

Walk of the Month

Welcome to 10,000 Steps Northland's 'Walk of the Month'. Each month a stunning walk somewhere in Northland is highlighted. If you have a favourite track or walk in your community contact us on email at 10000steps@sportnorth.co.nz.

July Walk of the Month – Whangamumu Bay – Cape Brett

The Department of Conservation has done extremely well at protecting these coastal treasures along this stretch of the east coast. Rich in history as well as beauty, Whangamumu Bay is a walk worth doing.

The track entrance to Whangamumu is signposted approximately 28km on the Rawhiti-Ngaiotonga Road. You can access this road best from Russell, Bay of Islands. The majority of the road is sealed with only the last 2-3 kilometres on metal. You will see the sign for the track on the right hand side of the road. The sign does not use the Whangamumu name but calls the walk 'Track to the old Whaling station'. The timing that DOC has put to achieve this walk is realistic. You can prepare yourself to walk for approximately 1 hour and 15 minutes each way. The track length is 6 kilometres return and will have you striding out 7,500 steps.



Pictured above, view looking down over the bay as you descend off the ridge.

The first part of the track crosses over private land so please be respectful of the owners and stick close to the track markers. At this time of the year the paddock is very wet and muddy. Once you are on the main track it is a gentle climb up through the bush to the top of the ridge. This track is not very challenging, however is not accessible for buggies. It also has the potential to be very slippery in some parts. Wear appropriate footwear and take your time descending.

Once you have reached the top of the ridge, you will have a full view of the bay below. It is a lovely walk down through the bush and finally on to the grassy hill that takes you down to the waters edge. Follow the track markers along the left hand side of the bay to reach the old whaling station interpretive sign and ruined foundations.

Active Lifestyles – Sandi Burleigh from Sport Northland, www.10000stepsnorthland.co.nz