

## Feature tracks and trails

### Anawhata Beach Track ---

1 hour return, 1.4km

From car park at the end of Anawhata Road walk past the wooden gate and head down driveway. Halfway down, on the right, take Anawhata Beach Track that leads steeply down to the beach.

### Marawhara – White – Rose – Laird Thomson Tracks circuit ---

2 hours total, 3.6km

This circuit has some of the west coast's best views. Begin from small parking area beside the second bridge along North Piha Road. Follow Marawhara Walk beside the stream before crossing it (10 minutes) to join White Track. Climb steadily to Anawhata Road and the start of Rose Track nearby. Side diversions along the way can be made either to Whites Beach or out to a spectacular lookout on Te Waha Point. Complete the circuit back to the north end of Piha Beach via Laird Thomson Track.

### Lion Rock Track ---

30 minutes return, 220 metres

From Piha Beach head up this steep track that leads to a lookout with spectacular views along the coast. The top of Lion Rock is unsafe, please do not climb there.

### Kitekite – Knutzen Tracks circuit ---

1 hour return, 2.8km

A popular loop from Glen Esk Road car park through coastal bush to Kitekite Falls using the Kitekite and Knutzen Tracks. Interpretative signs explain the early kauri logging history of this area.

### Tasman Lookout Track ---

40 minutes return, 1.2km

From the car park at the southern end of Piha Beach, climb up this track to a panoramic lookout of Piha. Continue further to a second lookout at the end of a rocky headland with excellent views of The Gap and Taitomo Island.

### Mercer Bay Loop Track ---

1 hour return, 1.4km

From Log Race Road car park follow this loop track around a large headland to a spectacular viewpoint high above the sea below. Take a short side track, past a pou (carving) representing Hinerangi, an early tupuna (ancestor), to another excellent viewpoint at Te Ahua Point.

### Comans – Ahu Ahu Tracks circuit ---

1 hour 45 minutes return, 3km

From the end of Watchmans Road climb Comans Track to the high sea cliffs above Mercer Bay. Return via Ahu Ahu Track to complete this circuit.

### Tairaire Track to Karekare Falls ---

10 minutes return, 200 metres

Tairaire Track starts 100 metres up Lone Kauri Road from the main beach car park. The initial part of the track leads to the picturesque Karekare Falls. Return the same way.

### Zion Hill – Buck Taylor – Pāraraha Valley Tracks circuit ---

4 hours total, 8km

From Pōhutukawa Glade Walk take Zion Hill Track which climbs steadily with great views over Karekare. Then descend down Buck Taylor Track to Pararaha Valley Track. Turn right and head out through wetlands along the boardwalk to a large dune on the beach (caution: parts of this section may be flooded following

wet weather). From here follow the poled Hillary Trail route north past an old tramway tunnel at Tunnel Point to Karekare Beach and car park. Dogs are not permitted in the Whatipū Scientific Reserve (south of Karekare Point to Whatipū).

## Other tracks ---

## 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 the defined tracks and cleaning footwear before and after your visit.

## Safety at Piha, Karekare and Anawhata

### Remember to be safe in the bush and follow these simple rules:

- carry a track map, warm clothing, food and drink
- always tell someone where you are going
- don't start your walk too late in the day as it gets dark earlier in the forest because of the dense canopy
- carry antihistamine as wasps can be a problem in summer/autumn
- detailed track maps and information are available from the Arataki Visitor Centre.

### Think safe and be water safe.

### Watch your young ones near the water.

West coast beaches are fun for swimming but can be dangerous. Take extra care.

- for your safety always swim between the flags. Surf patrols are active over the summer at Piha, North Piha and Karekare.
- if there are no lifeguards on duty we recommend staying out of the water
- it is recommended that you don't go swimming on an outgoing tide
- never swim or surf alone, and if in doubt, stay out.

### Rock fishing

Remember that fishing on the west coast can be dangerous. Waves are unpredictable and people do drown. Always wear a lifejacket, check sea conditions and talk to park rangers, locals and lifeguards to find out where it might be safer.

## 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

