

Te Henga Walkway, Waitakere Ranges Regional Park

Wild file

Access From Bethells Beach (Te Henga), the track is sign-posted near a bridge 1 km before the end of Bethells Rd opposite Lake Wainamu car park. The northern entrance is accessed from Constable Rd, south of Muriwai Beach

Distance 12.6km return

Time 8hr return

Grade Moderate

Topo50 Map: BA30

Description

This is a spectacular coastal walk, now part of the Hillary Trail which connects a network of existing tracks and basic backpacker campgrounds in the Waitakere Ranges.

From Muriwai follow the DOC signage down a grass track through semi-open farmland to the steep clay walkway. It follows the cliff-edge for a good part of the walk, the waves crashing below. At times the track goes inland, through patches of pohutukawa, flax, ti tree and grassland. A car sited at each end might be preferable to a return day walk to allow time to explore the beaches.

Note: the elevation profile below is from north to south (Muriwai to Bethells).

Elevation Profile



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Disclaimer: While every effort has been made to map this route correctly, Wilderness Magazine does not take responsibility for any errors in the route. Users should use discretion when planning their routes and gather as much information as possible before departing.

