



THURSDAY 28 March 2019

Walk 1. The Long Tramp GRADE 3/4 - Max 30

For the keen trumper, a day tramp on Thursday 28, a bit of a delicious entrée to a great weekend. The Tramp will take in all 4 tracks in the Tanekaha Tramping Track Complex on the southern slopes of the Brynderwyns. The best forest tracks in Northland with outstanding native forest, beautiful streams and waterfalls, and great views, 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 morning tea, lunch and water.

Carpool: Assemble at Mangawhai Club car park (behind Information Centre Molesworth Drive) at 8am, 8hrs

Cost \$25.00

FRIDAY 29 March 2019

Troubadour Trail

Start the weekend with an entertaining 90 minute afternoon ramble around the beautiful Mangawhai estuary, relax and enjoy the music and views.

Music Magic and a little RocknRoll!

2.30, 3.00, 3.30pm departures

The Boat Ramp Alamar Crescent

\$10.00 pp, Children 16 & under free

SATURDAY 30 March 2019

Walk 2. Art'n Garden Walk **NEW**

GRADE 1 - Max 25

This walk is created especially to celebrate our 20th Anniversary. Stroll through 5 outstanding venues, admire the very different art and sculpture with knowledgeable guides. Be amazed at the talent of our local enthusiasts and get a few ideas for your own garden. Enjoy two local tracks as you walk between venues concluding with a bush meander via MAZ and the Pioneer Village (with their own activity and sculptures) to the Museum car park.

Degree of difficulty: Easy walking slight grades

Equipment: Good walking shoes, snacks and lunch, water (Money for coffee, memorabilia at the Museum).

Carpool: Assembly time 9.10am, 3hrs

COST \$25.00

Walk 3. 4 Beaches & an Ice-cream

GRADE 1 - Max 35

New in 2018 and receiving a very high approval rating! It takes 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. 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 have 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 morning tea, a picnic lunch, water.

Bus transport: Assembly time 9.20am, 4hrs

Cost \$35.00

Walk 4. A Botanical Bush Tramp in Marunui Conservation – 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, *afternoon tea included*

Carpool: Assembly time 8.20am, 6 hrs

Cost \$25.00

Walk 5. Bald Rock and Kauri Bush Walk 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. **The walk to Bald Rock is made possible by the generous permission of the Trustees of the Thomas Coates Estate.**

"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 morning tea, lunch, water.

Carpool: Assembly time 9.30am, 3-4hrs

Cost \$25.00

Walk 6. Blokes' Sheds - GRADE 1- Max 20

What's happening behind the 2019 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 Sheilas come along last year and are 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 8.45am, 4-5hrs

Cost \$35.00

Walk 7. Bream Tail Ramble - 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 pa site (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 morning tea, lunch, water.

Carpool: Assembly time 9.00am, 5-6hrs

Cost \$25.00

Walk 8. Cliff Walk - 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. 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 morning tea, lunch and water.

Carpool: Assembly time 9.00am, 4-5hrs, \$25.00

Walk 9. Doggy Walk - GRADE 2 - 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: Walking footwear.

Carpool: Assembly time 9.30am, 3hrs

Cost \$25.00

Walk 10. Dilmah Tea Party @ Penrose Farm NEW GRADE 1 - Max 25

A MORNING NOT TO BE MISSED. Revisit one of our inaugural walks up to Penrose Cottage and Farm, a little bit of country life close to the village. Wander through the garden and handcrafted cottage with the ambience of earlier times. Enjoy a Dilmah Tea Party in the cottage garden with hosts Joanna and Malcolm Roberts. The opportunity to have your gardening questions answered by knowledgeable nurserywoman Jacqui Duffy.

Degree of difficulty: Easy stroll.

Equipment: Walking footwear.

Walk from Domain: Assembly time 9.45am, 3hrs,

Cost : \$25.00

Walk 11. Flavours of the Hills – REFRESHED WALK - GRADE 2 - Max 35

Come on a tour with us and enjoy exceptional rich and creamy avocados and the most divine honey you will have ever tasted. Keeping it healthy there's gold medal extra virgin olive oil from 2 different groves, with very different tastes. Then there's the wine! Brooke Lane is a wonderful new wine company. Millars Vineyard excel at the exceptional; and Te Whai Bay Wines is home to another boutique selection of local wines. In the Te Whai Bay Pavilion we will enjoy their locally sourced produce platters. Bring your bag to purchase these exquisite and uniquely Mangawhai products. *Includes platter lunch.*

Degree of difficulty: Easy walking within properties.

Equipment: Walking shoes or sneakers.

Bus transport: Assembly time 8.30am, 5-6hrs

Cost \$60.00

Walk 12. Geology - 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 9.00am, 4-5hrs

Cost: \$25.00

Walk 13. Hash Run - GRADE 2/3 - Max 20

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 10.00am, 90 minutes

Cost \$25.00

Walk 14. Kayak Mangawhai - 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, bring snacks

Carpool: Assembly time 1.30pm, 2 hrs

Cost: \$65.00

Walk 15. Learn to Surf - 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 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 snacks.

Degree of difficulty: Suitable for beginners and more experienced.

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

Carpool: Assembly time 8.30am, 2.5hrs, \$65.00

Walk 16. Mangawhai Garden Spectacular GRADE 1 - Max 35

Town and country gardens, some old some new! 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 morning tea, lunch and water.

Bus: Assembly time 9.25am, 4hrs

Cost \$35.00

Walk 17. Matheson Bay to Goat Island 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 track 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 morning tea, lunch and water.

Bus transport: Assembly time 8.15am, 6-7hrs (including one hour travel each way)

Cost \$35.00

Walk 18. Paddle-boarding Mangawhai

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 11.00am, 2.5hrs

Cost \$65.00

Walk 19. Romance of the Kaipara

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 novelist Jane Mander, who wrote 'The Story of a New Zealand River' (recommended prior reading). Secondly, further up the peninsular we learn about the historic Gittos family, original missionaries, and visit their house little changed from 1866. As there are a number of 'rustic' stiles and fences, plus 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 included, with proceeds to the local foodbank.

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

Equipment: Good walking shoes or boots suitable for wet pasture. Bring a snack, lunch and water.

Car pool: Assembly time 8.45am, 6 – 7hrs

Cost \$35.00

Walk 20. Te Arai Unwrapped

GRADE 2/3 – Max 25

More treasures on our doorstep! Explore Te Arai, an unknown gem in 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, discovering hidden natural treasures, before emerging at Te Arai south beach for lunch. After a short walk along the golden sands of Forestry Beach we return via the headland track.

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

Degree of difficulty: Generally easy walking with two short steep climbs up to the trig and the headland ridge.

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

Carpool: Assembly time 9.30am, 3-4 hrs

Cost \$25.00

Walk 21. Tern Point Ramble

GRADE 2/3 - Max 25

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 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: Easy walking around Tern Point, Grade 3 if you walk up the dune !

Equipment. Good walking shoes. Bring morning tea, lunch and water.

Carpool: Assembly time 9.15am, 4 hrs

Cost \$25.00

Walk 22. Tomarata Lakes to the Beach

GRADE 2/3 - 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 8.45am, 4hrs

Cost \$35.00

Walk 23. Views from the Hinterland **NEW**

GRADE 2/3 - Max 35

Visit an old woolshed and maybe see a sheep shorn. Walk across the road for morning tea and spectacular views over Mangawhai estuary and the islands. Stroll across the paddocks and take in views west and north towards Kaiwaka and Baldrock. Cruise Lawrence road with its great views to St Michaels Church and on to the Hakaru R.S.A for own lunch on the lawn.

Degree of difficulty: Easy walking across rolling pasture.

Equipment: Bring morning tea, lunch, water, and walking shoes.

Bus transport: Assembly time 8.45am, 5hrs

Cost \$35.00

Walk 24. Waipu Caves Experience - **BACK BY POPULAR DEMAND** - GRADE 4 - Max 24

Take this rare opportunity to explore the Waipu caves with a professional guide from a raft and by foot through a maze of passages from small to large. Check out the glow worms and cave formations. Great fun for all ages. Duration 90 minutes. We provide gumboots, helmets, headlamps, and overalls. Maximum of 12 per group. Each group also does a 1hr farmland and bush walk.

Degree of difficulty: A caving trip so agility necessary

Equipment: Provided. Bring morning tea, lunch, water.

Carpool: Assembly time 8.30am, 4hrs

Cost \$45.00

Food & Wine Festival SATURDAY 30 March

Don't miss the weekend's fantastic Saturday afternoon of music, dancing and delicious food and wine.

The Olive Grove, opposite Mangawhai School

3.00pm -7.00pm Licensed Event R18

Tickets \$25.00 or \$30.00 at gate (if not sold out prior)

SUNDAY 31 March Short Walks

Walk 25. Moir Point/Parkview Waters **NEW** GRADE 2 - Max 30

Walk the brand new Parkview Waters track with its great views then connect via two further suburban tracks to the Lincoln Reserve. Stroll along the reserve to the Mangawhai Point subdivision and its spectacular coastal walkway, pa site, and giant pohutukawa

returning along a quiet back road to your starting point.

Degree of difficulty: A few ups and downs but much flat land and easy walking.

Equipment: Good walking shoes and water if it's hot.

Carpool: Assembly time 9.00, 2hrs **Cost: \$10**

Walk 26. Backbay/Gumdiggers **NEW**

GRADE 1 - Max 35

Walk the Back Bay track to the jetty and return via the beautiful jointed rush wetland to link with the new Gumdiggers Track bordering the upper harbour and its spectacular pohutukawa groves. Enter a mature kanuka forest established on old gum lands before returning with fresh views back to the Back Bay subdivision.

Degree of difficulty: Easy flat walking.

Equipment: Walking shoes will be fine.

Carpool: Assembly time 9.30, 1.5hrs

Cost: \$10

Walk 27. Historic Walk – FROM THE PAST

GRADE 1 - Max 25

Lots of tales, both fact and fiction, to be told as you reimagine a Mangawhai confronting pakeha settlers. Stroll along Moir Street, which quickly became a busy centre of commerce involving kauri timber, gum, ship chandlery and supply stores. The wharf, tavern, billiard saloon, and more, brought to life by your host Jo Roberts.

Degree of difficulty: Easy walking largely flat terrain

Equipment: Good walking shoes and water

Walk from domain: Assembly time 9.15am, 1.5hrs

Cost: \$10

Walk 28. Lake View Wander

GRADE 1/2 - Max 25

You are invited to walk around a private estate of currently 54 Lots which surround lake. This Estate has large areas of communal land to be planted in over 2000 native plants. An extensive trapping program targets magpies, Norwegian water rats, stoats, weasels and ferrets. The walk is 2.2 km on boardwalks and concrete paths. Bird life consists of dab chicks, ducks with many native birds. The walk takes approximately 1 hour and is guided by one of the residents.

Degree of difficulty: A gentle stroll around the lake of a large rural development.

Equipment: Good walking shoes and water.

Carpool: Assembly time 9.30, 1.5 hr

Cost: \$10

Walk 29. Lookouts at Heads - NEW

GRADE 3/4 Max 30

Visit the two outstanding Heads lookouts, the first a short climb for spectacular views of the inner harbour and harbour entrance. The second longer climb up the first section of the Goldschmidt Track with views to Pakiri in the south and north along the Mangawhai Cliff Top walk. Views of Hautaru (Little Barrier), Taranga (Hen) and Marotere (Chicks) with Great Barrier behind and of course the beach below.

Degree of difficulty: Climbs to both lookouts are short but quite steep on good stepped tracks.

Equipment: Boots or walking shoes would be fine. Bring water.

Carpool: Assembly time 9.45, 1.5hrs

Cost: \$10

Walk 30. MAZ and the Park - NEW

GRADE 2 Max 30

The Magic of The MAZ Park will be revealed. We will walk through both Wetlands and Kanuka covered areas so close to roads yet so far away in its entwining delightfulness of quiet bush tracks. We will climb the Lookout tower for views across the Park and golf course and visit the large Pohutukawa, just to say you have been there. An all-encompassing walk not to be missed if you are new to the area and you wish to see close up a jewel right in our midst. Heather and Colin will guide you through a fun and enjoyable walk (Heather is a trained nurse if you suddenly need oxygen, ha ha).

Degree of difficulty: Easy to gently rolling

Equipment: Good walking shoes and water

Carpool: Assembly time 9.45 2 hrs

Cost: \$10

SATURDAY Lunches (prebook)

Book online with your walks

Please pick up prior to your walk

Packed Lunch Ham or Vege

Cost \$12.50 per lunch

SUNDAY 31 March '20 Years of Walking' CELEBRATION LUNCH

All walkers are invited to join us to celebrate "20 years of Walking"

We invite all walkers to join us for a lovely BBQ lunch to share memories and socialise with other walkers.

This will take place after the short walks on Sunday 31st from 11.30am

A small official ceremony will take place at approximately 12.15pm

The Olive Grove opposite Mangawhai Beach School

Cost \$25 (Numbers are limited for the lunch so please book early to ensure your seat!)

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.

PLEASE NOTE

Boots or very strong walking shoes required for all walks. Bring your lunch, snacks, water, sunscreen!