



Pāpāmoa Hills Cultural Heritage Regional Park

NAU MAI, HAERE MAI

Nestled on the east coast of New Zealand's North Island, Te Moananui ā Toi | the Coastal Bay of Plenty is where nature, adventure, and city life flow together.

White sand, rolling surf, sparkling harbours, bush walks, waterfalls, panoramic views, award-winning dining, boutique shops, busy marinas... the list goes on!

Whether you love surfing, connecting with wildlife in their natural habitat, savouring the region's tasty produce and culinary creations, reeling in a big one, or immersing yourself in culture — the Bay of Plenty is sure to make you smile.

WALKING TRACKS

There are plenty of walking tracks that showcase the region's natural beauty and Māori cultural heritage. Short walks, long hikes, waterfall meandering, or a beachside stroll — our region offers something for every lover of the great outdoors.

Te Rere o Ōmanawa

A popular walking track featuring three lookout platforms with views over the waterfall and Ōmanawa Valley. Choose from a 40-minute return walk or a longer 1 hour 20-minute option through native bush. An onsite café offers coffee, smoothies, and fresh baked treats.

Pāpāmoa Hills Cultural Heritage Regional Park

This 182-hectare park offers natural beauty, history, and is a great way to get your legs pumping. Walk past ancient pā sites and archaeological features as you climb to the 224-metre summit for breathtaking views over the Bay of Plenty.

Orokawa Bay

An easy to moderate 45-minute stroll through lush native bush leads to Orokawa Bay, a secluded beach which is fringed with pōhutukawa trees. Add an extra 20 minutes to visit the 30m-high William Wright Falls or continue another 90 minutes to Homunga Bay.

CYCLE TRAILS

The Bay of Plenty offers a unique cycling experience with its scenic routes and diverse landscapes. From meandering coastal and riverside trails to historic city sites or challenging mountain bike tracks, our region has an ever-expanding selection of epic places to ride your bike.

Whether you're keen to leisurely explore or would like a more challenging experience, there are trails to suit every age and ability.

Kōpūrererua Valley

This is a 300ha natural, urban wetland that sits right in the heart of Tauranga. It encompasses farmland, native bush, a river, ponds, and many sites of historic and archaeological significance. The Kōpūrererua Valley cycle trail weaves its way from The Lakes, in Tauriko, to The Historic Village on 17th Ave.



Marine Parade Coastal Pathway

Ōmokoroa to Tauranga

This 19km trail offers an interesting, undulating route, featuring the seaside town of Ōmokoroa and stunning harbourside and riverside scenery. Historic Ongarahu Pā, at the northern end of Plummers Point, is one of the best-preserved defensive fortifications in the country.

TECT Park

This award-winning 1650ha park features three mountain bike trails — the challenging 10km Buffalo Girl Track and two shorter tracks for less experienced riders. Bring a picnic to this remote, tree-covered park and check out some of the other activities while you're there.

Marine Parade Coastal Pathway

Cycle alongside the sand dunes with epic ocean views. You'll be spoilt for choice with cafés, eateries, and food trucks along the way. The pathway is also well-equipped with picnic tables, seating, bike stands, and barbecues — perfect for a leisurely break.



ACTIVITIES

The Bay of Plenty offers an abundance of activities, making it a perfect destination to create happy memories, whether you're seeking adventure, culture, or local food tastings.

Outdoor enthusiasts can take a surf lesson, paddle through a glowworm canyon, or experience the ultimate thrill of skydiving. For those who love to relax or indulge, the Bay of Plenty is blessed with soothing geothermal hot pools, while food lovers can explore avocado orchard tours, hunt for truffles, or join a guide as they reveal the region's best flavours.

There's always something to do and experience.

COASTAL PARADISE

Our region boasts some of the most beautiful beaches in Aotearoa | New Zealand. From a family-friendly swim to the perfect surf wave or a quiet stretch of sand to unwind on, you'll find it here. Popular favourites include Mount Main Beach, Pāpāmoa, and Waihi Beach, while remote gems like Orokawa Bay and Newdicks Beach offer a peaceful escape.

October marks the start of the cruise ship season, which continues until April. You can watch these majestic ships glide in and out of Tauranga Harbour from the shore of Pilot Bay, or from many vantage points across the city.

The Bay of Plenty is also home to an array of marine wildlife and seabirds. To fully experience our big blue backyard, join an experienced tour operator for an unforgettable adventure across the harbour or ocean. You'll get opportunities to spot dolphins, seals, and birdlife in their natural habitat.

Whether you're into surfing, paddleboarding, kayaking, kite surfing, or prefer a refreshing dip in a freshwater swimming hole, you're never far from water. From the ever-changing ocean to free-flowing rivers, there are countless ways to get out and enjoy our coastal paradise.

EAT & DRINK

The Bay of Plenty is a food lover's paradise, blessed with fertile land and bountiful seas that provide an abundance of fresh produce and seafood. Local eateries are always keen to showcase these fresh ingredients and there's a wide array of innovative eateries to savour while you're here.

Our sub-tropical climate creates perfect growing conditions for the tasty kiwifruit, avocados, citrus, and mānuka honey that our region is famous for. Indulge in delicious seafood at one of the many beachside fish and chip shops or enjoy a fine dining experience at a top restaurant. There's something for every palate.

Visit bayofplentynz.com/dine

MĀORI CULTURE

Māori tradition tells the story of the first voyagers travelling by waka | canoe from Hawaiki and choosing to settle in the Bay of Plenty because of its fertility and abundance. This region holds special significance as the landing place for two important waka: the Tākitimu and Te Arawa.

There are plenty of opportunities to learn about Aotearoa | New Zealand's indigenous culture here. Guided by te ao Māori values like manaakitanga (hospitality), local Māori tourism operators always make manuhiri (visitors) feel welcome as they offer insightful storytelling and authentic cultural experiences.

These tours include SUP lessons, fishing charters, guided hikoi | walks, and jet ski adventures.

EVENTS

Watch top athletes in action, taste the Bay's fresh and creative foodie offerings, or enjoy epic tunes at an outdoor festival.

The number and range of events in our region just keeps growing — there's always something happening!

Visit bayofplentynz.com/events



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ACCOMMODATION



ACTIVITIES



CYCLING



SUBSCRIBE

Before heading outdoors, we advise you to check the weather forecast at metservice.com. You can also visit safeswim.org.nz, adventuresmart.nz, and doc.govt.nz for more advice on how to safely enjoy our beaches and walking tracks.



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Mount Maunganui i site
137 Maunganui Road
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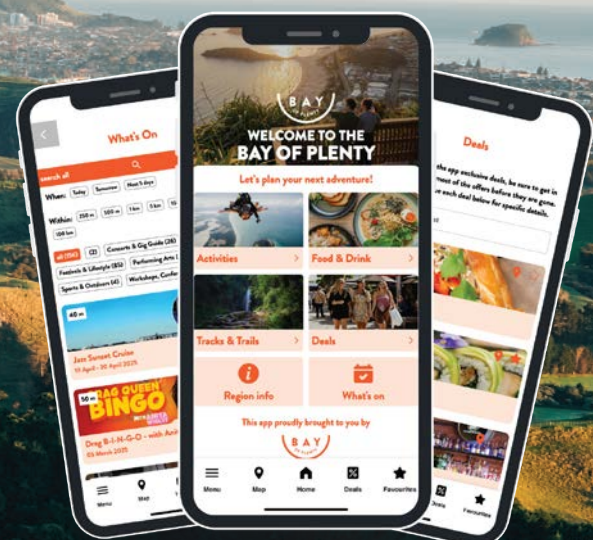
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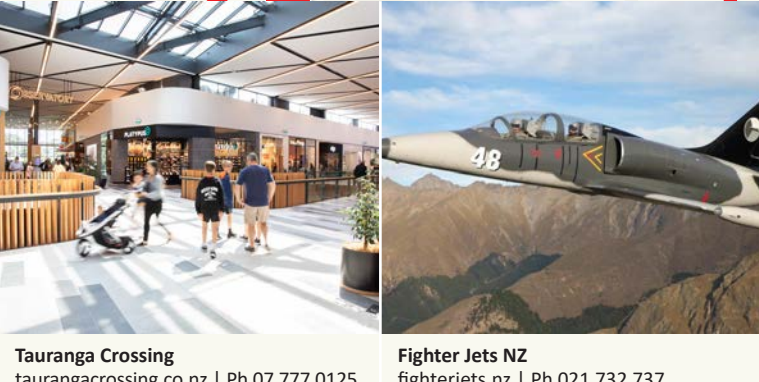


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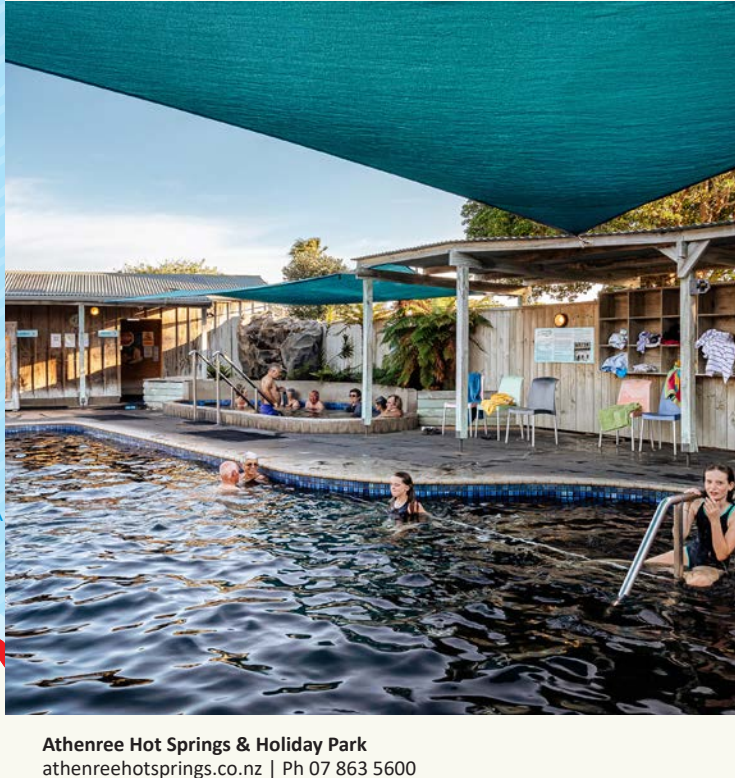
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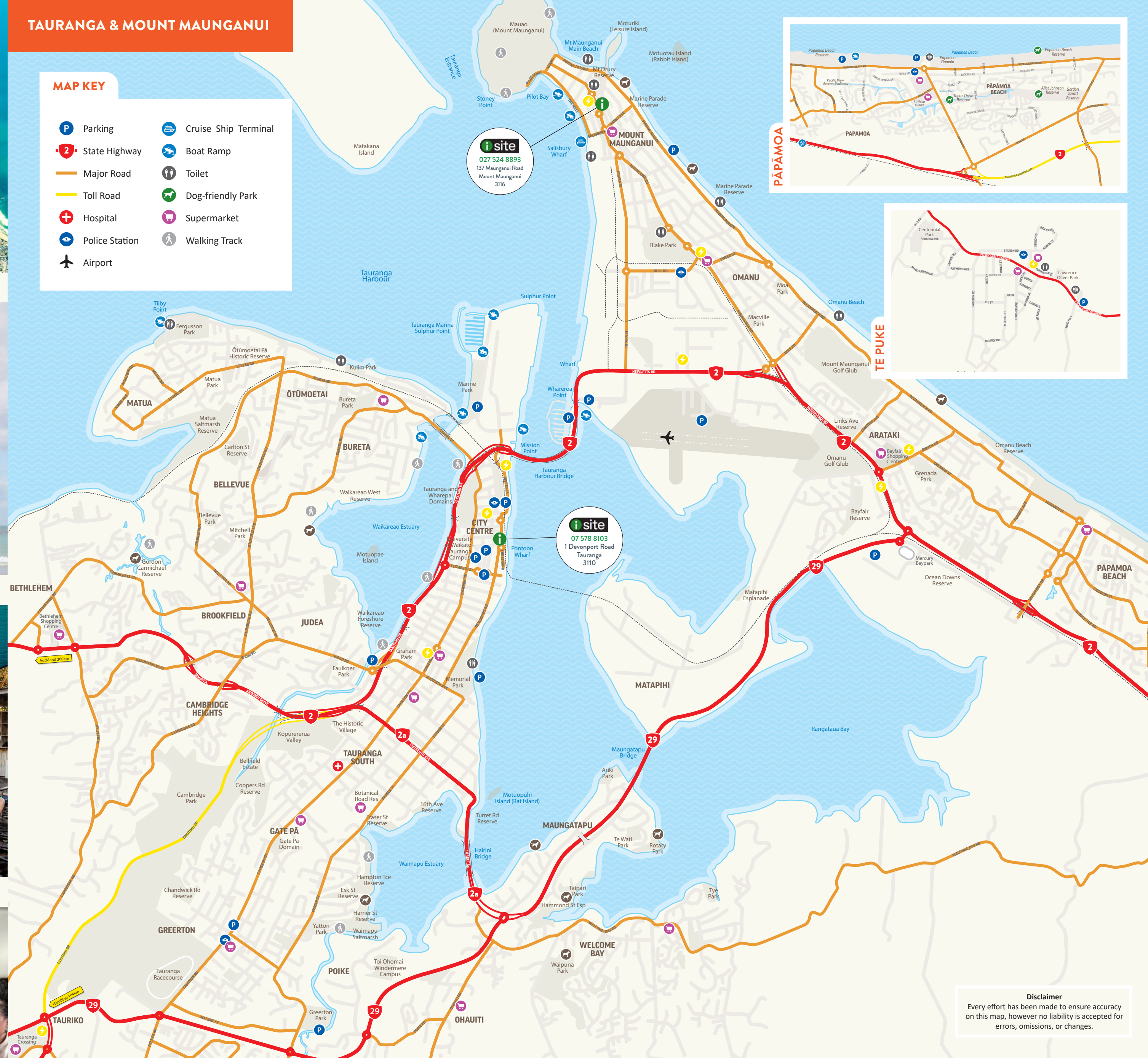


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TAURANGA & MOUNT MAUNGANUI

MAP KEY

- P Parking
- 2 State Highway
- Major Road
- Toll Road
- Hospital
- Police Station
- Airport
- Cruise Ship Terminal
- Boat Ramp
- Toilet
- Dog-friendly Park
- Supermarket
- Walking Track



Disclaimer
Every effort has been made to ensure accuracy on this map, however no liability is accepted for errors, omissions, or changes.



The Elms | Te Papa Tauranga theelms.org.nz | Ph 07 577 9772
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