Walking, tramping and mountain biking

The Hunua Ranges can be explored extensively on foot and in some areas by mountain bike. The feature walks on this page are a great introduction to the park with views, waterfalls, native forest and it’s wildlife to discover.

Feature walks

**Hunua Falls Loop Walk**

- **Distance:** 20 minutes, 800m
- This is a great way to see the popular Hunua Falls from all angles and enjoy the surrounding forest. The track is clearly signposted from the Hunua Falls car park. The track climbs from the Wairoa Stream through beautiful lush forest, follows along a shady stream and arrives at an excellent lookout platform.

**Cossey-Massey Loop**

- **Distance:** 3 hours, 8.3km
- Combine the Cossey Goze Track with the Massey Track to make this rewarding loop walk – a favourite of visitors to the Hunua Ranges. The track is mostly level but is stoney in places and involves wading or rock hopping across Cossey Creek. Enjoy beautiful views, impression native forest, spilling water and giant kauri trees along the way.

**Wairoa Loop Track**

- **Distance:** 3 hours, 4.6km
- The Wairoa Loop Track climbs from the south side of the Wairoa stream off Moumoukai Road to a lookout platform 1.5km from the entrance. The lookout is a short distance from the main track and provides magnificent views of the Wairoa Reservoir.

**Suspension Bridge Loop**

- **Distance:** 1 hour 15 minutes, 3.9km
- The loop combines the Suspender Bridge Track with part of the Wairoa-Cossey Track. Start at the suspension bridge over the Wairoa Stream near the car park on the Wairoa Reservoir Access Road off Moumoukai Road. The walk takes you through lush vegetation, climbing to a spectacular lookout platform above the Wairoa Reservoir. Continue on the track to the junction with Wairoa Cossey Track. Turn right at the junction and follow the track back down to the road.

Mountain bike trails

**Moumoukai Mountain Bike Skills Area**

Practice your riding skills on the Moumoukai Mountain Bike Skills Area before heading out on your ride.

**Valley Loop Track**

- **Distance:** 1 hour 30 minutes, 14km
- This easy-to-medium grade loop follows Mangatangi Hill Road, Graeme White Road and Moumoukai Valley Road. Metal roads form a loop with roads and footpaths starting at the Hunua Falls car park and returning to the car park near the Upper Mangatāwhiri Campsite. If using a mobile phone, call 09 301 0101. Like many, you will want to make the Hunua Falls your first stop. Avoid the crowds by taking your picnic on one of the short walks and find your own secluded picnic spot.

**River Track**

- **Distance:** 15 minutes, 2.6km
- A medium grade track that detours off the Valley Loop Track 1.5km from the car park. Take this track before the Moumoukai Farm Track.

**Moumoukai Farm Track**

- **Distance:** 1 hour 45 minutes, 15km
- An intermediate grade track that detours from the Valley Loop Track 3.5km from the car park. The track continues to the Hamurana Reservoir, or use the phone at the car park near the Upper Mangatāwhiri Campsite. Alternatively, for a more leisurely escape, head to the Wairoa Reservoir where you will find a picnic area on the edge of the dam, and a choice of walking trails and lookout points to explore.

**Mangatāwhiri Challenge Track**

- **Distance:** 2 hours (depending on fitness/ability), 15km
- From the Upper Mangatāwhiri Campground, follow the Waterline Road, East past the timber gate, turn left onto Waiau Road. This road becomes the Mangatāwhiri Road which climbs steeply, passing the Upper Mangatāwhiri Dam Reservoir. Continue straight onto Mangatāwhiri Road. The track is metalled, but is steep in places and involves tight angles and enjoy the surrounding forest. The track is clearly signposted from the Mangatāwhiri car park and follows the track back down to the road.

Remote tramping

The interior of the Hunua Ranges offers challenging tramps into remote areas requiring a country experience and navigation skills. These tracks should not be attempted without a detailed tramp map.

**Hunua Ranges Regional Park**

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- The loop combines the Suspender Bridge Track with part of the Wairoa-Cossey Track. Start at the suspension bridge over the Wairoa Stream near the car park on the Wairoa Reservoir Access Road off Moumoukai Road. The walk takes you through lush vegetation, climbing to a spectacular lookout platform above the Wairoa Reservoir. Continue on the track to the junction with Wairoa Cossey Track. Turn right at the junction and follow the track back down to the road.

**Moumoukai Farm Track**

- **Distance:** 1 hour 45 minutes, 15km
- An intermediate grade track that detours from the Valley Loop Track 3.5km from the car park. The track continues to the Hamurana Reservoir, or use the phone at the car park near the Upper Mangatāwhiri Campsite. Alternatively, for a more leisurely escape, head to the Wairoa Reservoir where you will find a picnic area on the edge of the dam, and a choice of walking trails and lookout points to explore.

**Mangatāwhiri Challenge Track**

- **Distance:** 2 hours (depending on fitness/ability), 15km
- From the Upper Mangatāwhiri Campground, follow the Waterline Road, East past the timber gate, turn left onto Waiau Road. This road becomes the Mangatāwhiri Road which climbs steeply, passing the Upper Mangatāwhiri Dam Reservoir. Continue straight onto Mangatāwhiri Road. The track is metalled, but is steep in places and involves tight angles and enjoy the surrounding forest. The track is clearly signposted from the Mangatāwhiri car park and follows the track back down to the road.

Ranger recommendations

- **If you have two hours:**
  - Like many, you will want to make the Hunua Falls your first stop. Avoid the crowds by taking your picnic on one of the short walks and find your own secluded picnic spot.

- **If you have a full day:**
  - There is a great range of walks and mountain bike tracks that will give you an introduction to the park in half a day. The Wairoa-Cossey Loop is a great half day walk, or go mountain biking the Mangatāwhiri Valley.

- **If you have a full day...**
  - You may want to take a longer, more remote tramp into the inner Hunua Ranges. Make sure you are well prepared. Alternatively, for a more leisurely escape, head to the Wairoa Reservoir where you will find a picnic area on the edge of the dam, and a choice of walking trails and lookout points to explore.

**Be safe in regional parks**

The water safety code

1. Be prepared
2. Watch out for yourself and others
3. Be aware of the dangers
4. Know your limits
5. Take sufficient supplies

The outdoor safety code

1. Plan your trip
2. Tell someone
3. Be aware of the weather
4. Know your limits
5. Take sufficient supplies

**Tips on how to make the most of your visit to Hunua Ranges Regional Park**

To contact a ranger use the phone at the information board at Hunua Falls, or use the phone at the car park near the Upper Mangatāwhiri Campsite. If using a mobile phone, call 09 301 0101.