



# EXPLORE THE SHORE

VOLUME TWO  
Bays To Devonport Area Walks

*These walks have been compiled by Margaret Scrymgeour who has been involved in walking activities on the North Shore for the last 30 years.*

*In 1995 she compiled two small booklets of walks for family and friends. These were very well received and the Visitor Information Centre continued to print them for many years. Later the walks were put on the website of Harbour Sport.*

*In late 2010 the decision was made to reprint the walks in booklet form. Just as this project was about to get underway Margaret met the organisers of the newly established Albany Newcomers Network, which helps new residents engage in activities and form new friendships.*

*Margaret offered to provide some suitable walks for their walking group. The group's organisers, Albany CoCo Inc, undertook the layout aspect of the booklets.*

*All of the directions have been extensively 'road tested' and were accurate at time of printing. We thank the many family and friends who have helped out with this task.*

*Special thanks to Margaret's husband, Dave, for years of support and many hours and kilometres of walking to research the walks.*

*For further information on these and other walks contact the author on (09) 4795858 or [scrymd.m@xtra.co.nz](mailto:scrymd.m@xtra.co.nz)*



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## Bays To Devonport Area Walks

The eastern coastline of the North Shore is well known for its long string of beaches and bays. The 23km stretch of coastline from Long Bay to Devonport forms **The North Shore Coastal Walk** which is in turn part of the internationally recognised **Te Araroa 'The Long Pathway'** from Cape Reinga to Bluff.

Less well known are the many inland reserves and walkways which connect the beaches to their surrounding neighbourhoods and provide great walking opportunities for visitors and locals alike. Newcomers to an area might be surprised at how many destinations can be reached without using a car.

In the early days many of these walkways were just shortcuts to the beach but in recent years many have been upgraded to form important and pleasant links to local facilities such as retail areas, schools and transport.

All of these walks can be enjoyed for their unique character. An added bonus for locals is that many of them provide useful shortcuts which can readily be incorporated into everyday life.

Happy walking.

Margaret Scrymgeour  
April 2011

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## ABOUT THE WALKS

Most walks are circular in nature so can be started at any point or walked in reverse – wherever possible the selected starting point has ample parking and public toilets available.

Many locations are accessible by Public Transport. For information contact **MAXX (09) 3666400** or [www.maxx.co.nz](http://www.maxx.co.nz)

The walks take roughly an hour and are designed for a morning or afternoon's outing. However they can easily be extended for those wanting a longer walk.

Times given are a rough guide only and are appropriate for a walker of average speed and fitness, stopping now and then to admire the views. Distances and number of steps are also a very rough guide and for the average walker usually equate to about 1 hour/5km/6000 steps.

Some of the walks include bush tracks, the coastline, flights of steps and walkways which may have been altered by weather, vandalism etc.

While every effort has been made to ensure that all details are correct no responsibility can be taken if changes have occurred, and you should report any dangers or difficulties you might encounter to:

**Auckland Council Actionline (09) 3010101**



## GETTING STARTED

The walks in this booklet are safe walking locations. However for those new to walking a few points to keep in mind are:

- Choose comfortable shoes. Blisters and shin splints are not fun.
- Take plenty of water and sip regularly throughout the walk.
- Sunscreen — even on cloudy days. Don't forget the back of your neck and tips of your ears.
- Build up slowly. Start with the easy grades until you complete these within the allotted time. Take rest stops if you need them — it is not a competition and the views are too good to miss.
- Try and walk with a companion, especially with any walks which veer off the main route. Walking clubs provide an excellent way for newcomers to both socialise and get to know their local areas at the same time.



## GRADING OF WALKS

### EASY

Mainly level footpaths or graded bush tracks close to civilisation.

DEVONPORT  
AROUND TAKAPUNA

### EASY to MODERATE

Generally good footing but may include some hilly areas, steps or bush tracks.

BELMONT  
AROUND LAKE PUPUKE  
MAIRANGI, MURRAYS & CAMPBELLS BAY  
COASTAL TORBAY

### MODERATE to STRENUOUS

Includes long and/or steep hills or more challenging terrain.

SUNNYNOOK  
CAMPBELLS TO CASTOR BAY  
MURRAYS BAY INLAND  
BROWNS BAY INLAND

## TORBAY - COASTAL

7000 STEPS / 6km / 1 - 1.25 Hour

Some of the most spectacular homes and coastal scenery in the Bays and two of the safest beaches on the Shore are included in this walk

**MODERATE:** Start from **Waiake Beach** (swim afterward) or **Torbay Community Centre** (coffee afterward). There are toilets and ample parking at both locations

**START:** From **Torbay Community Centre** walk inland past the **Senior Citizens' Centre**, then left into **Watea Rd** and down to the end. By no **61** take the walkway up to the **Pioneers Cemetery**. Follow the path to the right round the perimeter of the cemetery and exit into **Deep Creek Rd**.

Turn right and cross **Deep Creek Rd** at a suitably safe place. At the bottom cross the bridge, turn left into **Lagoon Pass** and into **Aicken Reserve**. Keep left past the **Torbay Sailing Club** and follow the boardwalk under the road and back up to the seaward side of **Beach Rd**.

*This is the alternative starting point from Waiake Beach.*

Walk across the bridge up to **Waiake St**. Turn right, then right again into the walkway between houses **13** and **15** through to **Rock Isle Rd**.

Turn left up **Rock Isle Rd**, right into **Rewi St** then right again into the loop of **Ringwood St/ Marama Cres/ Tui St** to rejoin **Rewi St**.

Turn right into **Rewi St**, cross the continuation of **Cliff Rd** and continue to the left into **Cliff Rd** proper. Walk to **Gilberd Pl** and just past no **5** turn right into the **Oneroa Track** along the cliffs to **Beach Rd** at **Long Bay**. (If **Oneroa Track** is closed take the track by no **33 Gilberd Pl** down to **Beach Rd**).

Explore **Long Bay Regional Park** if desired.

Start back up **Beach Rd** turn left between nos **1041** and **1039** (walkway is the right hand strip of driveways) and exit into **Waiiau St**.

At **Toroa St** turn right and walk back to the **Torbay Shopping centre** and start.



## BROWNS BAY - INLAND

6000 STEPS / 5 km / 1 Hour

Streams have been key in forming all of the Bays. Follow this stream from **Beach Rd** up to **East Coast Rd** through many unexpected reserves and by-ways.

A **strenuous** and **steep** walk which requires good legs and good focus on where you are, but is well worth the challenge.

**STRENUOUS:** Park in **Glencoe Close** opposite the beginning of the walkway (toilets only available on far side of **Freyburg Park**).

**START:** From bridge archway follow the path between the stream and the **Tennis Club** to access **Freyburg Park**.

Continue on the path across the bridge and at the fork take the path to the right along the edge of **Freyburg Park**. Continue up the slope and keep left into **Sherwood Reserve**.

Keep on the left hand path, cross over the bridge then take the path to the right along the stream and under a major road bridge. Continue to **100m** or so from the end then turn right over the small bridge and round to **Scarlock Ave**.

Turn left and cross into walkway between houses **9B** and **11** to pick up a stream on the right and exit into **Celina Pl**.

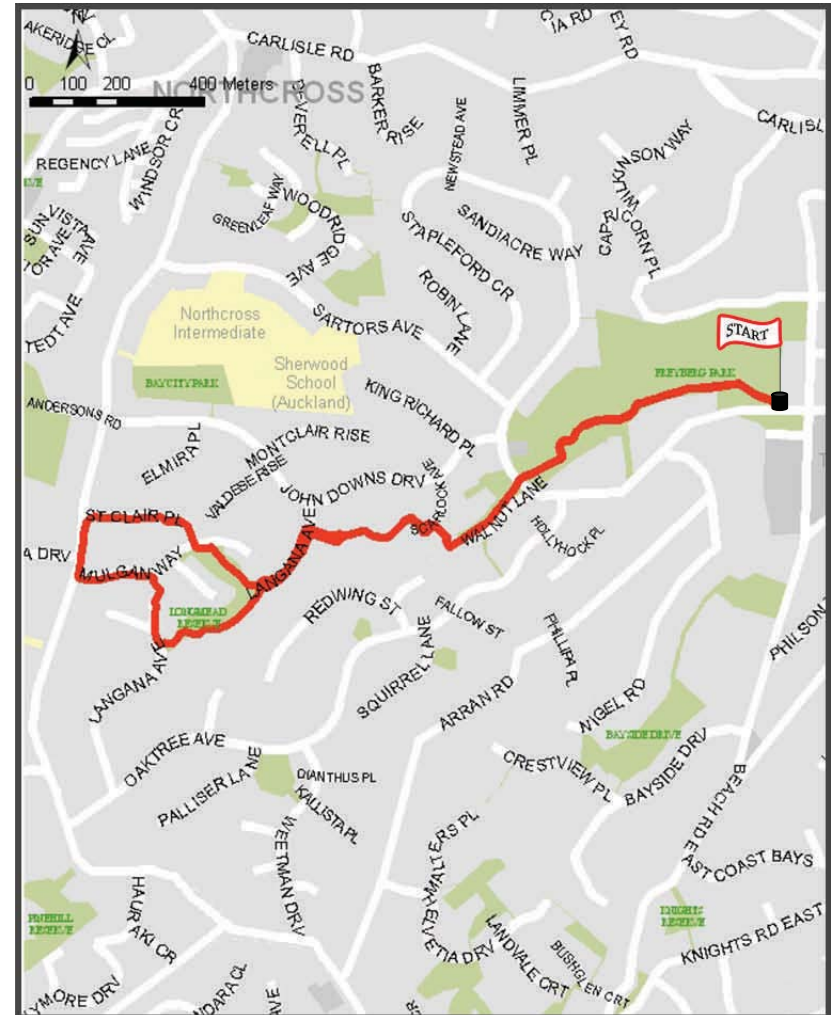
**Note: this next section is very steep.** Turn left into **Langana Ave** and at the end take the path to the **left** of the pond and continue up to exit into the other section of **Langana Ave**.

Continue up to your right and into the **very steep** walkway between houses **25** and **28**, exit into **Mulgan Way**.

Walk left to **East Coast Rd** turn right to **St Clair Pl** then right again down **St Clair Pl** to the walkway on your right just past no **25**.

Exit this walkway into **Mulgan Way** again and immediately opposite enter the well formed walkway to take you back to **Langana Ave**.

At the bottom retrace your steps back through **Langana Ave/ Celina Pl** and **Scarlock Ave** back into **Sherwood Reserve** and back to the start.



## MURRAY'S BAY - INLAND

6500 STEPS / 6km / 1 Hour +

**Murray's Bay** appears to be a tiny bay overwhelmed with boating activities, but inland there is a hidden network of walkways and reserves which are both steep and spectacular. This walk is an introduction to some of them.

**STRENUOUS:** Park at **Murray's Bay Beach** where toilets and parking are available.

**START:** From the northern end of the beach walk up **Gulf View Rd** and turn left between **houses 50 and 52**.

Exit at **561 Beach Rd**. Cross into the walkway between **houses 526 and 528** and exit by **37 Seaton Rd**.

Turn right and walk round to **Lyons Ave**.

Cross over, turn right and walk up to **Jellicoe Rd**. Turn left into **Jellicoe** and between **houses 37 and 38** walk through to a major walkway network.

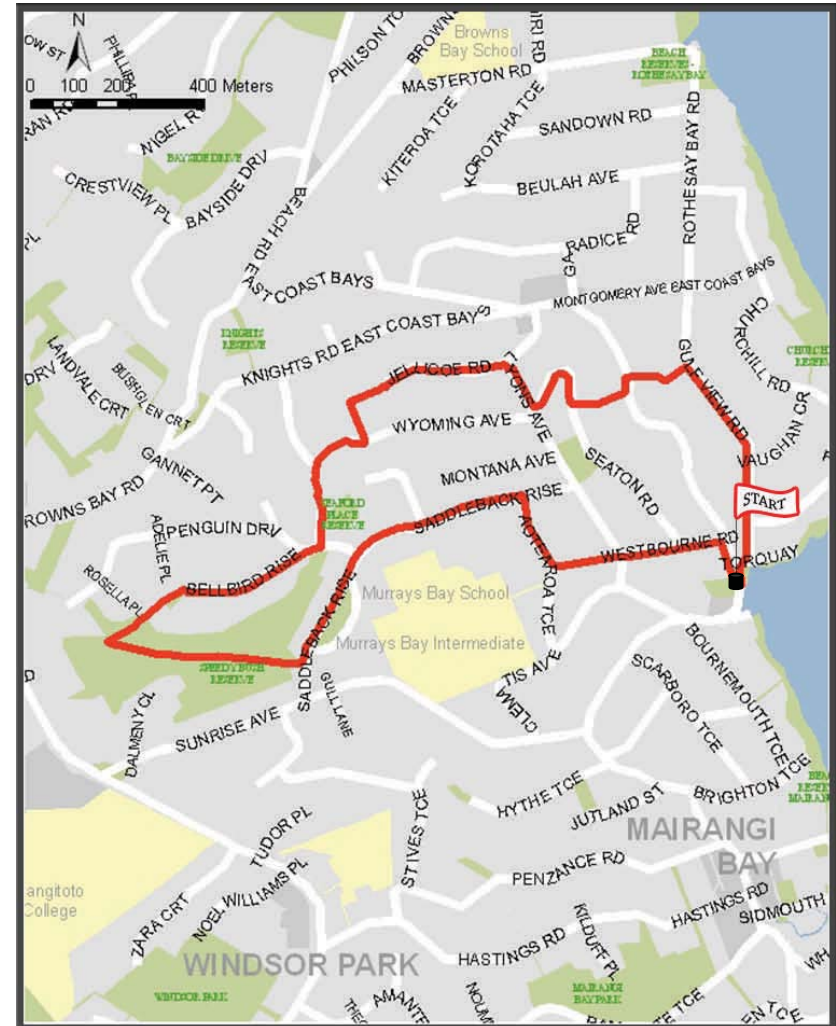
At the first walkway intersection turn left to **41 Wyoming Ave**. Cross over, turn right. Between **houses 48 and 50** turn left into the walkway to exit into **Calypso Pl**. Cut diagonally to the left down to the zig-zag path between **houses 36 and 39** to **Seaford Pl**.

Walk to **Penguin Dr**, cross over, walk right and up **Bellbird Rise** to the top. Enter the long drive by no **55** and at the end of the grassy area on your left (currently marked with a row of stones) take the steps down into the walkway which follows round the contour of the reserve.

Near the end note a green walkway sign. **DO NOT** take the zig-zag path to your right up the hill, but go to your **LEFT** and follow the gravelly steps down into a significant bush reserve. This well formed track through the bush eventually exits into **Saddleback Rise**.

Turn left down **Saddleback Rise** and continue round to **Aotearoa Tce**. Turn right into **Aotearoa Tce**, then left between **houses 14 and 16** down to **Lyons Ave**.

Cross into **Westbourne Rd** and cross the bridge to the other section of **Westbourne Rd**. Walk on to meet **Beach Rd** again. Turn right and return to **Murray's Bay Beach** via the tunnel under **Beach Rd**.



## MAIRANGI, MURRAYS & CAMPBELL BAYS

6000 STEPS / 5km / 1 Hour

These three bays can provide the starting point for any number of walks, but the jewel in the crown is the coastal walk along the pipeline which links the three of them in a unique coastal experience enjoyed by locals and visitors alike. The pipeline is accessible at most times of the day except at very High Tides or during strong on-shore winds. This walk can be done as two separate loops, each taking about half an hour, or joined into a figure 8 walk.

**EASY TO MODERATE:** Park at **Mairangi Bay** beach where parking and toilets are available.

**START:** From the northern end of **Mairangi Bay** take the coastal path up the cliffs over to **Murrays Bay**.

At **Murrays Bay** check out the wharf before starting the return to **Mairangi Bay**. (Also just before the wharf note the entrance to the coastal track which continues round to **Rothsay Bay**).

To return to **Mairangi Bay** access the **Pipeline** which runs between the cliffs and the sea back to **Mairangi Bay**.

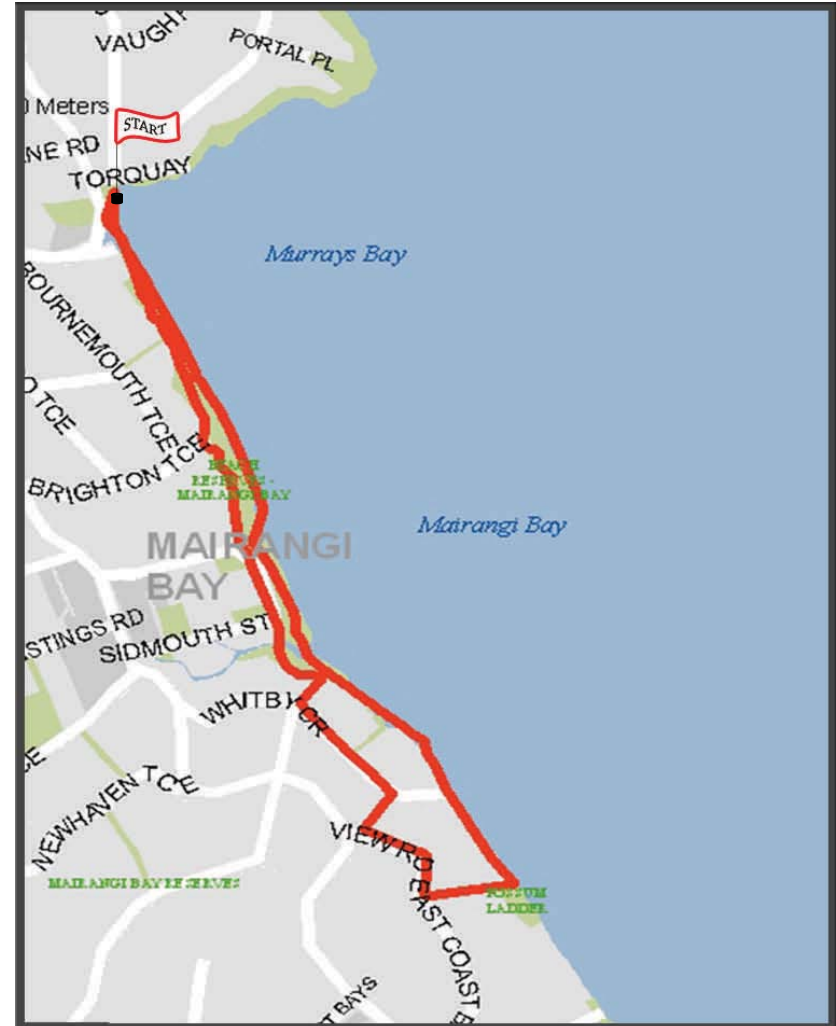
*Note that this concrete pathway can be a bit slippery when wet but is usually very easily negotiated by walkers who are careful.*

Back at **Mairangi Bay** walk behind the **Surf Club** and cross the bridge. At the end of the path turn right up **Forde Way** to exit into **Whitby Cres** then walk left.

Turn right up the walkway between houses **31** and **33** and exit into **View Rd**.

Walk left and just past **39** turn left in to the coastal track of **Possum Ladder**. This spectacular staircase goes down the cliff to exit near the end of the pipeline.

Then depending on time and energy available either walk to your right to the end of **Campbells Bay**, or walk to your left back along the **pipeline** to return to **Mairangi Bay** once more.





## CAMPBELLS BAY TO CASTOR BAY

8000 STEPS / 7 km / 1 – 1.5 Hour

This walk provides an introduction to some of our oldest and most historic parks. **Centennial Park** was gazetted in 1884 and **Kennedy Park** which leads on to **Rahopara Pa** has always been a significant defence site. Take your time to figure out where you are and enjoy the views.

**MODERATE TO STRENUOUS:** Start at beach end of **Huntly Rd** – parking and toilets available. (Toilets also at **Castor Bay** and **Kennedy Park**).

**START:** Walk up **Huntly Rd** to **Beach Rd**, keep left and continue to no **281** then cross into the entrance of **Centennial Park**. Inside the park take the footpath to the right of the road and continue for 5-10 minutes to reach a grassy clearing. Take the bush track most to the left (which should be marked with a post saying '**Walking Bus Track**') and follow this track up to the **Rae Rd** entrance of the park.

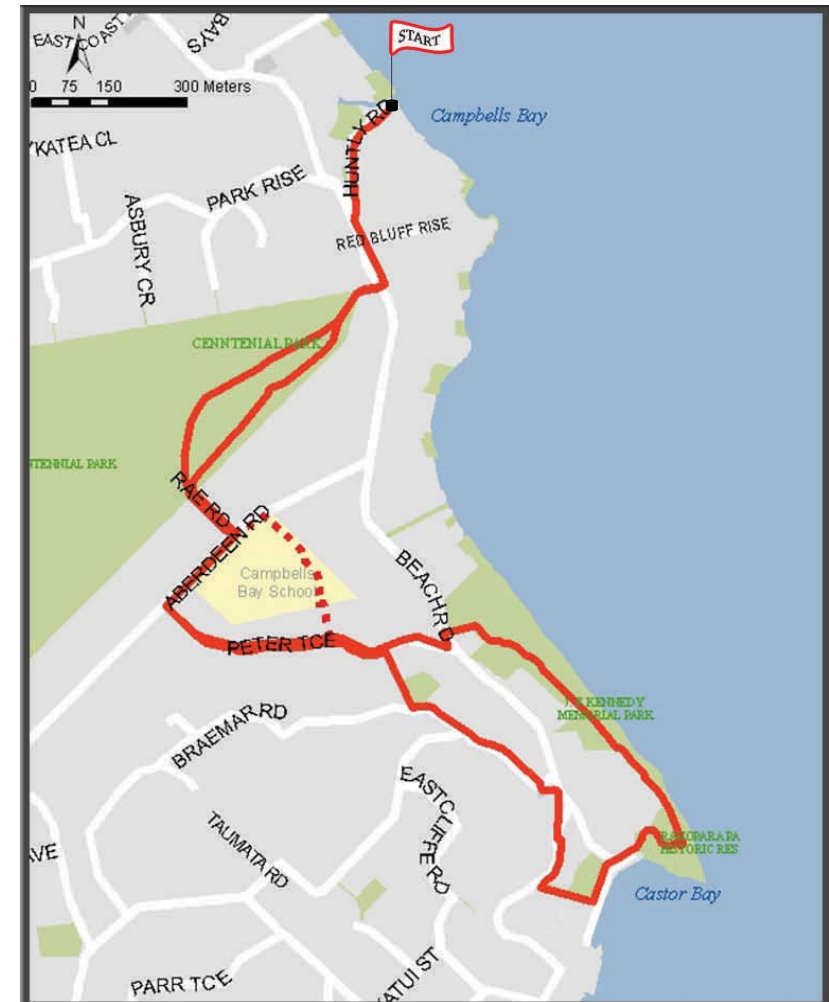
From **Rae Rd** turn right into **Aberdeen Rd**, cross over then turn left into the walkway by no **69** to **Peter Tce**. Walk down the hill to houses **10** and **12**, turn right into the walkway to exit into **Braemar Rd**. Walk left down to **Beach Rd**, turn right and cross over before walking up the hill. Turn left between nos **75** and **77** **Beach Rd** through to **Castor Bay** beach.

Walk left along the beach then road to the white gates on left of the toilet block. Walk up the steep concrete drive to the site of **Rahopara Historic Reserve**. Admire the views then, keeping the fence on your right, walk along the cliff top walkway through to **Kennedy Park**. Cross the grass to the concrete **Gun Emplacement**, then to the playground and out to **Beach Rd**. Cross over and walk back into **Peter Tce** and decide if you want a challenge! (See *Opposite*).

**DURING SCHOOL HOURS:** continue up to the end of **Peter Tce** and the walkway between houses **39** and **64**, to **Aberdeen Rd**. Cross **Aberdeen Rd**, turn left into **Rae Rd** and re-enter **Centennial Park**. Just inside the park turn right onto the wide grassy area, (note **Pohutakawa Ave** on your right) and take in the view from the **Giants' Seats**.

Veer right down the grassy slope to pick up a small bush track and bridge to exit above the Tennis Club then follow the **Pohutakawa Avenue of Remembrance** down to join the road (note the commemorative plaque on the left at the end).

Keep right to exit into **Beach Rd** turn left down the hill, cross into **Huntly Rd** and back to the start.



**OUTSIDE SCHOOL HOURS:** turn right into the school walkway between houses **13** and **15** **Peter Tce**. At the fork take the boardwalk to the right to walk through the **Campbells Bay School's Community Forest**. Note that this is an ongoing project so changes may occur. Follow the **Tui Track**, then stay on the boardwalk and keep left past the **Pukeko Loop**. Turn left into the **Piwakawaka Track** and then follow the **Keruru Track** to exit into the main school area. Turn right and walk up through the school grounds to exit into **Aberdeen Rd**.

## SUNNYNOOK

6000 STEPS / 5km / 1 Hour

Tucked away in the suburb of Sunnynook are many small reserves, steep streets and numerous walkways linking them together. This is a walk with some good hills - an ideal Winter's walk

**MODERATE TO STRENUOUS:** Start at **Sunnynook Shopping Centre** where there is ample parking. (Toilets are available on the far side of **Sunnynook Park**).

**START:** From **Sycamore Dr** entrance to **Sunnynook Shopping Centre** walk across **Sycamore Dr** and through the **Rugby League Club** parking area. Then turn left into **Sunnynook Park**. Keeping the stream on your left follow the path to the end of the park.

As the path starts to turn right look out for a path on your left into the narrower end of the park and the walkway through to **Juniper Rd** between houses **9** and **11**. Cross into **Sequoia Pl**, turn right into **Datura Pl** and up the walkway between **12** and **13**.

Exit into **Cassia Pl** at nos **13** and **15**, turn right into **Juniper Rd**, then left into **Erica Pl** and continue down into the walkway between nos **23** and **14**.

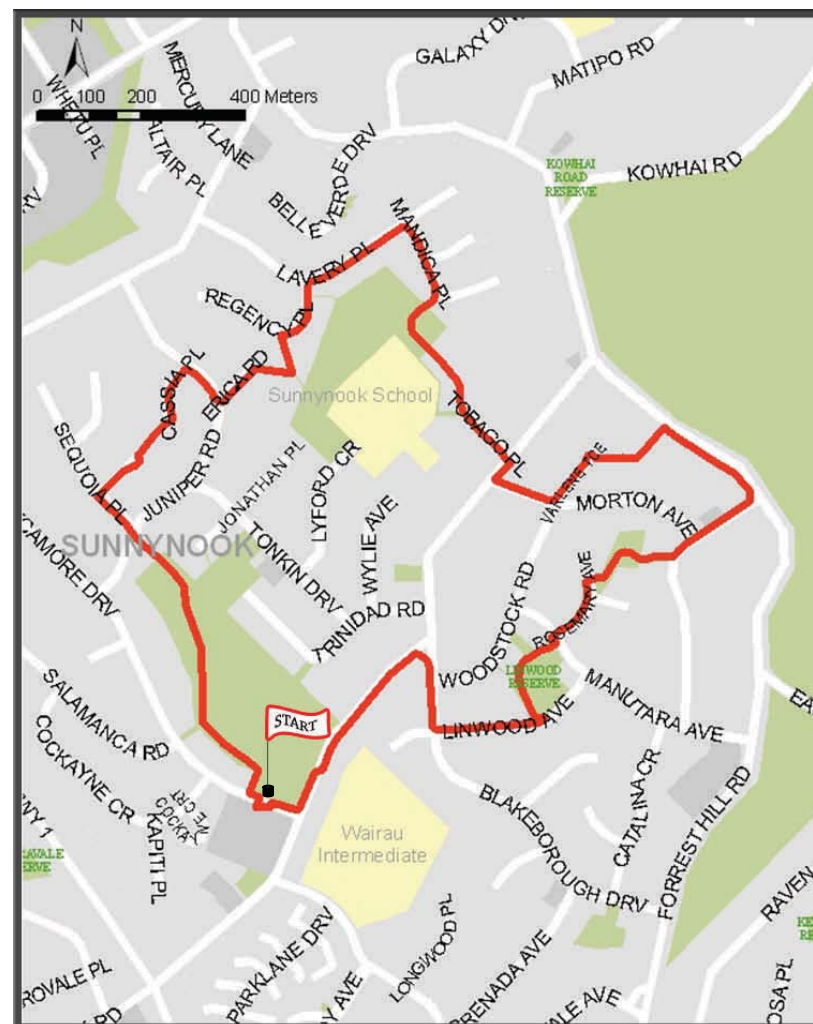
At the walkway junction turn left to exit into **Regency Pl** between houses **22** and **20** then turn right to walk up to **Lavery Pl**.

Turn right into **Lavery Pl** and right into **Mandica Pl**. At the small reserve on the right, between houses **11** and **15**, follow the bush track through to **Sunnynook School**. Go through the gate and stay on the boundary path to a path intersection. Turn left up to **Tobago Pl** and then right up to **Sunnynook Rd**.

Veer right, cross into **Morton Ave**, and left into **Varlene Tce** and the walkway between houses **11** and **13** through to **296a East Coast Rd** to exit opposite **Pupuke Golf Club** clubhouse.

Turn right and walk to **William Souter St**. Turn right into **William Souter** walk down past the shops to meet **Morton Ave** and cross over. Walk left a little way then turn right into **William Souter Reserve** (green picket fence and arch over gateway) Walk down to exit at **Rosemary Ave/Juliet Pl** between houses **15** and **2**.

Continue down **Rosemary Ave**, cross **Manutara Ave** into **Linwood Res** and take either path to exit on the opposite side of the reserve. Turn right into **Linwood Ave**, right into **Blakeborough Dr**, left into **Sunnynook Rd** and back to the start.



## LAKE PUPUKE

8000 STEPS / 7 km / 1—1.5 Hour

Each year thousands of people run, walk, jog or cycle around **Lake Pupuke** by road, unaware of the small, interesting reserves along the lake's shore. A recent Council purchase in Lake View Rd will, in time, provide an extra link to Killarney Park. The stretch of lake from Henderson Park to Sylvan Park is a Nature Reserve closed from Oct to Dec to allow various water birds to breed. Dogs should always be kept out of this area.

**EASY TO MODERATE:** Start at **The Pumphouse** where public toilets and parking are available (more toilets available at Sylvan Park).

**START:** From **The Pumphouse** walk up the main access road to **Manurewa Ave**, turn left and continue round to **Killarney St**. Turn left and left again into **Hurstmere Rd**.

Continue on **Hurstmere Rd**, veer left then just past no 4 **Kitchener Rd** turn left into **Henderson Park**. Near the lake edge turn right through the gate to access the Nature Reserve and keeping the lake on your left walk round to **Sylvan Park**. **From Oct to Dec continue along Kitchener Rd, turn left into Sylvan Park Rd and on into Sylvan Park.**

In **Sylvan Park** walk up to face the grassy level of the toilet block. Continue diagonally across a grassy area into a small bush track near the end of **Pierce Rd**. Follow the bush track past the **Tennis Courts** round to **Milford School Waterwise Centre**.

**OUTSIDE SCHOOL HOURS:** Turn right, to cut through **Milford School** and exit into **Shakespeare Rd**

**DURING SCHOOL HOURS:** Exit into **Fenwick Rd** then left into **Shakespeare Rd**

Walk left along **Shakespeare Rd** to **North Shore Hospital** and follow the drive through the hospital grounds to exit into **Shea Tce**. Turn left, walk down to the lake edge and then walk right along the 'causeway' to the **Rowing Club**.

Walk inland up the gravel road beside the quarry and at the traffic lights turn left into **Taharoto Rd**, then left again into **Rangitira Ave**. At the end of **Rangitira Ave** turn right into **Lake View Rd**. (At the end of **Lake View** enter the new walkway through to **Killarney Park** if it has been constructed). Otherwise continue to the right along **Kowhai St**, left into **Pupuke Rd**, left into **Killarney St** and almost immediately left again into tiny **Andrea Pl** and into the western end of **Killarney Reserve**. Walk through the reserve at a 'middling' level then drop down to **The Pumphouse** and the end.



## TAKAPUNA

8000 STEPS / 7 km / 1 – 1.5 Hour

This relatively flat walk skirts the main business area of Takapuna and takes in one of the Shore's best known beaches and some of its least known reserves and walkways. Ideal for a Sunday morning to coincide with the very popular Takapuna Market.

**EASY:** Start at the **TAKAPUNA BOAT RAMP**. Toilets and ample parking nearby .

**START:** From the **Boat Ramp** at the northern end of **Takapuna Beach** walk along the beach. Just before the cliffs turn right into **Clifton Rd** and walk up to meet **Lake Rd**. Cross into **Northumberland Ave**. Turn right between houses **35** and **37** to exit into **Northboro Rd** by no. **54**.

Cross over, turn right and walk down to the entrance of **Northboro Reserve**. Once in the reserve take the track to the right to the **boardwalk**. Exit into **Francis St**.

Walk up **Francis St**, turn right into **Hart Rd** and walk downhill to the bottom. Turn left into the **shared walkway/cycleway** between houses **35** and **33** to exit into **Harley Close**.

Keep to the left on the higher road round to **Eldon St**. Turn left and walk to **Esmonde Rd**. Turn left and cross **Esmonde Rd** at the lights.

Continue left over the bridge. Just before the shops on **Barrys Point Rd** turn immediately right into a small parking area and into the **Patuone Walkway** which wanders along beside the inlet.

Continue across the bridge and up to exit by the **Girl Guide Centre**. Continue to the right to exit into **Auburn St**.

*If desired carry on straight ahead to visit the Sunday market.*

Cross over, walk left up to the lights at **Anzac St**. Cross and continue up to **Killarney St**. Turn right into **Killarney St**, right into **The Esplanade** and proceed down past the **Bruce Mason Theatre**, across **Hurstmere Rd** and back to the start.



## BELMONT - COAST TO COAST

10,000 STEPS / 9 km / 1.75 Hour

Not quite the gruelling adventure the name might suggest but it **does** take in the coast on both sides of this narrow stretch of land. While most of this walk is level, the beach access near the end is via a steep cliff staircase and the rocks may be slippery at times. **Avoid the 2-3 hours each side of High Tide as the water may come right up to the cliffs and cut off access at these times.**

**EASY TO MODERATE:** Start at **CLIFTON RD** end of **TAKAPUNA BEACH** - toilets and parking available.

**START:** Walk up **Clifton Rd** to **Lake Rd** Cross into **Northumberland Ave** and turn right into the walkway between houses **35** and **37**.

Exit into **Northboro Rd** by no **54**, cross over, turn right and walk down and then up to **Birchfield Rd**. Turn left into **Birchfield** and in to the walkway between houses **13** and **14**. Exit left into **Francis St** and continue to the end to access the boardwalk which continues to the left round into **Northboro Reserve**.

Past the end of the boardwalk take the path to the right round through the reserve to the footbridge and cross to the cemetery.

Walk up beside the cemetery to **Bayswater Ave**. Cross into **Bayswater Park**, walk by the playground, cross **Roberts Ave** and down to a grassy shoreline reserve .

At the lower level pick up a path from the left and continue on this path. At the fork take the path to the left past the playground and into a walkway to **Cassino St** then turn left up to **Roberts Ave**.

Turn right into **Roberts Ave**, left into **Lake Rd** and up to the lights. Cross to shops on the diagonal corner [toilets available here]. Turn right by the **Rose Gardens** and into the driveway of the **Rose Theatre and Community Centre**.

Take the path to the left round to exit into **Harrison St**. Turn right into **Westwell Rd** and at **Seacliffe Ave** cross directly over into **Westwell Reserve**.

The **STEEP** cliff staircase down to the beach starts to the left of the large tree and sign. At the bottom turn left and walk back along the beach and rocks to the start.



## DEVONPORT - INLAND

6000 STEPS / 5 km / 1 Hour

Devonport is well known for its lovely old houses and gardens, but is less well known for its many interesting small reserves and walkways which are ideal for easy walking. This walk is mainly level on footpaths or well formed tracks.

**EASY:** Start at **Windsor Reserve** where there is ample parking and toilets nearby.

**START:** Walk along **King Edward Parade** to **Church St**. Turn left and walk to no **55 Church St**, cross and enter **Cambria Reserve**.

Inside the reserve either go straight ahead (for a more level walk) or veer left to follow round the gentle rim of this old volcano. At a fork in the path take the path or steps to come down past the old white church (now a **museum**) and follow the drive out to **Vauxhall Rd**.

Walk left up to **Albert Rd**.

Turn left into **Albert Rd**, right into **Cambria Rd** and walk along to the park. Veer right, cross by the **Plunket Rooms** on to the cycle track by the **Bowling Club**, and then the footpath alongside the **Golf Course**.

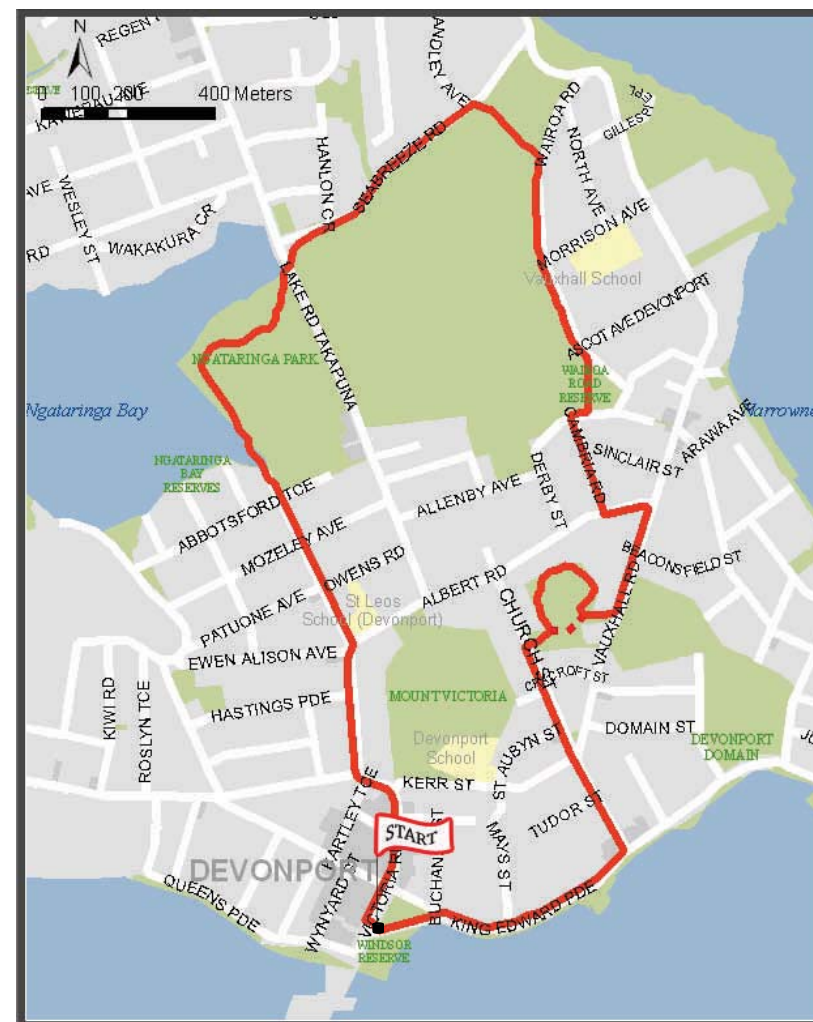
Just past the **Tennis Courts** and **Squash Club** turn left and walk across to **Seabreeze Rd**.

Walk left along **Seabreeze Rd** to the end and cross **Lake Rd**.

Walk left down to the beginning of **Memorial Dr** then take the path into the reserve and stop and take your bearings.

**Straight ahead** is a collection of low plantings and paths which form a decorative 'maze' symbolising features of Devonport's history, (can be subject to vandalism), and **to the left** is a well formed pathway. After checking out the maze take the path to the left to eventually exit into **Victoria Rd**.

Walk down **Victoria Rd** to **Calliope Rd** then return to the start by either taking the path down to the **Supermarket** or staying on **Victoria Rd** and walking down through the shops.



## **EASY LEVEL WALKS**

### **LONG BAY REGIONAL PARK:**

Wide variety of paths, firm sandy beach, all facilities. Can be very crowded at times.

### **BUSH WALKS:**

Refer **SUPERB WALKS** by Hugh Willis (\$5 from libraries).

### **BROWNS BAY FORESHORE:**

Excellent boardwalk promenade, firm sandy beach, all facilities.

### **FREYBURG PARK & SHERWOOD RESERVE, BROWNS BAY:**

Many level to gently sloping concrete paths around sports ground and throughout both reserves. Good parking, basic toilet facilities.

### **AICKEN RESERVE, WAIAKE BEACH:**

Flat, concrete path through reserve, interesting underpass to beach. Good parking and all facilities. Can be very busy.

### **SUNNYNOOK PARK:**

Concrete paths around sports grounds. Adequate parking and facilities.

### **MILFORD BEACH (Northern End):**

Level pathway along foreshore. Good parking and all facilities.

### **TAKAPUNA BEACH:**

Long sandy beach, all facilities, good parking.

### **NORTHBORO RESERVE:**

Wide, level to undulating paths, part of 'Green Route'. No toilets.

### **BAYSWATER MARINA:**

Flat concrete path around the edge of the marina. Good parking and facilities but can be extremely busy at times.

### **NGATARINGA PARK:**

Gently sloping pathways, pleasant outlooks, no toilets.

### **DEVONPORT WATERFRONT:**

Great views, level footpaths, all facilities.



## OTHER WALKS OF INTEREST

### **LONG BAY REGIONAL PARK:**

Level paths, long sandy beach, cliff walks , all facilities, excellent brochure available.

### **NORTH SHORE COASTAL WALK:**

23Km walk from Long Bay to Devonport, well sign posted and an excellent brochure readily available.

### **DEVONPORT TO TAKAPUNA:**

'Green Route': shared cycle/walkway, good footing, gentle slopes, good facilities, excellent brochure readily available.

### **BUSH WALKS in EAST COAST BAYS:**

Refer SUPERB WALKS by Hugh Willis (\$5 from libraries) for bush walks of varying levels of interests and mobility.

### **CENTENNIAL PARK:**

Large area of regenerating bush with many tracks formed by very active volunteer support group. Excellent brochure available for a Nature Trail and other features.

### **NORTH SHORE LITERARY WALKS:**

Literary walks in Stanley Bay, Devonport, Takapuna and Castor Bay. Comprehensive brochure available from information centres and libraries.

### **TAKAPUNA- MILFORD HERITAGE WALK:**

Brochure available from information centres and libraries.



## OTHER RESOURCES

### FOR THOSE WANTING TO EXTEND THEIR WALKING INTERESTS

### **JOIN OR START A WALKING GROUP**

There are many walking groups on the Shore which cater for a wide variety of interests and levels of fitness. The contact details for most of them can be found on the website of **North Harbour Sport**.

**[www.harboursport.co.nz](http://www.harboursport.co.nz)**

For **Albany Newcomers Network Walking Group** details email **[albany@newcomers.co.nz](mailto:albany@newcomers.co.nz)**

Other good contacts are the local Community Houses which usually have information on local groups and often encourage the establishment of new groups if nothing suitable is available. The walks in these booklets have proved ideal for new groups trying to get underway.

See your **[Local Directory for contact details of Community Houses and Coordinators.](#)**

### **RECEIVE GUIDANCE ON HOW TO IMPROVE YOUR WALKING FITNESS**

**North Harbour Sport** supports a free exercise programme called Green Prescription (GRX) which provides assistance for inactive adults to get active again. Walking provides a major component of such a programme and a support person will help you set your goals and monitor your progress. A Green Prescription referral can be obtained from your local doctor and your details will be faxed to the GRX Team at Harbour Sport who will contact you and discuss your options to begin a healthier lifestyle. Alternatively contact **[GRX Manager North Harbour Sport 09 415 4610](#)**

### **FOR THOSE WITH AN INTEREST IN IMPROVEMENT TO WALKING FACILITIES, ACCESS ETC.**

**Living Streets Aotearoa** is an organisation with an overall interest in all matters to do with walking such as improved access and signage to reserves. It also has input into Local Plans and developments as well as assisting with initiatives such as **Walk2Work Days**.

For further details contact **[www.livingstreets.org.nz](http://www.livingstreets.org.nz)**



## **EXPLORE THE SHORE**

is a collection of walks located on Auckland's North Shore.

Compiled by an experienced local, Margaret Scrymgeour, the walks in this free booklet are an excellent way to experience your neighbourhood and your community.

### **COLLECT THE 'EXPLORE THE SHORE' SERIES**

**VOL 1 — ALBANY AND GREENHITHE AREA WALKS**

**VOL 2 — BAYS TO DEVONPORT AREA WALKS**

**VOL 3 — KAIPATAKI AREA WALKS**

*Available from Libraries and Information Centres*

or

***Albany CoCo Inc***

**09 4485363**

**Choose Walking**

***The good way to get around***

