

# Northern Forest

## Walking

Explore the numerous tracks that climb from the park entrances through regenerating bush up to and along the forested ridges. There are many lovely views to take in and each track has its own particular character and difficulty, from walking to tramping tracks. The Butterfly Creek valley is a very popular picnic spot.

**Kowhai Street – Butterfly Creek picnic area**  
(2 hours return)



**Murital Park – Butterfly Creek picnic area**  
(3 hours return)



**Bus Barn – Butterfly Creek picnic area**  
(2.3 hours return)



**MacKenzie Road – Butterfly Creek picnic area**  
(3.5 hours return)



**Hawtreys Route between the McKenzie and Kereru Tracks**  
(1 hour one-way)



The Hawtreys Route is unformed and marked with orange discs. Allow plenty of time to finish in daylight.

**Ferry Road – Wainuiomata Hill Road**  
(2.5 hours one-way)



**Lees Grove – Lowry trig lookout**  
(1.5 hours return)



The well-formed and sheltered Lees Grove track climbs through native bush and is the most popular of the five tracks leading into the park from Wainuiomata.

**Fern Gully – Lowry trig lookout**  
(2 hours return)



## Walking/mountain biking

**Wainuiomata Hill Road – Lowry trig lookout**  
(2 hours return)



**Rata Ridge – Lowry trig lookout**  
(2.5 hours return)



Most mountain bikers start at Wainuiomata Hill Road and ride up Lowry trig before descending to the Zigzag or Rata Ridge entrances.

# Parangarahu Lakes Area

## Walking/mountain biking

The Pencarrow Coast Road is a wide metalled track that runs south from Burdans Gate. The hills above the Parangarahu Lake provide intermediate level mountain bike riding. There are no facilities and little shelter, so take food, drink, warm clothing and sun protection. Be prepared for strong headwinds. Horseriding is prohibited in the lakes area.

**Burdans Gate – Pencarrow Lighthouse**  
(4 hours return)



**Lake Kohangapiripiri loop**  
(2 hours)



## Fishing/diving

Surfcasting and diving are popular on the Pencarrow Coast but watch for changes in the weather as the area is very exposed.



# Baring Head

## Walking

**Coast Road Bridge Carpark – Climbing boulders**  
(2.5 hours return)



**Coast Road Bridge Carpark – Lighthouse complex**  
(2 hours one way)



**Lighthouse complex – World War II remnants**  
(20 minutes one way)



## Mountain biking

The tracks and grassy terraces at Baring Head provide challenging terrain and generally rough surfaces, but the views are great.



## Horseriding



Horseriding in Baring Head is by permit only. Keep to the designated tracks.

## Swimming



There is good access to swimming holes in the Wainuiomata River.

## Fishing/diving



The Wainuiomata River is a well-known brown trout fishery. You must have a fishing licence. Diving along the Fitzroy Bay area is a popular activity for those prepared to hike in.

### KEY

#### Natural features

- Mixed forest
- Broadleaf forest & regrowth
- Scrub
- Wetlands
- Grassland

#### Tracks

- Walking track
- Walking/tramping/mountain biking
- Tramping track
- Route
- Gravel road

#### Other features

- Entrance
- High point (height in metres)
- Lighthouse
- Building
- World War II lookout
- Bridge or boardwalk
- Locked gate
- Bus stop
- Parking
- Toilets
- Mapboard
- Swimming
- Picnic
- Fishing
- Walking
- Tramping
- Route
- Mountain biking easy
- Mountain biking intermediate
- Mountain biking advanced
- Horseriding
- Rock climbing
- Wildlife
- Viewing point

### Stay safe

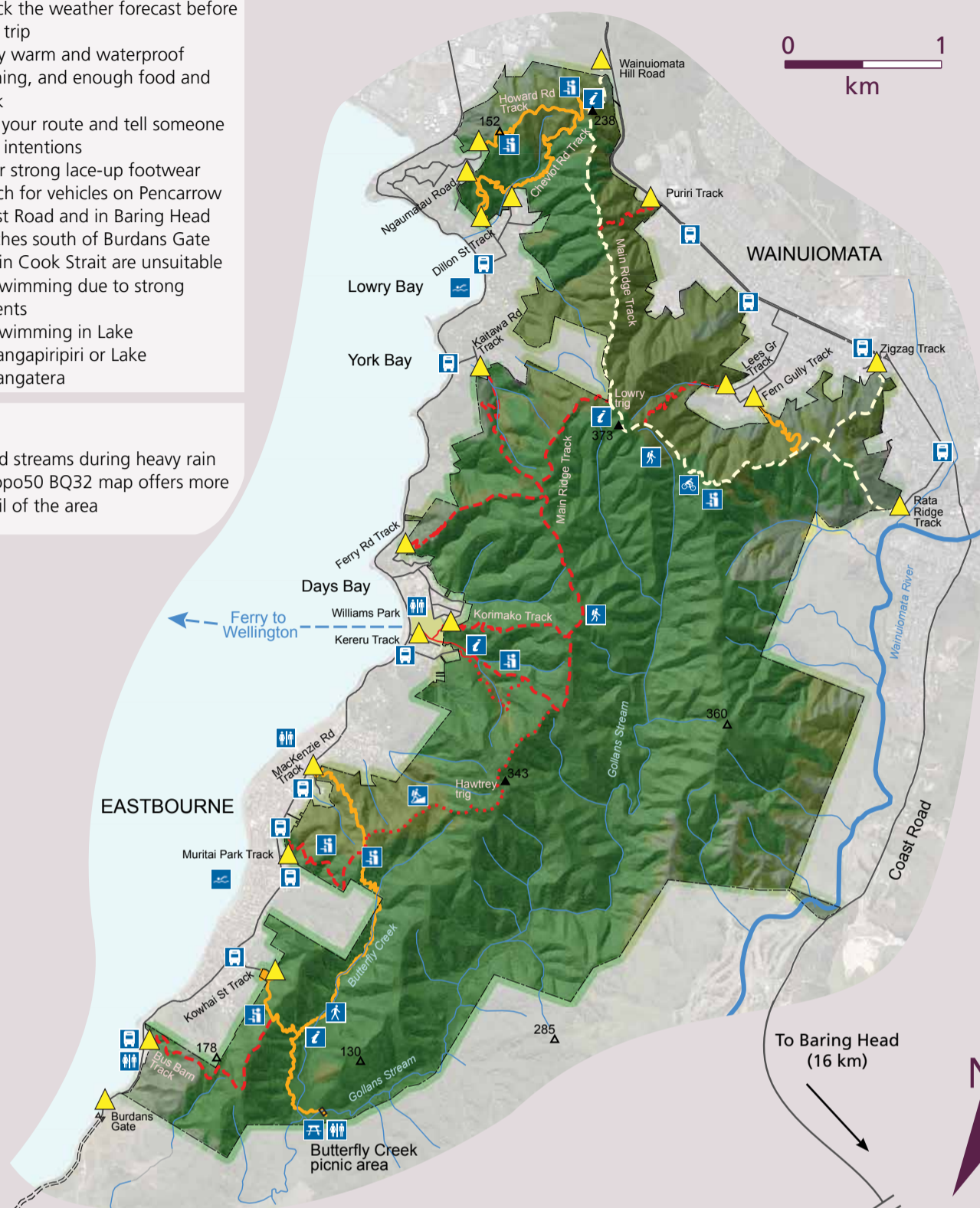
The weather can be changeable and extreme on the southern coast, so please:

- Check the weather forecast before your trip
- Carry warm and waterproof clothing, and enough food and drink
- Plan your route and tell someone your intentions
- Wear strong lace-up footwear
- Watch for vehicles on Pencarrow Coast Road and in Baring Head
- Beaches south of Burdans Gate and in Cook Strait are unsuitable for swimming due to strong currents
- No swimming in Lake Kohangapiripiri or Lake Kohangatera

### Note

- Avoid streams during heavy rain
- NZTopo50 BQ32 map offers more detail of the area

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# Parangarahu Lakes Area



# Baring Head

