

## Walk of the Month

Welcome to 10,000 Steps Northland's Walk of the Month. Each month a stunning walk somewhere in Northland will be highlighted so watch this space for your next walking adventure. (If you have a favourite track or walk in your community contact us on email at [10000steps@sportnorth.co.nz](mailto:10000steps@sportnorth.co.nz)).

### April's Walk of the Month – Te Araroa Track (Whangarei)

This month's feature is just one section of the stunning Te Araroa track. The Long Pathway track. The complete Matapouri Bush Track is a little over 8,700 (7km) step walk through stunning native bush from Matapouri to Tutukaka. If you are not familiar with the ever popular Te Araroa Track there is a great web site for you to browse in [www.teararoa.org.nz](http://www.teararoa.org.nz).

The Te Araroa Trust, in partnership with the Department of Conservation, District Councils and private land owner is dedicated to creating New Zealand's first and much planned, hiking trail that travels the length of the country. The Matapouri Bush Track is just one part of the Te Araroa Track.

As far as tracks go, this walk is very well sign posted and you can enter the track from either Tutukaka or Matapouri. It is slightly easier to walk from Tutukaka to Matapouri (South to North) as the track starts from the high point of the Tutukaka Quarry site. This is a private access and there is limited car parking space but it is safe and off the main road, keep in mind that large trucks will be utilising this access as well.

The track takes you over well sign posted stiles and through private pastures and native forests. There are steep climbs and narrow passages with occasional high aspect views to the coast. Walking through the native bush, follow the orange markers and Te Araroa signs. Keep to the track and enjoy up to a 2 hour walk under the canopy of Northland's coastal forests. As you get closer to Matapouri, you will enter the Matariki Forests, a pine and eucalyptus plantation that will usher you into more private pastures and a final descent to Clements Road - Matapouri.

This walk will challenge those of you not walking on a regular basis but will have you inspired by the beauty and potential for a further excursion on the Te Araroa track.

Wear appropriate walking shoes, carry water and extra food, walk with a friend/s and plan for a pick up or car drop at either end of the track. Toilets, phone and other amenities can be found in Matapouri Bay or Tutukaka Marina. Get out there and enjoy. Remember. Every Step Counts!



# Te Araroa Track Map

