

Welcome to Whangarei

Athletics Whangarei is proud to have the 51st NZSSCC championships in our city, we hope you enjoy your stay here and visit some of our attractions listed below.

How to find and park at the event venue

To get to Barge Park from the South or North, just follow the Hospital signs on Maunu Rd and it's about 3.6kms past the Hospital. If you are coming from the West, you will pass it on your left.

The course is fair but challenging, flat but with some sharp climbs.

Onsite Parking is limited to Mini Buses where approximately 22 parks are available, wardens will be on hand to ensure **only pass holders** can park although at the Pompallier Catholic College on the left, they will have parking for all other vehicles at \$5.00 per day.

There is no roadside parking close to the event.

More information of parking passes will be on this web site soon.



RUN — EXPLORE — REFUEL

NZ Secondary Schools Cross Country Whangarei Activities Family Guide June 2025

Between race heats, swap spikes for sneakers and discover why locals call this the “winterless North.” June highs hover around 16 °C, perfect for gentle recovery jogs, glow-worm magic and hot-chocolate sunsets on the harbour. Use the clusters below to craft half-day adventures that keep legs loose and spirits high.

Whangārei Falls – nature’s ice-bath

A 26-metre plume thunders into a fern-framed gorge only 10 minutes from the city centre. The sealed loop track (20 min) doubles as a cool-down walk; keener athletes can link onto the Hātea River trail for an extra 5 km of flat jogging. Picnic tables above the spray are a perfect spot for team photos – bring hoodies, the mist feels gloriously chilly after a race. [Whangarei District Council](#)

Hātea Loop / Town Basin – 4.2 km of art, carbs & smiles

Circle the marina on a wide boardwalk past the Canopy Bridge, Waka ‘n’ Wave sculpture, playground and ice-cream kiosks. QR codes on the Sculpture Trail turn recovery strolls into a quiz for younger siblings, while teens can clock Strava segments on the gently undulating wooden deck. Finish at the Hundertwasser-inspired Te Kākano pavilion for a selfie burst of colour. [TOP 10 Holiday Parks](#)

Mount Parihaka Summit Tracks – lungs on fire, views on point

A brisk 40-minute climb (Ross or Dobbie Track) rewards you with 360-degree harbour panoramas and a WWII memorial beacon. Sunrise hikers watch mist lift off race-day courses, while sunset adventurers catch tūi and kererū gliding home. Tip: carry a headtorch for pre-dawn missions; several sections are still being repaired after Cyclone Gabrielle. [explorewhangarei.co.nz](#)

Whangārei Quarry Gardens – subtropical serenity

Once a barren quarry, now a community-planted oasis bursting with bromeliads and waterfalls. Wander the lake loop, refuel at Quail Café’s banana-berry smoothies, and let quads unwind among 60 acres of lush trails. Entry is donation-based, so drop a gold coin and feel good vibes bloom. [whangareigardens](#)

Flip! Whangārei Trampoline Park – bounce out the lactic

Rainy afternoon? Launch 13-metre tramp lanes, dodge-ball courts and a new Nerf-combat arena. Open seven days with discounted family passes, grip socks supplied. Coaches love the low-impact plyometrics; kids just love mid-air selfies. Book online to lock your one-hour slot. [flipwhangarei.co.nz](#)

HeadsUp Adventures – monster scooters & MTB thrills

Northland’s only downhill monster-scooter park shares forest paintball fields, green-to-black mountain-bike trails and a hill-top café serving cabinet slices the size of starting blocks. Open Fri–Sun (weather-permitting); group of ten or more? They’ll extend hours just for your squad. Helmets and body-armor supplied – bring the courage. headsupadventures.co.nz

Perfect Day Cruise, Poor Knights Islands – UNESCO marine gym

Swap cross-country mud for sub-tropical reefs on an 11 am snorkel/kayak charter from Tutukaka (30 min drive). Warm currents, sea caves larger than cathedrals and plankton-rich water that speeds muscle recovery – science meets magic. Non-swimmers chill on deck beanbags with hot soup. Family rates include gear and buffet lunch; June sailings are calmer and less crowded. diving.co.nz

Hundertwasser Art Centre + Wairau Māori Art Gallery – colour therapy

Inside a building that curves like a running track, discover bold mosaics, living trees on the roof and the world’s only public gallery dedicated to contemporary Māori art. Guided tours (11 am, Thu–Sun) unpack Hundertwasser’s eco-vision – perfect inspiration before the next muddy hill rep. Café Aqua’s cabinet bliss-balls are vegan-friendly. [Hundertwasser Art Centre](https://HundertwasserArtCentre.com)

Kiwi North – meet nocturnal legends

Watch real kiwi forage under red light at 11 am and 3 pm feedings, then explore 80 000-item museum collections and heritage train rides. Only 7 km from town, open every day 10 am–4 pm. Leave with greater respect for New Zealand’s toughest night-runners. kiwinorth.co.nz

Town Basin Artisan & Farmers Market – Saturday fuel station

Pick up fresh sourdough, Northland avocados and churros drizzled with Rewarewa-honey – ideal for hotel-room carb-loading. Buskers, chalk art and riverside beanbags keep non-runners busy while athletes stretch. Combine with #2 Hātea Loop for a perfect active-rest morning. [TOP 10 Holiday Parks](https://TOP10HolidayParks.com)



TASTES OF NORTHLAND – WHERE TEAMS REFUEL

Spot	Why runners love it	Fast facts
The Quay	Harbour-front steaks, loaded kumara fries and protein-packed calamari in a breezy, glass-walled bistro. Ask for the “Race Plate” – chicken, quinoa, roast veg – created for visiting sports teams.	Open 9 am-late; group bookings welcome. Tripadvisor
Suk Jai Thai	Aromatic green curry and banana-prawn pad Thai fuel both macro counts and adventurous taste buds. Vegan, GF and mild-heat icons on menu make ordering for squads easy.	Lunch Tue-Sat; dinner Tue-Sun. sukjai.co.nz
Fat Camel Café	Israeli falafel pockets, shawarma bowls and hummus platters piled high – fast, fresh, iron-rich. Outdoor benches overlook the Town Basin boardwalk.	Open daily 9 am-9 pm. Fat Camel Cafe
Parua Bay Tavern	Historic waterfront pub 20 min from town; wood-fired pizzas, live music from 3 pm Saturdays and sunsets over Whangārei Heads = perfect medal celebrations.	Free shuttle for groups on request. Parua Bay Tavern
Schnappa Rock (Tutukaka)	Post-cruise fish tacos and “Trust the Chef” six-course tasting (May–Oct) showcase coastal produce; plenty of vegan options too.	Dinner Tue-Sat, bookings essential. Log in or sign up to view