There’s so much to see and do in our dramatic natural environment that it’s little wonder New Zealanders and travellers from all around the world visit this slice of paradise. This map, produced by the Department of Conservation (DOC), will take you to some of the off-the-beaten-track highlights in the top of the North Island/Te Ika-a-Māui. Most are near the roadside, or a short drive or boat ride from the main routes.

In this map we have included shorter walks on easy tracks suitable for those with a moderate level of fitness or limited time. There are more challenging half- or full-day walks included too, and water-based activities in marine reserves, for those of you up for adventure. There are plenty of other popular walks along the way – look out for DOC’s iconic green and gold signs on your journey from our largest city to the northernmost tip of New Zealand.
Other activities
Walks and hikes are the main focus of this brochure, but there are lots of other activities in nature you can do, such as mountain biking and fishing. Visit doc.govt.nz/thingstodo.

If you would like to camp on your journey, please visit doc.govt.nz/camping.

Marine reserves
Marine reserve visitors can swim, snorkel, scuba dive, kayak and boat in clear waters that teem with life. Local tour operators can organise equipment and tours for both Poor Knights Islands and Cape Rodney-Okakari Point marine reserves. Visit doc.govt.nz/tourismproviders for a list of DOC-approved operators.

Follow the principle of toitū te moana/leave the sea undisturbed – fishing or removing plants, animals, shells or rocks is not permitted.

Walking track guide
There are many walking tracks of varying lengths catering to different levels of fitness. Look out for these symbols to help you choose the walk that’s best for you.

Easy access short walk – Wheelchair accessible.

Short walk – Easy walking for up to an hour.

Walking track – Gentle walking from a few minutes to a day.

Easy tramping track – Well-formed track for comfortable overnight tramping/hiking.

Tramping/hiking track – Mostly unformed but with track directional markers, poles or cairns. Backcountry skills and experience required.

More information about all the tracks in this brochure can be found at doc.govt.nz/thingstodo.

Please remember

Cultural heritage
Many places described here have a spiritual and historical significance. Treat them with respect.

Rubbish
There are no rubbish facilities along the tracks: please take your rubbish away with you.

Dogs
Dogs (except certified guide dogs and permitted hunting dogs) are not permitted on most DOC tracks and reserves because they are a threat to wildlife and stock. Check out doc.govt.nz/dogaccess.
Tricky consonants

• ‘Ng’ – as in ‘singer’ (no ‘ga’ sound)
• ‘G’ is silent in some dialects
• ‘R’ – roll the ‘r’ (sounds like a cross between ‘d’ and ‘r’)
• ‘WH’ – makes an ‘f’ sound (some dialects drop the ‘h’ to make an ‘w’; others drop the ‘w’ to make an ‘h’ sound)

Tricky vowels sounds

Vowel sounds never change. When two vowels are placed together, concentrate on saying each individual vowel properly – then roll into one. For example: A + e = Ae
I + o = Io  O + u = Ou

Māori pronunciation

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Macrons

Make the sounds longer: eg: Māori = Maaori

Tricky consonants

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Kauri dieback disease

New Zealand’s iconic kauri tree is one of the largest and longest-living trees in the world. The most famous, Tāne Mahuta (god of the forests), in Waipoua Forest, is thought to be between 1,250 and 2,500 years old.

All kauri are under threat from kauri dieback disease. Help stop its spread by:
• always staying on the track – kauri dieback is spread by soil movement and kauri roots are shallow and easily damaged
• thoroughly cleaning all footwear, tyres, and equipment that comes into contact with soil – when heading into, AND out of, kauri forest.

DID YOU KNOW?
Kauri is pronounced ko (like go)-ree, not cow-ree.

For more information: kauridieback.co.nz or call 0800 NZ KAURI (0800 69 52874).

Safety is your responsibility

It is important to plan and prepare your trip and be well equipped. Before you go, know The Outdoor Safety Code—5 simple rules to help you stay safe:
1. Plan your trip
2. Tell someone
3. Be aware of the weather
4. Know your limits
5. Take sufficient supplies

Leave your trip details with a trusted contact. See adventuresmart.org.nz. A good level of fitness and the right outdoor clothing, gear and equipment will greatly improve your outdoor experience. For detailed safety information and a comprehensive gear list, visit doc.govt.nz.

Protect our pest-free islands

If you are planning a day trip to a pest-free island, before you leave:
• check your bags for rodents, ants, or skinks
• ensure your footwear is free of soil and seeds.

If you are planning to camp overnight or use using your own boat (including kayak) to reach the island you will need to be even more careful. Visit doc.govt.nz/pestfree for more information.

• Plan ahead and prepare
• Travel and camp on durable ground
• Dispose of waste properly
• Leave what you find
• Minimise the effects of fire
• Respect wildlife and farm animals
• Be considerate of others

Report any pest sightings by phoning the DOC HOTline.
Kawakawa is one of the best tramping tracks in Auckland. The full walk from Bethells Road Auckland's rugged west coast. Now part of the Hillary Trail, it is regarded as one of the country’s most significant historic sites and is a wāhi tapu (sacred site) as it was used by local iwi for ceremonial purposes.

At the edge of the Waitakere Ranges, this coastal cliff walkway between Te Henga Walkway and Fort Takapuna Historic Reserve commands sweeping views above the Hauraki Gulf. Including a short causeway that connects Motutapu with Rangitoto, it is regarded as one of the country’s most significant historic sites and is a wāhi tapu (sacred site) as it was used by local iwi for ceremonial purposes.

Maungauika/North Head commands sweeping views above the Hauraki Gulf – on a fine day you can see Auckland’s Sky Tower. The track passes over mixed podocarp and broadleaf forest, up to the lookout for views of Mahurangi peninsula and Hauraki Gulf. This track is considered one of the country’s most significant historic sites and is a wāhi tapu (sacred site) as it was used by local iwi for ceremonial purposes.

For a more challenging full-day walk, take the track to adjoining Mount Tamahunga Walkway. This track provides a view of the track from the lookout.

For more information, please contact your local i-Site.
This map is a guide only – for further information about places, walks and activities, visit Tāmaki Makaurau/Auckland Visitor Centre, 137 Quay St, Princes Wharf, Auckland or doc.govt.nz.

For directions and more information on these destinations, visit doc.govt.nz/parks-and-recreation.

1. **Goldie Bush Scenic Reserve**
   - Mokorua Falls Track: 40 min, 1.5 km (one way)
   - Goldie Bush Walkway: 2 hr, 4.5 km (one way)
   - Mokorua Stream Track: 2–3 hr, 3 km (one way)

   This reserve is culturally significant for local Māori. There are a variety of walks through remnant coastal kauri forest. If you’re short on time, walk the Mokorua Falls Track to view the impressive falls from a lookout. Goldie Bush Walkway is longer. If you fancy a 4–5 hr loop walk, take the Mokorua Stream Track; be prepared to get your feet wet, or immerse yourself entirely in a lovely pool that beckons the brave.

2. **Okura Bush Walkway**
   - Haigh Access Road entrance to Dacre Cottage: 1 hr, 4.5 km (one way)
   - Haigh Access Road to Stillwater via Owealba Track: 2 hr, 7.5 km (one way)
   - Haigh Access Road to Stillwater via Low Tide Route: 1 hr 50 min, 7.4 km (one way)

   This popular walkway showcases some of the forest remaining areas of coastal lowland forest in Auckland. The track passes through regenerating coastal kauri forest along the Okura River estuary, the edge of the Long Bay–Okura Marine Reserve to Kempiru Bay, the historic Dacre Cottage, and on to Stillwater. Keep an eye out for a variety of walking birds such as stilts and titihoura across the river’s edge.

3. **Tiritiri Matangi Island**
   - Various: 10 min – 2 hour 30 min, 363 m – 5.5 km (one way)

   Tiritiri Matangi Scientific Reserve is a world-renowned community-led wildlife sanctuary, and is one of the most successful conservation projects in the world. Visit this pest-free island for the incredible birdsong, lush native forest and its copper mining history. There are daily ferries and water taxis to the island from the Sandspit Wharf, near Warkworth.

4. **Mount Manaia Track**
   - 2–3 hr, 3.5 km (return)

   Mount Manaia rises majestically 423 m above the entrance of the Whangaparaoa Harbour; its striking silhouette is the most iconic view in the district. The walk starts with a steady climb through regenerating coastal kauri forest. If you’re short on time, walk the lookout track: 1 hr, 2.5 km (one way).

5. **Waipoua Forest**
   - Tate Mahuta, Four Sisters, Te Matusa Ngahere, Toatsoa and Takas walks: 5–40 min, 166 m – 1.7 km (one way)
   - Lookout Track: 1 hr, 2.5 km (one way)

   Waipoua and the adjoining forests of Matanaka and Waime make up the largest remaining tract of native forest in Northland. The drive on State Highway 12 winds through magnificent stands of tall kauri, rimu, and northern rātā, with glimpses of expansive views. Good walking tracks provide easy access to the most spectacular attractions of the forest, including the famous kauri tree Tāne Mahuta (god of the forests), thought to be between 1,250 and 2,500 years old.

6. **Poor Knights Islands Marine Reserve**
   - 2–3 hr, 2.5 km (return)

   The Poor Knights Islands are the remains of a group of ancient volcanoes that have been hollowed and shaped by the ocean into a web of caves, tunnels and cliffs. Jacques Cartier rated this one of the top ten places to dive in the world. Landings or moving on the islands is by permit only but you can view the unique faunas and floras from your vessel or by snorkelling or diving. Tutukaka Harbour is the closest place to stay, and local tour operators offer a range of day trips.