



Cape Reinga to Ahipara

 Walking

Difficulties

Medium , Hard

Length

100.6 km

Journey Time

4 days

Region

[Northland](#)

Sub-Region

[Far North](#)

Part of Collections

[Te Araroa - New Zealand's Trail](#) , [Te Araroa - North Island](#)

Te Araroa section: For southbound Te Araroa through-walkers this four-day section represents the start of their epic journey. From Cape Reinga, the track heads towards the West Coast, leading you past Te Werahi Beach, Cape Maria Van Diemen, Twilight Beach, Maunganui Bluff and Scott Point. From there, walkers undertake the long trek along 90 Mile Beach to Ahipara.

Edited 2025-09-09

North to South

As walkers pass through Kaitaia on their way North to start at Cape Reinga, they are advised to call into the i-SITE (Te Ahu Centre, Corner Matthews Avenue and South Road), where they can fill in Te Araroa Intentions Book. This is for their own safety on '90 Mile Beach'. While there, they can also find out about accommodation in Kaitaia and transit to Cape Reinga. Te Ahu is a large cultural centre with a library, computers, cafes and a cinema.

There are limited locations where camping is allowed between Cape Reinga and Ahipara – we suggest the following plan:

- Day One – Cape Reinga to Twilight Beach campsite (**12.5km**)
- Day Two – Twilight Beach campsite to Maunganui Bluff campsite (**28km**)
- Day Three – Maunganui Bluff campsite to Hukatere Lodge (**30km**)
- Day Four – Hukatere to Ngapae Holiday Park at Waipapakauri Beach (**17km**) or Ahipara (a further **14km**)

There is no free camping in the Aupōuri Forest, sand dunes, or on 90 Mile Beach, please camp only at the above locations.

Generally, there is water available in these locations – in extremely dry times, the tank at Twilight Beach may run out, so unless you are aware of recent rain, it is advisable to carry enough water from Cape Reinga to reach Maunganui Bluff.

From Cape Reinga, the track heads towards the West Coast, leading you down past steep cliffs and over rocks to the long, sweeping Te Werahi Beach. Note: You are best to set off at a lowish tide to make the rock scrambling and stream crossing safer & easier. Carry enough water for your first day.

Please note that even though dogs have not been seen in the area lately they could still move into the area from other places.

- do not walk the area alone.
- do not approach any dogs.
- do not leave food or scraps that may attract scavenging by dogs.
- report any sightings to Far North District Council dog control 0800 920 029, if safe to do so – GPS coordinates and photos are helpful.

Beyond Te Werahi Beach, you will experience gorgeous peach-coloured dunes, unusual dune grasses, and views of Cape Maria Van Diemen and Motuopao Island. You follow orange marker posts over Hērangi Hill, pass the turnoff to Cape Maria Van Diemen and along clifftops of flax and mānuka scrublands before dropping down to Twilight Beach. Exit near the south end of Twilight Beach up wooden steps from beach. Just above the south end of Twilight Beach (12km from Cape Reinga) is a small campsite with a toilet, water supply and a covered area – we recommend stopping here, then planning to reach Maunganui Bluff (28km away) the following day. Please camp only within the grassed area.

The track climbs up and over Scott Point, then drops down to Ninety Mile Beach, crossing a swamp via a boardwalk and down a steep set of steps. While passing over Scott Point, you will need to watch carefully for a quad motorbike track which veers right off the main 4WD track. The marker may be very difficult to see.

- Note: If you come to a farm gate and a paddock, you will need to double back about 10 minutes, as you have gone the wrong way.
- Note: You will be walking near sacred 'Wahi Tapu' areas, and it is essential to follow the orange markers closely and do not wander off the marked track.

Follow Ninety Mile Beach south for approximately an hour until you come to Te Paki Stream mouth. This is a popular vehicle entrance/exit to the beach, so be prepared for cars and tourist buses around there and further south. From the stream mouth, it is 1 hour upstream to the road should you wish to exit the beach here.

From Te Paki Stream, you walk down the beach to Ahipara. Try to time your walking to avoid high tide, as in parts, the water can come all the way up to the dunes and make for either wet feet or the need to have a slow walk in the soft sand.

Landmarks you'll pass are The Bluff (40km from Cape Reinga), Hukatere (70km) and Waipapakauri (87km).

Leave the beach at the Kaka Street boat ramp and find your way into Ahipara village, a popular holiday and surfing hotspot at the southern end of Ninety Mile Beach and 14km west of Kaitiāia.

Conditions

Track standard: tramping track

Potential Hazards

- Vehicles on road or track on Ninety Mile Beach and Kaka St boat ramp
- Tides, waves and rivers - safer at low tide
- Small stream crossings
- Track exposed to sun, wind or cold
- Few water sources. Fill up at the campsites as streams may be salty or dry
- Steep drop-offs - take care on wet rocks - can be slippery

Weather

[Cape Reinga weather](#) [↗](#)

[NIWA 3-day forecast](#) [↗](#)

How to get here

Northern Start: Cape Reinga

Southern End: Boat ramp, Kākā Street, Ahipara

Te Araroa's northern terminus in the North Island is at Cape Reinga, which is accessible by road. Kaitiāia is the most northern gateway town to Cape Reinga, servicing a population of approximately 5200. An alternative is Kerikeri, which has the advantage of being on the trail should you want to leave gear

[Tide timetable for 90 Mile beach](#) [↗](#)

Transport

Transport from Auckland to Kaitaia

- [InterCity](#) - P: 09 583 5780 - E: info@intercity.co.nz Buses currently four days a week. Monday, Wednesday, Friday Sunday. 7:30 am from the Sky City Coach Terminal, 102 Hobson St, Auckland. Prices start at \$39, and increase as bookings fill up. This route uses the 70 seat bus to Kerikeri and transfers to a 20 seat bus for Kaitaia

Transport from Auckland to Kerikeri

- [InterCity](#) - P: 09 583 5780 - E: info@intercity.co.nz Buses currently every day. 7:30 am, 1:00 pm and 5:30 pm from the Sky City Coach Terminal, 102 Hobson St, Auckland. Prices start at \$38, and increase as bookings fill up
- For September/October SOBO starters [Hone Heke Lodge](#) in Kerikeri is offering an accommodation & transportation package up to Cape Reinga. Please email stay@honeheke.co.nz or call David or Victoria 09-407 8170 for further information. www.honeheke.co.nz

Transport to Cape Reinga Trailhead

There is no public transport, however the following operators can assist.

From Kaitaia

- Kaitaia Taxis M: 027 829 4582 or P: 0800 829 4582. E: danscontracting@outlook.com
- Ritchies Bus P: 09 408 3008, E: chris.bellas@ritchies.co.nz Subcontractors to Fullers Great Sights and InterCity. Will arrange Cape Reinga trips for groups of three or more
- Utea Park Pauly D - M: 021 804 002 - E: Uteapark@gmail.com All transport needs north of Kaitaia. Vehicle storage available. Local knowledge offered.
- Cape Reinga shuttles - Gordon Mac Rae On Facebook. WhatsApp +64 272 125 864
I will collect you at your accommodation at a time that suits you.
Rescues from Hukatere Lodge and Waipapakauri Ramp.
Road sections transfers from Ahipara to Kaitāia and Kaitāia to Takahue Saddle Road
- Talia Popata (Talz) Kaitaia to Cape Reinga. 4 trips a day available, \$200 share costs, 4 people max. Pick up from Ahipara. Also drop off to 121km mark or 135km mark and Emergency Pick ups M: 021 027 99776 E: taliapopata397@gmail.com

From Kerikeri

- For October SOBO starters [Hone Heke Lodge](#) in Kerikeri is offering an accommodation & transportation package up to Cape Reinga. Please email stay@honeheke.co.nz or call David or Victoria 09 407 8170 for further information. www.honeheke.co.nz
- [Tuatua Rentals](#) - P: 0274 858 453 - E: info@tuatua rentals.co.nz - Offers transfers from Paihia and Kerikeri - enquire about prices and transfers to/from other parts of the Northland trail.
- Tuatahi Airport Shuttle - Alex Nankivell - P: 021 087 53196
- Cape Reinga shuttles - Gordon Mac Rae On Facebook. WhatsApp +64 272 125 864
I will collect you at your accommodation at a time that suits you.

From Whangarei, Mangonui

- Arthur Lancaster can provide drop-off service to Cape Reinga and/or long-term parking at Paua Bay, near Whangarei Heads. P: 09 409 7500. Arthur can also advise on commencing the walk at Spirits Bay.
- Peter Ellicott - from Northland Taxis offers a pick up from Mangonui and drop-off at the Cape for \$100pp - min charge of \$200 text him on 021 070 5783 - www.northlandtaxishuttles.co.nz

From Auckland

- [Salt Air](#) - P: 09 402 8338 / 0800 472 582 - Charter flights to Cape Reinga
- Bellbird Adventure Tours: Kim Maree Thomas E: bellbirdadventuretours@gmail.com M: +64 22 029 8540
I run a shuttle service from Auckland to Cape Reinga for thru walkers and cyclists. Approx 7hrs one-way shuttle. Two stops for restroom, and lunch stop in Houhora (45mins from the Cape).
Transport costs are as follows: (2 person minimum, includes transfer from airport & accommodation) \$450pp (2 people); \$375pp (3 people or more).
Email or call me for further info. N.B. I no longer provide solo runs.
10% of your fare will be donated to the Te Ararora Trust for track and route improvements.

Ahipara

- [Busabout Kaitaia](#) - P: 09 408 1092 - E: admin@cbec.co.nz
- [BusLink](#) - Northland bus routes including Ahipara, Kerikeri, Paihia, Whangarei, Waipu, Mangawhai

Kaitaia

- [InterCity](#)  - P: 09 583 5780 - E: info@intercity.co.nz - From Auckland - Kerikeri - Kaitaia
- [BusLink](#)  - Northland bus routes including Ahipara, Kerikeri, Paihia, Whangarei, Waipu, Mangawhai...

Accommodation


Trail Pass Accommodation

-  Twilight Beach Campsite - km 12.8 - Included in The Trail Pass
-  The Bluff Campsite - km 40.7 - Private \$
-  Hukatere Lodge Camp - km 70.51 - Private \$
-  Ngapae Holiday park at Waipapakauri Beach - km 87.5 - Private \$
-  Ahipara Holiday Park - km 101.5 - Private \$

The Bluff

- Maunganui Bluff campground – This is a private camp operated by a local trust. They are supportive of Te Araroa and happy for walkers to stay here, however, please be sure to pay a \$10/night fee, or this privilege will be at risk. The previous honesty box has been broken into repeatedly and may now have been removed. If possible, it is safer to pay \$10 to Maunganui Bluff Trustee bank account 11-5027-0005402-11. This is difficult for hikers without a New Zealand bank account. A local caretaker may be present to collect payment in cash, but beware of imposters
- Take care using the water and check all taps are off - water gets very low in summer. Look to the stream on the right of the campground (when looking inland from the beach), there is a bathtub there for water resupply - while the water is fresh from a nearby spring, we'd still recommend treating it. Please respect that walkers are allowed to camp here with permission, be sure to camp on the grassed area of the campsite and don't go into the pine forest to camp.




Hukatere

- [Hukatere Lodge and Hukatere Camping Ground](#)  - 809 Hukatere Rd, Houhora – P: 09 409 8705 or 021 884 145 – E: info@hukatere.com – Located right on Ninety Mile Beach

Waipapakauri

- [Ngapae Holiday Park](#)  - 6 Matai St (off West Coast Rd), Waipapakauri - P: 09 406 7298 E: campngapae@outlook.com – They also offer transport to town, food or any other service upon request.


Ahipara

- [Endless Summer Lodge](#) , 245 Foreshore Road, Ahipara, 09 409 4181
- [YHA Ahipara](#) , 168-170 Takaha St, Ahipara - P: 09 409 4864 or 0800 888 988 E: ahipara@yha.co.nz
- Ahipara Bay Motel - 22 Reef View Rd - P: 09 409 4888 or 0800 906 453 - E: baymotel@ahipara.co.nz More can be found at www.ahipara.co.nz 

Ahipara Trail Host

- [Te Wairoa Farm Camp](#)  at the Southern end of the Ninety Mile Beach, right next to the golf course in Ahipara. P: 021 223 1194 We open our farm to campers. Facilities are basic, cold outdoor showers and portaloos. A basic kitchen is available. charge \$10pp per night

Kaitaia

- [Beachcomber Lodge & Backpacker](#)  – P: 09 408 1275 – E: mainstreet@extra.co.nz – 235 Commerce St, Kaitaia. Private rooms, dorm rooms, kitchen, luggage storage, assistance with travel bookings. Bookings and check-ins are made at the Wayfarer Motel next door

Kaitaia Trail Host

- Rayanne King - E: rayanneking4@gmail.com P: 027 330 2776 I am offering accommodation in Kaitaia for up to four people in my self contained sleepout. It is fully self contained. I provide bedding. Also towels if needed. There is filtered clean water, free tea and coffee. A toaster, small oven and jug. The accommodation is in town approximately 10 minutes walk from bus stop. I am happy to pick up from Ahipara and drop to Ruaroa Road (km 122 for southbound) for a donation. I charge \$25.00 to cover the costs per person. Also open for campers for \$15.00.

Food And Supply

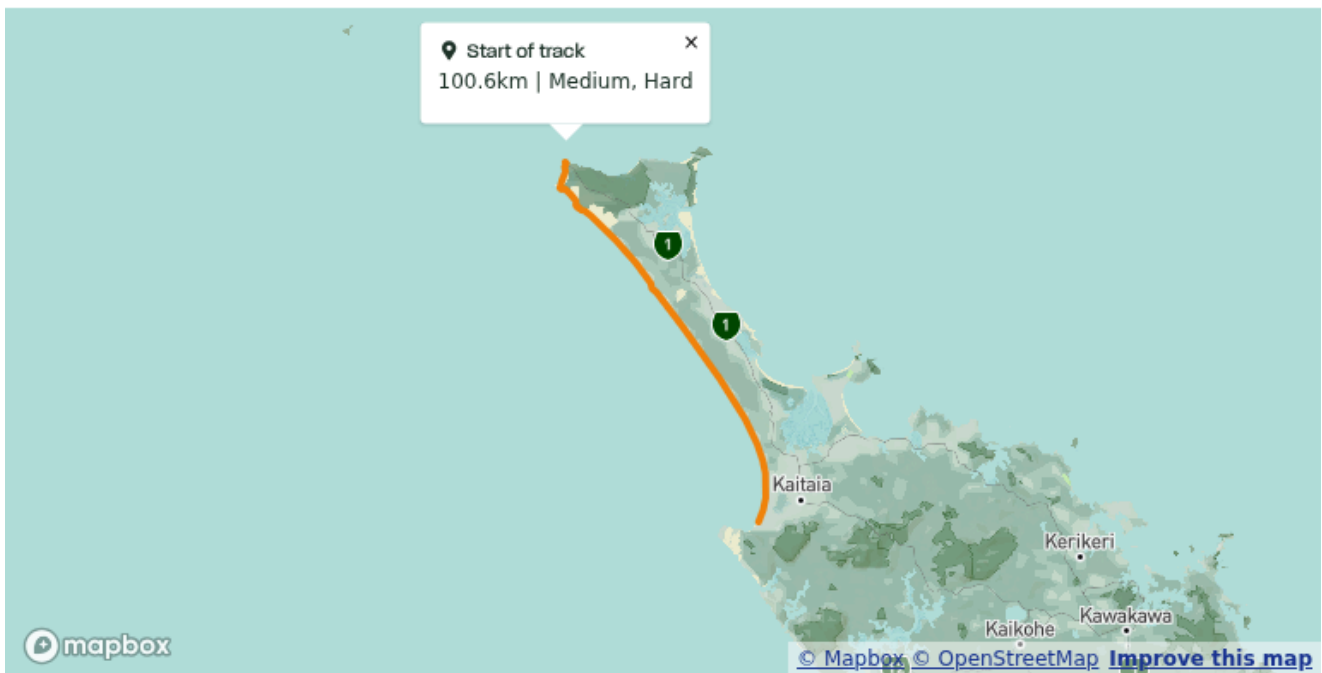
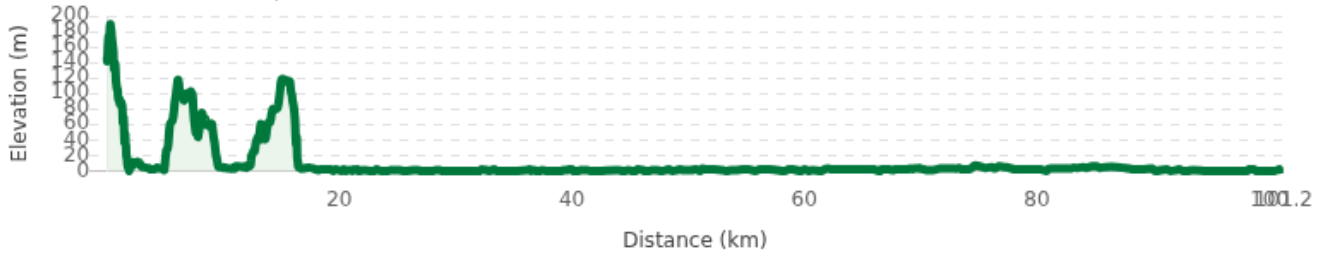
Ahipara

- [Superette Supermarket](#) - 4 Takahe St, Ahipara - P: 09 409 4828

Kaitaia

- [Pak N' Save Supermarket](#) - 111 North Rd, Kaitaia - P: 09 408 6222
- [4 Four Square Supermarket](#) - 65 Commerce St, Kaitaia - P: 09 408 1133

Track Elevation and Map



More information

Cape Reinga

- [Far North i-SITE Visitor Information Centre](#) – Te Ahu, Corner Matthews Avenue and South Road, Kaitaia – P: 09 408 9450 – E: kaitaia@visitnorthland.co.nz
- [Department of Conservation Information Office](#) – 25 Matthews Ave, Kaitaia – P: 09 408 6014 – E: kaitaia@doc.govt.nz

Kaitaia

- [Far North i-SITE Visitor Information Centre](#) – Te Ahu, Corner Matthews Avenue and South Road, Kaitaia – P: 09 408 9450 – E: kaitaia@visitnorthland.co.nz
- [Department of Conservation Information Office](#) - 25 Matthews Ave, Kaitaia – P: 09 408 6014 – E: kaitaia@doc.govt.nz

Before starting Te Araroa either as a through-walker of the whole country or a section walker, [please register on Te Araroa website](#). Please also [visit the website](#) or [download the app](#) for detailed maps, trail alerts and other relevant information.

This track is part of the Herenga ā Nuku Aotearoa track database. Herenga ā Nuku has [maps and advice about public access to the outdoors](#).

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz.

We recommend trying these online learning tools:

- [Trip Planning](#)
- [Tramping/field Skills](#)
- [Basic Navigation](#)
- [River Safety](#)

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council [YouTube channel](#).

