

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.

September Walk of the Month – **Lookout Walkway/Last of the Summer Wine Trail (Mangawhai)**

Spring is on its way and you are probably contemplating that it is time to get out of hibernation mode and into activity, and what better way to get going than head out for a walk. Do not forget that the 10,000 Steps Northland team have quite a number of Walk of the Month articles you can access via the website www.10000stepsnorthland.co.nz or by phoning 0800 ACTIVE.

This month's walk is in magical Mangawhai. This was a trail that had little information written about it and was heard about through the grapevine. The local Mangawhai community has been working hard and clearing a number of trails around the area for the community to enjoy. The 'Last of the Summer Wine Trail' is one of these, which connects up with the Lookout Walkway that starts behind the Visitors Information Centre and The Club on Molesworth Drive.

You can park your car at the Visitors Information Centre and walk behind to The Club carpark where you will see a boardwalk to the right side leading you to the lookout. The walk to the lookout is short, only 180 steps (145m) but from the top you can get great 360 degree panoramic views of Mangawhai Heads, the estuary and to the west.

On the way up to the lookout you will see a sign on your left hand side for the 'Last of the Summer Wine Trail'. The trail leads you through a stand of Manuka bush giving you good shade on sunny days. The trail winds through the bush and at about half way you will see another sign saying "Track II yellow club carpark" follow this and it will eventually take you back towards the road where you will pop out by the Visitors Information Centre carpark. The trail is undulating and only wide enough for one person. Watch out for tree roots and broken branches that may have fallen on the trail. The trail also passes through some slightly boggy sections which have been covered over by small sections of boardwalk/planks of wood so be aware that you may get your shoes dirty.

This is a nice trail close to town that will take you approximately 45 minutes, including the lookout, or about 2,750 steps (2.2km). A great little asset close to town for the community to get out and enjoy!



View from the Mangawhai Lookout south to the estuary



Trail winding through Manuka trees

Active Lifestyles – Janine Moy from Sport Northland, www.10000stepsnorthland.co.nz