



Papamoa Beach

WELCOME TO THE BAY OF PLENTY

Nestled on the east coast of New Zealand's North Island, Te Moananui ā Toi | the Coastal Bay of Plenty is a place where you feel like you're on holiday 365 days a year.

Blue skies, warm sunshine, white sand, rolling surf, sparkling harbours, bush walks, waterfalls, ocean-front dining, boutique shops, panoramic views, busy marinas... the list goes on!

Whether you love surfing, connecting with wildlife in their natural habitat, exploring ancient rainforests, reeling in a big one, or immersing yourself in culture – the Bay of Plenty is sure to make you smile.

WALKING

The Bay of Plenty offers a variety of walking tracks that showcase the region's natural beauty and rich cultural heritage. Short walks, long tramps, waterfall meandering or a beachside stroll – our region offers something for every lover of the great outdoors.

Mount Maunganui summit walk

Perched majestically 232m above sea level, Mount Maunganui, also known as Mauao, offers one of the most picturesque walks in the Bay of Plenty. The summit walk provides stunning ocean views and panoramic views of the coastline stretching towards Papamoa and beyond.

Orokawa Bay walk

An easy to moderate 45 minute stroll leads through lush, dense bush to Orokawa Bay, a secluded beach fringed with pōhutukawa trees and clear blue waves rolling ashore. Add an extra 20 minutes to visit the 30m-high William Wright Falls or continue another 90 minutes to Homunga Bay.

Ngā Tapuwāe o Toi

This scenic trail features historic landmarks, superb native forest, stunning coastal views, seabird colonies and forest birds in abundance. Spanning over three major reserves, the track can be undertaken in sections or as a 16km round trip.

CYCLE TRAILS

The Bay of Plenty offers a unique cycling experience with its scenic routes and diverse landscapes. From meandering coastal and riverside trails to historic city sites or challenging mountain bike tracks, our region has an ever-expanding network of epic places to ride your bike.

Whether you are looking to leisurely explore or are up for a more challenging experience, there are trails to suit every age and ability.

Kopurererua Valley

Kopurererua Valley is a 300ha natural, urban wetland that sits right in the heart of Tauranga. It encompasses farmland, native bush, a river, ponds, and many sites of historic and archaeological significance. The cycleway weaves its way from The Lakes in Tauriko to the Historic Village on 17th Ave, before continuing to Sulphur Point in central Tauranga.



Oroho Harbourside Trail

Ōmokoroa to Wairoa River cycle trail

This 19km route runs from Ōmokoroa to Wairoa River, offering a leisurely pedal along some of the most beautiful coastal scenery. The Cider Factorie is located along the route, and is the perfect spot to refuel and taste some local cider.

TECT Park

The award-winning TECT Park is a great option if you are looking for an adrenaline-fuelled mountain biking adventure. The remote forested area offers a variety of grade 4-5 tracks that will test even the most experienced riders. The trails feature a mix of obstacles such as jumps, drops, berms and pumps, as well as a raft of downhill and freeride trails to tackle.

Ōhope Harbourside Trail

Enjoy a serene 5.8km ride along the shoreline of one of the country's most pristine estuaries, Ōhiwa Harbour. This culturally significant area has an abundance of birdlife, shellfish, and fish species. This cycle trail has been designed to complement the natural environment, ensuring stunning views as riders traverse a series of esplanades and recreation reserves.

ACTIVITIES

The Bay of Plenty offers a wide range of activities, making it the perfect destination for creating holiday memories, whether you are looking for adventure, culture, or something family-friendly.

Outdoor enthusiasts can take up a surf lesson, paddle through a glow worm canyon or experience the ultimate thrill of skydiving. Those interested in culture can explore the rich Māori heritage of the Bay of Plenty through guided cultural tours. Foodies and relaxation seekers alike will find plenty to enjoy with options like hot pools, truffle hunting or food tours. There is always something to do and experience in the Bay of Plenty.

Sure to make You smile

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nzdolphin.com | Ph 07 577 0105



The Historic Village
historicvillage.co.nz | Ph 07 571 3700



Baycourt Community & Arts Centre
baycourt.co.nz | Ph 07 577 7188



My Tauranga
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KG Kayaks - Tours & Freedom Hires
kgkayaks.co.nz | Ph 027 272 4073



Trinity Wharf Hotel & Restaurant
trinitywharf.co.nz | Ph 07 577 8700



Tasman Holiday Parks - Papamoa Beach
tasmanholidayparks.com/nz/papamoa-beach | Ph 07 572 0816



Mount Maunganui

COASTAL PARADISE

The Bay of Plenty is surrounded by sandy beaches and sparkling harbours. Take advantage of 125km of stunning coastline and make sure to spend some quality time on or near the ocean.

Beaches

Our region boasts some of the most breathtaking beaches in Aotearoa New Zealand. From family-friendly spots to the best places to catch a wave, and secluded spots for relaxation, there is something for everyone.

Marine wildlife

The Bay of Plenty is home to a diverse array of marine wildlife. To fully experience our big blue backyard, join an experienced tour operator for an unforgettable wildlife-watching adventure. You will have the opportunity to spot dolphins, whales, seals, and sea turtles in their natural habitat.

Water sports

You are never far from water in the Coastal Bay of Plenty. Whether you are into surfing, paddleboarding, kayaking or kite surfing – our region's ideal conditions cater to all levels and interests. Our uncrowded beaches and gentle swells provide the perfect conditions for learner surfers.

EAT & DRINK

The Bay of Plenty is a food lover's paradise, blessed with fertile land and bountiful seas that provide an abundance of fresh produce and seafood. Local establishments take full advantage of these fresh ingredients and there is no shortage of world-class dining options to enjoy while on holiday.

The warm climate of the area makes for perfect growing conditions, producing some of the world's best kiwifruit, avocados, citrus and mānuka honey. Indulge in delicious seafood at one of the many beachside fish and chip shops or enjoy a fine dining experience at a high-end restaurant. There is something for every palate.

Visit bayofplentynz.com/dine

MĀORI CULTURE

Māori tradition tells the story of the first voyagers travelling by waka from Hawaiki and choosing to settle in the Bay of Plenty for its fertility and abundance. This region holds special significance as the landing place for three important waka: the Tākitimu, Mātaatua, and Te Arawa.

There are plenty of opportunities to enjoy and learn about Aotearoa New Zealand's indigenous culture here. Guided by te ao Māori values such as manaakitanga (hospitality), our local Māori tourism operators make manuhiri (visitors) feel welcome when visiting our shores and inspire the visitor experience through authentic cultural experiences and storytelling.

Tours include guided e-biking, SUP lessons, guided hikoī (walks), jet ski adventures, Rongoā Māori (traditional Māori healing), and fishing charters.

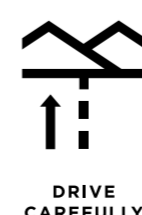
Visit bayofplentynz.com/events

EVENTS

Watch top athletes in action, taste the Bay's fresh and creative foodie offerings, or enjoy epic tunes at an outdoor festival. The number and range of events in our region just keeps growing - there's always something happening!



TIAKI MEANS TO CARE FOR PEOPLE AND PLACE. THE TIAKI PROMISE IS A COMMITMENT TO CARE FOR NEW ZEALAND, FOR NOW AND FOR FUTURE GENERATIONS.



Before heading outdoors, we advise you to check the weather forecast at metservice.com. You can also visit safeswim.org.nz, adventuresmart.nz, and doc.govt.nz for more advice on how to safely enjoy our beaches and walking tracks.

DISCOVER MORE



ACCOMMODATION



ACTIVITIES



CYCLING



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BAY OF PLENTY

VISITOR MAP & GUIDE

TE MOANANUI Ā TOI | THE COASTAL BAY OF PLENTY



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Te Puna Quarry Park, Te Puna

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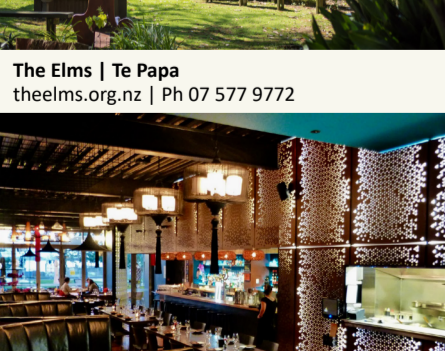
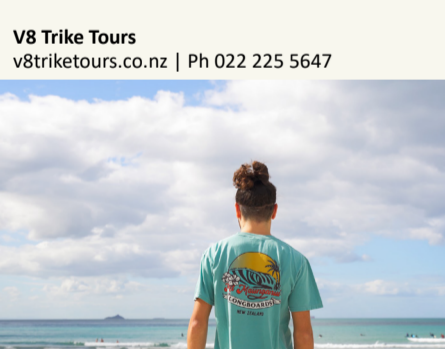
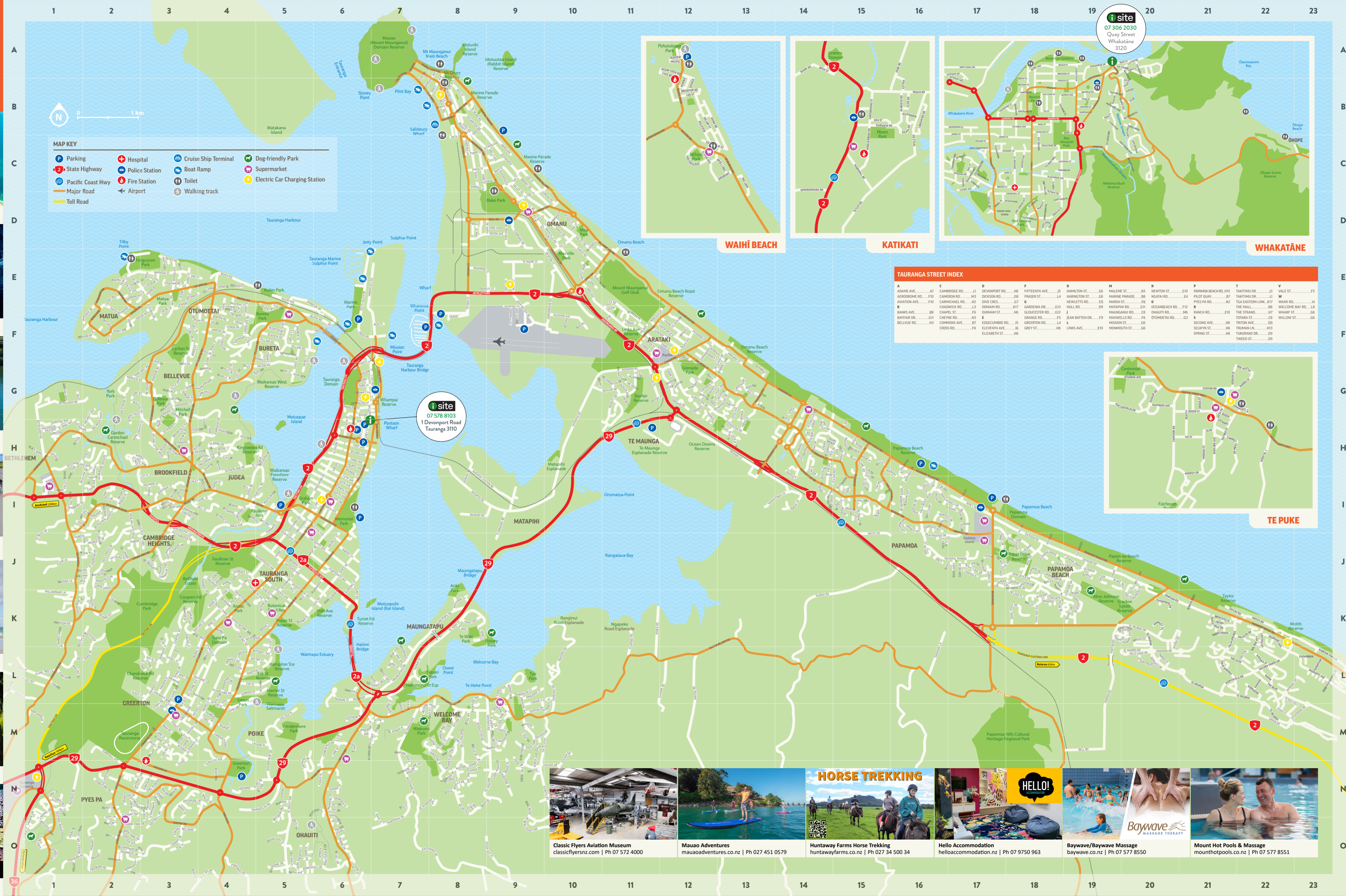
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theelms.org.nz | Ph 07 577 9772

Macau Restaurant
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