

## Lake Wainamu Loop Track, Waitakere Ranges Regional Park

The Lake Wainamu Loop Track is a two-hour hike, just inland from the pounding surf of Te Henga (Bethells Beach), combining rainforest with large sand dunes.

Starting and ending at the car park on Bethells Road, beside the bridge over Waiti Stream, there is a choice of two routes to Lake Wainamu: along a track following the shallow stream (30 minutes); or up and over an enormous inland dune system (25 minutes).

Once crested, the dunes plunge steeply to the north-western end of Lake Wainamu, an elongated body of freshwater which is otherwise surrounded by bush.

In summer, this is a popular swimming spot and you can also go dune surfing.

From here, it's an hour's walk around the lake, muddy in places but otherwise not too challenging for anyone of reasonable fitness. Part of this section passes along an easement over private land.

At the head of the lake, where the track crosses Wainamu Stream, you reach Waitohi Falls. Watching over the waterfall is a carved Maori pou sculpture which commemorates the local tupuna (ancestor) and pa builder, Kowhatukiteuru.

The track continues around the lake's northern shore, past some impressive specimens of cabbage tree, then back to the base of the dunes. You can follow the stream back to the car park or climb back over the dunes

### Wild File

**Access** Bethells Road. The carpark is about a kilometre before the beach, beside the bridge over Waiti Stream

**Grade** Easy

**Time** 2-2.5hr

**Distance** 6.34km

**Total ascent** 164m

**Map** BA30

### Elevation Profile



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