



CYCLETRAILS

TAURANGA & WESTERN BAY OF PLENTY

SCENIC OPTIONS FOR EVERY RIDER



LET'S PUMP THOSE PEDALS

From meandering coastal and riverside trails to historic city sites or challenging mountain bike tracks, Tauranga and the Western Bay of Plenty have an ever-expanding network of epic places to ride your bike.

With something for every age and ability, you can easily explore the special places that reflect our heritage and environment at your own pace.

For the best coastal views, try the Bowentown to Waihi Beach trail, the Ōmokoroa to Wairoa River trail, or the Port to Park trail that runs from Sulphur Point to Matua's Fergusson Park.

Stop for a bit of haiku inspiration in Katikati or take one of the village's nearby riverside or shoreline trails.

History lovers will enjoy the Historic Tauranga trail, which travels past sites that recall interactions between British settlers and Māori tribes more than 150 years ago. Meanwhile, the shorter Te Ara Kahikatea path in Te Puke will take you under and over bridges and past the town's old cemetery as you traverse nearby rural paddocks.

The region also features several stunning trails through ecologically important wetlands – choose Bethlehem reserves at one end of the city or the Papamoa waterways at the other end, or you can experience the Matua Saltmarsh, Kopurererua Valley or Waikareao Estuary trails in the middle.

Serious riders can accept the ultimate challenge - a 51km trail from Papamoa, through Paengaroa, and onto Okere Falls near Lake Rotoiti. The award-winning TECT Park also offers a challenging 10km mountain bike ride through remote forest tracks.



WAIHĪ BEACH TO BOWENTOWN

Get the best of both worlds with this popular coastal trail, which travels the length of Waihi Beach and Bowentown, with optional sidetracks that include the Athenree Estuary.

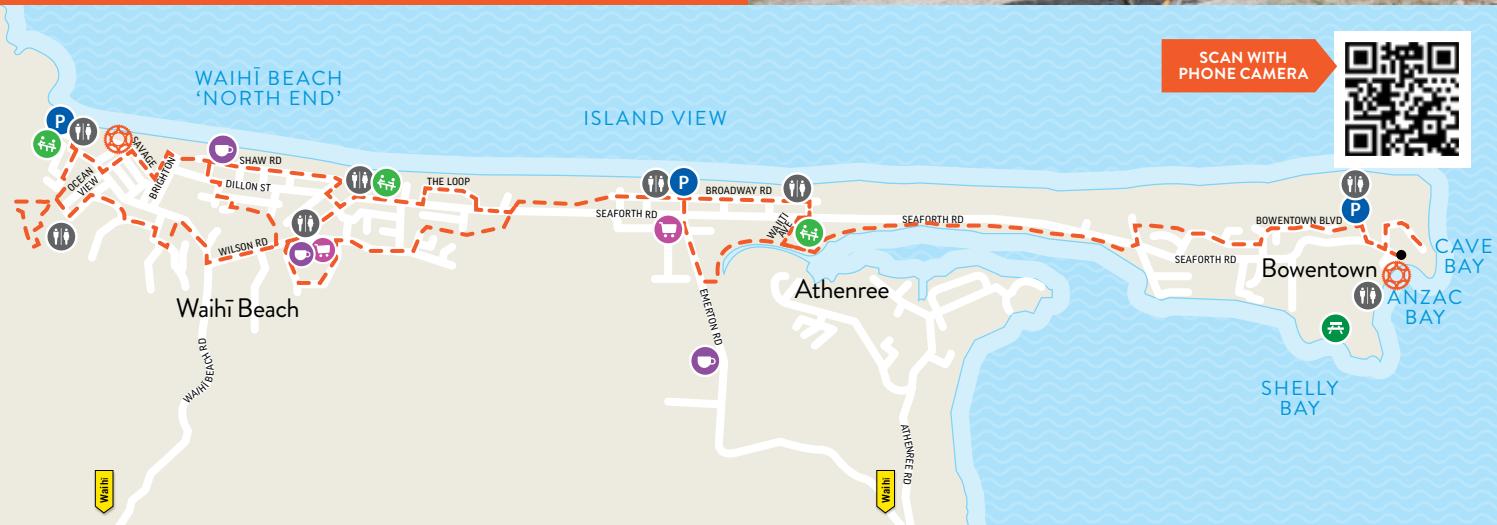
There are plenty of places you can stop along the way, such as reserves, playgrounds, cafés, shops and swimming spots.

Most of the trail is flat, but the view from the top of the eastern most point, above Cave Bay, is ample reward for the extra effort it takes to cycle there.



Useful websites:
bayofplentynz.com/cycle-trails
trailforks.com
alltrails.com
strava.com
aa.co.nz/membership/ebikes

Disclaimer: Every effort has been made to ensure the information contained in this booklet is accurate at the time of publication in September 2022. However, no liability can be accepted for any errors or omissions, or views expressed herein, and this information is subject to change.



- 9km** one way; optional side trails or loops
- EASY** Flat, **grade 1**
- Mixture of **sealed, gravel and boardwalk**
- Start or finish at **Waihi Beach Surf Lifesaving Club or Anzac Bay, Bowentown**
Other entry/exit options from any road near the trail

- A **10-minute drive** east from Waihi, exit off State Highway 2
- Easy access to **coastal and harbour foreshores**, which include **wetlands and sand dunes**, along the route
- This is a **shared walkway and cycleway**, and can get very busy at times; includes roadside sections and road crossings
- Multiple toilet facilities** along the way; **drinking water is available** at many of the beachside reserves
- Minimal signage

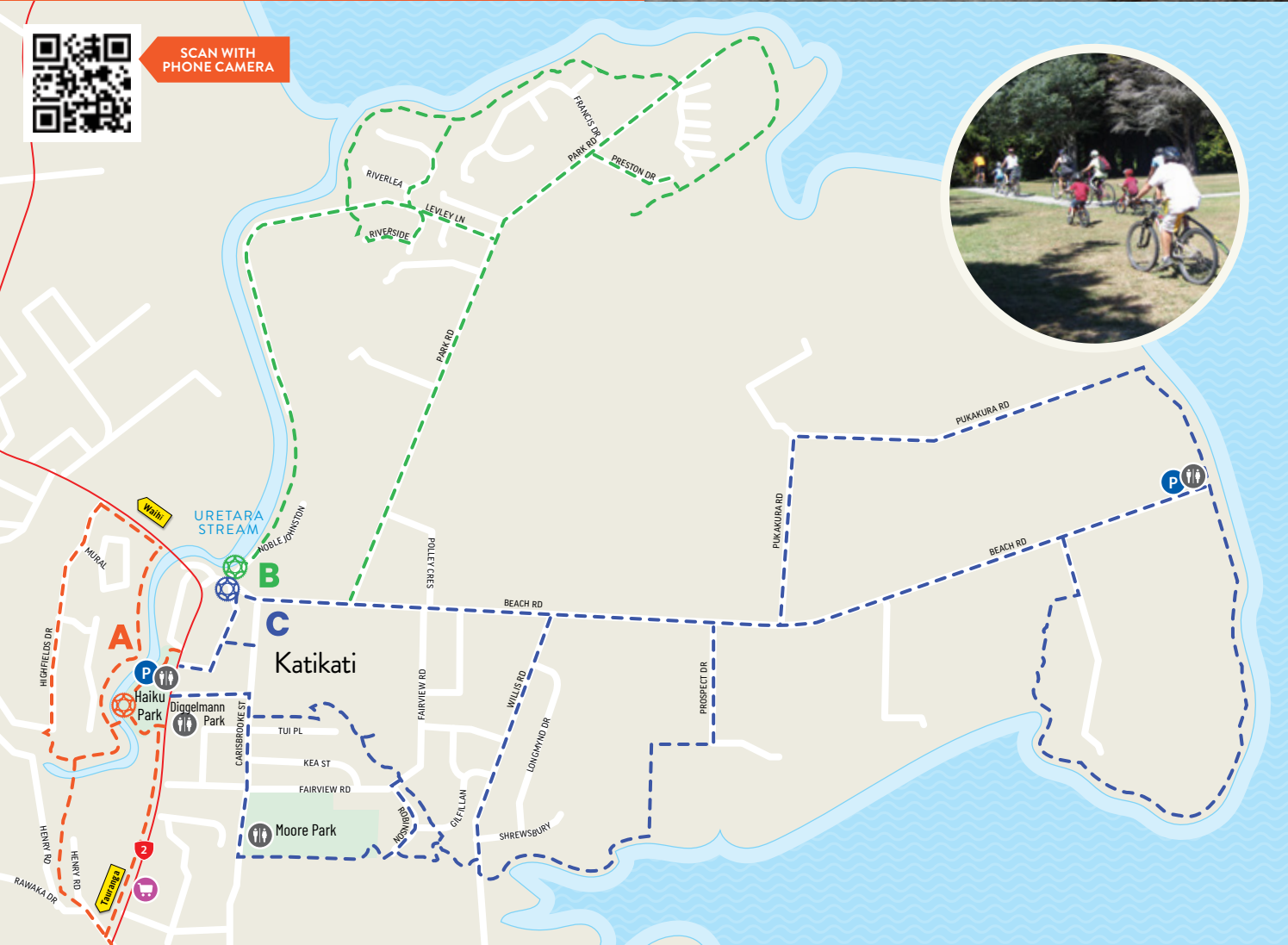
2 KATIKATI VILLAGE TRAILS

Choose your distance and direction – whichever Katikati trail you opt for, you'll get the chance to spot the art, birdlife and watersides this historic village is known for.

With each option located just a short distance from the main street, it will be easy to grab something to eat or drink before or after your ride.



SCAN WITH PHONE CAMERA



A. Haiku Path to Henry Road

↔ Less than 5km (return)

EASY 5-25m elevation, **grade 1**

--- Mixture of **concrete and sealed**

Start and finish at **Haiku Park**, on the western side of Katikati's main street
Can also be accessed from any nearby road

Follows the river stopbank, before travelling through a pleasant residential area; includes an **art installation** near the 45m suspension bridge over the Uretara Stream; look out for **river birds and boulders engraved with thought-provoking haiku poems**

Includes **road crossings** at Mural Drive and Highfields Drive

Toilets, carpark and drinking water all available at Haiku Park

No signage

B. Bird Walk Trail - Sunset Walkway & Cycleway

↔ Approximately **5.8km** (return) depending on which track options are taken

EASY 1-10m elevation, **grade 1**

--- Mixture of **concrete, gravel and grass**

Start and finish at **the Uretara Stream boat ramp, Noble Johnston Drive**
Can be joined from any nearby road

Start/finish point is **50m from State Highway 2**, which runs through Katikati's main street, turn-off is near the Talisman Hotel and Restaurant

A family friendly trail which includes river wetlands, harbour views and art installations, along with **description boards of the area's bird life**

Includes some **roadside sections and road crossings**

Toilets are located off Katikati's main street, at Diggelmann Park; **no drinking water available en route**; limited car parking at the start and finish point, but there's more available in nearby side roads

Map board in the seating area at the start

C. Uretara Stream to Beach Road

↔ Approximately **11km** (loop)

EASY 1-15m elevation, **grade 1**

--- Mixture of **urban and rural roads, concrete pathways, grass reserves, gravel, orchard tractor tracks, and short bush trail**

Start and finish at **the Uretara Stream boat ramp, Noble Johnston Drive**
Can be joined from any nearby road

Start/finish point is **50m from State Highway 2**, which runs through Katikati's main street, turn-off is near the Talisman Hotel and Restaurant

Features **bird life, harbour views, wetlands and working orchards**

Includes long sections along **rural and urban roads**; rural areas include **vehicles travelling at high speeds**

Toilets are located off Katikati's main street, at Diggelmann Park, and at the harbour end of Beach Road; **no drinking water available en route**; limited car parking at the start and finish point, but there's more available in nearby side roads

Signage when the trail leaves a road

3 ŌMOKOROA TO WAIROA RIVER

Explore the growing seaside town of Ōmokoroa, along with Te Puna estuary, the Plummers Point peninsula and Wairoa River.

It's worth checking beforehand which cafés you might want to detour to and stop at along the way - The Cider Factorie is also nearby.

Historic Ongarahu Pa, at the northern end of Plummers Point, is one of the most well-preserved defensive fortifications in New Zealand.



↔ **18km** (one way)

EASY to **INTERMEDIATE** Some short inclines/declines, 50m elevation, **grade 1**

--- Mixture of **gravel, boardwalk and road**

Start or finish at **Ōmokoroa Boat Club** or **Wairoa River Reserve**

Other entry/exit options at Lynley Park Drive, Lakeside Terrace, Huharua Park, Jess Road and Newnham Road

Ōmokoroa Boat Club is 23km from the Tauranga CBD; **Wairoa River Reserve** is 10km from the Tauranga CBD

👁️ This is a popular recreational ride due to its **undulating scenery** and proximity to the harbour and Wairoa River

! Includes **some roadside sections and road crossings**

💧 **Toilets located at Ōmokoroa Domain, Huharua Park** (at the end of Plummers Point Road), **and Wairoa River Reserve; drinking water is available at Huharua Park;** carparking available at the start and finish, and also at other entry and exit roads

📍 Signage in place

4 BETHLEHEM RESERVES

Gordon Carmichael Reserve is a gem in the heart of suburbia, featuring 60 hectares of waterways, native plantings and abundant birdlife.

The reserve has a playground, drinking fountain and toilets near the main carpark and is popular with walkers, runners, dog owners and cyclists.

This attractive trail meanders through Bethlehem and past several ponds that host a wide range of waterfowl.



5 MATUA SALTMARSH & BELLEVUE RESERVES

The Matua Saltmarsh is a 21-hectare coastal wetland that helps enrich the quality of our harbour, protects the coast from erosion, and provides a habitat for many species of plants, fish and birds.

This off-road trail features a 200m boardwalk at the Matua end and offers an appealing journey linking up two nearby recreational reserves.



↔ **8.6km** (return); optional side trails

EASY to **INTERMEDIATE** 1-25m elevation, **grade 1**

--- Mixture of **boardwalk, gravel pathways** and **short roadside** sections

Start or finish at **Gordon Carmichael Reserve** or **Belvedere Reserve**; can be joined from any nearby road

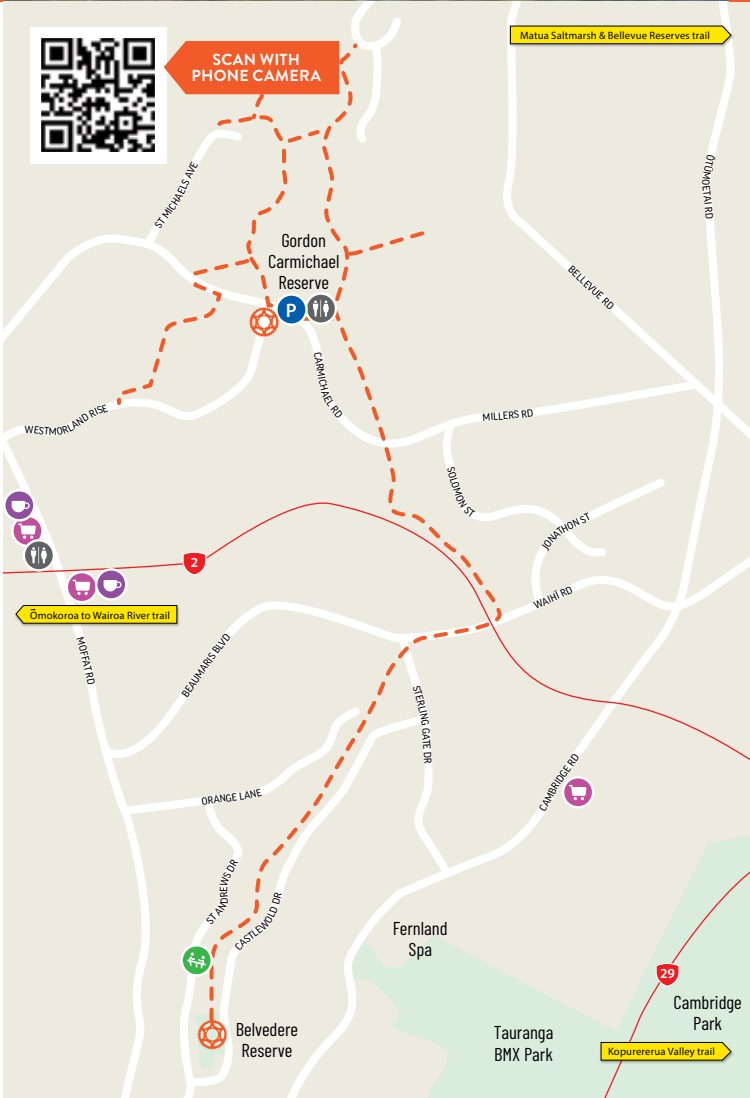
Gordon Carmichael Reserve is 1km north-east of the SH 1 Bethlehem roundabout

A family-friendly trail that features **saltmarsh wetlands, creeks, ponds, birdlife, and information boards**

Includes roadside sections and road crossings (utilising pedestrian refuge islands); **be aware of walkers, young children and dogs in reserve areas**

Toilets are located near the playground and carpark at Gordon Carmichael Reserve; additional streetside car parking at various locations along the route; **picnic areas** at the start and finish

Occasional signage



↔ **7.4km** (return)

EASY 1-5m elevation, **grade 1**

--- **Boardwalk and gravel** pathway

Start and finish at the **Bay Street Reserve, Matua**, or at **Bellevue Park**; can be joined from any nearby road

The Bay Street starting point is **8km from the Tauranga CBD**. Take the Chapel Street exit off SH 2 (Takitimu Drive)

This is a family-friendly trail that includes **picturesque saltmarsh and estuary views**, a variety of birdlife, a skatepark, and information boards







Includes **pedestrian crossing**; short section near train track

Toilets are available at Carlton Street Reserve; car parking is located at several points along the route; roadside parking is also available

Occasional signage



6 KOPURERERUA VALLEY

- Kopurererua Valley is a 300-hectare natural, urban wetland and one of Tauranga's largest reserves.
- It encompasses farmland, native bush, a river, ponds, and many sites of historic and archaeological significance. It also serves as an important part of Tauranga's cycleways network.
- There are plenty of options to grab a drink or something to eat near both ends of this trail.
- ↔ **8.9km** (return)
- EASY** 1-3m elevation, **grade 1**
- Mixture of **gravel, boardwalk and sealed**, shared paths
-  Start/finish at **The Historic Village on 17th Ave**, or **Marshall Ave, at the southern end of the trail, near the Tauranga Racecourse**; can be joined from any road along the route
-  The Historic Village start/finish point is at the end of **17th Ave, off Cameron Road**; or take the **Marshall Ave exit off the SH 29A, Pyes Pa Road and Cameron Road roundabout** to access the Marshall Ave start/finish point
-  A family-friendly trail that features a **stream and native wetlands, valley views, birdlife, and information boards**; passes The Historic Village and the Puketoromiro Pā site; you can also take the bridge over Takitimu Dr to check out the BMX track
-  This popular trail can get busy at times; can be **prone to flooding and trail disruptions after heavy rain**
-  **Toilet facilities and car parking areas are at Faulkner St and Cambridge Park**; car parking is also available outside The Historic Village (17th Ave) and at several other roads along the route, including the end of Westridge Dr
-  Directional and safety signage in places



7 TECT PARK

- TECT Park offers 1650 hectares of action-packed options and recently earned the 2022 Active Park of the Year title and the 2022 International People's Choice Green Flag Award.
- There are three mountain bike trails – the challenging Buffalo Girl Track and two shorter tracks to suit less experienced riders.
- Bring a picnic to this remote, tree-covered park and check out some of the other activities while you're here.





INTERMEDIATE A. Buffalo Girl Track 10km (loop)


EASY B. Kererū Track 3km (loop) - grade 1


EASY C. Uno Track 1.8km (loop) - grade 1


--- Dirt mountain bike track

 Start and finish: once you enter the park, **follow the signs** to the mountain bike area

 TECT Park is situated approximately **halfway between Tauranga and Rotorua, off SH 36** (29km from Tauranga and 30km from Rotorua); the park's eastern entry is signposted on the highway

 This park hosts a lot of clubs so you may spot activities like **paintball, clay target shooting, off-road driving, and model aircraft**; there are some lovely walking tracks, an off-leash dog exercise area, and you can pay to take on the high-wire challenges at Adrenalin Forest

 Check the park website (tectpark.co.nz) or Facebook page for possible track closures prior to your arrival; **respect the rights of other track users** (e.g walkers, runners and horse riders); the Buffalo Girl Track has three shallow stream crossings and can be quite slippery

 **Toilets** are located in the mountain bike area and near the main entrance to the park

 Tracks are well marked



SCAN WITH PHONE CAMERA





PORT TO PARK - SULPHUR POINT TO FERGUSSON PARK

This popular trail provides stunning tidal views across the harbour to Mauao (Mount Maunganui), Matakana Island and the Kaimai Ranges.

Sulphur Point features a marina, fishing and swimming spots, picnic area, carved Māori pou and a large boat ramp.

Fergusson Park (in Matua) and Kulim Park (in Ōtūmoetai) are well-utilised recreation areas that include playgrounds, toilets and BBQs.

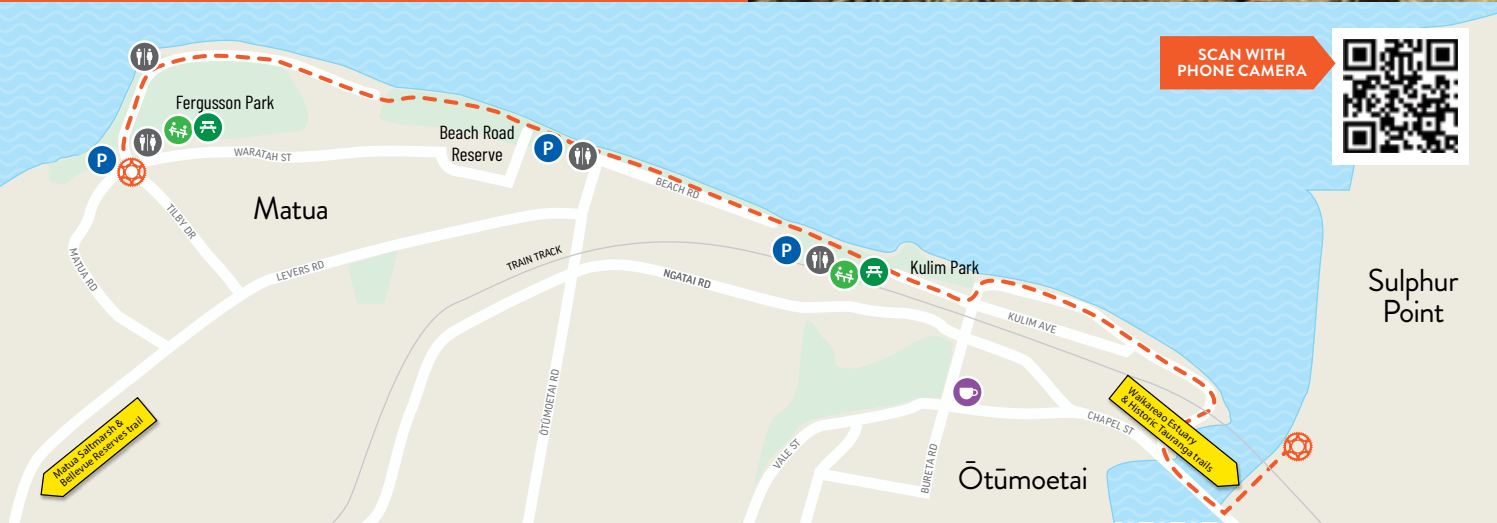


WAIKAREAO ESTUARY

Waikareao means “sparkling waters of the new day”, and as you follow the shoreline of this large tidal estuary you’ll journey through native bush, mangroves and saltwater marshes.

The estuary’s high biodiversity value means it’s a Category 1 ecological area and information boards along the route explain how the ecosystem works.

Motuopae Island, in the middle of the estuary, is a sacred burial ground that belongs to Ngāi Tamarāwaho of Huria Pā (Judea).



↔ **8.4km** (return)

EASY 1-3m elevation, **grade 1**

--- **Concrete** shared walkway/cycleway; includes a **busy urban road section, bridges and grass tracks**

Start and finish at the **Sulphur Point boat ramp carpark** or **Fergusson Park, Matua**; can be joined from any road or park along the route

Sulphur Point carpark is 1km from the Tauranga CBD – take the Sulphur Point exit off SH 2 (Takitimu Drive)

Enjoy the **inner harbour views, recreational reserves, marine life and birdlife**

Includes roadside sections, and road and rail crossings; this is a **shared walkway and cycleway** which is narrow in places and can get busy at times

Toilets and carparks are available at Kulim Park and Fergusson Park; toilets are also available at Shaw Place Reserve; further car parking is available at parks and roads along the route

Nil

↔ **8.7 km** (loop)

EASY 1-5m elevation, **grade 1**

--- Mixture of **boardwalk, gravel pathway, concrete** path

Start and finish at **Maxwells Road, Pillans Point**; the trail can be done clockwise or anti-clockwise; can also be joined from any nearby road

The Maxwells Road start point is 2km from the Tauranga CBD – take the Chapel Street exit off SH 2 (Takitimu Drive) to get there

A family-friendly trail that makes the best of its natural environment, **keep an eye out for bird and marine life**; there are several café options at the Bay Central Shopping Centre, on Chapel Street

A **shared walkway and cycleway that gets busy at times** and may require confidence to negotiate; includes shared pathway alongside busy Chapel Street; the eastern side of the trail runs along SH 2 (Takitimu Drive) but features a safety barrier to protect riders

Toilets are located at Coach Drive Reserve and Ngāi Tamarāwaho Crescent; car parking at Maxwells Road, Coach Drive Reserve, and just after the Waihi Road entrance to Takitimu Drive; limited parking also available at streets along the route

Limited, but the loop around the estuary is straightforward



10 HISTORIC TAURANGA

Tauranga’s central business district is notable for its historical sites, waterfront dining options, and harbour and estuary views.

You’ll avoid inner-city traffic during most of this off-road trail, and you’ll have the option to stop and explore several noteworthy locations along the way such as the Monmouth Redoubt, Robbins Park rose gardens, Mission Cemetery, and the Pukehinahina battle site (Gate Pā).



11 TE ARA O WAIRAKEI - PAPAMOA WATERWAYS

This trail easily meanders through a series of residential reserves that follow Papamoa’s essential and picturesque storm water system.

Featuring well-formed paths, native plantings, bridges, and information boards, this trail is a great alternative to all the beach side activities that are available only a short distance away.

You’ll also be able to spot the Papamoa Plaza along the way, which offers a wide range of eateries.



↔

14km (return)

EASY

to

INTERMEDIATE

0-10m elevation; **grade 2**

A mixture of **urban roadsides, boardwalks, small bridges,** and **gravel** and **concrete** paths; includes a short, steep incline near The Strand starting point, and a 100m incline shortly before the Gate Pā finish point

🚲

Start or finish at the **Te Awanui waka (Māori canoe)** and head for the path at the northern end of The Strand, or start/finish at **Pukehinahina | Gate Pā Historic Reserve** on the corner of Cameron Road and Church Street, Gate Pā; can also be joined from any nearby road along the route

👁️

Harbour and **estuary views, birdlife,** and **historic sites**

!

Includes road sections and busy intersections (pedestrian crossings available); this is a **shared walkway** and cycleway which is narrow in places and can get busy at times

💧

Carpark and **toilet facilities are at The Strand and Faulkner Street**; other car parking options are available on various roads along the route

📍

Nil



↔

27km (return) not including optional side routes

EASY

1-3m elevation, **grade 1**

Gravel pathway, **waterway bridges,** roadside cycle lanes

🚲

Start or finish at **Pacific View Road reserve, Gordon Spratt Reserve** on Parton Road, or Gibson Place in Papamoa East; can also be joined from any nearby road

🚗

The Pacific View Road start/finish point is **3km from Bayfair shopping centre** ; Gordon Spratt Reserve is **5km from the Papamoa off-ramp on the Tauranga Eastern Link (SH 2)**

👁️

Waterway views, birdlife, information boards, and various leisure areas and activities

!

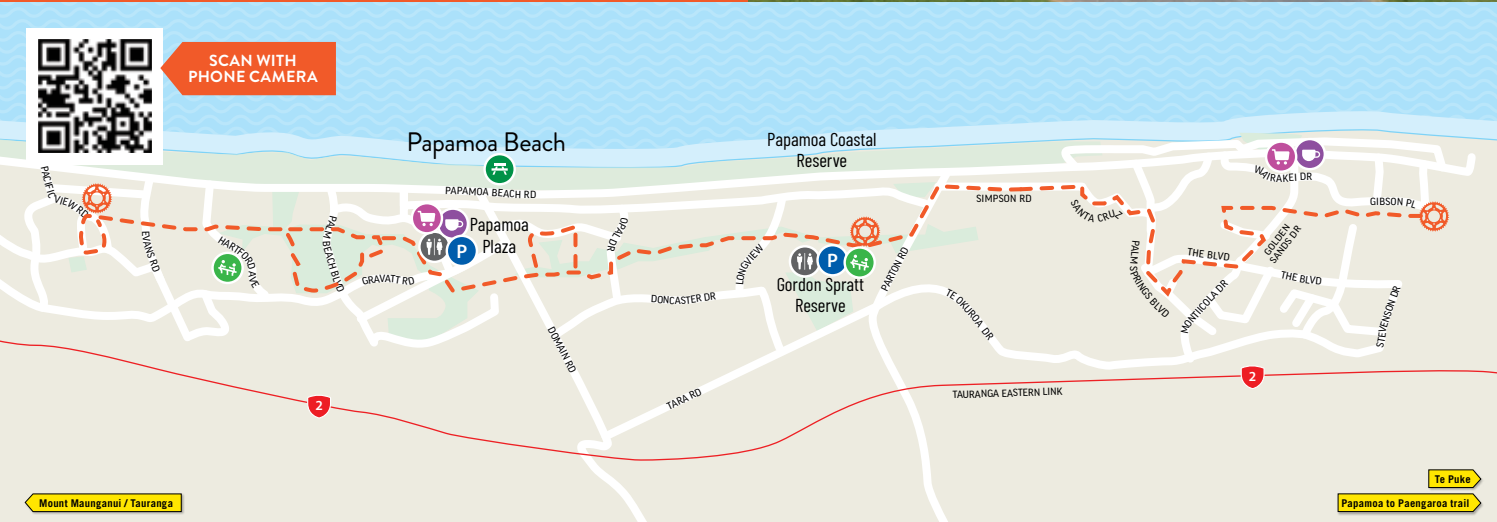
This trail includes several road crossings; it’s a **shared walkway** and cycleway which can get busy at times

💧

Toilets, carpark, playground and skatepark at **Gordon Spratt Reserve**; limited carparking on nearby streets

📍

Location signage

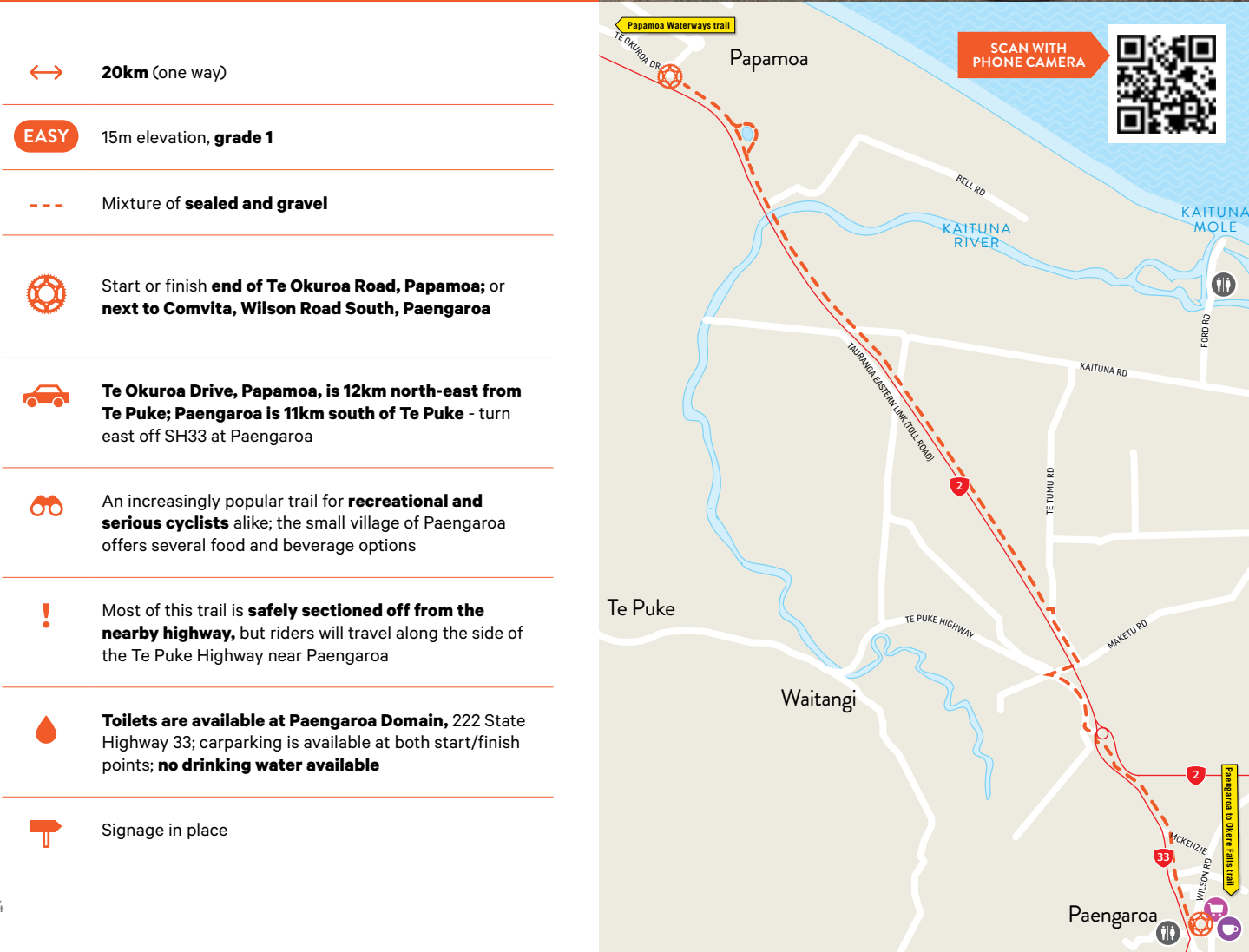




PAPAMOA TO PAENGAROA

This trail offers a safe cycling route alongside the Tauranga Eastern Link highway, with scenic views of the surrounding countryside.

Nearby banks have been extensively planted with native species and the Kaituna River bridge features a stunning set of pouwhenua.



↔ **20km** (one way)

EASY 15m elevation, **grade 1**

--- Mixture of **sealed and gravel**

Start or finish **end of Te Okuroa Road, Papamoa**; or **next to Comvita, Wilson Road South, Paengaroa**

Te Okuroa Drive, Papamoa, is 12km north-east from Te Puke; Paengaroa is 11km south of Te Puke - turn east off SH33 at Paengaroa

An increasingly popular trail for **recreational and serious cyclists** alike; the small village of Paengaroa offers several food and beverage options

Most of this trail is **safely sectioned off from the nearby highway**, but riders will travel along the side of the Te Puke Highway near Paengaroa

Toilets are available at Paengaroa Domain, 222 State Highway 33; carparking is available at both start/finish points; **no drinking water available**

Signage in place



KAIKŌKOPU – PAENGAROA TO OKERE FALLS

Designed for fitter and more adventurous cyclists who will enjoy the challenge of tackling undulating terrain through beautiful native bush, kiwifruit orchards and farmland.

This trail includes stunning views of the Bay of Plenty coast and offshore islands, as well as the lakes area near Okere Falls, and features popular cafés at the start and finish.



↔ **31km** (one way)

INTERMEDIATE 30m to 330m elevation, **grade 3**

--- Mixture of **sealed, gravel and forest path**

Start near **Comvita, Wilson Road South, Paengaroa** if you want to ride uphill, or **Okere Falls Store, near Lake Rotoiti**, if you'd prefer a more downhill ride; finish at the opposite end to where you started

Other entry/exit option is at Royden Downs Reserve, Paengaroa (Ridge Road end)

Paengaroa is 11km south-east of Te Puke and 47km north of Rotorua – turn east off SH33 at Paengaroa; **Okere Falls is 21km north of Rotorua**, next to SH33

Keep an ear out for the **birdlife at Royden Downs Reserve** and your eyes open for **trout at Okere Falls**; you may also spot slalom canoeists or rafters travelling down the picturesque Kaituna River

Toilets are available at Paengaroa Domain, 222 State Highway 33, and also the Okere Falls Store; **no drinking water is available en route**; carparking is available at the start and finish and also at Royden Downs Reserve

Signage in place



TE ARA KAHIKATEA PATHWAY – TE PUKE

Pedal through wetlands and alongside the Waiari Stream on the eastern outskirts of this bustling rural town.

Starting just one street back from the main road, the pathway crosses over Jubilee Park and runs along Stock Road and King Street, before looping around through rural paddocks.

Originally created by passionate volunteers, you'll enjoy several points of interest as you cycle over and under bridges and past the town's oldest cemetery, which dates back to 1886.




↔ **4km** (return)


EASY Grade 1

--- Mixture of **grass, gravel and shared boardwalk**


 Start and finish at Hera Memorial, near the **Commerce Lane carpark, or at Landscape Road**


Other entry/exit options are at **Stock Road or King Street**

 **A 14-minute drive from Papamoa**, exit the roundabout in the centre of Te Puke's main street onto Jocelyn Street and then turn onto Commerce Lane

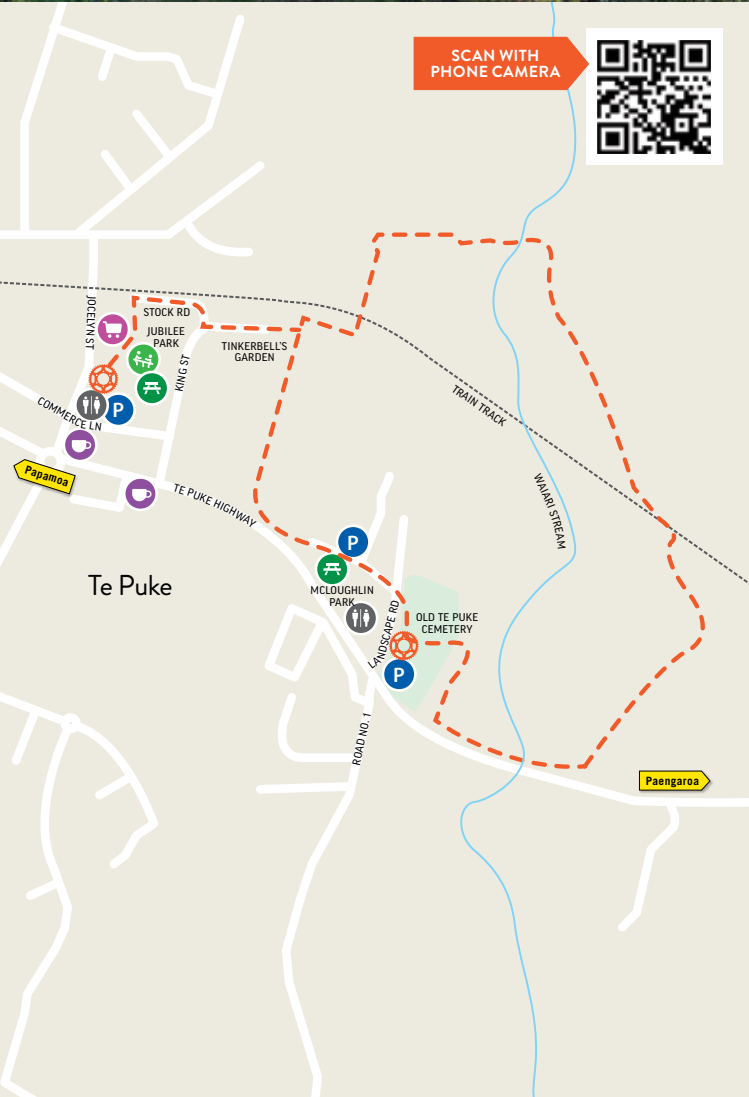
 A relaxed trail that makes the best of its natural rural and waterway attributes; **look out for Tinkerbell's Garden**

! Includes **some roadside sections and road crossings**

 Toilets and carparks are located at the Commerce Lane start and finish point, or at Landscape Road; **no drinking water available**

 Signage at the **Hera Memorial near Commerce Lane**, at the junction where the trail loop starts and ends, and at the **entrance to Old Te Puke Cemetery on Landscape Road**

SCAN WITH
PHONE CAMERA



We'd like to acknowledge the support of Caroline Boyle, who supplied several of the images in this booklet.



Tourism Bay of Plenty
bayofplentynz.com
 bayofplentynz1
 bayofplentynz
#bayofplentynz




Tauranga i-SITE
103 The Strand
Tauranga 3110
Phone: 07 578 8103
Email: bookings@bayofplentynz.com



Tauranga City Council
tauranga.govt.nz
 taurangacitycouncil
 taurangacitycouncil



Western Bay of Plenty District Council
westernbay.govt.nz
 westernbaycouncil
 westernbaycouncil

