

How to get there

Long Bay Regional Park is a 25km or 30 minute drive from downtown Auckland. Take SH1 north and take exit 410 at Oteha Valley Road. Turn right and follow Oteha Valley Road to the lights. Turn left and then take a right turn onto Glenvar Road, following it through the new Long Bay development and to the new entrance for the park.

Alternatively, there is another entrance to the park off Beach Road. Follow the signs through Torbay to Long Bay.

Long Bay – Okura Marine Reserve

Administered by the Department of Conservation. Call the hotline number 0800 DOC HOT (0800 362 468) for information or to speak to a DOC Ranger.

Please take your rubbish home

Your parks provide open space, fresh air, a home for native plants and animals, clean water, beauty and inspiration. Help keep them this way.

- No bins
- No rubbish
- Better parks
- 

Dogs

All park areas:



Prohibited at all times. Bird breeding season is from 1 October to 31 March. Signs will be in place during bird breeding season. This includes grass and picnic areas.

Parking areas:



Prohibited at all times. This includes overnight parking and SCC parking areas. This includes dogs inside vehicles.

North of Vaughan Stream and east Piripiri Park:



Prohibited at all times. This includes the beach and walking tracks.

Southern car park:



On-leash at all times. This is the car park located east of the southern entrance.

Southern beach areas:



Summer Off-leash (5pm-10am) **Winter Off-leash at all times.**

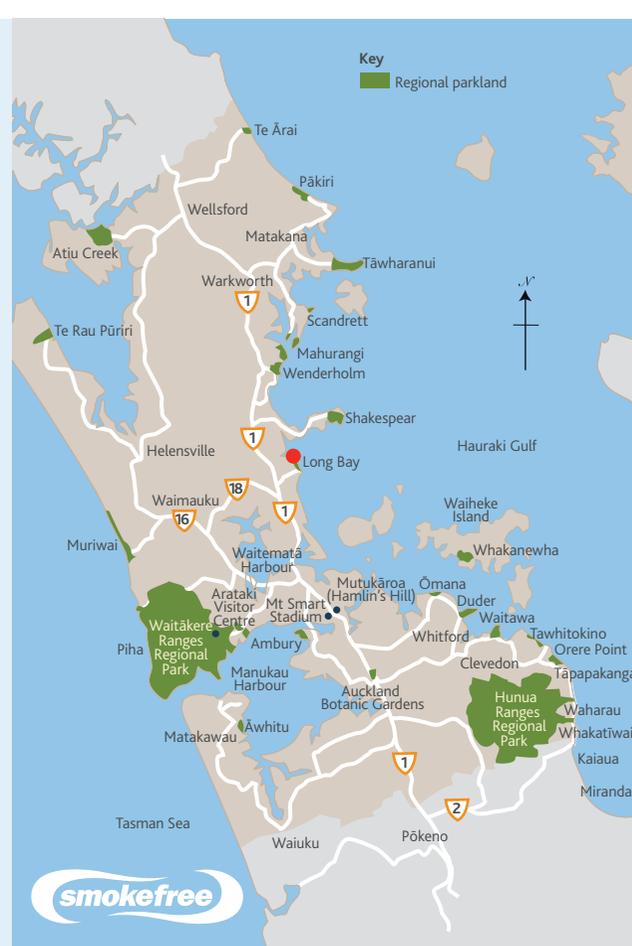


On-leash (10am-5pm)

West Piripiri



On-leash at all times.



Auckland Council manages 27 regional parks

For more information on any of these parks: phone 09 301 0101 or visit aucklandcouncil.govt.nz

When on the park you can use the phone at the information board in the main car park.

Protect **kauri** for future generations



SCRUB all soil off your footwear and gear every time you enter or leave an area with kauri.



SPRAY with disinfectant after you have removed all soil.



STAY on track and off kauri roots.

Long Bay Regional Park



20-PRO-0811



Long Bay Regional Park

Long Bay Regional Park occupies 160 hectares of coastal land and is a favourite for many Aucklanders, attracting well over one million visitors a year. It provides a backdrop to the great stretch of beach that gives the park its name. Safe swimming, a wealth of shady picnic spots, plenty of open space for games and an all abilities playground make this a great place for all the family to enjoy.

The sweeping beach adjoins a marine reserve while the park itself also has stands of native bush and the historic Vaughan Homestead. From the park you can explore the coast as far north as Okura.

Plants, animals and birds

While the park's open space and the beach are its major attractions, Long Bay is a beautiful setting with interesting natural features.

The coastal edge is scattered with pōhutukawa trees which provide most of the shade for picnickers. These iconic trees are also on display during Christmas time when they are covered in bright red flowers.

Riparian (stream edges) and wetland areas are being restored to create ecological links between Granny's Bay and Vaughan Stream. Wetland health is the goal – especially with urban development so close.

Pest control is also taking place to protect native bird species. Keep an eye and an ear out for tui and kererū.

The marine reserve includes rock pools which can be seen at low tide. All sea life is protected here so please do not take or damage any marine life. The waters of the reserve are often visited by dolphins.

Long Bay is also home to some of the last remaining sand dunes on Auckland's North Shore. Healthy sand dunes not only add to the natural character of the coast but also provide a home for rare plants, birds and animals and protect the picnic area we all enjoy.

History

Māori occupants of Long Bay gave it the name Oneroa, meaning long expanse of sand. Ngāti Kahu was the main tribal group to live here until European settlement began in the 1850s.

The Vaughan family bought 600 hectares at Long Bay in 1862 and farmed sheep on the property during the next 100 years. George Vaughan built the Vaughan Homestead as a farm cottage in 1863. It was extended and altered over the years but the Torbay Historical Society has restored it to its present form.

The Vaughan family ran the current picnic areas as a camping ground until they sold the park to the Auckland Regional Authority in 1965.

Among the park's interesting historic sites is a World War II gun emplacement north of the beach. This was part of a defence network to protect the Waitemata harbour from Japanese invasion.

Volunteering

We would love to have your help with work in regional parks. Age and physical ability are no barrier as there are tasks and projects to suit all individuals and groups.

For more information on volunteering:
phone 09 301 0101 or visit aucklandcouncil.govt.nz

Park facilities

Favourite picnic spots

Find your own favourite spot and picnic with friends and family any time at Long Bay Regional Park. Feel free to use the barbecues provided or bring your own gas barbecue.

Drinking water is available throughout the park.

Bookable picnic sites

If you're having a family reunion, social club, Christmas or birthday event, Long Bay Regional Park is an ideal outdoor venue. The park has six picnic sites that organized and large groups (up to 500 people) can book.

All sites have something different to offer, with each site varying in size and the amenities provided.

Campgrounds

There is no campground at Long Bay Regional Park.

Staying overnight in selected parking areas

Campervans, vehicle units and caravans with a Self-Containment Certificate (SCC) can stay overnight in approved SCC parking areas. Conditions apply.

Variety – The Children's Charity Playground

One of Auckland's premier all abilities playgrounds caters for all children, including those in wheelchairs, on the park.

A flying fox, swings and musical instruments are just some of what to expect.

Vaughan Homestead

For more information or bookings email :
tb.historicsociety@gmail.com

For more information on park facilities, conditions and restrictions and to make a booking phone 09 301 0101, from the park use the contact phone at the ranger station following the on-site instructions, or visit aucklandcouncil.govt.nz

Feature tracks and trails

Note: colours correspond to painted marker posts on each track.

Coastal Track    
3 hours return, 6km

The track starts just north of the northern-most car parks, leading off the service road. The track leads you through the wetland before heading up through coastal bush. Continue along the track towards Granny's Bay, taking in the panoramic views of the Hauraki Gulf from the cliff tops on the way. Follow the track past Pōhutukawa Bay to the Okura River. Nude bathers have been known to use Pōhutukawa Bay however it is not a designated nudist beach. You can return along the coastline at low tide but be aware of rock falls and slippery rocks.

Nature Trail  
30 minutes return, 0.8km

Start below the Vaughan Homestead and follow the yellow markers on this loop trail, which takes you away from the beach through wetland and native forest.

100 Acre Track   
50 minutes, 1.6km

This mown loop track takes you up behind Granny's Bay, through native re-vegetation and offering stunning scenes of the Hauraki Gulf. Start from either the cliff top before Granny's Bay or from Granny's Bay itself.

Te Araroa – New Zealand's Trail

Te Araroa – New Zealand's Trail is a 3000km trail that links tramping and walking tracks from Cape Reinga in the north to Bluff in the south. It connects with Whangaparaoa and the East Coast Bays at Long Bay. For more information visit teararoa.org.nz

Other tracks

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

Outdoor safety code

1. Plan your trip
2. Tell someone
3. Be aware of the weather
4. Know your limits
5. Take sufficient supplies

Ranger recommendations

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



Key

	Barbecue electric		Cliffs
	Beach shower		Streams
	Bus parking		Roads
	Changing room		Footbridge
	Disabled access		Bookable activity site
	Falling rocks		Parkland
	Historic site		Bush
	Information		Wetland
	Information office / Ranger station		Sand
	Kayaking		Non parkland
	Marine reserve		
	Mountain biking		
	Mountain buggy		
	Parking		
	Phone to contact ranger		
	Picnic information		
	Playground		
	Pillbox		
	Self-containment Certificate (SCC) carpark		
	Swimming		
	Toilets		
	Walking		
	No dogs		
	No fishing		
	No shellfish gathering		
	No vehicle access		

If you have two hours...

Swimming and picnicking are the most popular pastimes at Long Bay and there are plenty of great spots for both. The all abilities playground is a favourite for kids.

If you have half a day...

Take the chance to get away from the crowd and enjoy some of the quieter parts of the park, the Nature Trail or the short return trip to Granny's Bay along the Coastal Track are recommended.

If you have a full day...

Enjoy the main part of the park at your leisure. Have a barbecue or take your time strolling along the Coastal Track and find your own special picnic spot at one of the northern beaches, or stunning view points. Try sea-kayaking or snorkeling and explore Auckland's most accessible marine reserve.