



### How to get there

#### Parangarahu Lakes Area

▲ **Burdans Gate:** Via Pencarrow Coast Road, end of Muritai Road. No private vehicle access past Burdans Gate

#### Baring Head

▲ **Coast Road:** 20 minutes south of Wainuiomata



Pencarrow Lighthouse, East Harbour Regional Park.  
Photo credit – Anne Tate

East Harbour Regional Park is made up of three separate blocks:

1. The Northern Forest, spanning hills from Eastbourne to Wainuiomata the forest has towering Northern Rātā teeming with wildlife.
2. Baring Head/Ōrua-pouanui is accessed from Wainuiomata. It offers rugged and remote landscapes with a lighthouse and sweeping views of the Cook Strait.
3. Parangarahu Lakes, south of Eastbourne is popular for biking and walking. Discover two lighthouses and two stunning lakes.



# EAST HARBOUR REGIONAL PARK



Community groups are involved in protection, restoration and enhancement of the park. See [www.gw.govt.nz/parks/](http://www.gw.govt.nz/parks/) for contact details.

MIRO (Mainland Island Restoration Operation)

Pest animal control, planting and banded dotterel monitoring.

[www.miro.org.nz](http://www.miro.org.nz)

[info@miro.org.nz](mailto:info@miro.org.nz)

Friends of Baring head

[www.baringhead.org.nz](http://www.baringhead.org.nz)

[info@baringhead.org.nz](mailto:info@baringhead.org.nz)

Cover image: Northern Forest, East Harbour Regional Park

For more information, contact the Greater Wellington Parks department:  
[parks@gw.govt.nz](mailto:parks@gw.govt.nz)

Greater Wellington contact centre:  
0800 496 734

**Metlink**  
(for public transport timetables and fares)  
0800 801 700  
[www.metlink.org.nz](http://www.metlink.org.nz)

**Walking or cycling to the park?**  
Check out  
[www.gw.govt.nz/cycling/](http://www.gw.govt.nz/cycling/)  
for the most direct route.



- ① Northern Forest
- ② Baring Head/Ōrua-pouanui
- ③ Parangarahu Lakes

## ① Northern Forest

Track	Distance (km)	Time (walk)	Description	Grade (Easy, Intermediate, Moderate, Hard)
Lowry Bay Loop	5	1hr 40min	A well graded track leads up through native bush to the lookout with views over the Hutt Valley and harbour.	E   
Trig Loop	4.8	1hr 30min	Sheltered by native bush, walk up to Rātā Ridge on the Lees Grove Track. Some sections are steep. Return via Fern Gully for a more gentle descent. Enjoy the short return trip via Lowry Trig, the highest point in the Northern Forest and the lookout which provides harbour glimpses.	M   
Days Bay Loop	3.5	1hr 45min	Starting at Williams Park the gentle entrance quickly becomes a steep but rewarding climb to the ridge. The descent on the Korimako Track is easier. Turn onto the Circular Walk Track to return to your starting point and an ice cream at the café.	M   
Eastbourne Loop	2.5	1hr 30min	From Muritai Park follow the Kāeaea Track to get great harbour views as you ascend to the lookout. Descend via the Mackenzie track to Eastbourne Village for lunch and return 0.8km along the road to your starting point.	M   
Butterfly Creek Loop	7.4	2 hrs 30min	Start at the Bus Barn/Korohiwa entrance as there is ample parking. The climb up to and along the ridge is almost step free. Then head right and descend into the bush clad valley. Follow the signs right to the Butterfly Creek Picnic area. Return via the Kowhai Track (lots of steps) with great views of the harbour. A 1.8km walk along the road returns you to your starting place.	M   
The Traverse	13	5hrs	A strenuous tramp from Wainuiomata Hill via Lowry Lookout and Hawtrey Trig on a mix of track grades.	H   
Rātā Ridge	6	2hrs	Ride or walk up to Lowry Trig through mature beach forest before descending to the Zigzag or Rātā Ridge exit at Stanley Street.	H   
Kaitawa Loop	6	2hrs 15min	The Kaitawa Track is a narrow steep tramping track that ascends to the ridge through mature bush. Return via the Ferry Road track with some great harbour views. A 2.8km return on the harbour side road.	H   





2 Baring Head/Ōrua-pouanui

Tracks

Track	Distance (km)	Time (walk)	Description	Grade (Easy, Intermediate, Moderate, Hard)		
Oxbow Loop	2.2	35min	A short flat walk in the river valley.	E		
Raukawa View Loop	2.3	50min	A short walk climbing the river escarpment to be rewarded by views across Cook Strait/Raukawa. A mix of gravel road and track.	M		
River to Sea	3.7	1hr one way	Meander down the river valley to the Wainuiomata Beach and onto the climbing rocks.	E		
Fitzroy Bay Beach via Road	1.7	25min one way	Follow the gravel road up to views across Cook Strait/Raukawa before descending to the rugged beach.	M		
Lighthouse via Road	3.2	50min one way	Follow the gravel road up to views across Cook Strait/Raukawa and traverse the marine terraces before reaching the lighthouse complex and Story Hub	M		
Grand Loop	7	3hrs	Take in the river valley, lighthouse complex and the Story Hub. You will see outstanding views and WWII bunkers.	H		



3 Parangarahu Lakes Area

Tracks

Track	Distance (km)	Time (walk)	Description	Grade (Easy, Intermediate, Moderate, Hard)		
Burdans Gate to Lower Lighthouse	6.7 one way	3-4hrs return	Follow the coast on a wide flat gravel road to the lighthouse at the exposed harbour entrance. **	E		
Lighthouse Loop	3.6	1hr	Head up a narrow escarpment track to join the wider track to the historic lighthouse and rewarding views.	M		
Lighthouse Bike	3.4	30min (cycling)	Cycle past the Lower Pencarrow Lighthouse turn left onto the shores of Lake Kohangapiripiri, head up to the historic lighthouse with views of Raukawa/Cook Strait and Wellington Harbour.	I		
Cameron Ridge Loop	4.2	1hr 15min	Ascend the grassy track to the ridge between the two lakes for views over the lakes, wetlands and beyond the lighthouse back to Wellington.	M		
Valley View Loop/ Kohangatera	4.4	1hr 50min	Skirt the shores of Lake Kohangatera and Gollans Wetland to the edge of the remnant forest. Return via the ridge with stunning views.	M		



Key for maps

	Bus stop		Mixed forest
	Parking		Broadleaf forest
	Toilets		Scrub
	Mapboard		Wetlands
	Swimming		Grasslands
	Picnic		
	Fishing	<b>Other features</b>	
	Walking		Minor park track
	Tramping		Entrance
	Route		High point
	Mountain biking easy		Lighthouse
	Mountain biking Intermediate		Building
	Mountain biking advanced		World War II lookout
	Horse riding		Bridge or boardwalk
	Rock climbing		Locked gate
	Wildlife		Gravel road
	Viewing point		
	Story hub		
	No swimming		

- No dogs** south of the Lower Pencarrow Lighthouse or in the lakes AT ALL TIMES.
- \*\* No dogs** south of Burdans Gate between 1 August and 30 October for lambing.
- \*\* Dogs on lead** south of Burdans gate as far as the lower lighthouse between 31 October and 31 July.
- No camping.**
- No swimming** in the lakes.

Taranaki Whānui ki Te Upoko o Te Ika (Taranaki Whānui) are working in partnership with Greater Wellington to co-manage the Parangarahu Lakes area. As part of that partnership, they work together to achieve the vision of kōhanga ora, or nests nurturing life and well being. This means the lakes are prioritised as the important cultural, ecological and historical sites that they are. Outcomes of this include “Tuna Heke”: the restoration of tuna (eels) and native fishery of the Lakes; and Manu Korihi: ensuring the forests and wetland-lake ecosystems are flourishing.

- Stay safe**
- The weather can be changeable and extreme on the southern coast, so please:
- Check the weather forecast before your trip.
  - Carry warm, waterproof clothing, and enough food and drink.
  - Don't forget to take sun protection.
  - Plan your route and tell someone your intentions.
  - Watch for vehicles on Pencarrow Coast Road and in Baring Head.
- Note**
- Many parts of the park do not have cell phone coverage.
  - Avoid streams during heavy rain.
  - NZTopo50 BQ32 map offers more detail of the area.

- Take your rubbish home and recycle it where possible.
- Do not remove, disturb or damage native plants, animals or rocks.
- Light no fires.
- No quad or trail bikes.