

## the best day-walks in **NIFTY NORTHLAND**

### HIGHLIGHTS

- The unique and seldom-visited features of NZ's largest harbour (Kaipara)
- Forest giants in the most magnificent kauri precincts in the country (Waipoua)
- Sand dunes akin to the Sahara Desert (Hokianga, Te Paki)
- The cradle of our history in the Bay of Islands: birthplace of the nation
- Stunning scenery along Northland's pristine eastern coastline
- The incredible volcanic outcrops of Whangaroa and Whangarei Heads

DATES		28 Jan – 3 Feb 2024 / February 2028	
DATE REGISTRATIONS CLOSE		28 November 2023 / November 2027	
STARTING POINT		Whangarei	8.00 a.m.
FINISHING POINT		Whangarei	8.00 p.m.
COST (2024 only)		6+ participants \$1250, 5 - \$1350, 4 - \$1450	
DAY	POSSIBLE WALKS	OVERNIGHT	
<p>Walks that are highly recommended are printed in <b>red</b>.                      All times given are for a return (out and back) walk, a loop walk, or a linear walk with transport to/from each end.</p>			
Day 1	<p><b>Meet and greet. Initial briefing.</b>  <b>Kauri Country/Hokianga</b>  <i>Walks selected from:</i>  <b>Tokatoka Peak Lookout (40m)</b>                      Maungaraho Rock (Base track 30m, Summit 45m)                      Waipoua Lookout Track (10m or 2h30m), Trounson Kauri Park (45m), <b>Te Matua Ngahere (45m)</b>, <b>Tane Mahuta (15m)</b>, Four Sisters Track (20m), Yakas Kauri (1h15m).</p>	Opononi	
Day 2	<p><b>Around Hokianga</b>  <i>Longer Option:</i>  <b>Waimamaku Coastal Track (3-4h).</b>  <i>Shorter Options:</i>  <b>Hokianga South Head Signal Station</b> (Arai Te Uru, 30m), Wairere Boulders (40m-2h), Koutu Boulders (5m), Waiotemarama Waterfall Loop (2h30m), Hokianga North Head Rangī Point Dunes (2-3h – water taxi own expense).</p>	Kaitaia	
Day 3	<p><b>Te Paki Coastal Park</b>                      Travel to Cape Reinga (95km,1h15m)  <i>Longer Options:</i>  <b>Te Paki Coastal Track</b> (2h30m from the lighthouse to Te Werahi Gate, or reverse, but may add 90m side trip to Cape Maria Van Dieman, subject to tides), Cape Reinga Road to Kapowairua (4h).  <i>Shorter Options:</i>  <b>Cape Reinga to Tapotupoto (1h30m-2h)</b>, Sandfly Bay (1.5h), Tapotupoto to Kapowairua (3h), Te Werahi Gate to Te Werahi Beach (2h), Lighthouse-Te Werahi Beach (2h), <b>Cape Reinga Lighthouse (20m)</b>, Bartlett's Rata Grove (1h), Te Paki Sand Hills (1h).</p>	Pukenui	

<p><b>Day 4</b></p>	<p style="text-align: center;"><b>Wonderful Whangaroa</b>  <i>Longer Option:</i>  <b>Wairakau Stream to Lane Cove (4h)</b>  (extra 1h30m needed to climb Duke's Nose Rock)  <i>Shorter Options:</i>  Taumarumaru Scenic Reserve (Coopers Beach) (1h),  <b>St Paul's Rock (1h)</b>, Mahinepua Peninsula (2h).</p>	<p>Whangaroa</p>
<p><b>Day 5</b></p>	<p style="text-align: center;"><b>Bay of Islands</b>  <i>Walks selected from:</i>  <b>Rangihoua Heritage Park (Marsden Cross) (1-2h)</b>  Kerikeri River Walk (1h30m)  Ake Ake Point (40m)  Paihia Lookout (1h)  Hongi Hika Walk to Kororipo Pa (30m)  Opua to Paihia Coastal Walkway (2h30m)  Waitangi River Mangrove Walk/Haururu Falls (1h30m)  Urupukapuka Island (various – ferry own expense)  Flagstaff Hill, Russell (45m)</p>	<p>Russell</p>
<p><b>Day 6</b></p>	<p style="text-align: center;"><b>Mimiwhangata/Whananaki/Tutukaka</b>  <i>Walks selected from:</i>  <b>Whangamumu Whaling Station (2h)</b>  Tohumoana Lookout Track (1h45m), Peninsula Loop (2h), Puriri Track (2h).  Motutara Recreation Reserve (1h30m)  <b>Whananaki Coastal Walkway (2h15m or 3h30m including detours)</b>  Whale Bay to Matapouri Bay Loop Walk (30m-1h30m)  Whale Bay (30m)/Tutukaka Head (1h)</p>	<p>Whangarei</p>
<p><b>Day 7</b></p>	<p style="text-align: center;"><b>Bream Head Scenic Reserve</b>  <i>Longer Options:</i>  <b>Te Whara Track (5h</b>, add 1h for side trip to Peach Cove), Ocean Beach Road-Peach Cove-Urquharts Bay (4h).  <i>Shorter Options:</i>  <b>Bream Head from Ocean Beach (2h)</b>, Mount Manaia (2-3h),  <b>Smuggler's Cove Loop Track (1h30m)</b>, Peach Cove Track (3h),  Mount Aubrey (2h), Motukiore Island (2h), Paraua Inlet (2h).   Optional evening walk to Whangarei Falls (30m)  and A.H. Reed Memorial Kauri Park (40m)   <b>Travel to Whangarei. Farewell Dinner. Trip concludes.</b></p>	



***Booking conditions, registration form, waiver form are below...***

# ***Footsteps Walking and Travel Club of Aotearoa/New Zealand***

## ***Booking Conditions for excursions within New Zealand***

1. Participants agree to all terms and conditions by signing the Registration Form.
2. Phillip Donnell and *Footsteps Walking and Travel Club* are not responsible or liable for any injury, damage, loss, accident, delay or irregularity which may arise from weather, defect in any vehicle, vessel or aircraft, or through the acts or default of any person or company engaged in carrying out any of the arrangements of the trip. Everyone participates entirely at their own risk. The separate waiver form must be completed.
3. We reserve the right to cancel the trip if minimum numbers don't eventuate. In such an event, all monies paid will be refunded. The minimum number for any given trip is four participants.
4. *Footsteps* reserves the right to make any modifications to the trip that may be necessary. The walks undertaken each day are determined by group consensus, but as far as possible we endeavour to meet your personal preferences.
5. Registrations are accepted in good faith on a first comer's basis on receipt of the Registration Form. A deposit of \$250 per person is paid at the time of registration. The balance is paid *one month* prior to the trip's commencement date.
6. Our preferred method of payment is internet banking to Footsteps, Kiwibank 38-9002-0435674-03. Please write your surname and the name of the trip (=geographical area) in the reference box.
7. The final decision on whether a trip will proceed is made *two months* prior to its projected commencement date, or *earlier if the minimum number is met*. If booking transport/flights to and from the trip, it is recommended that you wait until after the trip is confirmed to proceed, or have travel insurance cover, or are able to change flight bookings to another timeframe. All participants will be informed *immediately* if a trip becomes viable *ahead of time*.
8. Cancellations. If you need to cancel your registration for any reason, you must advise *Footsteps* in writing as soon as possible. An email is acceptable, a phone call alone is not.  
IN THE EVENT OF A TRIP BEING CANCELLED BECAUSE OF THE COVID-19 PANDEMIC RESTRICTIONS, YOU WILL RECEIVE A FULL REFUND OF ALL MONIES PAID. IF THE TRIP HAS TO BE ABANDONED WHILE IT IS IN PROGRESS, YOU WILL RECEIVE A PARTIAL REFUND, DETERMINED BY WHAT COSTS ARE RECOVERABLE.  
It will be appreciated that any trip requires bookings to be made on behalf of each participant, and the closer we get to a trip's commencement, the more difficult it becomes to alter these and thereby recover costs, usually because the availability of alternatives shrinks, or because of the policies imposed by our suppliers. That is why we need a buffer, but we endeavour to keep cancellation fees to a bare minimum. Under "normal" conditions, cancellations up to 60 days prior incur a \$50 cancellation fee. For 59-30 days prior, \$100 is deducted. For 29-15 days prior, \$150 is deducted. After 14 days prior, you lose your deposit of \$250. However, every case is determined on its merits and these fees may be modified or waived. If you find a suitable replacement person, the cancellation fees will be waived.
9. Personal travel insurance is recommended, including Covid cover.
10. You will adhere to the Footsteps Covid Policy.

***Registration and waiver forms are below...***



Owharoa Falls, Karangahake Gorge, Bay of Plenty

***Footsteps Walking and Travel Club of Aotearoa/New Zealand  
Trip Registration Form (for excursions within New Zealand)***

Complete and send this (and the Waiver form) to our postal address (see base of page) or scan and email.

The deposit required is \$250 per person. Our preferred payment method is internet banking into  
Kiwibank

38-9002-0435674-03 (with covering email please, or your surname/name of trip in reference column).

Trip(s) for which you are registering:

Trip Dates:

Your full name(s) and please underline or highlight your preferred first name(s)

Postal address

Day phone

Night phone

Mobile

Email

Date(s) of birth

Are you comfortable in close contact with like-minded travellers with all the give and take needed for harmony? Please extend your answers overleaf or on separate paper, or by email.

Specify any dietary requirements, allergies or medical conditions

Contact person in NZ for any emergencies : name, address, contact phone numbers, email and the relationship to you. In the event of any emergency, this is the sole person you are authorizing us to liaise with

I/We have read the trip information and booking conditions. I / We enclose the deposit of \$250pp. I / We agree to pay the remainder of trip costs by the due date (one month before the trip commences).

Signed and dated by each person registering

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Send to : Footsteps Walking and Travel Club, 3/B Te Arawa Place, Welcome Bay, Tauranga 3112.  
Email: [footstepsanz@gmail.com](mailto:footstepsanz@gmail.com)

**FOOTSTEPS WALKING and TRAVEL CLUB OF AOTEAROA / NEW ZEALAND**

**RELEASE AND WAIVER OF LIABILITY FORM**

**PROVIDER:** Footsteps Walking and Travel Club (Phillip John Donnell)(“Footsteps”)

**PARTICIPANT:**

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(“the Participant”)

I, the Participant, release and forever discharge and hold harmless Footsteps from all and any liability, claims, demands and damages, of whatsoever kind or nature, whether foreseeable or otherwise, either at law or in equity, which arise or may arise from the services and activities provided and arranged by Footsteps.

I understand and acknowledge that this Release and Waiver discharges Footsteps from any liability or claim that I may have against Footsteps in respect of personal injury, illness, medical treatment, death, property loss or damage, and otherwise howsoever, resulting from the services and activities provided and arranged by Footsteps. I hereby waive all such rights and remedies.

I accept that I participate in the services and activities entirely at my own risk.

I acknowledge and accept that this Release and Waiver:

- (a) Extends to and covers all contractors, agents, volunteers and employees of Footsteps; and
- (b) Binds the executors, administrators, successors, attorneys and assigns of both parties.

Signed by the Participant:

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Date:

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FOOTSTEPS WALKING AND TRAVEL CLUB  
OF AOTEAROA NEW ZEALAND

## COVID POLICY AND SAFETY MEASURES

Footsteps would like to thank you for joining one of our excursions to share and experience some incredible destinations with us – you're in for a treat! We trust you are ready to disconnect in order to reconnect with nature, landscape, wellness and likeminded travellers.

With the 2023-24 Season upon us, we thank you for your ongoing support post the COVID-19 pandemic. As a touring enterprise we continue to navigate ongoing uncertainty related to travel. Regardless, the safety of our guests and staff is a priority.

In recent times there has however been significant relaxation of the rules around travel associated with COVID-19. In that context, we have updated our COVID-19 policy and associated safety measures in line with official advice.

Footsteps has appropriate safety measures in place to help manage and mitigate COVID-19 risks on all trips operated by us. We have robust procedures and protocols in place for your wellbeing.

We would like to acquaint you in more detail with the Footsteps Covid policy, which in turn reflects that of most tour companies. **These are our expectations, which are now a condition of your booking a trip and travelling with us:**

1. You will ensure that Covid cover is part of your travel insurance policy. It is essential that you do this in order that that any unexpected circumstances, including risks of needing to cancel tour participation due to COVID or illness, can be reimbursed by your insurance company.
2. No guest should present for a tour if they are unwell, or have symptoms that may impact their ability to complete the walks/activities safely, having regard to their own interests and those of fellow guests and guides.
  - If you are older, not up-to-date with vaccinations, or at high risk for other reasons, talk to your GP, community pharmacy or local healthcare provider to find out more.
  - Since airlines no longer require pre-flight testing, you should take a RAT test within 48 hours prior to coming on the trip. If positive, you should not embark on the trip in terms of contact with the rest of the group. You can fly to your destination if you wish, but not participate with the group until you are clear.
  - If upon pick up at our meeting location on day one you are displaying any symptoms, our guides may make a determination as to whether you are fit and healthy, and appropriately equipped, to attend the tour.
3. You should wear a mask in all crowded spaces, such as airports, planes, buses, shopping centres, restaurants, transport hubs. It is strongly recommended that you also wear a mask when with the group.
4. As an added safety precaution, Footsteps asks that all guests ensure prior to trip departure that they have an adequate supply of face masks, hand sanitiser and an approved rapid antigen COVID-19 test kit.
  - Since RAT tests are not supplied, you need to bring them with you on the trip, and test yourself every 3-4 days, as well as at the first sign of feeling unwell. If you have any suspicion of having

Covid, you should do a test. You must also take a RAT test if asked to do so by the trip leader or tour agency.

- You are most infectious (or contagious) in the first 5 days *after* your symptoms start. You can also spread COVID-19 in the 48 hours *before* your symptoms start. If you never have symptoms, consider yourself most infectious in the 5 days after you test positive.
5. Guides may choose to evacuate a guest off the tour if they have concerns about the ability of that guest to complete the walks/activities safely, having regard to their own interests and those of fellow guests and guides.
- If you contract Covid during a trip, it is anticipated that you will immediately isolate (at your own expense) until such time as you test negative. This may involve moving to another part of an accommodation facility, moving to a different accommodation facility, or returning home early. Isolation is necessary to protect others (from the risk of infection) and also yourself. Rest is vital - too much activity while having Covid or while taking anti-virals, can worsen the condition.
  - New Zealand Government advice is as follows:  
If you test COVID-19 positive, self-isolate for 7 days with no further tests.  
If you are a close contact of a positive case: Testing negative at day 3 and day 7 means that you can then you can leave self-isolation.  
If you are a close contact who then tests positive your 7 days self-isolation restarts.  
If you still have symptoms on day 7, isolate until 24 hours after you no longer have symptoms.
  - In the event of the need to evacuate a guest from a tour, arranging accommodation, treatment, medication, and meals are primarily your responsibility, as are any additional costs associated with the evacuation. However, our team will reasonably assist in organising these things (after having regard among other things to the interests of fellow travellers and guides).
  - On longer trips, you may re-join the group when your isolation period is over (at least 5 days after showing symptoms). No refund of trip fees is possible in these circumstances.

We cannot guarantee that nobody will contract Covid on any of our trips. That possibility is now a fact of life. However, the above measures are designed to prevent this from happening, and to ensure that everyone knows what to do in the event of it happening.

**Thanks for your understanding and anticipated precautions.**