



Link to Gittos Domain and Blockhouse Bay
You can continue from the Waikōwhai Walkway westwards at low tide.

Link to Coast to Coast
You can link from the Waikōwhai Walkway to the Coast to Coast Walkway, by crossing the highway on the footbridge, and continuing to the right along Beachcroft Avenue.
New connection
The proposed Onehunga to Taylors Bay boardwalk will be wheel friendly and open to cyclists, with the first stage between Onehunga and Bamfield Place due to open in 2016.



Wattle Bay loop This bush valley provides food for a range of native birds. The walk is a combination of coastal bush, suburban strolls, and a historic spot down at the bay. There's a lovely picnic spot by the beach at Wattle Bay, and some of the best harbour views from the western end of Manukau Domain.



Cape Horn Lookout loop With peeks of spectacular views through a screen of trees, Cape Horn lookout allows you to track the progress of coastal ships making their way up the harbour. This shady loop is accessible from Cape Horn Road, or via 267 steps from Waikōwhai Bay Reserve - a good workout. Make sure you have enough time to do the foreshore low tide option.



Captains Bush Reserve loop Faulkner Bay at the centre of this loop is a lovely picnic site. Most of this loop takes you through Waikōwhai Park, and the regenerating forest of Captains Bush. There's an extended low tide option along this loop as well.



Hillsborough Cemetery loop A wander through the Hillsborough cemetery provides insights to our social history. There are some steep sections between the cemetery and Grannys Bay. Laid-back Taylors Bay reminds you that this was once an isolated beach bach settlement. There's a low tide option around White Bluff Reserve.

Key

- Road
- Walking track
- Waikōwhai Walkway, track
- Waikōwhai Walkway, roadside
- Loop options
- Coast to Coast Walkway
- Foreshore walk
- Pinch points - narrow intertidal zone, go at low tide only
- Public / private land
- Sea / beach
- Toilets
- Drinking water
- Barbecue
- Playground
- Picnic table
- Lookout
- Fishing
- Historic site
- Cemetery
- Kayak access
- Boat ramp
- Dogs off-leash

Bus routes

- Bus stop
- 009 Sylvia Park to New Lynn via Onehunga and Hillsborough
- 267 Lynfield to Midtown via Dominion Rd
- 299 Lynfield to Civic Centre via Waikōwhai and Epsom
- 277 To Tritonart via Mt Eden Road
- Bus terminus

A harbour spread out before you

The Waikōwhai Walkway allows you to explore this scenic section of the northern shore of the Manukau Harbour.

Along the walk, you will encounter secret coves, city parks, areas of regenerating native bush, cliff top suburbs and contemplative lookouts – each with a unique vista of the ever-changing expanse of the Manukau Harbour.

The Waikōwhai Walkway can be done along the formed tracks (the red line), or along the foreshore (the pale blue dotted line).

The entire route can be walked at low tide along the foreshore, but this can only be done safely two hours before or after the daily low tides, especially the narrower 'pinch points' marked by a pink dotted line. For your safety check the tides before you venture out.

There is a short stretch with no walkway between the beach at Wesley Bay and Aldersgate Road, except the

low tide route which is accessible two hours before and after low tide

We want you to enjoy your walk and stay safe – so remember to plan ahead.

If you have plenty of time, the entire walk can be completed in about five hours – or take a stroll along the four shorter loops, one at a time.

How it fits in

In the future we envisage a walk along the entire northern coastline of the Manukau Harbour, from the Onehunga foreshore, to Whatipū at the heads (harbour mouth).

The Waikōwhai Walkway is a link in a greater chain of Auckland and New Zealand-wide walks.

The Auckland Coast to Coast Walkway links the Waikōwhai Walkway, by taking off northwards from Beachcroft Avenue (just across the pedestrian bridge from the Onehunga

Foreshore), to go all the way through to Princes Wharf on the Auckland CBD waterfront.

In the west, the Hillary Trail, a four-day tramp through the Waitākere Ranges, takes off from Arataki Visitor Centre on Scenic Drive, which is 12km from Lynfield Cove at the western end of the Waikōwhai Walkway.

Important information

What to expect – what to take

The Waikōwhai Walkway crosses a mix of forest paths, tidal mudflats, rock shelves, hard sand beaches, suburban parks and roads.

Wear good walking shoes, protect yourself against the sun and rain, and take plenty of drinking water. Low tide routes are muddy and slippery, so consider taking a walking pole.

Apart from the sections along roads and the planned Onehunga to Bamfield Boardwalk, the walk is not suitable for mountain bikes, baby buggies or wheelchairs. There are stairs and steep sections in the bush-clad valleys.

Public transport

Reaching the Waikōwhai Walkway is possible using bus routes 009, 267, 277 and 299.

To check timetables, please visit at.govt.nz

Staying in touch

There is cellphone coverage along the entire Waikōwhai Walkway.

If you see someone in trouble on the water, call the Coastguard on 09 303 1303, or *500 from your mobile. The nearest Coastguard station is at French Bay, and is contactable 24/7.

Plan ahead - check the tides

Many people have been caught out by the Manukau Harbour tides over the years. Plan your low tide sections so you can make it back to dry land in good time.

Tides

- There are two high and two low tides each day.
- There is six hours between high and low tides.
- The time that each tide occurs, advances by about half an hour every day.
- Tides in the Manukau Harbour can reach as high as 4m, or more in storm or low pressure conditions.
- Tide times in the Manukau Harbour are not the same as for the Waitemata Harbour.
- If walking at low tide beware of sinking sand or sticky mud. Do not walk too far out on the shoreline.
- To check, go to metservice.com/marine/tides/onehunga, or look at the weather section of the New Zealand Herald.

Safety

The sheltered beaches along the Waikōwhai Walkway are safe for paddling and swimming at high tide - but be careful of outgoing tides and do not go out into the channel. Water in the Manukau Harbour moves very fast,

especially in the channels. DO NOT try to wade or swim out of trouble if you're caught by the rising tide. Get to solid land, stay put, and call the Coastguard.

Dog walkers

Dogs must be on a lead while on the Waikōwhai Walkway. There are off-leash areas in Manukau Domain and Waikōwhai Park. Please pick up after your dog. Keep dogs on a lead while in low tide areas so they do not disturb wading birds feeding on the mudflats.

For more information

Phone Auckland Council 09 301 0101 or visit aucklandcouncil.govt.nz