



Oreti Beach Track



Walking

Difficulty

Easy

Length

30.1 km

Journey Time

1 day

Region

[Southland](#)

Sub-Regions

[Invercargill City](#) , [Southland District](#)

Part of Collections

[Te Araroa - New Zealand's Trail](#) , [Te Araroa - South Island](#)

Track maintained by

[Te Araroa Trail Trust](#)

Te Araroa trail section: Walk the length of Oreti Beach, easiest at mid or low tide.

At the eastern end of the bridge on SH99, turn into Jetty Street and onto Leader Street. There is a riverside track here beside a line of pine trees that takes walkers around to the beach. Drop down onto the sand and head south around the estuary mouth and onto Oreti Beach. Take care when the tide is high.

About 4 hours (12km) into the journey, walkers need to ford the mouth of Waimatuku Stream. This crossing can be difficult at high tide but is straightforward at mid to low tide. Plan your approach accordingly.

It is then a further 10km walk along the beach to the Dunns Road exit, which becomes visible at a gap in the dunes. There is a power pole here with a streetlight attached. Follow Dunns Road for 7km towards Invercargill and another 2km once Dunns Road becomes Stead Street, which crosses the estuary towards Tweed Street, and the start of Invercargill's CBD where you'll find accommodation, shops, etc.

The section ends over the road bridge where the Rotary Club's Stead Street Wharf Walkway begins on the right-hand side.

Conditions

Potential hazards

- Vehicles on road or track
- Tides, waves and rivers – safer at low tide
- River crossings – never cross flooded rivers
- Track exposed to sun, wind or cold
- Weather extremes
- Few water sources


How to get here

Northern Start: Junction of SH99 and Bay Road, Riverton



Southern End: Stead Street, Invercargill

Transport




Invercargill - Getting there/away

- [Invercargill Airport](#)  - Flights to all main centres
- Riverton Freight - slack packing for north bounders. If you would like a lighter pack for the walk from Invercargill to Riverton ODF Transport run a truck from Invercargill to Riverton, Monday to Friday, leaving Invercargill each day at 12:30pm. Also The Riverton Freight Van runs from Invercargill to Riverton, Monday to Friday, leaving Invercargill at 10.30am and 3.30pm. Danyon Cleaver, 027 236 9753

Bus options to Dunedin, Te Ānau and Queenstown:

- [InterCity](#)  - P: 03 365 1113
- [Atomic Shuttles](#)  - P: 03 349 0697
- [Catch a Bus South](#) - www.catchabussouth.com - offer transport options from Invercargill to/from Bluff, Queenstown and Dunedin, 7 days per week, with multiple times to/from Bluff each day. We also offer personalized tours of the idyllic Catlins area, which really is our third “Jewel in the Crown” for Southland, along with Stewart Island and Milford Sound. These are on request with booking in advance.

Accommodation

- [Oreti Beach House](#) , Foveaux St, Invercargill (sth end of Oreti Beach) - M: 027 211 7170 - E: beachouse@woosh.co.nz
- Mountaineer Chalet - P: 0272 117 170 - E: mountaineerchalet@gmail.com - Includes: 2br cottage with kitchen, bathroom, laundry
- [Tuatara Lodge](#)  - 30-32 Dee St, Invercargill - P: 0800 488 282 or M: 03 214 0954 - Café onsite and right next door to the Speights Alehouse, a great spot for a post-finish celebration!
- [Southern Comfort Backpackers \(BBH\)](#)  - 30 Thomson St, Invercargill - P: 03 218 3838

There are also many other options in all levels of accommodation available within Invercargill.

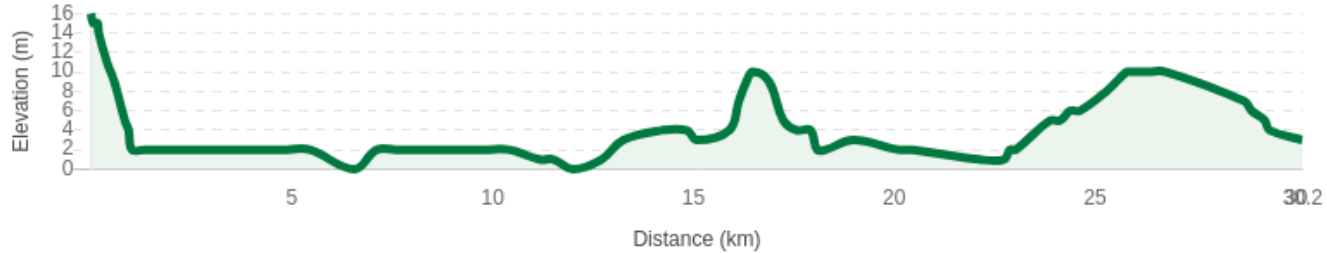
Food And Supply

[Pak N' Save Supermarket](#)  - 95 Tay St, Invercargill - P: 03 214 4864

[New World Supermarket](#)  - 244 Elles Rd, Invercargill - P: 03 218 6811

[Countdown Supermarket](#)  - 172 Tay St, Invercargill - P: 03 218 6716

Track Elevation and Map



More information

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

- [Map 156](#) [↗](#)
- [Map 157](#) [↗](#)
- [Map 158](#) [↗](#)
- [Map 159](#) [↗](#)

Invercargill General information

[Invercargill i-SITE Visitors Centre](#) [↗](#) - Wachner Place, Invercargill - P: 03 211 0895 - E: visit@southlandnz.com

Before starting Te Araroa either as a through-walker of the whole country or a section walker, [please register on Te Araroa website](#) [↗](#). Please also [visit the website](#) [↗](#) or [download the app](#) [↗](#) for detailed maps, trail alerts and other relevant information.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz [↗](#).

We recommend trying these online learning tools:

[Trip Planning](#) [↗](#)

[Tramping/field Skills](#) [↗](#)

[Basic Navigation](#) [↗](#)

[River Safety](#) [↗](#)

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council [YouTube channel](#) [↗](#).



