



Mangawhai Cliffs Walkway



Walking



Circular Track (Loop)

Difficulty

Easy

Length

7.3 km

Journey Time

2-3 hr return

Region

[Northland](#)

Sub-Region

[Kaipara](#)

Part of Collections

[Te Araroa - New Zealand's Trail](#) , [Department of Conservation Short Walks](#) , [Herenga ā Nuku Aotearoa Walkways](#)

Track maintained by

[Department of Conservation](#)

Located on Northland's eastern coast near the town of Mangawhai, the Mangawhai Cliffs Walkway offers spectacular, uninterrupted coastal views.

The rugged beauty of New Zealand's coast unfolds with panoramic views offering spectacular photo opportunities along this walk from the shoreline to the clifftops.

The formed section of the track meanders along the clifftops, skirted by long coastal grasses and stands of nikau palm and pohutukawa trees.

The return journey to Mangawhai can be achieved via the beach if the tide is less than half tide. Alternatively, walkers can return to town by retracing their steps back along the clifftop walkway. This will be a necessity at high tide.

Some sections of this walkway cross private land and visitors are asked to stick to the marked route, respect all signposted conditions of access and follow the New Zealand Outdoor Access Code

Conditions

No dogs. The track linking Mangawhai Clifftop Walk and Cove Road is closed 1 September until the end of October for lambing and calving. To walk along the beach, you will need to know what the tide is doing. Depending on the tide times, you can go up the ridge first, or vice versa. Parts of this track are across private farm land and may be closed due to lambing.

How to get here

Mangawhai is located on the Twin Coast Discovery Highway just 90 minutes drive from the Auckland CBD (turn off SH1 just north of Te Hana) or 50 minutes south of Whangarei (turn off SH1 at Waipu).

Transport

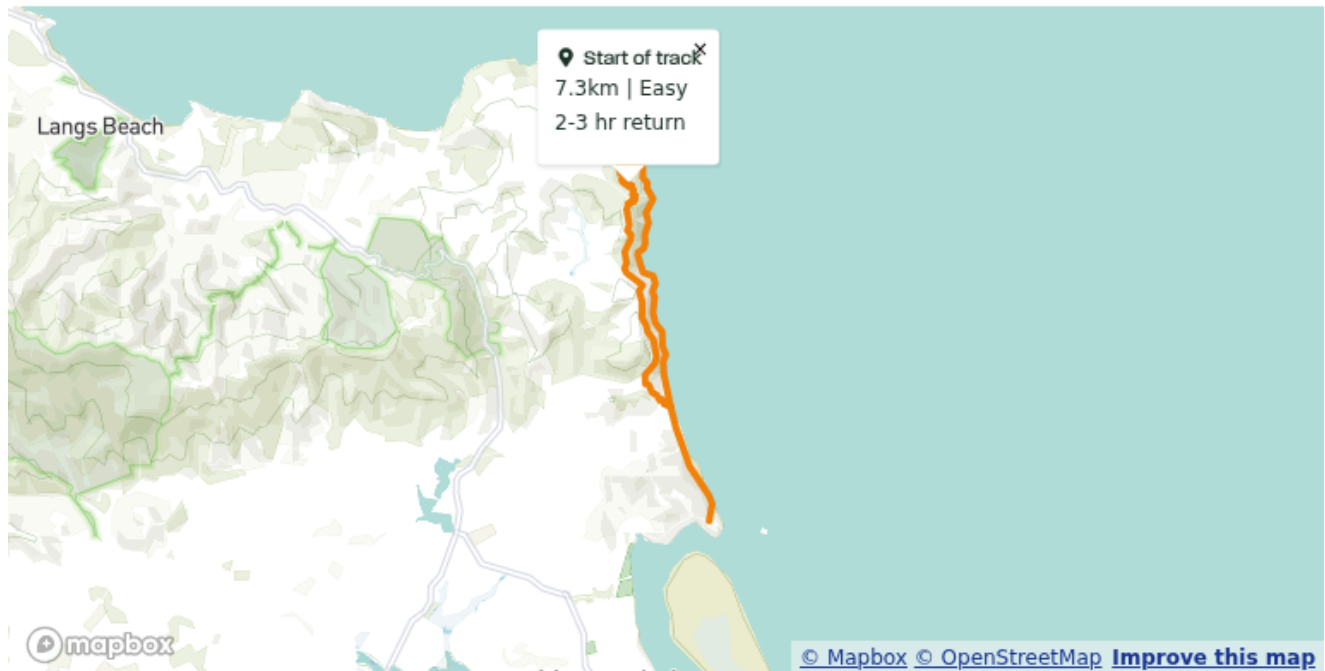
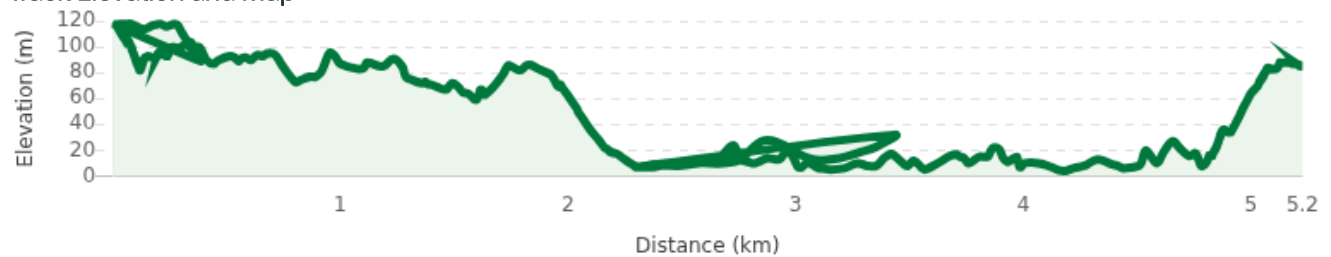
Take Intercity Bus north from Auckland, alight at Kaiwaka, then walk or get a lift east on the Kaiwaka.Mangawhai Rd to Mangawhai Village (14Km) and then a further 7Km to the Surf beach where the Clifftop walk starts and finishes.

Accommodation

Food And Supply

Mangawhai Village has a Supervalu minimart store. Mangawhai Heads has a 4 Square minimart store. There is also a New World Supermarket at Mangawhai Central.

Track Elevation and Map



More information

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](#).



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