



**Did you know:**  
 Many places in Te Hiku o te Ika-a-Māui have very significant cultural importance. It is a privilege to visit, please tread lightly and respect local rules and guidelines.

**Did you know:**  
 There is an abundance of kai moana in these northern waters, lets keep it that way. Limit your catch and only take what you need.

**Beach Driving Tips:**  
 Please be sure to check the tides and know before you go when driving on Te Oneroa-a-Tōhē.  
 If in doubt, take a bus tour along the beach instead.  
 Always drive safely, be mindful of other beach users and the sensitive beach environment.

- 12 Point of interest
- Route
- Walking track
- Swimming
- Food
- Cafe
- Shop
- Petrol station
- EV Charging
- Scenic views
- Iconic photo stop!
- Local favourite
- Don't miss
- Sandy beach



↑ Te Rerenga Wairua 95KM  
 ↓ Ahiparapara 14KM

To Whangārei SH1  
 To Kerikeri SH10  
 To Broadwood / Hokianga

# TE HIKU O TE IKA-A-MĀUI

Journey through the Tail of the Fish of Māui



A land of many names; The Far North, Top of the North, Muriwhenua, Te Hiku-o-te Ika-a-Māui is the furthest north you can go in Aotearoa New Zealand. It is also a land of many significant cultural, sacred and spiritual sites

For this reason all visitors must tread lightly and with respect. Then you may fully embrace the amazing and unique experiences on offer in this beautifully raw and real place. It's the Tail with plenty of tales to tell. It's in the salt and the sand, the feelings of space, freedom and endlessness - an underlying spiritual hum.

Leave only footprints, please don't eat at sacred sites and take with you the knowledge of these local placenames:

**Te Oneroa-a-Tōhē / Ninety Mile Beach**  
(the long beach of Tōhē)

**Te Rerenga Wairua / Cape Reinga**  
(leaping place of the spirits)

**Te Hiku o Te Ika-a-Māui / The Far North**  
(The tail of the fish of Māui)

## 1 Te Kohanga / Shipwreck Bay

The southern end of Te Oneroa-a-Tōhē / Ninety Mile Beach lies Shipwreck Bay and the reefs of Tauroa Point. This nook offers world class surfing and sheltered swimming and a simple campground.

## 2 Ahiparapara

The small settlement of Ahiparapara clings to the hills and dunes at the southern end of Te Oneroa-a-Tōhē. Many holiday homes are located here and the fishing, surfing, swimming and walking make for a strong beach community vibe.

## 3 Kaitiāia

The largest town in the Far North has everything you need to stock up, for discovering the more remote areas of the north.

## 4 Te Ahu Visitor Centre

To learn more about local stories, people and places of the north, stop off at Te Ahu museum, cafe and visitor centre. It'll help you understand and appreciate the places you'll visit here even more.

## 5 Awanui

Lying at the junction of State Highways 1 and 10 and at the headwaters of the Rangaunu Harbour, this is a good place to fuel up for your adventures.

## 6 Waipapakauri

This was once a old RNZAF airforce base during WWII and before that a Kauri swamp. Today it features a great local pub.

## 7 Te Oneroa-a-Tōhē / Ninety Mile Beach

A special and iconic place, both used and treasured by many. The beach is of extreme importance to local people and needs to be respected at all times. Many cars have been claimed by the sea, so be sure to check the tides before venturing onto and along the beach. And if you want to know the exact length of the beach - it's 55 miles or 88km long.

## 8 Kaimaumau

A lovely little spot located on the hidden Rangaunu Harbour offering beach and harbour access with stunning white sands.

## 9 Pukenui (Houhora)

Nestled beside the beautiful Houhora Harbour, known for its fishing, boating, swimming and camping, Pukenui is a great destination in its own right. There are well stocked shops for far north travel essentials, like ice cream, sunscreen, bait, ice or insect repellent. Also check out the legendary pies and ice creams (did we mention ice creams already!)

## 10 Houhora Harbour / Wharf

Amazing experiences can be had by spending time at the Houhora Wharf. There's always something going on, it's like a natural aquarium, you never know what might swim by.

## 11 Henderson Beach

Paradise found - again! Another amazing beach offering white sands, offshore islands, lagoons, snorkeling, swimming and surfing.

## 12 Rarawa Beach

A beautiful white sandy beach with a little stream making for a great swimming, kayaking, surfing, bird watching, fishing and picnicking destination. Also home to one of the five DOC campsites in the Far North.

## 13 Te Kao

A little community on the headwaters of the Paerengarenga Harbour with a great local shop and iconic Rātana Church (get your camera ready!).

## 14 Wakatehāua Island / The Bluff

A rocky outcrop on a seemingly endless beach, The Bluff is a great spot to check out the wildlife and beachcomb the flotsam and jetsam along the beach.

## 15 Waitiki Landing

You'll surely need some kai / food now, and you can find it here at Waitiki Landing, along with other essential supplies like gas, bait, fuel, ice.

## 16 Te Hāpua

Time seems to slow down in Te Hāpua lying on the Paerengarenga Harbour which sometimes feels more like a Pacific atoll than NZ. Check out the wharf, Rātana church, and the beautiful Paerengarenga Harbour.

## 17 Kapowairua

Kapowairua means 'catch my spirit' and its hard not to be moved by the beauty of the beach, the island, the over looking hill - Maungapiko, at Spirits Bay. Here you'll find great swimming, DOC camping and beach walks.

## 18 Te Paki Stream and sand dunes

These giant sand dunes will blow your mind and will have you thinking you are in the Sahara Desert. But you won't find any camels here, hire sandboards on site and get sliding instead. The Te Paki Stream winds from the dunes to the magical Te Oneroa-a-Tōhē / Ninety Mile Beach, and is an important migration route for eels. Please respect the stream, dunes, beach environment and Kaitiaki (guardians of the area).

## 19 Tapotupotu

You are in for a treat winding down into Tapotupotu Bay, this cute horseshoe beach contrasts with many vast open coastal spaces in the far north.

## 20 Te Rerenga Wairua

The leaping place of the spirits is a departing place and also a meeting place of great oceans. You can't help but feel something incredibly special here. This is a sacred site so please avoid eating food here, and instead spend your time taking it all in.

## Must Dos

### Kaitiāia Time

Enjoy a more relaxed pace of life of the Far North, in some places here time seems to stand still, in other places it runs smoothly on 'Kaitiāia Time'.

### Learn something new

There are many stories to learn here, many significant cultural sites and many places to relax. The most important thing is to ensure you have enough time to relax and enjoy this special part of the world.

### Plan ahead

The campgrounds can get full, the fuel may run dry, shops maybe shut, the tide too high. Always be prepared and plan ahead on your Far North adventure to make sure you are not caught short.

### Respect, relax and let yourself go with the flow

You know you've been having Far North fun when there is sand in your hair, in your bed and in your sandwich!

