



Bowtown Heads

TRAVEL IDEAS

# OUTDOORS IN THE WESTERN BAY OF PLENTY

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to make  
You smile*



## CYCLING IN THE EASTERN BAY OF PLENTY

Explore Katikati by bike with approximately 20km of off and on-road trails around the area.

You'll be treated to beautiful harbour views, the New Zealand's one-of-a kind Haiku Pathway, Birdwalk sculptures – and the comings and goings of Katikati's lucky residents.

If you've ever wanted to explore an old gold mining area and rail tunnels, jump onboard a full day e-bike tour with DayTrippers and explore the Karangahake Gorge (just outside the Bay of Plenty region, near Waihi).

## WALKING TRACKS & TRAILS

The Western Bay of Plenty is home to some pretty spectacular short walks and hidden gems. From the northern end of Waihi Beach you'll find a walking track (check the tides, it's not always accessible) that will take you over to the secluded Orokawa Bay; the 45-min walk is popular among both locals and manuhiri (visitors) and gives you sweeping views of the Pacific Ocean and out to Tuhua (Mayor Island). Keen for a longer walk? Check out the DOC site to see the other walks you can link up with to make a day of it.

If you're a lover of an early morning walk to catch the sunrise, then we highly recommend visiting Te Ho pā at the Bowentown end of the peninsula.



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## TUAHU KAURI TRACK

The Kaimāi Mamaku Conservation Park covers an area of approximately 37,000 ha and features over 350 km of walking and tramping tracks.

One of those trails, the Tuahu Track, winds through native forest featuring young kauri rickers and juvenile rimu trees. The full walk is 5 hours one way but just 20 minutes into the trail, turn left onto a side track that leads to a platform surrounding one of the largest kauri trees in the Bay of Plenty.

NB: The Bay of Plenty region is currently the only region in New Zealand that does not have Kauri dieback disease. Please ensure your footwear is clean, especially if you have been walking in other areas of New Zealand, and stick to the track.

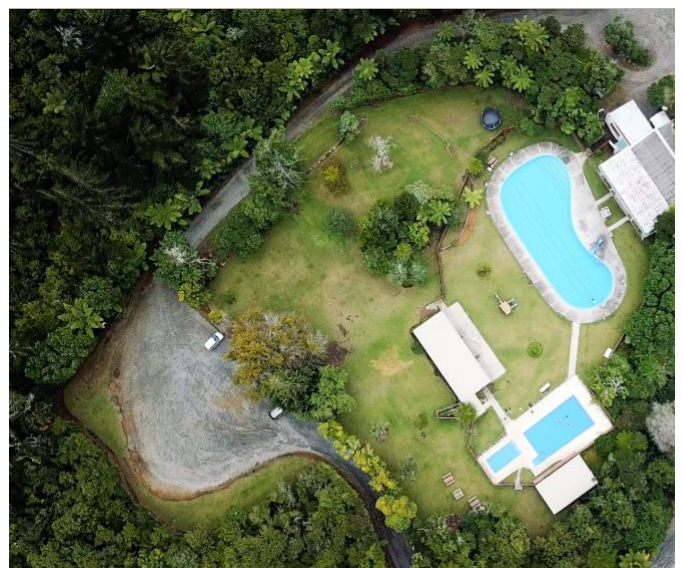
## HOT POOLS & HOT SPRINGS

### Sapphire Springs

There's nothing more relaxing than soaking in a thermal hot pool! Sapphire Springs has the largest geothermal pool in the region, and two hot tubs. The pools are fed from a natural warm water spring and are between 30°C and 38°C - the perfect way to end the day.

### Athenree Hot Springs & Holiday Park

Located at the northern end of Tauranga Harbour, Athenree Hot Springs is a great place to relax after a day's hiking or exploring the Western Bay of Plenty. There are two natural mineral pools at Athenree Hot Springs: the larger pool is at 33-35C with an average depth of 1.3m and also has a shallow section for toddlers. The smaller adult pool is at a temperature of 39.5C.



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