

## Feature walks

### Park Walk

2.5 hours, 5km

Explore the park in a loop walk that takes in many highlights including mature coastal forest, the scenic Cascades Stream and stunning views over the park and back to mainland Auckland. From the main carpark take the Nikau Track to join the Tarata Track. Turn right on this track and enjoy the walk to the small but beautiful waterfalls. From here, return back along the Tarata Track with its spectacular views over the park and the Hauraki Gulf to the mainland, and return to the carpark via the Kōwhai Track and Gordons Road.

### Cascade Walk

1.5 hours, 2.5km

Starting in the Sculpture carpark, follow the Nikau Track to the Cascades Stream with beautiful small waterfalls. Return via the Central Track to the carpark.

### Rua Loop Track

35 minutes, 750m

Named after the distinctive kumara storage pits visible from the track, this walking loop starts at the noticeboard in the Sculpture carpark. The loop takes you through mature native bush and provides great views over the park and across the water to the mainland. Return to your starting point via the foreshore.

### Pā Loop Track

30-45 minutes, 1.5km

Starting either in the Sculpture carpark or the Poukaraka Flats carpark, explore the headland pā via Pā Loop Track and Rua Loop Track. Get rewarded with great views.

## Sea kayaking

Sea kayaking is a great way to appreciate the park from the water.

## Ranger recommendations

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

### If you have two hours...

Take a stroll along the beach and see how many rare birds you can spot. Please keep back from fenced-off wildlife areas. Take the Rua Loop Track to the pā site and lookout point at the headland. Cool-off with a swim in the clean, clear water of Whakanewha Bay (Rocky Bay).

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

You'll have time to take in the highlights above and also find your own perfect spot for a picnic in the park, or check out some of the walking loop tracks.

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

Spend the rest of the day exploring the park on foot (see feature walks) or even on horseback. Also recommended is visiting the Cascades Stream or walking the Cathedral Track.



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

## Key

- Barbecue
- Camping
- Self-containment certificate (SCC) carpark
- Information
- Lookout
- Parking
- Phone to contact ranger
- Picnic area
- Mountain biking
- Canoeing / kayaking
- Swimming
- Toilets
- Walking
- Historic site
- Horsing
- Bus stop
- Airstrip
- Wheelchair access
- Dogs on leash
- Bird colony
- Wetlands
- Bookable site
- No mountain biking
- No dogs
- Streams
- Roads
- Parkland
- Bush
- Wetland
- Non parkland
- Sand
- Campground
- Te Ara Hura Walkway

## 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

## Ranger contact details

To contact a park ranger use the phone at Poukaraka Flats.  
If using a mobile phone, call 09 301 0101.

## 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.