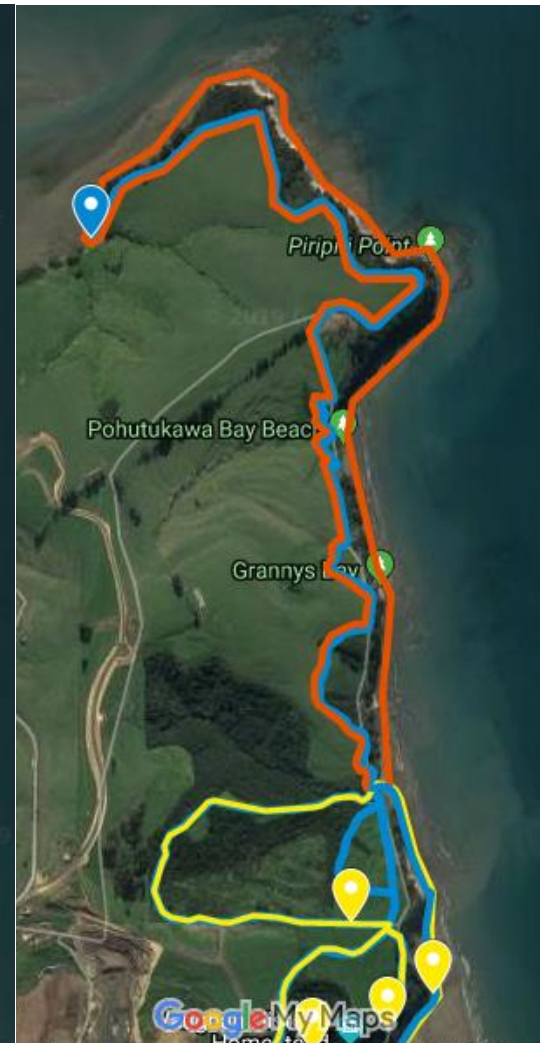
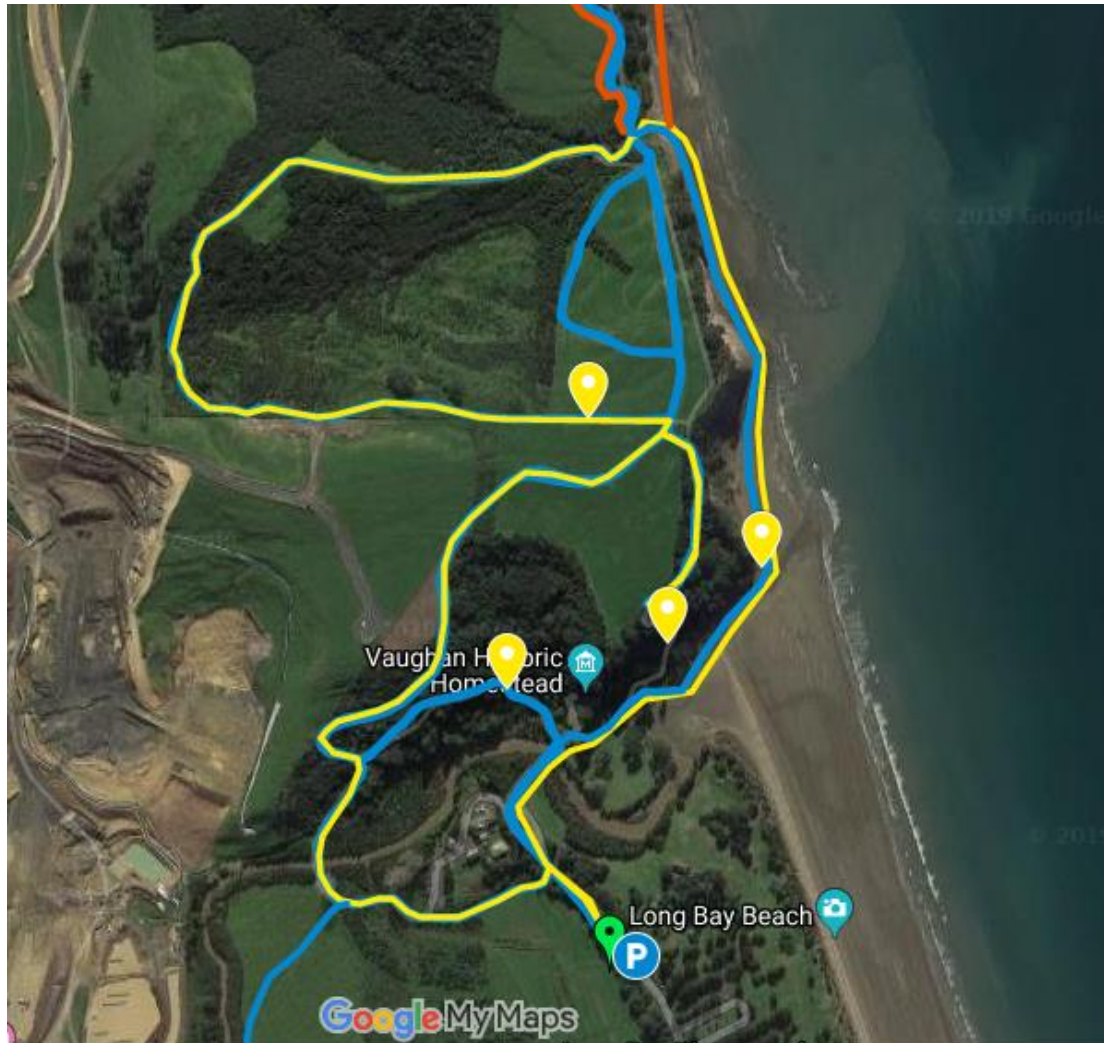


## Printable Long Bay Walking Maps:

Yellow Loop = 3.8km, Yellow + Red Loop = 9km



#### Yellow Loop:

1. Commence from the carpark at the northern end of the beach and head through the safety chain on the tarseal road.
2. Turn left at the 'Coastal Track' sign and walk on the trail through the wetlands, keeping an eye on the birdlife.
3. Cross the bridge and head up the winding hill towards the ridge.
4. About halfway up, the Nature Trail is on the right. This is a short detour which you can do now or on the return trip.
5. Once out of the bush and on to the grass ridge, follow the track east towards the coast.
6. When you reach the fence-line, there are signs for the short return track to the historic military pillbox (currently closed for repair but due to reopen hopefully 2019/2020).
7. The track then heads on to Granny's Bay, either following the shorter coastal track or turning left and taking the grassed track through the 100 Acre Bush (about 1.2km).
8. Either route, you will end up at Granny's Bay where you can enjoy the Pohutukawa trees, sand and sea.
9. If returning to Long Bay and the tide is low enough, turn right and head back via the beach and around the rocks. Follow around the bottom of the cliff until you are back on to the grass track. Look out for the historic Vaughan Homestead on the right and then the nature trail on the right if you did not complete this on the way out.
10. Follow the tarseal road back to the start.

#### Yellow & Red Loop:

1. Complete the steps 1-8 above and once at Granny's Bay, (turn left from the 100 acre bush) heading north up the hill.
2. Follow this track as it traverses its way up and down the hills and follows the coastline, often up high above the sea.
3. After about 3km you will reach the end of the track. If the tide is high, you will need to return the same way you came. If the tide is low enough, you can walk back to Long Bay via the rocks and beaches. Beware if it is an incoming tide that when you commence your return, the tide is low enough to complete your journey.
4. Return around the rocks and beach simply by heading to your right and following around the bottom of the cliffs.
5. Once at Granny's Bay, follow steps 9 – 10 above.

