




Mangawhai Cliffs Walkway

 Walking

 Circular Track (Loop)

Difficulty

Easy

Length

7.3 km

Journey Time

2-3 hr return

Region

Northland

Sub-Region

Kaipara

Part of Collections

Department of Conservation Short Walks , Walking Access Commission Walkways, Te Araroa -

New Zealand's Trail

Track maintained by

[Department of Conservation](#) 

Located on Northland's eastern coast near the town of Mangawhai, the Mangawhai Cliffs Walkway offers spectacular, uninterrupted coastal views.

The rugged beauty of New Zealand's coast unfolds with panoramic views offering spectacular photo opportunities along this walk from the shoreline to the clifftops.

The formed section of the track meanders along the clifftops, skirted by long coastal grasses and stands of nikau palm and pohutukawa trees.

The return journey to Mangawhai is best achieved via the beach if the tide is right. Alternatively, walkers can return to town by retracing their steps back along the clifftop walkway. This will be a necessity at high tide.

Some sections of this walkway cross private land and visitors are asked to stick to the marked route, respect all signposted conditions of access and follow the New Zealand Outdoor Access Code

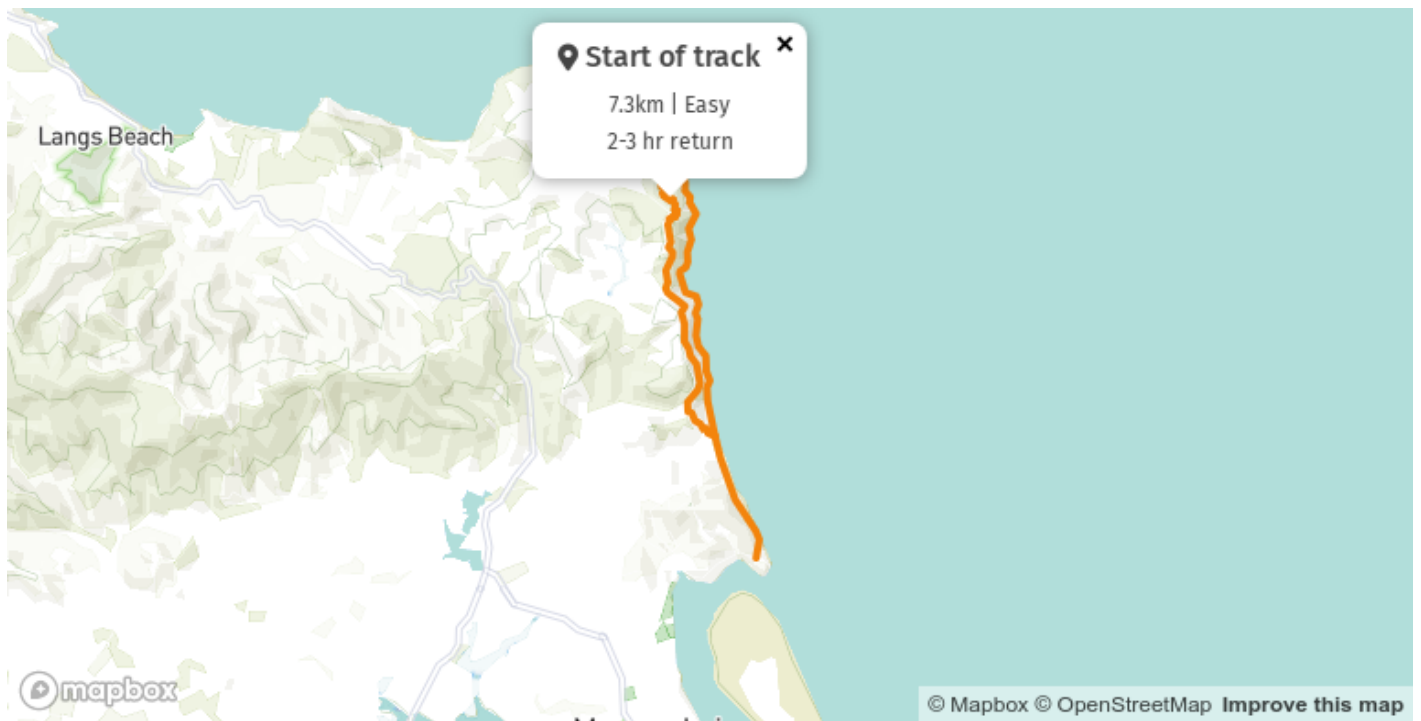
Conditions:

No dogs. Track linking Mangawhai Walk and Cove Road is closed 1 September until the end of October for lambing and calving. To walk along the beach, you will need to know what the tide is doing. Depending on the tide times, you can go up the ridge first, or vice versa. Parts of this track are across private farm land and may be closed due to lambing.

How to get here

Mangawhai is located on the Twin Coast Discovery Highway just 90 minutes drive from the Auckland CBD (turn off SH1 just north of Te Hana) or 50 minutes south of Whangarei (turn off SH1 at Waipu).

Track Elevation and Map



More information

[Te Araroa Northland trail notes, including information about accommodation, transport and resupplying](#)

[Department of Conservation - Mangawhai Walkway](#)

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