

The Hillary Trail

A spectacular multi-day tramping trip through native forest and along the wild coast of the Waitākere Ranges Regional Park. This 76km trail is a challenging wilderness adventure which links Arataki and Muriwai. A detailed brochure is available from the Arataki Visitor Centre.

School visits

The Waitākere Ranges offer a wide range of educational opportunities for schools. Arataki, with its Environmental Education Centre and adjacent nature trails, stunning viewpoints and a spectacular Visitor Centre, makes an ideal destination for visiting schools. Students can also participate in inspiring and interactive environmental education programmes. Bookings for school trips are essential. For information and bookings email arataki.schoolbookings@aucklandcouncil.govt.nz

Stop kauri dieback

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.

Safety at Waitākere Ranges Regional Park

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 Karekare, North Piha, Piha and Te Henga (Bethells Beach).
- 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.

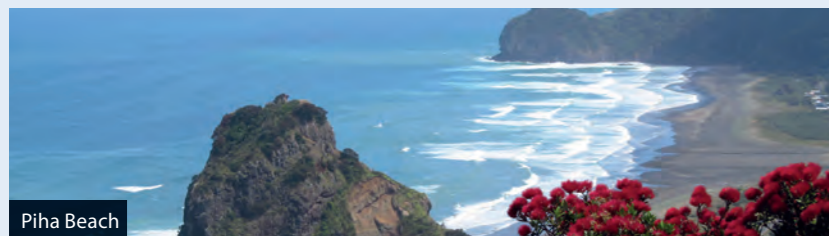
Be safe in regional parks

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



Piha Beach

