

Feature tracks and trails

Ecology Trail

2 hours return, 4km
The Ecology Trail highlights Tāwharanui's precious natural heritage. Start at Sanctuary Hut at Anchor Bay and follow the yellow markers to many different habitats including the seashore, coastal wilderness, pasture and native bush, streams and wetlands. This is a self-guided trail.

North/South Coast Tracks

4 hours return, 9km
This is a walk for the energetic. You can start at either the Lagoon car park or at Sanctuary Hut at Anchor Bay. Follow the white markers along the track, which winds up either at the northern or southern coasts (depending on where you begin) and heads out to Tokatū Point at the end of the peninsula. You will be rewarded with stunning views of neighbouring islands. Check out the very rare prostrate manuka on the Tokatu Loop Track.

Fishermans Track

30 minutes one way, 2km
Enjoy a quick and easy walk to access the South Coast (Māori Bay) starting from Sanctuary Hut at Anchor Bay.

Mangatawhiri Track

20–30 minutes return, 1.2km
This short, mostly flat track includes the Thompson Loop through the regenerating Mangatawhiri wetland, offering the chance to view wildlife.

West End Track

3 hours return, 6km
Follow the blue markers starting at Sanctuary Hut at Anchor Bay and head up the hills towards the pest-proof fence at the western end of the park for unique views of the coastline and nearby islands.

Māori Bay Coast Walk

4 hours return, 7km
From the Lagoon car park wander around the south coast over rocks to Māori Bay (access from mid to low tide only). At Māori Bay join the SouthCoast Track for the return trip to the Lagoon carpark.

Other tracks

Mountain bikes are welcome in the park but please do not cycle on bush tracks – see map for details.

Other walks

For something a little more challenging and off the beaten track, try the mystery walk. This moderate 2 hour walk will take you into areas of the park you wouldn't otherwise experience. Brochures on the mystery walk are available from the information board at Jones Bay and the sanctuary hut at Anchor Bay.



Ranger recommendations

Tips on how to make the most of your visit to Tāwharanui Regional Park.
If you have two hours...
The beautiful Anchor Bay makes even a short visit to the park worthwhile. Swim, surf or snorkel in its clear waters and picnic on the clean white sand. You'll find less crowded, equally beautiful beaches either side of Anchor Bay.

If you have half a day...

You'll have time to add a walk to your itinerary – choose from the Ecology Trail or alternatively explore the park by mountain bike. Head for Tokatū Point or the North and South Coast Tracks, which provide mid to hard grade biking terrain and marvel at the views.

If you have a full day...

If you're feeling energetic get right off the beaten track or alternatively indulge in your favourite watersport, kayaking, sailing, diving, snorkeling or surfing. For a more leisurely day, pack your fishing gear and try your luck on the south side of the peninsula. Remember the waters off the north coast are a marine reserve and fishing is not allowed

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