











-  Self-containment Certificate (SCC) carpark
-  Bookable site
-  Barbecue
-  Bus stop
-  Disabled access
-  Information
-  Phone to contact ranger
-  Playground
-  Toilet / Changing room
-  Park Extent

Long Bay Regional Park

0 50 100 150
Meters

Scale @ A3
= VARIABLE

Date Printed:
29/05/2018

Feature tracks and trails

Coastal Track

3 hours return, 6km



The track starts just north of the northern-most car parks, leading off the service road. The track leads you through the wetland before heading up through coastal bush. Continue along the track towards Granny's Bay, taking in the panoramic views of the Hauraki Gulf from the cliff tops on the way. Follow the track past Pöhutukawa Bay to the Okura River. Nude bathers have been known to use Pöhutukawa Bay however it is not a designated nudist beach. You can return along the coastline at low tide but be aware of rock falls and slippery rocks.

Nature Trail

30 minutes return, 0.8km



Start below the Vaughan Homestead and follow the yellow markers on this loop trail, which takes you away from the beach through wetland and native forest.

100 Acre Track

50 minutes, 1.6km



This mown loop track takes you up behind Granny's Bay, through native re-vegetation and offering stunning scenes of the Hauraki Gulf. Start from either the cliff top before Granny's Bay or from Granny's Bay itself.

Te Araroa – New Zealand's Trail

Te Araroa – New Zealand's Trail is a 3000km trail that links tramping and walking tracks from Cape Reinga in the north to Bluff in the south. It connects with Whangaparaoa and the East Coast Bays at Long Bay. For more information visit teararoa.org.nz

Other tracks

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 recommendations

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

If you have two hours...

Swimming and picnicking are the most popular pastimes at Long Bay and there are plenty of great spots for both. The all abilities playground is a favourite for kids.

If you have half a day...

Take the chance to get away from the crowd and enjoy some of the quieter parts of the park, the Nature Trail or the short return trip to Granny's Bay along the Coastal Track are recommended.

If you have a full day...

Enjoy the main part of the park at your leisure. Have a barbecue or take your time strolling along the Coastal Track and find your own special picnic spot at one of the northern beaches, or stunning view points. Try sea-kayaking or snorkeling and explore Auckland's most accessible marine reserve.

