

## Stony Bay Mountain Bike Track, Coromandel Forest Park

Begin on the easy Coromandel Walkway from Stony Bay, climbing to the 150m contour and then sidling a series of bush-clad ridges and gullies. Less than a kilometre along the trail is a short side track that wanders to an old pā site on the prominent northern headland of Stony Bay. This has great views that cannot be seen from the main track.

Further along, are glimpses into Shag Bay where a steep trail descends to the gentle rolling surf and sandy beach. Not far from Shag Bay, the track descends steeply to sea level and fords a narrow stream that exits into Poley Bay.

A steep climb from the ford returns back to the benched track and eventually into the Fletcher Bay farm. The track soon widens and rounds the Sugar Loaf Peninsula where a wide rocky bay and the Sugar Loaf Rock come in view. The farm track continues to Fletcher Bay where there is a prominent pā site, Second World War bunker and another beautiful DOC campground right on the coast.

An old shepherd's hut marks the junction with the Stony Bay Mountain Bike Track, which begins with a difficult 500m climb on a wide and steep farm track.

Views from the top extend over the whole of the northern headlands and over the Colville Channel to Cape Barrier at the southern tip of Aotea/Great Barrier Island.

The long downhill back into Stony Bay channels through a nīkau palm, fern and broadleaf canopy. The trail is wide and provides excellent traction on a good surface, but it can be slippery when wet.

After crossing Stony Bay Stream, at the back of the old farm, a series of markers leads to the old homestead and a jumble of farm buildings to the bay.

### Wild File

**Access** From Stony Bay Road end

**Grade** Coromandel Walkway, 2-3; Stony Bay Mountain Bike Track, 3-4

**Distance** 20km

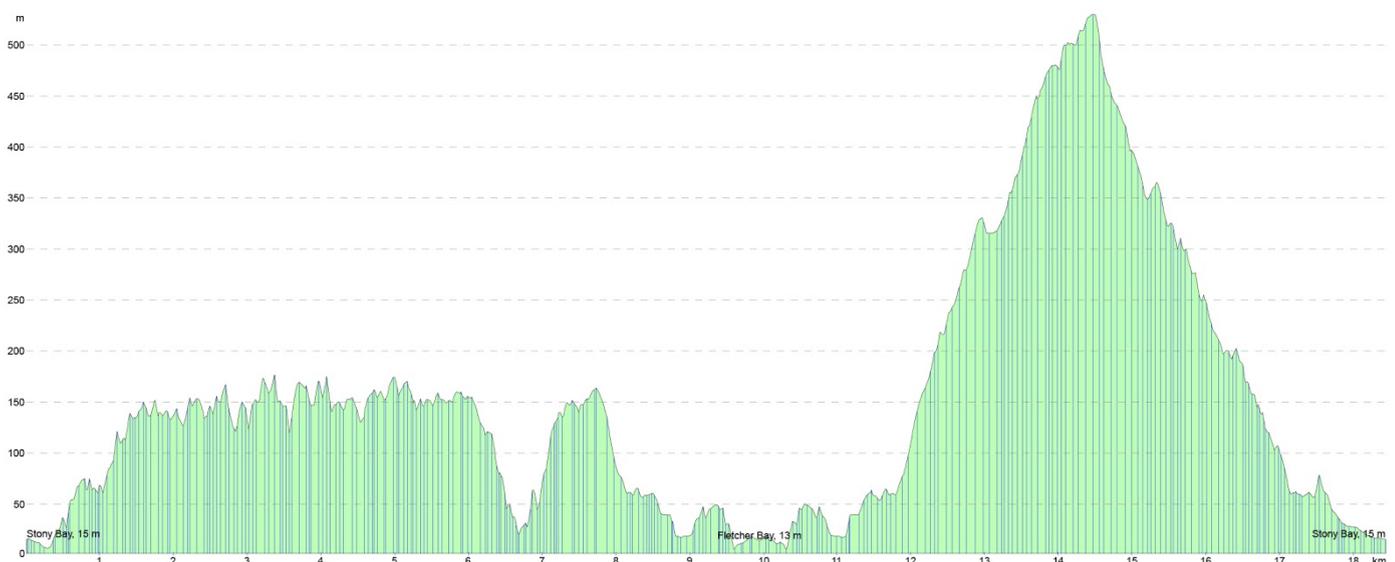
**Time** 4-6hr (walking 7-8hr return)

**Total ascent** 1494m

**Accommodation** Campgrounds at Stony Bay and Fletcher Bay

**Topo50 map** AZ34

### Elevation Profile



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