



Thursday 15 – Sunday 18 March 2018

THURSDAY 15 March NEW

The Long Tramp GRADE 3-4 Max 30

For the keen trumper, we are reinstating a day tramp on Thursday 15, a bit of an entrée to a great weekend. The Tramp will take in the very best the local area has to offer. A combination of spectacular coastal and native forest tracks, great views, beautiful streams and waterfalls, just a fine tramp with experienced guides.

Degree of difficulty: This is a serious day tramp with some steep climbs but lots of easy walking. Walkers need to be fit and up for an 8 hour day.

Equipment: Good boots essential and a walking pole useful. Wet weather jacket advised. Bring m'tea, lunch and water.

Bus transport: Assemble at Surf Beach (Heads) car park at 8am, bus return from King Road at 4.20pm. 8hrs, \$35.00

SATURDAY 17 & SUNDAY 18

All walks are listed alphabetically

4 Beaches & an Ice-cream - NEW

SUNDAY GRADE 1 Max 30

Brand new walk taking in four of the most beautiful beaches in the country in just over 4 hours! Learn a little of the history of the beaches and enjoy either a 10 - 15 minute guided walk at each beach or a peaceful sit - your choice at each stop.

We start with morning tea under an enormous pohutukawa tree above Langs Beach followed by a short walk, or bring your folding chair and just gaze out to sea. On to Waipu Cove where you get your ice

cream and a stroll on the beach. Back over the hill to Mangawhai Heads and after a look at the dune restoration project, those choosing to walk will climb up to a lookout point where you can often see as far as the Coromandel in the distance. We then head south to Te Arai for a picnic lunch and our final walk.

Degree of difficulty: Easy short walks offered at each beach.

Equipment: Sneakers should do the trick. Bring your own folding chair if you wish for some beach comfort. Bring m'tea, a picnic lunch, water.

Bus transport: Assembly time 8.50am, 4hrs, \$35.00

A Botanical Bush Tramp in Marunui Conservation - SATURDAY GRADE 4 Max 20

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 special values of mature bush - northern rata, nikau, puriri, kauri, climbers and epiphytes and various native birds. 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.

"Enjoyed immensely & impressed with conservation" – last year participant.

Degree of difficulty: Walking on tramping tracks. A few steep climbs and stream crossings. A good degree of fitness required.

Equipment: Boots essential. A walking pole if you normally carry one. Bring lunch and water (A'tea included)

Carpool: Assembly time 8.15am, 6 hrs, \$25.00

Bald Rock and Kauri Bush Walk - SUNDAY

GRADE 3 Max 30

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.

"Spectacular" – last year participant.

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. Bring m'tea, lunch, water.

Carpool: Assembly time 9.00am, 3-4hrs, \$25.00

Blokes' Sheds - SATURDAY & SUNDAY

GRADE 1 Max 35

What's happening behind the 2018 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!

"Great variety, all interesting & informative" – last year participant.

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

Equipment: Good covered shoes - no jandals. Bring lunch and water.

Bus transport: Assembly time 8.15am, 4-5hrs, \$35.00

Bream Tail Ramble - SATURDAY

GRADE 3 Max 25

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.

"Fab views, loved getting to see this area" – last year participant.

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

Equipment: Good boots required. Bring m'tea, lunch, water..

Carpool: Assembly time 8.30am, 5-6hrs, \$25.00

Doggy Walk - SATURDAY

GRADE 1 Max 25

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?

"Great walk, great hosts, fantastic day" – last year participant.

Degree of difficulty: Hilly walk over rolling farmland.

Equipment: Suitable footwear.

Carpool: Assembly time 9.00am, 3hrs, \$25.00

Estuary to Ocean - SATURDAY

GRADE 3 Max 25

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.

"Informative, enjoyable, educational, loved the whole thing" – last year participant.

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

Equipment: Boots or easily removed sneakers would work well. Bring m'tea, lunch, water.

Carpool: Assembly time 8.50am, 4-5hrs, \$25.00

Geology - SATURDAY

GRADE 2 Max 20

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. Bring lunch, and water.

Carpool: Assembly time 9.30am, 4-5hrs, \$25.00

Hash Run - SATURDAY

GRADE 2/3 Max 30

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.

"Hidden tracks right in the village, fun, great work out" – last year participant.

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

Equipment: Running/walking shoes.

Carpool: Assembly time 9.30am, 90 minutes, \$25.00

Kayak Mangawhai - SATURDAY & SUNDAY

GRADE 3 Max 12

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.

"Great to be on the estuary, lots of fun, excellent guides" – last year participant.

Important: A limited number of double Kayaks are available to first in otherwise single person kayaks.

Degree of difficulty: Reasonable fitness needed but instruction provided.

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

Carpool: Assembly time 1.00pm, 2 hrs, \$65.00

Learn to Surf – SATURDAY - NEW

GRADE 3 Max 20

Learn about the history of surfing at Mangawhai, the origins of surf lifesaving and how surfing has grown to

be a large part of local life. Aotearoa Surf's beginner surf experience which will teach you everything from beach safety, reading the ocean, handling your surf board, paddling techniques through to standing riding waves towards the beach. All equipment provided.

Bring your lunch.

Degree of difficulty: Suitable for beginners and more experienced.

Equipment: Towel, water bottle, sunscreen, warm change of clothes, suitable footwear.

Carpool: Assembly time 8.00am, 2.5hrs, \$65.00

Mangawhai Cliff Top Walk - SATURDAY & SUNDAY GRADE 3-4 Max 20

Listed as one of New Zealand's '14 Great Short Walks' 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.

“Safe and full of local and historical information” – last year participant.

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. Bring m'tea, lunch, water.

Carpool: Assembly time 8.30am, 4-5hrs, \$25.00

Mangawhai Garden Spectacular - SATURDAY GRADE 1 Max 30

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! Bring your lunch.

“Great variety, well organised, marvellous guides” – last year participant.

Degree of difficulty: Easy garden walking, a few steps but no hills!

Equipment: Casual footwear. Bring m'tea, lunch and water.

Carpool: Assembly time 8.45am, 4hrs, \$25.00

Matheson Bay to Goat Island - SATURDAY GRADE 4 Max 35

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.

“Great guides, lovely walk and even time for a swim” – last year participant.

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. Bring m'tea, lunch and water.

Bus transport: Assembly time 8.25am, 6-7hrs (including one hour travel each way) \$35.00

Paddle-boarding Mangawhai – SAT & SUN GRADE 3 Max 12.

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.

“Excellent, awesome, great learning experience” – last year participant.

Important: All paddleboards are single one person paddleboards.

Degree of difficulty: Reasonable fitness, instruction provided.

Equipment: Suitable water sports clothing, towel, sunscreen, snacks & water.

Carpool: Assembly time 10.30am, 2.5hrs, \$65.00

Panoramic Mangawhai - SATURDAY GRADE 3-4 Max 25.

Simply stunning seascapes! A town and country extravaganza! 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.

"Great mix and interesting history" – last year participant.

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

Equipment: Good walking shoes or boots recommended, walking pole useful. Bring m'tea, lunch and water.

Carpool: Assembly time 8.30am, 4hrs, \$25.00

Ramblers Food Experience - SATURDAY

GRADE 3 Max 30.

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.

"Inspiring! Great guides and hosts, food, walk, and information!" – last year participant.

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. Bring m'tea, lunch and water.

Bus transport: Assembly time 8.00am, 5-6hrs, \$35.00

Romance of the Kaipara - SATURDAY

GRADE 2-3 Max 35.

We meet two women thwarted in love as a little section of Kaipara history is revealed. Tucked onto the harbour edge, behind Kaiwaka, our visit will bring to life the landscape that influenced our first known woman novelist, Jane Mander as she wrote 'The Story of a New Zealand River' (recommended prior reading). Secondly we meet the historic Gittos family, original missionaries, and visit their house little changed from 1866. As there are a number of 'rustic' stiles and fences and some steeper pitches walking up the clear grass ridges to the pa site, some agility is required. Excellent views from the top. An extra special afternoon tea is provided, with proceeds to local charities in the area.

Degree of difficulty: Largely easy walking across rolling farmland with some gentle climbs.

Equipment: Good walking shoes or boots suitable for wet pasture. Bring m'tea, lunch and water.

Carpool: Assembly time 8.50am, 6 – 7hrs, \$35.00

Tanekaha Botanical Track - SAT & SUN NEW

GRADE 3-4 Max 30

The jewel in the Tanekaha crown! This brand new track links the Falls and Forest Tracks by following the contour around the side of the Brynderwyn Hills into every nook and cranny. A steady climb up the Forest Track to start with, then just a few ups and downs which will put no strain on the lungs. The track passes through a variety of forest types from tanekaha and nikau groves, to dense ponga stands and mature kanuka with great specimens of puriri along the way. A truly spectacular walk yet to be trodden by most people.

Degree of difficulty: Some moderate climbs at each end but easy walking on the contour for most of the time. Only one stream crossing.

Equipment: Good boots essential and a pole recommended. Bring m'tea, lunch and water.

Carpool: Assembly time 8.00am, 4hrs, \$25.00

Tanekaha Falls/Puriri Track - SAT & SUN

GRADE 4 Max 25.

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. *"Great guides, knowledgeable, not for the faint hearted" – last year participant.*

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. Bring m'tea, lunch and water.

Carpool: Assembly time 8.25am, 4hrs, \$25.00

Te Arai Unwrapped - SATURDAY

GRADE 2-3 Max 25.

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.

“Loved the variety, friendly well informed guides” – last year participant.

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. Bring m'tea, lunch and water.

Carpool: Assembly time 9.00am, 3-4 hrs, \$25.00

Tern Point Ramble - SATURDAY

GRADE 2-3 Max 30.

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 Iki golf course. After strolling through some 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. *“Good informative walk, amazing contrast, informal and relaxing” – last year participant.*

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

Equipment. Good walking shoes. Bring m'tea, lunch and water.

Carpool: Assembly time 9.00am, 4 hrs, \$25.00

Tomarata Lakes to the Beach - SATURDAY

GRADE 2 Max 35.

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.

“Great group, walk, pace, and guide” – last year participant.

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

Equipment: Boots recommended but good walking shoes would be fine. Bring m'tea, lunch and water.

Bus transport: Assembly time 8.30am, 4hrs, \$35.00

Vineyard Visits & Winemakers Lunch – NEW

SUNDAY GRADE 1-2 Max 30.

Enjoy a relaxing and delightful Sunday experience. You will travel by bus to visit vineyards in the picturesque King Road valley. A delightful discussion on the art and science of wine tasting at Te Whai Bay Winery and Vineyard will set you up beautifully to enjoy tastings at Lochiel, Millars and Estuary Vineyards. You will be able to stretch your legs with a short (10 minutes) walk between the first two vineyards and then continue by bus for the final two destinations. We will return to Te Whai Bay for a delicious platter lunch showcasing our local artisan food producers. This is an outing not to be missed.

Bus transport: Assembly time 9.00am, 5 hrs, \$55.00

Waipu Coastal Trail - SATURDAY & SUNDAY

GRADE 3-4 Max 20.

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!

“Great guides, beautiful sights, informative” – last year participant.

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. Bring m'tea, lunch and water.

Carpool: Assembly time 8.30am, 4-5hrs, \$25.00

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. Bring your lunch, snacks and water or order packed lunch online with your walks.

Troubadour Trail

Friday 2.30, 3.00 & 3.30pm

\$10pp children free .. Book online or purchase at Bammas or Book & Gifts

Food & Wine Festival Saturday

3.00-7.00pm

R18, \$25.00 Book online or purchase at Bammas or Book & Gifts or \$30.00 at gate

Cavern Homes Big Breakfast Sunday

8.15am \$12.50 (for registered walkers)

Any questions: call Dorothy 09 431 5950