.org.nz)

Te Manawa The HUB  
 Information Centre  
 Ph: 09 430 1188

Whangarei i-SITE  
 Visitor Centre  
 Ph: 09 438 1079



DISCOVER  
WHANGAREI HEADS

# WALKING TRACKS WHANGAREI HEADS



**WHANGAREI  
LOVE IT HERE!**

Northland - New Zealand

[discoverwhangareiheads.nz](http://discoverwhangareiheads.nz)

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## 1 McLEOD BAY TO LITTLE MUNRO BAY

🕒 2 hours return - 2.8 km  
 Easy walk - some steps

📍 **START & FINISH:** Stuart Road, McLeod Bay  
 Toilets in McLeod Bay and also at Reotahi Reserve car park

📷 Beautiful mature pohutukawa trees

This walk begins at the end of Stuart Road in McLeod Bay and follows the coastline along a Department of Conservation (DOC) reserve.

Once you reach Darch Point Rd you have two options; One option is to walk to the end of Darch Point Rd and turn left onto Reotahi Rd which will take you back to Whangarei Heads Rd. The other option is to follow the Matuku St Link and Norfolk Avenue Link to Beach Rd to join up with the Reotahi Coastal walkway. This combines the two walks to form a longer coastal track passing by the Reotahi Marine Reserve and then the historic remains of the Meat Freezing Works with views to Marsden Point.

The walkway continues towards Little Munro Bay where you follow Bay View Rd up the hill until it meets Whangarei Heads Road. Turn left and follow the footpath back to where you started.



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## MT AUBREY

🕒 2 hours - 1.5 km  
 Medium fitness - lots of steps

📍 **START:** Tiller Park car park, Reotahi Road  
**FINISH:** Little Munro Bay

📷 360 degree panoramic views

From the Tiller Park car park this track passes between two large boulders and quickly has you climbing. The surrounding bush keeps you cool in the shade. There are rest spots with seats and plenty of opportunities to stand and admire the views. Pataua and the Pacific coastline can be seen to the east, together with Whangarei Heads and Mt Manaia to the south. Walk quietly and birds of all sorts will serenade you. This is a truly spectacular walk with plenty to look at and admire.

This track can be extended to include the Reotahi Coastal Walkway.



[discoverwhangareiheads.nz](http://discoverwhangareiheads.nz)

## MT MANAIA

🕒 1.5 hours return  
 Medium fitness - lots of steps

📍 **START & FINISH:**  
 Lower car park next to the Manaia Club  
 Toilets at this car park

📷 Spectacular views of harbour and ocean

Mt Manaia is one of a cluster of jagged, bush covered peaks towering 420m above sea level. The Mt Manaia track begins with a lovely view south from the early settlers' memorial and continues into the bush at an easy grade. Then the steps begin, which continue almost continuously to the top. Don't miss the spur track on your right three quarters of the way up, where you will find a rock plateau with fantastic viewing - caution required.

Near the top a wooden staircase leads to the highest accessible point. The views are two-fold: north-east over Whangarei Harbour towards the city, and a great view of Bream Head with the Hen and Chicken Islands behind. You must return the same way that you came.



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## 4 KAURI MOUNTAIN BEACH WALK

- Walk as far as you want - easy walk  
It takes 3 hours to walk the length of the beach
- START & FINISH: Access via Kauri Mountain Rd  
Toilets in the car park at Ocean Beach
- Endless sandy beach, oystercatchers and dotterels

Kauri Mountain Beach offers a spectacular experience with approximately 6 kms of white sandy Ocean Beach. Be sure to bring supplies if you wish to walk the whole beach and back, or organise a driver to pick you up at the other end. The driver will have 3 hours to enjoy local cafes, bakeries and art galleries before picking you up.



## 6 PATAUA SOUTH TRACKS

- From 20 minutes to 1 hour - easy Walk
- START & FINISH: Mahanga Rd car park  
Toilets at the footbridge
- Beaches, estuary, picturesque footbridge

Start from the Mahanga Rd car park and take a short walk along the Pataua Estuary and over a low hill to a lovely beach known as "Frog Town".

If you turn left from Mahanga car park and walk along the water's edge you will get to the Pataua Footbridge. This is a popular spot. The bridge takes you across to Pataua North and a further 20 minute stroll will get you to the Pataua North surf beach. You will have to return the same way but can do a loop walk by heading back on Pataua South Road and turning left into Mahanga Rd.



Pataua offers safe swimming in the estuary, although be careful of tidal pull. There is also fun for the older kids on the ocean side.



## BREAM HEAD SCENIC RESERVE

Bream Head rises steeply out of the waters at the end of Bream Bay and cuts a jagged line across the sky. Bream Head Scenic Reserve is classified as a significant natural heritage environment. Its forest is the largest and highest quality pohutukawa-broadleaf coastal forest in Northland and is home to the North Island Brown Kiwi and many other native birds.

Bream Head Scenic Reserve is managed by a community Trust on behalf of the Department of Conservation and the public of New Zealand.

[www.breamheadtrust.org.nz](http://www.breamheadtrust.org.nz)

## 7 SMUGGLERS BAY

- 40 minutes return - easy walk
- START & FINISH: Urquhart Bay car park  
Toilets at this car park
- Beautiful white sandy beach

From Urquhart Bay car park head left over the farmland; you might meet the friendly cows along the way. We recommend you bring a picnic and your swim gear and stay for a while.

## 8 BUSBY HEAD TRACK

- 1.5 hours return - 3 km - easy walk
- START & FINISH: Urquhart Bay car park  
Toilets at this car park
- Beautiful coastal and beach views

An easy loop walk that takes you to the historic gun emplacement at Home Point at the harbour entrance. Carry on through the coastal forest track and you will arrive at beautiful Smugglers Cove. Stop for a swim and a picnic before heading back over the farmland to the car park again.

## 9 PEACH COVE TRACK

- 2 hours one way - lots of steps - high fitness
- START: Peach Cove car park 1 km before Ocean Beach  
FINISH: Peach Cove DOC Hut
- Panoramic view and beautiful secluded cove

Start from the sign posted car park located 1 km before Ocean Beach. Please park just inside the entrance as this carpark is a private driveway. Follow the track to the ridge and head right. The track becomes a formed gravel path broken up by sets of wooden steps descending steeply to Peach Cove. A Department of Conservation (DOC) serviced hut with 8 bunks can be booked in advance by phoning 09 470 3300. The track only goes one way, up and over, so unless you can arrange pick up by boat, you must return by the same route.



We follow in the footsteps of the children of Manaia.

## 10 BREAM HEAD/TE WHARA TRACK

- 5 to 7 hours one way - 7.5 km - high fitness
- START: Urquhart Bay car park  
FINISH: Ocean Beach
- 360 degree views and heritage coastal forest

This track follows an ancient Maori trail. From Urquhart Bay carpark head left and follow the track as it climbs steeply up Mt Lion. Walking through the reserve you will experience some of the best coastal forest in the North Island. The undulating ridge track eventually intercepts the Peach Cove track. Carry on and climb the Te Whara/Bream Head Summit at 476m above sea level, and enjoy a spectacular, coastal 360 degree panorama taking in Motu Kōkako (Cape Brett) in the North to Tāwharanui (Cape Rodney) in the South. In between you can see Tawhiti Rahi and Aorangi (Poor Knights), Marotere (Hen and Chickens group), Hauturu (Little Barrier) and Aotea (Great Barrier) in the far east. Heading towards Ocean Beach you will pass the WWII naval radar station. Take in the views looking north towards Kauri Mountain. A well earned swim in the clear waters at Ocean Beach is highly recommended.



## 11 TE WHARA LOOP WALK

- 4 hours return - lots of steps - high fitness
- START & FINISH: Peach Cove car park 1 km before Ocean Beach
- Spectacular 360 degree panoramic views

This is a popular walk that combines parts of Walk 10 (BREAM HEAD/TE WHARA TRACK) and Walk 9 (PEACH COVE TRACK) to form a loop walk. Follow the Peach Cove track until it is intercepted by the Bream Head/Te Whara track. At this point, head left on to the Te Whara Track and carry on to climb the Te Whara/Bream Head Summit at 476m above sea level and enjoy spectacular coastal 360 degree panoramic views. This vantage point, with one of the best views in Northland, is reached via a spur track which follows the ridge line just as you start to descend. Look out for this track at the top of the first set of descending stairs having just traversed around a large rock. The summit rock is a short distance along the track. Climbing the rock is challenging but well worth the effort. Care should be taken as there are steep drop offs in this area.

Heading towards Ocean Beach you will pass the WWII naval radar station and lighthouse. Once you have arrived at Ocean Beach, walk along the water's edge until you are aligned with Ocean Beach Surf Club on the side of the hill. Look out for a sandy track that will take you over the sand dunes and along to Ocean Beach car park and toilets. Walk through the car park and follow the road up to Ocean Beach Road. Turn left and follow the road back to the Peach Cove car park.