



24-26 March 2017

Special Events

Friday 24 March – **Troubadour Trail**

Music and Magic around the beautiful Mangawhai Estuary. \$10.00, children free. Departing 2.30pm, 3.00pm, 3.30pm

Saturday 25 March – **Food & Wine Festival**

3-7pm. \$25.00, gate sales \$30.00, R18

Sunday 26 March – **Walkers Big Breakfast**

8.15am, \$12.50, bookings essential

All walks listed alphabetically.

A Botanical Bush Tramp to Marunui Trig - SATURDAY Grade 4

An energetic bush walk over private, covenanted land in the Brynderwyns where 43 Northland brown kiwi have been released since 2013. Learn about Marunui's conservation work and kiwi care and brush up on your knowledge of native flora in the company of an experienced botanist. A great opportunity to appreciate the forest's special values - northern rata, nikau, puriri, kauri, climbers and epiphytes and various native birds. We walk on tracks in the valley, beside streams and up ridges through mature bush. There are reminders of kauri logging days

and Maori habitation and from Pa Hill you can enjoy expansive coastal and rural views. The walk concludes with afternoon tea. Good fitness and walking boots essential, small streams to cross.

Degree of difficulty: An easy section followed by some steep climbs on formed tracks requires a good degree of fitness.

Equipment: Good walking shoes will suffice although boots would be better. A walking pole if you normally carry one.

Carpool: Departs 9.15am, 5hrs, \$20.00

Bald Rock & Kauri Bush Walk

SUNDAY Grade 3

From the road, Bald Rock looks like a huge sphere beckoning passing walkers. Take the two kilometre climb up this distinctive outcrop to experience 360 degree panoramic views from the Kaipara Harbour to Mangawhai. Bald Rock is an unusual outcrop of grey/white sandstone, known as NZ's 'half dome'. Walk through lush regenerating kauri forest known locally as 'Pretty Bush'. Both walks are rich in history and are led by local identities who are direct descendants of the first European settlers who once lived beside this outstanding landmark.

Degree of difficulty: While this walk is on a well formed track it climbs steadily before a short narrow ridge onto Bald Rock itself. Walkers can choose not to undertake this final section. The rest of the walk is on flat to rolling pasture.

Equipment: Good walking shoes will suffice although boots would be better. A walking pole if you normally carry one.

Carpool: Departs 9.30am, 3-4hrs, \$20.00

Beach Boot Camp NEW

SATURDAY Grade 4

Designed for the fit and young but for anyone who has the will and is prepared for some effort. A fun beach workout followed by run, all on the beautiful Mangawhai Heads beach.

Degree of difficulty: An aerobic workout in anybody's language.

Equipment: Running gear.

Carpool: Depart 9.30, 2 hrs, \$20.00

Blokes' Sheds, all NEW Sheds 2017

SATURDAY & SUNDAY Grade 1

What's happening behind the 2017 shed doors? With all new sheds, open the door to see what's inside! Visit some Mangawhai sheds where some good keen locals indulge in their passions. We had Sheila's come along last year and welcome again but remember no talk of babies, cooking or dressmaking in the blokes sheds!

Degree of difficulty: Very easy, bus transport between sheds.

Equipment: Good covered shoes - no jandals

Bus transport: Departs 8.45am, 4-5hrs, \$30.00

Bream Tail Ramble NEW

SATURDAY Grade 3

Enjoy a guided tour of this working farm subdivision. With its native bush blocks, stunning coastal views and excellent facilities, this is a rare opportunity to see behind the gates of one of Mangawhai's finest coastal developments. From the Surf Club, wander along the beach then take the 200 odd steep steps to the cliff top. Enjoy the magnificent coastal panorama before crossing into Bream Tail Farm. The bushwalk component highlights some wonderful native specimens before heading up to the trig for some great photo opportunities.

Degree of difficulty: Some steep climbs but on well-formed roads and paths

Equipment: Good boots required

Carpool: Departs 9.00am, 3-4hrs, \$20.00

Doggy Walk

SATURDAY Grade 2

Let your dog enjoy being a dog! A short drive from Mangawhai, the lush beauty of a working farm awaits you and your dog. This is an off the lead adventure where doggies are free to rumble and tumble with their doggie friends. This farm walk includes pasture, bush, plenty of open space, a river to swim, logs to cross and plenty of 'farm smells'. What more could your best friend want?

Degree of difficulty: Hilly walk over rolling farmland.

Equipment: Suitable footwear.

Carpool: Departs 9.30am, 3hrs, \$20.00

Doggie Day Out

SUNDAY Grade 1

With just a short drive to this beautiful rural location, both you and your dog can relax with plenty of socialising for doggie. Dogs love it here! This is a more sedate outing with your canine cobber, minimal walking required, the emphasis on doggie, you can sit and relax, throw a few balls and enjoy the view while your dog has a brilliant time playing, running and maybe getting wet! Includes morning tea.

Degree of difficulty: Sit back and watch the dogs have a good time.

Equipment: Anything goes.

Carpool: Departs 9.30am, 3 hrs, \$25.00

Estuary to Ocean

SATURDAY Grade 3

Experience this splendid walk of contrasts – from the estuary mud and mangroves, with their hidden beauty, to the middens of the sand-spit and the golden desert sands of the mighty dune which we climb for marvellous views from the top. This ever changing refuge provides stories of birds, plants, and history, ancient and modern. Expect wet feet. The walk is led by volunteer members of the Fairy Tern Trust who have dedicated their time to the protection of this endangered endemic bird species.

Degree of difficulty: Some paddling and sand-hill climb.

Equipment: Boots or easily removed sneakers would work well.

Carpool: Departs 9.20am, 4-5hrs, \$20.00

Geology

SATURDAY Grade 2

How often do you discover different rock formations and wonder how they were created? Enjoy a fascinating beach walk whilst learning the Earth's history in the rocks of the Mangawhai surf beach, foreshore and beyond with guide Dr Gary Carr, geologist, teacher and part time resident, Gary will take you on a fascinating journey through time.

Degree of difficulty: Easy, basically a beach walk, some boulder hopping.

Equipment: Sneakers fine

Carpool: Depart 10.00am, 4-5hrs, \$20.00

Hash Run NEW

SATURDAY Grade 2/3

A Hash House Harriers fun run ideal for the young at heart and fleet of foot. For runners and walkers, with the emphasis on having fun rather than a test of athletic ability! The concept is "Hare and Hounds" following a trail laid by the hare. This 90 minute run/walk will take you through the many beautiful walking tracks of inner Mangawhai.

Degree of difficulty: A run/walk so a reasonable level of fitness is needed.

Equipment: Running/walking shoes.

Carpool: Departs 10.00am, 90 minutes, \$20.00

Kayak Mangawhai NEW

SATURDAY & SUNDAY Grade 3

Enjoy breath-taking views and heaps of fun on this spectacular two hour guided kayaking tour. Explore the Mangawhai Harbour from the North Avenue boat ramp through to Picnic Bay then across the harbour to the sand spit, followed by further exploration of the inner harbour with Aotearoa Surf Guides. Hear the history of Mangawhai - from the early Ngati Whatua inhabitants, the Nga Puhi wars, European settlement, through to the more recent but historic 'Big Dig' and our current Harbour Restoration Society activities. Suitable for first timers or the more experienced. All equipment provided.

Important: All Kayaks are single person kayaks unless prior arranged.

Degree of difficulty: Reasonable fitness needed but instruction provided.

Equipment: Suitable water sports clothing, sunscreen, water, waterproof footwear, warm change of clothes.

Carpool: Departs 1.00pm, 2 hrs, \$50.00

Lake Walk and Elevenses NEW

SATURDAY & SUNDAY Grade 2

(wheelchair friendly option)

Delight in a pleasant amble around the peaceful man-made lake of this quiet rural development. This two kilometre walk, on a well formed concrete pathway, is the perfect outing for those who enjoy a short and easy distance. Back at the

house, make the most of its newly developed large garden and outstanding view across the sloping valleys of rural Mangawhai to the Hen and Chicken Islands and the Big Dune. Relish the peacefulness as you are served a delicious morning tea.

Degree of difficulty: Easy walking and gentle grades around the lake. Walk up to house is more difficult but you can be driven to and from the lake walk.

Equipment: Glad rags if you would like to enter the spirit of day!

Carpool: Departs 10.30am, 2 hrs, \$30.00

Mangawhai Cliff Top Walk

SATURDAY & SUNDAY Grade 3/4

Known as one of the Best Coastal Walks in New Zealand and part of the national Te Araroa Trail, this iconic walk takes you along the spectacular cliff tops north of Mangawhai Heads beach. From the Surf Club, enjoy an easy wander along the beach as you 'warm-up', ready for the steep stepped climb to the cliff top and lookout. As you walk this well formed track, enjoy the magnificent coastal panorama to Bream Head, excitingly revealed as you progress northwards.

To the south soak up the golden vistas along the coast to Pakiri Beach and out to the Coromandel Peninsula and beyond.

Through shady pockets of cooling bush and spectacular valleys of nikau palms, the final descent brings you to the rocky shore with a large rock arch ideal for those special photos! As you carefully return along the shoreline, over the washed smooth rocks and sandy bays, watch out for playful dolphins

often seen in these waters!

Degree of difficulty: This is a serious walk combining a well formed track with a rocky coastal section. Some steep stepped climbs. Walkers need to be fit and agile.

Equipment: Good boots essential and walking pole useful especially on the rocky section.

Carpool: Depart 9.00am, 4-5hrs, \$20.00

Mangawhai Garden Spectacular

SATURDAY - Grade 2

SUNDAY all NEW Gardens – Grade 3

Sunday gardens only are all new venues! A rare opportunity to view some unique and special Mangawhai gardens. These distinctive properties have been selected for their unusual features; they are lush, colourful, creative and inspiring. The owners are devoted and passionate gardeners. A subtropical treat! Please note Sunday: one garden has a long gravelly driveway and property hilly.

Degree of difficulty:

Saturday easy garden walking, a few steps but no hills!

Sunday hilly with some long driveways

Equipment: Casual footwear

Carpool: Departs 9.15am, 4hrs, \$20.00

Mangawhai Highlights and Hidden Pathways SATURDAY & SUNDAY Grade 2/3

Discover more to Magical Mangawhai! Marvel at the diverse Mangawhai Community Park from the lookout with its panoramic 360 degree views. Enjoy morning tea at Mangawhai Museum with a presentation on the historic 1991 'Big Dig' project which saved our dying harbour. Discover the hidden walkways and paths to the harbour and its idyllic sandy bays where you will hear about efforts to save our precious and critically endangered Fairy Terns. Admire the views over the dunes, offshore islands and the shimmering Pacific. Rest as you lunch at a harbour reserve while learning of the community's ongoing harbour restoration projects; morning tea at the Museum is included.

Degree of difficulty: Easy walking with some moderate slopes and some steps.

Equipment: Good walking shoes or boots recommended.

Carpool: Departs 9.00am, 4hrs, \$25.00

Matheson Bay to Goat Island SATURDAY Grade 4

This outstanding walk covers four public pathways: starting at the picturesque Matheson Bay, the track continues alongside a stream through bush and mature kauri to a series of delightful small waterfalls. We then take the scenic Leigh coastal walk around Leigh Harbour, continuing through bush to a small pretty bay for lunch. A two kilometre road walk then offers

expansive views before crossing farmland to join the walk to Goat Island through regenerating bush with great views of Little Barrier Island, Great Barrier Island and the Mokohinau Islands. Keep a look out for dolphins! This walk has a section with a demanding climb of 165 steps.

Degree of difficulty: A reasonably demanding walk both in length and topography. Some steep steps, and a long climb on a gravel road. Good level of fitness required.

Equipment: Boots highly recommended, walking pole useful.

Bus: Departs 8.55am, 6-7hrs (including one hour travel each way) \$35.00

Paddle-boarding Mangawhai NEW SATURDAY & SUNDAY Grade 3

A guided 'eco tour' as you stand up paddle board in and around the Mangawhai Harbour to the unique Mangawhai sandspit! This two hour experience is not to be missed! Accompanied by qualified instructors, you will first learn how to paddle and handle your board before crossing the estuary for a guided walk exploring the lakes and wildlife, to the spit's ocean side. Learn about the critically endangered NZ Fairy Tern and other wildlife existing on the spit. A beautiful and rewarding experience for first timers and the more experienced. All equipment provided.

Important:

All paddleboards are single one person paddleboards.

Degree of difficulty: Reasonable fitness, instruction provided.

Equipment: Suitable water sports clothing.

Carpool: Departs 8.30am, 2.5hrs, \$50.00

Panoramic Mangawhai SATURDAY Grade 3/4

Simply stunning seascapes! This walk explores the estuary's hidden access ways and high vantage points for spectacular views of Mangawhai and its surrounds. A popular walk, the Goldschmidt Track, is named after the original creator of the Walking Weekend and is regularly upgraded by our famous Mangawhai 'trackies'. The initial slow climb winds its way to the first viewing site directly above the lovely surf beach. There's time for a breather, to take in the ocean view and watch the melodic waves rolling ashore. Winding down over a private road through bush then a demanding climb with some steep steps through regenerating manuka to panoramic views of the harbour, a photographer's delight! Making your way back to the Surf Club will take in more surprises along the sandy estuary's inlets and bays.

Degree of difficulty: Some short but steep climbs, numerous steps, so reasonable fitness required.

Equipment: Good walking shoes or boots recommended, walking pole useful.

Carpool: Departs 9.00am, 4hrs, \$20.00

Ramblers Food Experience

SATURDAY Grade 3

Go behind the scenes of Mangawhai's delicious food and wine producers. Walk farmland pathways to visit vineyards, avocado, olive and pomegranate farms while enjoying a dash of history. The owners of five varied properties, some new and some established, will share their passion and knowledge so you learn how they live on their land and make it productive. Ramblers will also enjoy some good bushwalking experience up hill and down. We present a splendid showcase of what Mangawhai has on offer.

Degree of difficulty: A moderate workout between properties with some uphill walking across farmland. Some short steeper climbs.

Equipment: Good walking shoes or boots suitable for wet pasture.

Bus: Departs 8.30am, 5-6hrs, \$30.00

Tanekaha Falls/Puriri Track

SATURDAY & SUNDAY Grade 4

This spectacular loop walk combines the Tanekaha Falls Track as far as the remains of the kauri dam with our newest Puriri Track, which winds back along the valley side until it re-joins the Falls Track just below the first waterfall. The Puriri Track includes two very large puriri trees, one of which is bigger than the largest formally recorded in Burstall and Sale's *Great Trees of New Zealand*. The combination of shady forest, a bubbling stream and numerous waterfalls makes this one of the best bush walks in Northland.

Degree of difficulty: This is a tramping track not a gravel surfaced day walk. While the track is well formed there are steep stepped sections and a number of stream crossings so a good level of fitness and agility is required.

Equipment: Good boots essential and a pole recommended as a valuable aid for stream crossings.

Carpool: Departs 8.55am, 4hrs, \$20.00

Tanekaha Loop

SATURDAY & SUNDAY Grade 3/4

Streams, waterfalls, big trees, this forest walk has it all! One for the keen hikers, Mangawhai's most challenging walk incorporates the Tanekaha Falls and Forest tracks linked by a section of the old Brynderwyn Walkway (now Lang's View Track). Beginning and ending at the Tanekaha Track car park, it starts with an easy walk to the waterfalls followed by a steeper section to the kauri dam. The track levels out until a descent and steep climb out of the valley to the Brynderwyn ridge. The Walkway has a few climbs but is generally easy and the Tanekaha Forest Track is all downhill but with a lot of steps.

Degree of difficulty: This is a tramping track not a gravel surfaced day walk. While the track is well formed there are steep stepped sections and a number of stream crossings so a good level of fitness and agility is required.

Equipment: Good boots essential and a pole recommended as a valuable aid for stream crossings.

Carpool: Departs 8.45am, 5hrs, \$20.00

Te Arai Unwrapped

SATURDAY Grade 2

More treasures on our doorstep! Explore Te Arai, a relatively recent addition to the Auckland Regional Park network. Starting from the Te Arai Point car park we head south over the headland capturing 360 degree panoramic views. We explore parts of the land purchased in 2008, home to highly sensitive dune lake ecosystems, wetlands, coastal broadleaf forest and regenerating forest cover, before emerging at Te Arai south beach for lunch. After a short walk along the golden sands of Parkiri Beach we return via the headland track.

Degree of difficulty: Generally easy walking with one short climb up to the headland ridge.

Equipment: Boots recommended but good walking shoes would be fine.

Carpool: Departs 9.30am, 3-4 hrs, \$20.00

Tern Point Ramble NEW

SATURDAY Grade 2/3

Take this rare chance to walk through the well-established Tern Point Farm Park community, uniquely located between the Mangawhai estuary, the wildlife refuge and the new Tara Iti golf course. After strolling through some country gardens and productive olive groves, you will have an opportunity to climb the giant Mangawhai sand dune and marvel at the panoramic vistas from its peak; a perimeter walk of the big dune is an added option for the energetic.

Degree of difficulty: Grade 2 around Tern Point, but grade 3 if you walk up the dune

Equipment. Good walking shoes

Carpool: Departs 9.30am, 4 hrs \$20.00

Thornleigh Farm Walk & BBQ lunch

SATURDAY Grade 3

The evolving farming landscape. Be inspired by innovative and sustainable farming - for thirty years this farmer has been using sustainable techniques and diversifying the farm's outputs, to cater for the expanding family. Recently the operation has achieved success with the Ballance Farm Environment Awards and has featured on popular television show 'Country Calendar'. Economic diversity is demonstrated by a large scale native plant nursery, a huge summer music festival (Northern Bass) and continuation of beef farming.

While walking over part of the 430 acres that includes indigenous stands of kauri and kahikatea, we will learn how every aspect of the land is cared for and reused. Historic events will be explained along with discussions on the changing environment. Be stimulated and challenged as we consider how differently, with a slight change in thinking, land could be used. Of particular interest are the home orchard and permaculture gardens. This walk includes a home reared meat BBQ lunch in the homestead gardens and a tasting of orchard fruits.

Degree of difficulty: Walking over rolling farmland with a few short steeper sections.

Equipment: Boots recommended but good walking shoes would work.

Carpool: Departs 9.15am, 3-4hrs, \$40.00

Tomarata Lakes to the Beach

SATURDAY Grade 2

Visit one of New Zealand's most beautiful and peaceful beaches. Discover the serenity and isolation of Tomarata. This mostly flat (except for a climb over Te Arai headland) beautiful walk takes us from the Lake View Chalets with their clear view of the sand-lakes, Slipper and Spectacle, around Lake Tomarata through pine forest, and out to the southern section of Te Arai beach with its brilliant white sands, wild waves and isolation. Look out for the sea birds and the memorial seat as we return on the loop track.

Degree of difficulty: Easy walking with a single climb onto the Te Arai headland.

Equipment: Boots recommended but good walking shoes would be fine.

Bus: Departs 9.00am, 4hrs, \$30.00

Waipu Coastal Trail

SATURDAY & SUNDAY Grade 3/4

Waipu at its best! Built by the Lions Club and beginning at the Waipu Cove tidal stream, this magical track takes us along the coast almost into Lang's Beach. A portion covers private 'riparian rights' along the esplanade reserve. To avoid disturbing the natural landscape, the track is rough and narrow so this walk is best suited to the reasonably fit. Be prepared to be blown away by the magnificent coastal views and impressive sedimentary limestone rocks, gorgeous wee sandy bays and rugged and beautiful rock outcrops. Some road and beach walking included. Camera essential!

Degree of difficulty: Some rough uneven sections and suited to reasonably fit folk, but no steep climbs. Track can be muddy in places.

Equipment: Boots or strong walking shoes recommended, walking poles useful.

Carpool: Departs 9.00am, 4-5hrs, \$20.00

Walk Grades

Grade 1 Easy, generally flat

Grade 2 Longer walk, and/or gentle climbs

Grade 3 More challenging, a longer length, moderate terrain, some steeper sections

Grade 4 More demanding sections with steep climbs but on well-formed tracks, good level of fitness required, boots essential.

Grade 5: Tough steep terrain with uneven surfaces, demanding, and boots essential.

Boots or very strong walking shoes recommended for all walks