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|--|--|--|-----------------|--|----------------|--|------------------------|--|-------------|
| | Self-containment Certificate (SCC) carpark | | Gate | | Drinking water | | Parking | | Park Extent |
| | Bookable site | | Barbecue | | Information | | Playground | | |
| | Camping | | Bookable site | | Lookout | | Toilet / Changing room | | |
| | | | Disabled access | | No access | | Toilets | | |

Ōmana Regional Park

Scale @ A3
 = VARIABLE
 Date Printed:
 29/05/2018

Feature walks

Lookout Walk ---

10 minutes, 600m

Starting at the cattlegrid near the main toilets, the Lookout Walk is a short climb to discover extensive views across the Tāmaki Strait with stunning views through to many of the gulf islands.

Perimeter Walk ---

1 hour, 2.5km

This walk features native forest, tidal estuaries with life-giving mangroves (manawa), open paddocks, coastal views, shady pōhutukawa and a Māori pā site. This easy, one-hour walk around the park has it all. Take the short detour to the lookout and you will be rewarded with expansive views to Waiheke Island and the inner Hauraki Gulf.

Ōmana Farm Walk ---

15 minutes, 600m

The Ōmana Farm Walk provides an interesting diversion from the Perimeter Walk in the south-west of the park. It is a gentle stroll across a picture-postcard rural setting, rejoining the Perimeter Walk at either end.

The Beachlands-Maraetai Walkway ---

1 hour 30 minutes, 6km

This is a coastal walkway and cycle path that can be started at either end of the walkway, at Maraetai Park (off Maraetai Drive) or from the end of Second View Ave in Beachlands. You can access the walkway from Ōmana Esplanade Reserve, Ōmana Regional Park or Te Puru Park.

Sea kayaking

You can launch your kayak from the beach or boat ramp at Ōmana Esplanade. Kayaking is best at high tide.

Ōmana is part of Te Ara Moana - 'the sea-going pathway'. This is a self-guided five-day sea kayak tour along approximately 51km of Auckland's picturesque south eastern coastline, connecting five of Auckland's charming Regional Parks.

Ranger recommendations

Tips on how to make the most of your visit to Ōmana Regional Park.

If you have two hours...

Be sure to take in the view from the lookout. Depending on the tide, go swimming at the beach (one hour either side of high tide) or explore the fascinating rock pools below the cliffs.

If you have half a day...

Ōmana is the ideal place to take the family for a picnic or barbecue and games on the large flat grass areas. There is even a playground for the kids.

If you have a full day...

A full day gives you a chance to take in all aspects of the park by adding the Perimeter Walk to the activities mentioned above. If you have time to spare, the park's coastal location lends itself to fishing or kayaking. Or if you really want to get away from it all, consider a visit to Duder Regional Park just a 10-minute drive away.

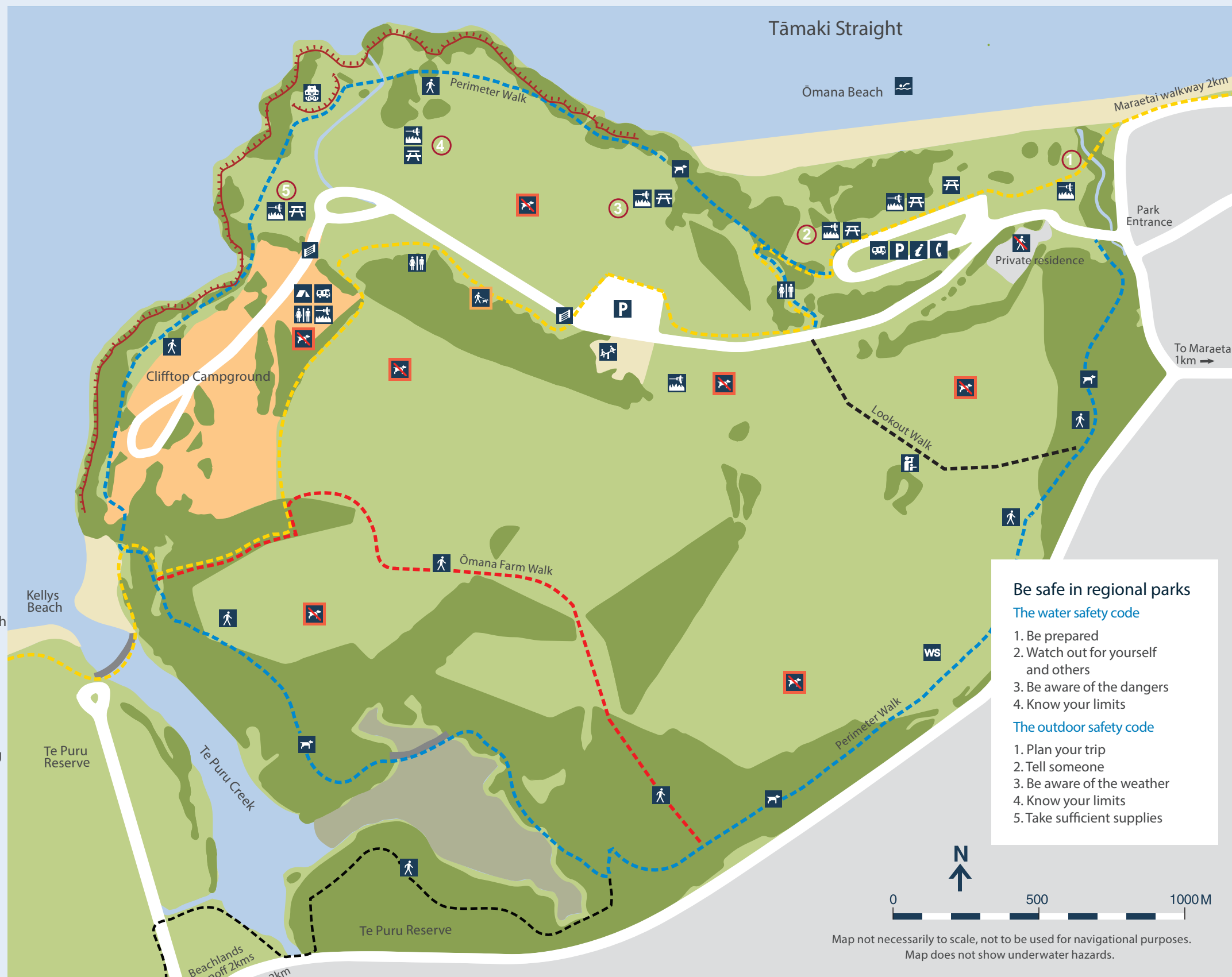
Stop kauri dieback

kauridieback.co.nz

A disease known as kauri dieback (Phytophthora taxon Agathis), which is threatening the survival of kauri trees, has been identified in the Waitākere Ranges. Help prevent the spread of kauri dieback by keeping to defined tracks and cleaning footwear before and after your visit.

Ranger contact details

To contact a park ranger use the phone at the information board just inside the park entrance and follow the instructions. If using a mobile phone, call 09 301 0101.



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

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

Key

Walking	Lookout	Swimming	No access	Bush	Sand
Toilets	Parking	Gate	No dogs	Wetland	Cliffs
Barbecue	Phone to contact ranger	Wool shed	Dogs allowed on a leash	Non parkland	Streams
Camping	Picnic area	Historic site	Parkland	Campground	Roads
Information	Self-containment certificate (SCC) carpark	Bookable site			