

## Feature walks

### Family Farm Walk - - -

45 minutes return, 1km

This is a great walk for the whole family. From the car park head toward the woolshed and milking shed. Wander through the grassy lanes between the animal enclosures and take your time getting to know the animals. There is pushchair and wheelchair access. Please leave the gates as you find them.

### Foreshore Walk - - -

45 minutes return, 2km

From the far end of the main car park this easy (but often windswept) track is great for an evening or winter walk to blow away the cobwebs. Follow the yellow markers and discover the local history of the area through information panels along the way. This track will take you across open pasture to the foreshore, where birds roost on the rocks and on the small shelly beaches, and gather food from the mud flats at low tide. There are plenty of lookout points along the way.

### Lost Gardens Walk - - -

30 minutes, 1km from woolshed

From the woolshed, follow the marker posts through the paddocks towards Kiekie Road to the Lost Gardens to see remnants of Māori stone mounds, once used for gardening. This walk links into the WaterCare Coastal Walkway to Otutaua Stonefields Historic Reserve.

## Cycling

### Ambury Mountain Biking

15 minutes, 2.5km

Mountain biking is allowed on open farmland and on some of the shared tracks such as the Lost Gardens Walk. Restrictions may apply. Ambury is a great starting point for the Manukau Coastal Cycleway which links Ambury to Otutaua Stonefields.

### Be safe in regional parks

#### The water safety code

1. Be prepared
2. Watch out for yourself and others
3. Be aware of the dangers
4. Know your limits

#### The outdoor safety code

1. Plan your trip
2. Tell someone
3. Be aware of the weather
4. Know your limits
5. Take sufficient supplies

## Stop kauri dieback

[kauridieback.co.nz](http://kauridieback.co.nz)

A disease known as kauri dieback (*Phytophthora taxon Agathis*), which is threatening the survival of kauri trees, has been identified in the Waitākere Ranges. Help prevent the spread of kauri dieback by keeping to defined tracks and cleaning footwear before and after your visit.



Young calf with its mother



Map not necessarily to scale, not to be used for navigational purposes.  
Map does not show underwater hazards.

## Ranger recommendations

Tips on how to make the most of your visit to Ambury Regional Park.

### If you have two hours...

Bring the kids and meet the farm animals and their babies in spring. There are plenty of picnic spots and lots of space for games.

### If you have half a day...

Take the opportunity to get out to the foreshore to enjoy the views and see the birds – how many different types of bird can you spot? For an interesting diversion explore the stone mounds near Kiekie Road and discover the Lost Gardens. Round off your visit with a barbecue or picnic.

### If you have a full day...

You'll have time to explore the park and picnic or barbecue at your leisure. While you're in the area why not visit Māngere Mountain or the WaterCare Coastal Walkway to the Otutaua Stonefields Historic Reserve?