

# CYCLE TRAILS TAURANGA

WESTERN BAY OF PLENTY  
& THE WHAKATĀNE DISTRICT

SCENIC OPTIONS FOR EVERY RIDER



Photo: Waikareao Estuary

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## LET'S PUMP THOSE PEDALS

From meandering coastal and riverside trails to historic city sites and challenging mountain bike tracks, the Coastal Bay of Plenty has an ever-expanding network of epic places to ride your bike. With something for every age and ability, you can easily explore the special places that reflect our heritage and environment at your own pace.

For the best coastal views, try the Bowentown to Waihi Beach trail, the Ōmokoroa to Wairoa River trail, or the Point to Park trail that runs from Sulphur Point to Fergusson Park.

Stop for a bit of haiku inspiration in Katikati or take one of the village's nearby riverside or shoreline trails.

History lovers will enjoy the Historic Tauranga trail, which travels past sites that mark interactions between British settlers and Māori tribes more than 150 years ago. The shorter Te Ara Kahikatea path in Te Puke will take you under and over bridges and past the town's old cemetery as you traverse nearby rural paddocks.

The region also features several stunning trails through ecologically important wetlands – choose Bethlehem reserves at one end of Tauranga city or the Papamoa waterways at the other end, or you can experience the Matua Saltmarsh, Kopurererua Valley, or Waikareao Estuary trails in the middle.

The award-winning TECT Park offers a challenging 10km mountain bike ride through remote forest tracks.

At the eastern end of the coast, the Ōhope Harbourside Trail provides easy access to a picturesque estuary, which is home to a multitude of birds, fish and shellfish.

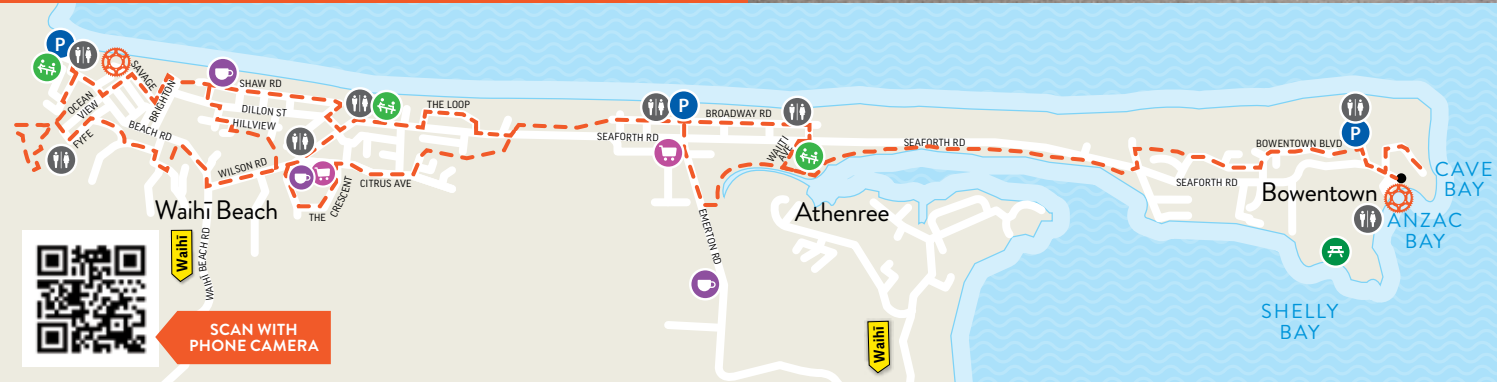
The nearby Onepū Mountain Bike Park has 12 short trails that cater for all abilities. Further inland, the Burma Road mountain bike track offers a 10km return trip through suburbia, bush and farmland.

## 1 WAIHĪ BEACH TO BOWENTOWN

Get the best of both worlds with this popular coastal trail, which travels the length of Waihi Beach and Bowentown, with optional sidetracks that include the Athenree Estuary.

There are plenty of places you can stop along the way, such as reserves, playgrounds, cafés, shops and swimming spots.

Most of the trail is flat, but the view from the top of the eastern most point, above Cave Bay, is ample reward for the extra effort it takes to cycle there.



**9km** one way; optional side trails or loops

A **10-minute drive** east from Waihi, exit off State Highway 2

**EASY** Flat, **grade 1**

Easy access to **coastal and harbour foreshores**, which include **wetlands and sand dunes**, along the route

Mixture of **sealed, gravel and boardwalk**

This is a **shared walkway and cycleway**, and can get very busy at times; includes roadside sections and road crossings

Start or finish at **Waihi Beach Surf Lifesaving Club or Anzac Bay, Bowentown**

Other entry/exit options from any road near the trail

**Multiple toilet facilities** along the way; **drinking water is available** at many of the beachside reserves

Minimal signage



# 2

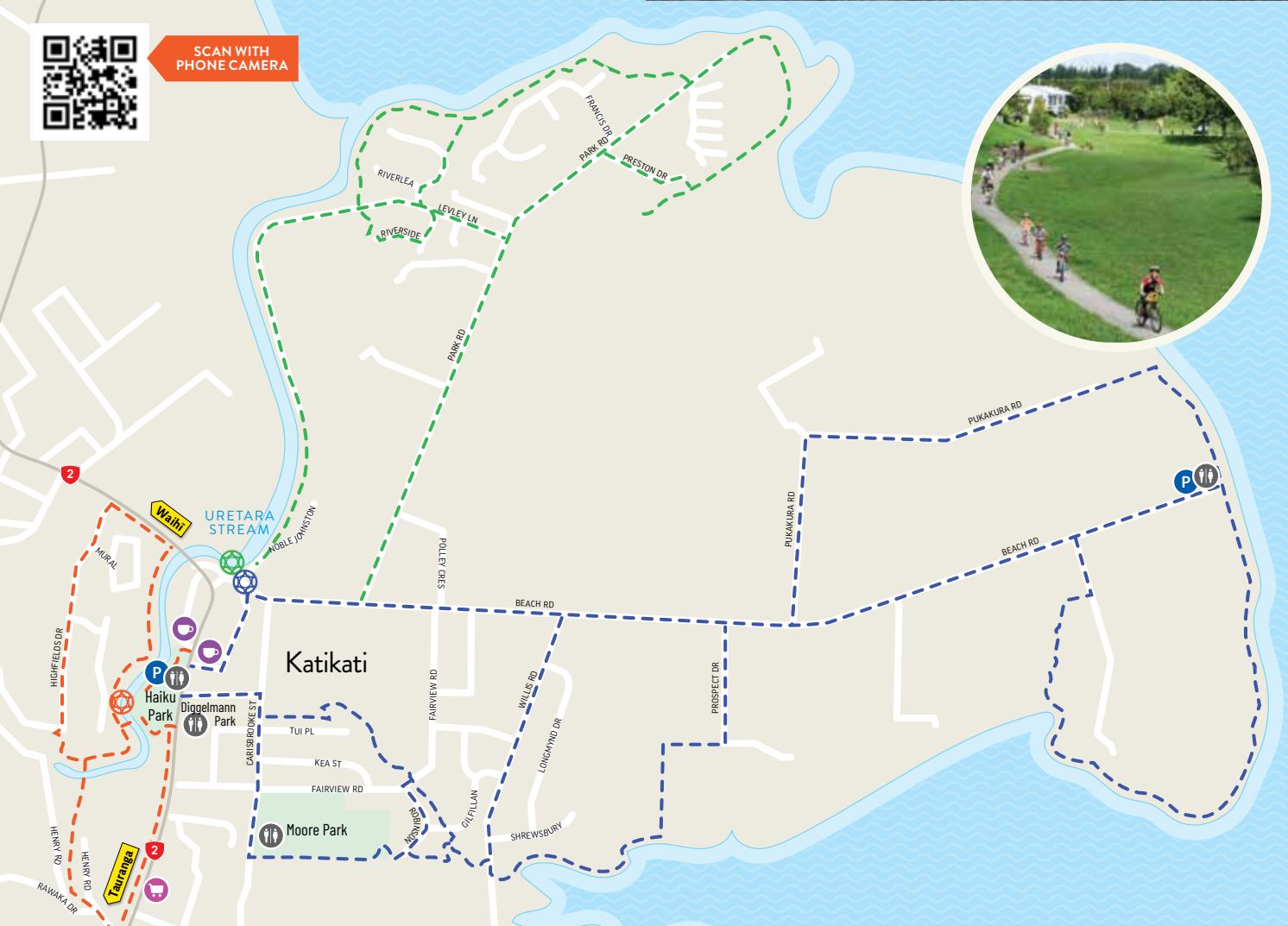
## KATIKATI VILLAGE TRAILS

Choose your distance and direction – whichever Katikati trail you opt for, you'll get the chance to spot the art, birdlife and watersides this historic village is known for.

With each option located just a short distance from the main street, it will be easy to grab something to eat or drink before or after your ride.



SCAN WITH PHONE CAMERA



### Haiku Path to Henry Road

↔ Less than 5km (return)

**EASY** 5-25m elevation, **grade 1**

--- Mixture of **concrete and sealed**

Start and finish at **Haiku Park**, on the western side of Katikati's main street  
Can also be accessed from any nearby road

Follows the river stopbank, before travelling through a pleasant residential area; includes an **art installation** near the 45m suspension bridge over the Uretara Stream; look out for **river birds and boulders engraved with thought-provoking haiku poems**

Includes **road crossings** at Mural Drive and Highfields Drive

**Toilets, carpark and drinking water all available** at Haiku Park

No signage

### Bird Walk Trail - Summerset Walkway & Cycleway

↔ Approximately **5.8km** (return) depending on which track options are taken

**EASY** 1-10m elevation, **grade 1**

--- Mixture of **concrete, gravel and grass**

Start and finish at **the Uretara Stream boat ramp, Noble Johnston Drive**  
Can be joined from any nearby road

Start/finish point is **50m from State Highway 2**, which runs through Katikati's main street, turn-off is near the Talisman Hotel and Restaurant

A **family friendly trail** which includes river wetlands, harbour views and art installations, along with **description boards of the area's bird life**

Includes some **roadside sections and road crossings**

Toilets are located off Katikati's main street, at Diggelmann Park; **no drinking water available en route**; limited car parking at the start and finish point, but there's more available in nearby side roads

Map board in the seating area at the start

### Uretara Stream to Beach Road

↔ Approximately **11km** (loop)

**EASY** 1-15m elevation, **grade 1**

--- Mixture of **urban and rural roads, concrete pathways, grass reserves, gravel, orchard tractor tracks, and short bush trail**

Start and finish at **the Uretara Stream boat ramp, Noble Johnston Drive**  
Can be joined from any nearby road

Start/finish point is **50m from State Highway 2**, which runs through Katikati's main street, turn-off is near the Talisman Hotel and Restaurant

Features **bird life, harbour views, wetlands and working orchards**

Includes long sections along **rural and urban roads**; rural areas include **vehicles travelling at high speeds**

Toilets are located off Katikati's main street, at Diggelmann Park, and at the harbour end of Beach Road; **no drinking water available en route**; limited car parking at the start and finish point, but there's more available in nearby side roads

Signage when the trail leaves a road



# 3

## ŌMOKOROA TO WAIROA RIVER

Explore the growing seaside town of Ōmokoroa, along with Te Puna estuary, the Plummers Point peninsula and Wairoa River.

Historic Ongarahu Pā, at the northern end of Plummers Point, is one of the most well-preserved defensive fortifications in New Zealand. It's also worth checking beforehand which cafés you might want to detour to and stop at along the way.

A new track is being developed along the highway, on the Tauranga side of the Wairoa River, which will enable cyclists to connect to the Bethlehem Reserves trails.



↔ **18km** (one way)

**EASY** to **INTERMEDIATE** Some short inclines/declines, 50m elevation, **grade 1**

--- Mixture of **gravel, boardwalk and road**

Start or finish at **Ōmokoroa Boat Club** or **Wairoa River Reserve**

Other entry/exit options at Lynley Park Drive, Lakeside Terrace, Huharua Park, Jess Road and Newnham Road

**Ōmokoroa Boat Club** is 23km from the Tauranga CBD; **Wairoa River Reserve** is 10km from the Tauranga CBD

This is a popular recreational ride due to its **undulating scenery** and proximity to the harbour and Wairoa River

Includes **roadside sections and road crossings**

**Toilets located at Ōmokoroa Domain, Huharua Park** (at the end of Plummers Point Road), **and Wairoa River Reserve**; **drinking water is available at Huharua Park**; carparking available at the start and finish, and also at other entry and exit roads

Signage in place



## 4 BETHLEHEM RESERVES - TAURANGA

Gordon Carmichael Reserve is a gem in the heart of suburban Tauranga, featuring 60 hectares of waterways, native plantings and abundant birdlife.

The reserve has a playground, drinking fountain and toilets near the main carpark and is popular with walkers, runners, dog owners and cyclists.

This attractive trail meanders through Bethlehem and past several ponds that host a wide range of waterfowl.



## 5 MATUA SALTMARSH & BELLEVUE RESERVES

The Matua Saltmarsh is a 21-hectare coastal wetland that helps enrich the quality of Tauranga Harbour, protects the shore from erosion, and provides a habitat for many species of plants, fish and birds.

This off-road trail features a 200m boardwalk at the Matua end and offers an appealing journey which links up two nearby recreational reserves.



↔ **8.6km** (return); optional side trails

**EASY** to **INTERMEDIATE** 1-25m elevation, **grade 1**

--- Mixture of **boardwalk, gravel pathways** and **short roadside** sections

Start or finish at **Gordon Carmichael Reserve** or **Belvedere Reserve**; can be joined from any nearby road

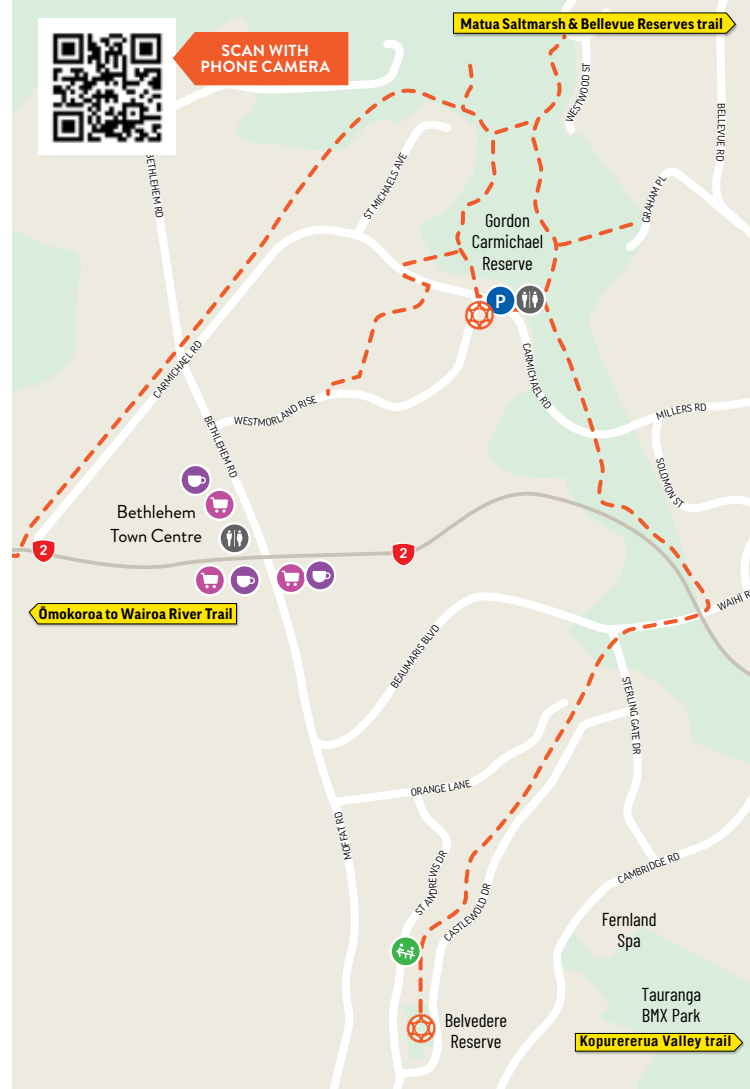
**Gordon Carmichael Reserve** is 1km north-east of the SH 1 Bethlehem roundabout

A family-friendly trail that features **saltmarsh wetlands, creeks, ponds, birdlife, and information boards**

Includes roadside sections and road crossings (utilising pedestrian refuge islands); **be aware of walkers, young children and dogs in reserve areas**

**Toilets are located near the playground and carpark** at Gordon Carmichael Reserve; additional streetside car parking at various locations along the route; **picnic areas** at the start and finish

Occasional signage



↔ **7.4km** (return)

**EASY** 1-5m elevation, **grade 1**

--- **Boardwalk and gravel** pathway

Start and finish at the **Bay Street Reserve, Matua**, or at **Belvedere Park**; can be joined from any nearby road

The Bay Street starting point is **8km from the Tauranga CBD**. Take the Chapel Street exit off SH 2 (Takitimu Drive)

This is a family-friendly trail that includes **picturesque saltmarsh and estuary views**, a variety of birdlife, a skatepark, and information boards

Includes **pedestrian crossing**; short section near train track

**Toilets are available at Carlton Street Reserve**; car parking is located at several points along the route; roadside parking is also available

Occasional signage



## 6 KOPURERERUA VALLEY - TAURANGA

Kopurererua Valley is a 300-hectare natural, urban wetland and one of the city's largest reserves.

It encompasses farmland, native bush, a river, ponds, and many sites of historic and archaeological significance. It also serves as an important part of the Tauranga cycleways network.

There are plenty of options to grab a drink or something to eat near both ends of this trail.



## 7 SULPHUR POINT TO FERGUSSON PARK

This popular trail provides stunning tidal views across Tauranga Harbour to Mauao (Mount Maunganui), Matakana Island and the Kaimāi Ranges.

Sulphur Point features a marina, fishing and swimming spots, picnic area, carved Māori pou and a large boat ramp.

Fergusson Park (in Matua) and Kulim Park (in Ōtūmoetai) are well-utilised recreation areas that include playgrounds, toilets and BBQs.



↔ **8.9km** (return)

**EASY** 1-3m elevation, **grade 1**

--- Mixture of **gravel, boardwalk and sealed**, shared paths

Start/finish at **The Historic Village on 17th Ave**, or **Marshall Ave**, at the southern end of the trail, near the **Tauranga Racecourse**; can be joined from any road along the route

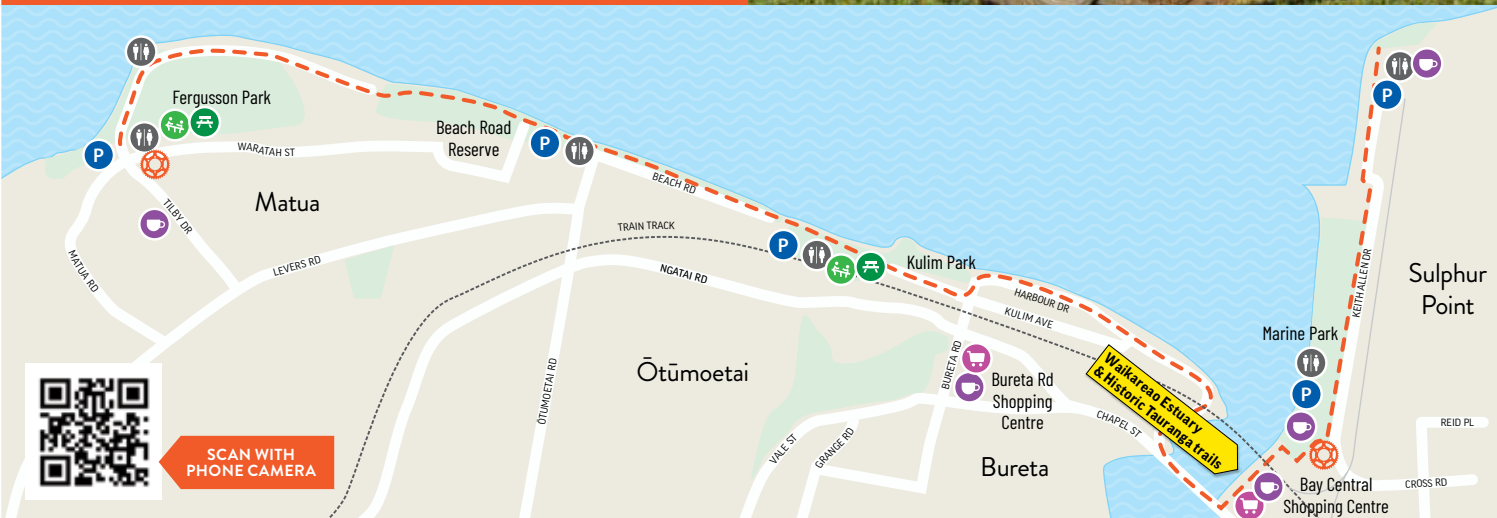
The Historic Village start/finish point is at the end of **17th Ave, off Cameron Road**; or take the **Marshall Ave exit off the SH 29A, Pyes Pa Road and Cameron Road roundabout** to access the Marshall Ave start/finish point

A family-friendly trail that features a **stream and native wetlands, valley views, birdlife, and information boards**; passes The Historic Village and the Puketoromiro Pā site; you can also take the bridge over Takitimu Dr to check out the BMX track

This popular trail can get busy at times; can be **prone to flooding and trail disruptions after heavy rain**

**Toilet facilities and car parking areas are at Faulkner St and Cambridge Park**; car parking is also available outside The Historic Village (17th Ave) and at several other roads along the route, including the end of Westridge Dr

Directional and safety signage in places



↔ **8.4km** (return)

**EASY** 1-3m elevation, **grade 1**

--- **Concrete** shared walkway/cycleway; includes a **busy urban road section, bridges and grass tracks**

Start and finish at the **Sulphur Point boat ramp carpark** or **Fergusson Park, Matua**; can be joined from any road or park along the route

**Sulphur Point carpark is 1km from the Tauranga CBD** – take the Sulphur Point exit off SH 2 (Takitimu Drive)

Enjoy the **inner harbour views, reserves, and birdlife**, or take a refreshing dip in the small bay at the tip of Sulphur Point

Includes roadside sections, and road and rail crossings; this is a **shared walkway and cycleway** which is narrow in places and can get busy at times

Toilets and carparks are **available at the start and finish points and at several parks along the way**; can also join from any road along the route

Nil





## WAIKAREAO ESTUARY - TAURANGA

Waikareao means “sparkling waters of the new day”, and as you follow the shoreline of this large tidal estuary you’ll journey through native bush, mangroves and saltwater marshes.

The estuary’s high biodiversity value means it’s a Category 1 ecological area and information boards along the route explain how the ecosystem works.

Motuopae Island, in the middle of the estuary, is a sacred burial ground that belongs to Ngāi Tamarāwaho of Huria Pā (Judea).



## HISTORIC TAURANGA

The Tauranga central business district is notable for its historical sites, retail and dining options, and harbour and estuary views.

This mainly off-road trail will give you space from the inner-city traffic and you’ll have the option to stop and explore several noteworthy locations along the way, such as the Monmouth Redoubt, Robbins Park rose gardens, Mission Cemetery, and the Pukehinahina battle site (Gate Pā).



↔ **8.7 km** (loop)

**EASY** 1-5m elevation, **grade 1**

--- Mixture of **boardwalk, gravel pathway, concrete** path

Start and finish at **Maxwells Road, Pillans Point**; the trail can be done clockwise or anti-clockwise; can also be joined from any nearby road

The **Maxwells Road start point is 2km from the Tauranga CBD** – take the Chapel Street exit off SH 2 (Takitimu Drive) to get there

A family-friendly trail that makes the best of its natural environment, **keep an eye out for bird and marine life**; there are several café options at the Bay Central Shopping Centre, on Chapel Street

A **shared walkway and cycleway that gets busy at times** and may require confidence to negotiate; includes shared pathway alongside busy Chapel Street; the eastern side of the trail runs along SH 2 (Takitimu Drive) but features a safety barrier to protect riders

**Toilets are located at Coach Drive Reserve and Ngāi Tamarāwaho Crescent**; car parking at Maxwells Road, Coach Drive Reserve, and just after the Waihi Road entrance to Takitimu Drive; limited parking also available at streets along the route

Limited, but the loop around the estuary is straightforward



↔ **14km** (return)

**EASY** to **INTERMEDIATE** 0-10m elevation; **grade 2**

--- A mixture of **urban roadsides, boardwalks, small bridges**, and **gravel** and **concrete** paths; includes a short, steep incline near The Strand starting point, and a 100m incline shortly before the Gate Pā finish point

Start or finish at the **Hairy Maclary statues**, on the waterfront, and head for the path at the northern end of The Strand, or start/finish at **Pukehinahina | Gate Pā Historic Reserve** on the corner of Cameron Road and Church Street, Gate Pā; can also be joined from any nearby road along the route

**Harbour and estuary views, birdlife, and historic sites**

Includes road sections and busy intersections (pedestrian crossings available); this is a **shared walkway** and cycleway which is narrow in places and can get busy at times

**Carpark and toilet facilities are at The Strand and Faulkner Street**; other car parking options are available on various roads along the route

Nil



10

## TE ARA O WAIRAKEI - PAPAMOA WATERWAYS

This trail easily meanders through a series of residential reserves that follow Papamoa's essential and picturesque storm water system.

Featuring well-formed paths, native plantings, bridges, and information boards, this trail is a great alternative to all the beach side activities that are available only a short distance away.

You'll also be able to spot the Papamoa Plaza along the way, which offers a wide range of eateries.



11

## PAPAMOA TO PAENGAROA

This trail offers a safe cycling route alongside the Tauranga Eastern Link highway, with scenic views of the surrounding countryside.

Nearby banks have been extensively planted with native species and the Kaituna River bridge features a stunning set of pouwhenua (carved Māori land markers).



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↔ **27km** (return) not including optional side routes

**EASY** 1-3m elevation, **grade 1**

--- Gravel pathway, **waterway bridges**, roadside cycle lanes

Start or finish at **Pacific View Road reserve, Gordon Spratt Reserve** on Parton Road, or Gibson Place in Papamoa East; can also be joined from any nearby road

The Pacific View Road start/finish point is **3km from Bayfair shopping centre**; Gordon Spratt Reserve is **5km from the Papamoa off-ramp on the Tauranga Eastern Link (SH 2)**

**Waterway views, birdlife, information boards**, and various leisure areas and activities

This trail includes several road crossings; it's a **shared walkway** and cycleway which can get busy at times

**Toilets, carpark**, playground and skatepark at **Gordon Spratt Reserve**; limited carparking on nearby streets

Location signage

↔ **20km** (one way)

**EASY** 15m elevation, **grade 1**

--- Mixture of **sealed and gravel**

Start or finish **end of Te Okuroa Road, Papamoa**; or **next to Comvita, Wilson Road South, Paengaroa**

**Te Okuroa Drive, Papamoa, is 12km north-east from Te Puke**; **Paengaroa is 11km south of Te Puke** - turn east off SH33 at Paengaroa

An increasingly popular trail for **recreational and serious cyclists** alike; the small village of Paengaroa offers several food and beverage options

Most of this trail is **safely sectioned off from the nearby highway**, but riders will travel along the side of the Te Puke Highway near Paengaroa

**Toilets are available at Paengaroa Domain**, 222 State Highway 33; carparking is available at both start/finish points; **no drinking water available**

Signage in place

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12

## TE ARA KAHIKATEA PATHWAY – TE PUKE

Pedal through wetlands and alongside the Waiari Stream on the eastern outskirts of this bustling rural town.

Starting just one street back from the main road, the pathway crosses over Jubilee Park and runs along Stock Road and King Street, before looping around through rural paddocks.

Originally created by passionate volunteers, you'll enjoy several points of interest as you cycle over and under bridges and past the town's oldest cemetery, which dates back to 1886.



↔ 4km (return)

**EASY** Grade 1

--- Mixture of **grass, gravel and shared boardwalk**



Start and finish at Hera Memorial, near the **Commerce Lane carpark**, cut across **the Jubilee Park grounds** and make a sharp right as you leave the park. You can also start and finish at **Landscape Road**

Other entry/exit options are at **Stock Road or King Street**



**A 14-minute drive from Papamoa**, exit the roundabout in the centre of Te Puke's main street onto Jocelyn Street and then turn onto Commerce Lane



A relaxed trail that makes the best of its natural rural and waterway attributes; **look out for Tinkerbell's Garden**



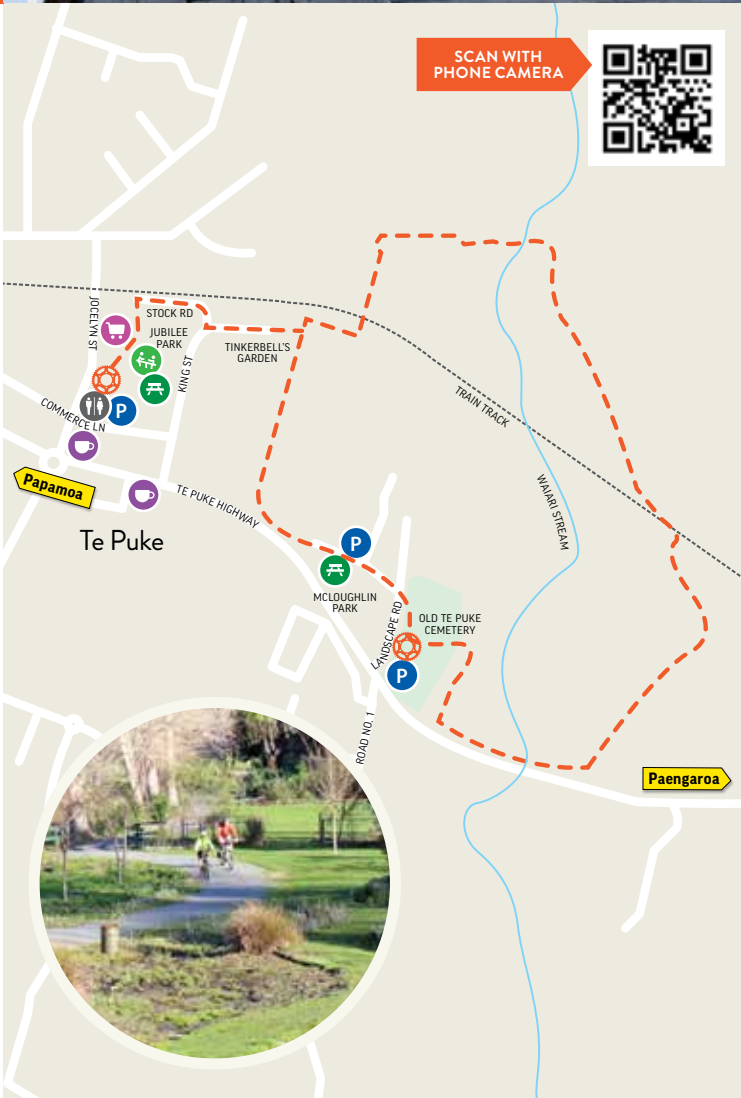
Includes **some roadside sections and road crossings**



Toilets and carparks are located at the Commerce Lane start and finish point, or at Landscape Road; **no drinking water available**



Signage at the **Hera Memorial near Commerce Lane**, at the junction where the trail loop starts and ends, and at the **entrance to Old Te Puke Cemetery on Landscape Road**



SCAN WITH PHONE CAMERA



13

## ŌHOPE HARBOURSIDE TRAIL

Enjoy a relaxing ride along the shoreline of one of the country's most pristine estuaries, Ōhiwa Harbour. With its multitude of birdlife, shellfish, and fish species, the harbour has always been culturally significant to indigenous tangata whenua.

This trail is designed to ensure the least disruption to the natural environment, whilst allowing stunning views as you traverse a series of esplanade and recreation reserves.



Whakatāne



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↔ 5.8km (return)

**EASY** Grade 1

--- Mixture of **grass and gravel**



Start or finish at **Waterways Drive** or **Port Ōhope Wharf**; other entry/exit options along **Harbour Road** and **Ōhiwa Parade**



**Waterways Drive** is 10km from Whakatāne CBD; **Port Ōhope Wharf** is 13km from the CBD



Peaceful harbour views and popular community reserves; **spot the wildlife** as you go



This is a shared walkway and cycleway; **give way to pedestrians**; dogs must be on a leash



**Toilet facilities** and **drinking water** are available at Port Ōhope Wharf; car parking is available at both ends of the trail, along with roadside parking



Signage at **key access points**

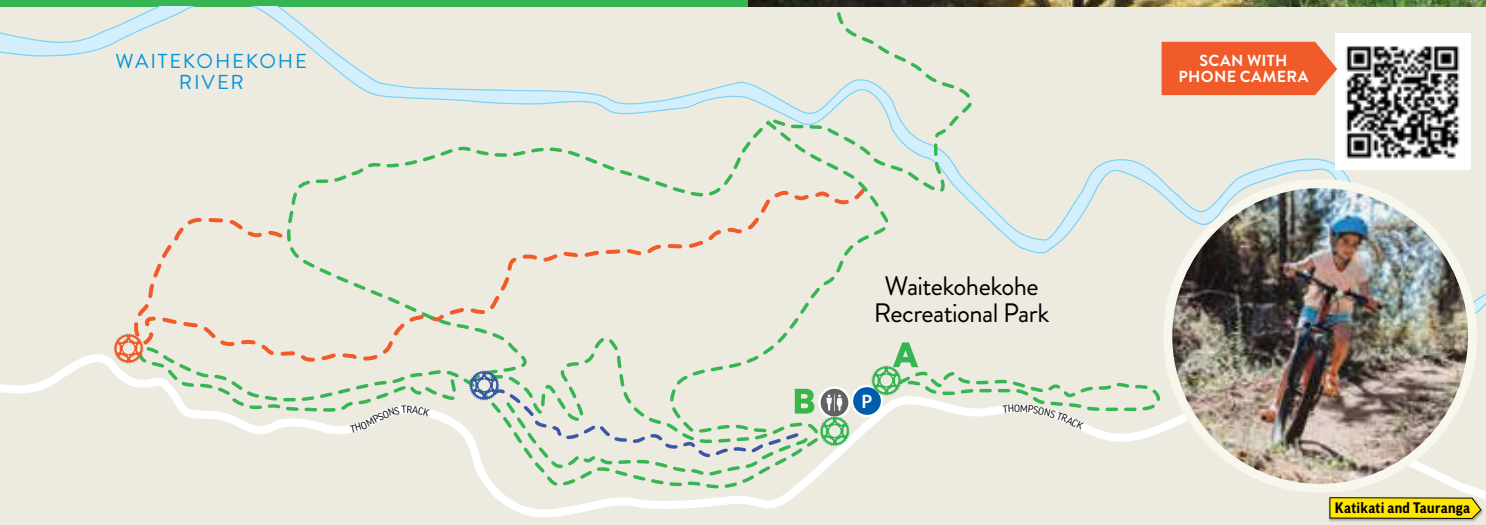
14

## WAITEKOHEKOHE RECREATIONAL PARK

This 88-hectare park on the outskirts of Katikati offers a series of short forest tracks for mountain bikers, horse riders, and walkers to enjoy.

The Waitekohekohe name was gifted by Ngāi Tamawhariua (the local hapū, or sub-tribe) and refers to spiritual waters, a sense of yearning and climbing. The park is part of the 37,000-hectare Kaimai Mamaku Conversation Park.

The swimming hole, which one of the cycle tracks passes through, is a great place to cool off in summer.



**EASY** A. 500m kids loop - grade 2  
B. 4.7km (loop, with optional side trails) - grade 2

Thompsons Track is a rural road that connects to State Highway 2. The park is a 40-minute drive from the Tauranga CBD or a 13-minute drive from the centre of Katikati

**INTERMEDIATE** 367m (one-way trail) - grade 3

This park offers a remote, scenic ride along a series of off-road trails

**ADVANCED** 1058m (2x one-way trails) - grade 4

Walkers permitted on easy trails and may be accompanied by dogs; watch for trail intersections

Dirt mountain bike track

A toilet is located to the left of the mountain biking car park

Start and finish at 360 Thompsons Track, Katikati (you will pass the Waitekohekohe Recreational Park's equestrian car park first, the mountain biking carpark is further along the road)

Well signposted on the roadside and along each trail, but we'd advise you to take a photo of the trail map beforehand

15

## TECT PARK - NGAWARO

TECT Park offers 1650 hectares of action-packed options and recently earned the 2022 Active Park of the Year title and the 2022 International People's Choice Green Flag Award.

There are three mountain bike trails – the challenging Buffalo Girl Track and two shorter tracks to suit less experienced riders.

Bring a picnic to this remote, tree-covered park and check out some of the other activities while you're here.



**EASY** A. 1.8km Uno Track (loop) - grade 1  
B. 3km Kererū Track (loop) - grade 1

**INTERMEDIATE** 10km Buffalo Girl Track (loop)

Dirt mountain bike track

Start and finish: once you enter the park, follow the signs to the mountain bike area

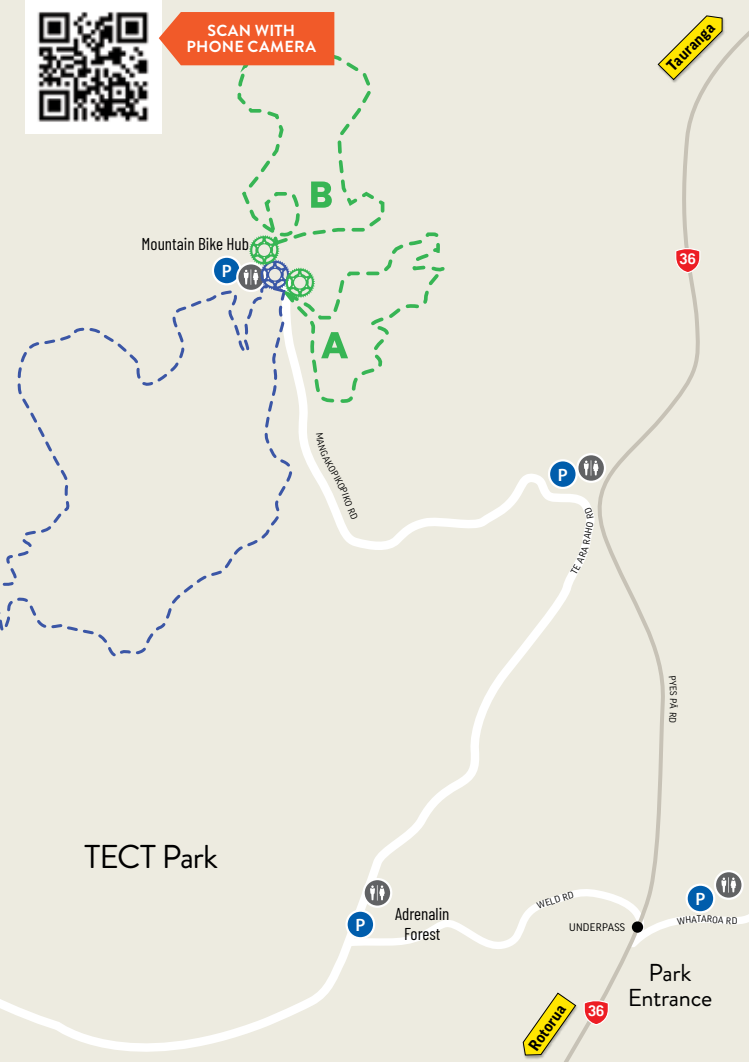
TECT Park is situated approximately halfway between Tauranga and Rotorua, off SH 36 (29km from Tauranga and 30km from Rotorua); the park's eastern entry is signposted on the highway

This park hosts a lot of clubs so you may spot activities like paintball, clay target shooting, off-road driving, and model aircraft; there are some lovely walking tracks, an off-leash dog exercise area, and you can pay to take on the high-wire challenges at Adrenalin Forest

Check the park website (tectpark.co.nz) or Facebook page for possible track closures prior to your arrival; respect the rights of other track users (e.g walkers, runners and horse riders); the Buffalo Girl Track has three shallow stream crossings and can be quite slippery

Toilets are located in the mountain bike area and near the main entrance to the park

Tracks are well marked





16

# ONEPŪ MOUNTAIN BIKE PARK - TE TEKŌ

This mountain biking spot is highly regarded by the local community. Volunteers maintain the tracks, while private landowners generously permit public access.

The park offers a range of mountain bike trails catering for all skill levels. Two of these trails are dual use, enabling mountain bikers and walkers or runners to share the tracks.

A smaller area within the park offers picturesque wetlands. These tracks and boardwalks are designated for pedestrian and wheelchair users.



SCAN WITH PHONE CAMERA



↔ **15km** (includes 13 trails, plus jump area)

**EASY** Mostly flat with gentle elevation - **grade 2**

**INTERMEDIATE** Some long, steep climbs - **grade 3-4**

**ADVANCED** Large drop-offs and steep sections - **grade 5-6**

**Dirt track**

Start and finish at the **park entrance car park off State Highway 30**, almost directly opposite Braemar Road

Park entrance is approx **30km from the Whakatāne CBD**

The diverse trail options enable visitors of **all ages and abilities** to choose a suitable adventure; great for families

Please **adhere to the park rules** outlined on the map at the park entry; be mindful of other users

**Be prepared** – there is no drinking water and no toilet facilities at this park

Signpost at park entrance and along each trail; we'd also advise you to **take a photo of the trail map** beforehand, located at the park entry



# 17 BURMA ROAD - WHAKATĀNE

Get off the beaten track with this bush and farmland trail which includes Ōhope Scenic Reserve, the home of endangered wild Kiwi.

This partly hilly, partly flat track used to be part of the original road between Ōhope and Whakatāne.

It features several interesting lookout points.



SCAN WITH PHONE CAMERA

↔ **10km** (loop)

**EASY** to **INTERMEDIATE** 120m elevation, **grade 1 - 3**

--- Mixture of paved and gravel surfaces

Start and finish at the intersection of **Pohutukawa Ave** and **Maraetōtara Road**, or at the intersection of **Ōhope Road** and **Burma Road**

The Ōhope Road/Burma Road intersection is **3km from the Whakatāne CBD**; the Pohutukawa Ave/Maraetōtara Road intersection is 8km from the CBD

In 1999, several **North Island Brown Kiwi** were discovered in Ōhope Scenic Reserve, which had miraculously survived without the anti-predator support they usually need. Nearby residents sometimes encounter these rare nocturnal birds, which has led to Whakatāne becoming the **Kiwi Capital of the World™**

The cycleway section on Ōhope Road runs adjacent to a busy main road; no dogs are permitted on the trail - **this is 'Kiwi Country'**

Toilet facilities and drinking water are available at Maraetōtara Reserve and at **the beach end of Ōhope Road**; car parking available at trail start and finish points

Minimal signage



Photo: Wairoa River, Tauranga



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