



Signature Coastal Charm

**7 days of walking, exploring and tasting
flavours of the Coromandel Peninsula**



PRE TOUR INFORMATION

2025/2026 season



"It's hard to put into words the benefits of combining the two best things you can do in the great outdoors - stretch the legs and have a good "nosh up". The sights and eateries of the Coromandel Peninsula kept excelling themselves each day. Hard to see how this could be bettered..."

-Gerard & Barb, Vic, Australia

"Coastal Charm certainly lived up to its name. We were able to explore the Coromandel Peninsula with a brilliant guide along a variety of trails. It's a winning combination, particularly for those of us who still enjoy holidays that involve some physical exertion but also favour some relaxation and luxury at the end of the day."

-Anne & Colm, UK

"The stunning scenery at every turn, paired with amazing foodie adventures ticked a lot of boxes for us. The macadamia farm was brilliant and the food foraging with a meditation in the forest was so special. Our guide was so knowledgeable and we connected with complete strangers who are now forever friends!"

-Debbie, NSW, Australia

Walking highlights

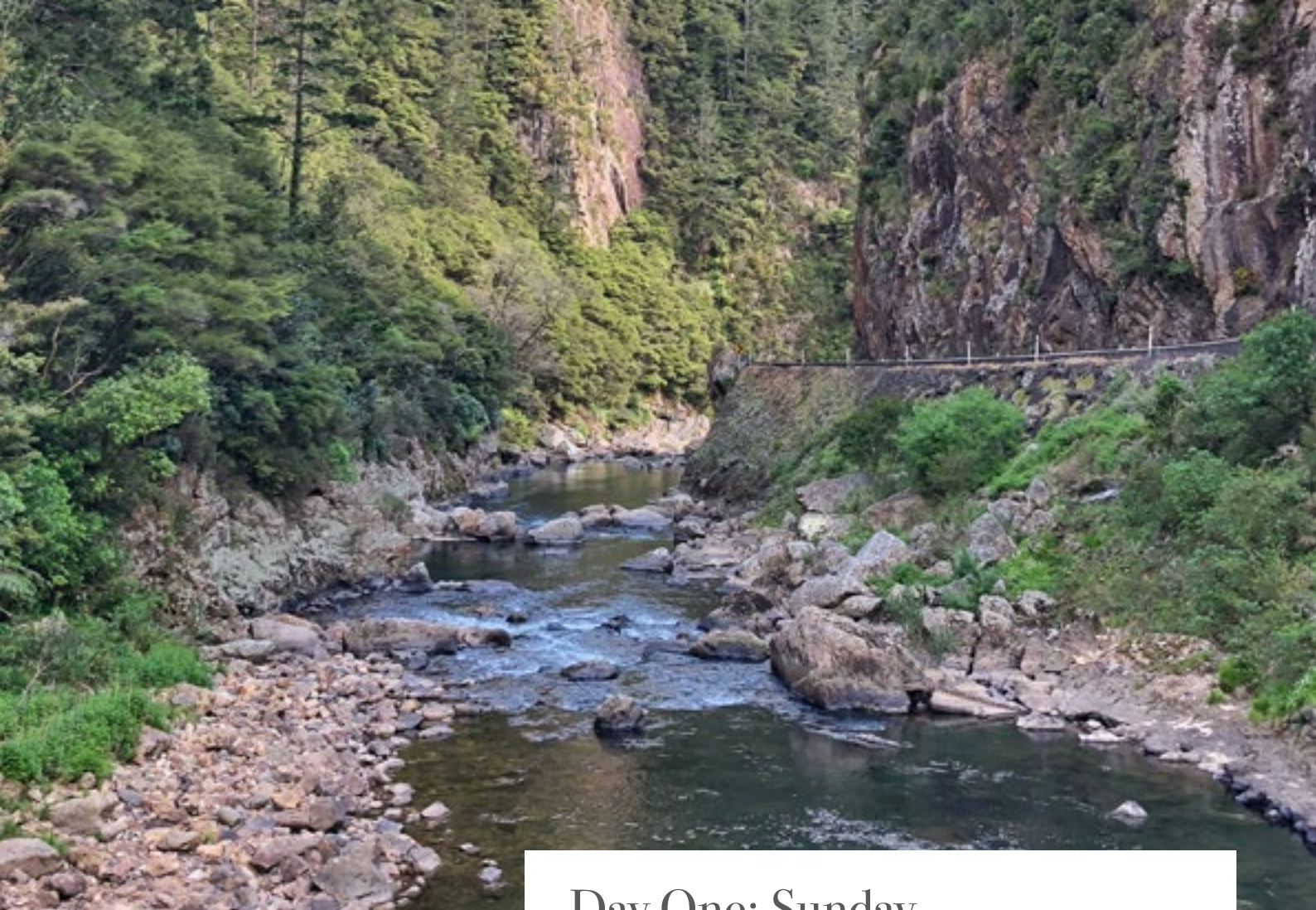
- Explore the Karangahake gorge that divides the Coromandel Peninsula from the Bay of Plenty
- Wander around stretches of pristine turquoise coastline on the 9km Homunga Bay to Waihi through walk
- Visit the Wentworth Valley and view the tiered falls
- Hike the coastal headlands of the peninsula on the Coastal Walkway or a private walk boasting 360 degree harbour, coastal and mountain range views
- Hike the world-class Pinnacles trail, steeped in history
- Walk one of the finest remaining Kauri groves in a diverse ecological area.



Tasting highlights

- Gin: Meet the maker of small batch, award-winning New Zealand gin, peek behind closed doors
- Private chef cooked meals every night
- New Zealand wine and beer served each evening to complement
- Visit a macadamia farm for a talk and tasting (mmm brittle, dukkah)
- Seafood: Taste world-famous mussels, Te Kouma oysters and fresh fish at Coromandel Town
- Exclusive farm visit, talk and cheese tasting to Clevedon Buffalo Farm





Day One: Sunday

5km (3 miles) / 2 hours hiking (easy grade)

Dramatic scenery with a golden history

We will collect you from Auckland mid-morning before heading to the historic Karangahake Gorge where many a prospector tried their luck during the turn of the century gold rush. A gentle start and chance to stretch your legs on this short walk with stunning views of the Waitewheta river and dramatic gorge that divides the Coromandel Peninsula from the Bay of Plenty region. With our first walk under our belt, we head to our secluded hilltop Orokawa Bay Retreat where we will be based for the first two nights. Relax with a drink in hand or in the hot tub and take in the panoramic ocean views as you get to know the group you will be making memories with this week. Your guide will also go over the itinerary for the week. Tonight's meal is prepared by our local chef, with a menu designed especially for Nature & Nosh with fresh, seasonal produce.

(Total drive time approx. 2 - 3 hours).

Notes:

- Collection is from either Cordis Auckland, or Adina Apartment Hotel Auckland
- Final collection time between 10am and 10.30am will be advised prior to departure
- Please come dressed for walking.





Day Two: Monday

9km (5.5 miles) / 4-5 hours hiking (medium grade)

The epitome of charm and a touch of gin

Enjoy breakfast with a view this morning before we head five minutes down the road for our through-walk from Homunga Bay to Waihi Beach. With a gentle downhill to start, feast your eyes upon the white sand beaches, coastal rainforests, turquoise coloured water and magnificent Pohutakawa trees as we wind our way around three bays, stopping for a gourmet picnic lunch on the beach. The perfect blend of hills to get your appetite up, shady flats to cool you down and views that make you want to slow down and take it all in. Bursting out at the northern end of Waihi Beach, take a chance to cool off in the surf before heading back to our lodge for some down time. Before dinner at the lodge tonight, we are invited behind the scenes at Kaimai Distilling for a chat with local brewer turned distiller who boasts a number of awards with his 'Eliza's Claim' gin - note the interesting gold twist!

(Total drive time approx. 30 minutes total).





Day Three: Tuesday

6km (3.8 miles) / 2 hours hiking (easy grade)

Chasing waterfalls, macadamias, coffee and captivating coastlines

Today we make our way up the eastern side of the peninsula soaking up the incredible coastal scenery and breaking up our journey with many stops along the way. Our walk this morning is an easy graded one through native forest to the picturesque Wentworth waterfall and abandoned gold mines. Further north, meet our lovely friend Jillian from Cathedral Cove Macadamias and hear about this family-run business while sampling treats! A visit to Shakespeare's Cliff for a view of the coastline that captivated Captain Cook, and a short ferry ride over to the seaside town of Whitianga for some coffee and a wander around the shops or beach. Over the hill to the western-side of the peninsula we arrive at our Coromandel Town lodge for the next two nights. This warm rustic retreat is nestled into the hillside with views of the Hauraki Gulf and beautiful spaces designed with a footprint-conscious ethos.

(Total drive time approx. 2 hours 30 minutes total).

Notes:

- We have some windy roads to travel on today, if you are prone to travel sickness, please bring your preferred remedy.





Day Four: Wednesday

7km (4.5 miles) / 4 hours hiking (medium grade)

Spectacular vistas and twinkling bays

Boots on for an exclusive farm peninsula adventure today! We'll traverse private farmland with spectacular coastal views, following working farm tracks that wind through native Kanuka stands. This secluded route leads to the hidden gem of Sandy Bay - a tranquil haven accessible only by boats, where golden sand meets crystal-clear waters in perfect isolation. The gentle farm track offers breathtaking vistas across the Hauraki Gulf, where rolling green pastures meet rugged coastline in stunning contrast. Our exclusive access means we'll have this coastal paradise entirely to ourselves. A stop at Coromandel Oyster Company for some freshly shucked Te Kouma Oysters acts as a reward for the day's efforts. Back at the Lodge, relax in the hot tub or explore their private bush trail and waterfall. Dinner at the lodge tonight over some beautiful New Zealand wines and shared hiking yarns.



Day Five: Thursday

5km (3 miles) / 2.5 hours hiking (easy grade)

Seafood lovers dream, walk among the giants of the forest

Relish in a leisurely morning, enjoy a coffee, stroll through Coromandel Town, renown for it's local artists and visit the quaint Waiau Falls. Lunch showcases the freshest seafood the peninsula has to offer - with plenty of choices to suit all palates. We make our way down the peninsula with one of the most stunning coastal drives in New Zealand. The afternoon brings a gentle walk to see one of the finest remaining Kauri groves (giants of the forest) up close at Waiomu. Regenerating forest hosts new life, covered in moss beneath the canopy. Our locally hosted Onetai Estate is nestled against the backdrop of the Coromandel Forest Park and is locally hosted. Enjoy a glass of wine in the spa under the giant Kauri trees.

(Total drive time approx. 2 hours 30 minutes total).

Notes:

- We have some windy roads to travel on today, if you are prone to travel sickness, please bring your preferred remedy.



Another giant of the forest, the Pohutakawa tree, pictured



Day Six: Friday

14km (8.7 miles) / 7-8 hours hiking (hard grade)

A walk to remember

We substitute coastal views today for spectacular craggy terrain on the popular but challenging Pinnacles hike, a walk you'll never forget! We have an early start with a strict leaving time this morning. A gentle warm up follows the Kauaeranga river, crossing a swing bridge and following an old pack horse track from the Kauri logging days. Traversing through groves of nikau palms, huge rata trees, and across streams, we make our way up to the Hut over three hours, enjoying ridge line views of our Pinnacles destination as we break-out from the bush line.

The last section of the track leading to the jagged summit of the Pinnacles is steep and requires some scrambling, but for those up for the challenge the reward is magnificent panoramic views. Those who prefer to spend time at the hut and not summit are welcome to. After lunch, we head back down the track and it's a short drive back to Onetai Lodge to put our feet up and enjoy a celebratory glass of bubbles and meal on our last night together.

(Total drive time approx. 1 hour 30 total).



Day Seven: Saturday

No walking today. Tasting and transfer day.

Farm visits, cheese, wine and farewells

After a leisurely morning and final farewells to our accommodation, we head to Clevedon Buffalo Cheese for an immersive farm experience with owner Helen. Here we discover the fascinating world of buffalo dairy farming, learning about these gentle giants while sampling their exceptional handcrafted cheeses and other artisan products. Following this delicious highlight, we continue to John Hill Estate Winery for a relaxed lunch amid the vines. This scenic stop provides the perfect opportunity to savour local wines, reflect on the week's adventures, and exchange contact details in beautiful surroundings. From here, we complete our journey back to Auckland, hearts full of memories and perhaps a few tasty treasures to take home.

(Total drive time approx. 2 hours today).

Notes:

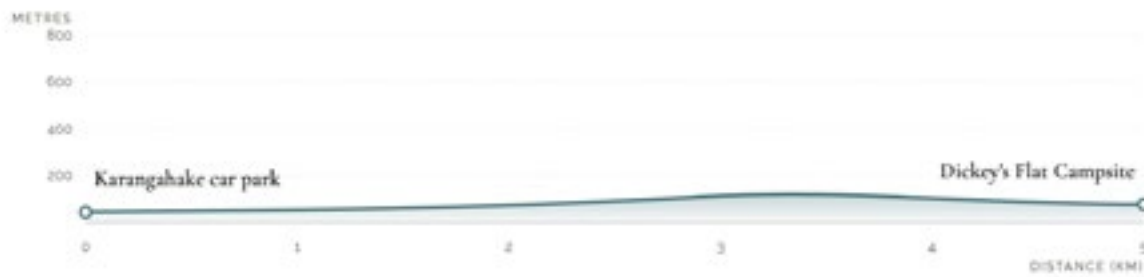
- Drop offs will be at either the Cordis Auckland, or Adina Apartment Hotel Auckland around 3pm, traffic dependant.
- We advise our guests to not book any flights out of Auckland before 7pm if flying out same day.

*Note: This itinerary is subject to change due to elements outside our control. We will always endeavour to stick as closely to this itinerary as possible.

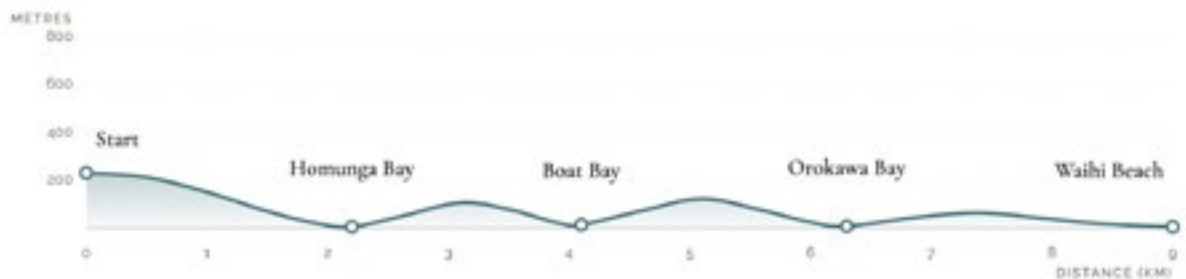


Walk Elevations

Day 1



Day 2



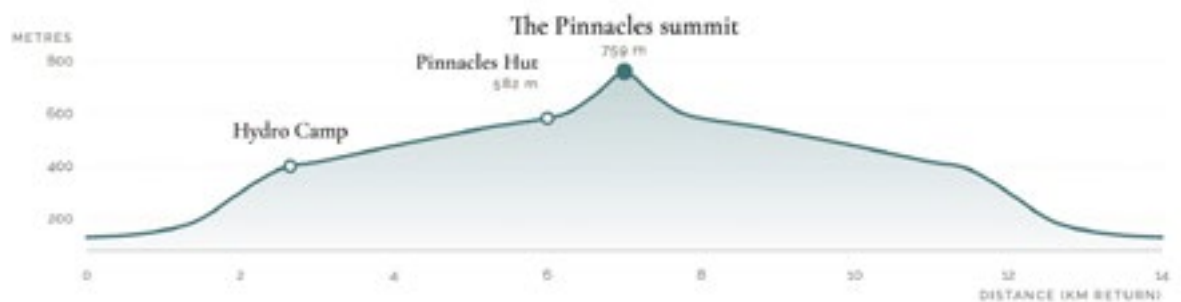
Day 3



Day 4



Day 5





Accommodation

A touch of luxe, a dash of seclusion and a sprinkle of character with views...

Our lodge partners

We want you to take time and really soak in the surroundings of each place, so on this trip we stay two nights at each lodge. Our first two nights are spent at Orokawa Bay Retreat just north of Waihi, our second two nights at Buffalo Lodge in Coromandel Town and our final two nights are at Onetai Estate in Thames. We have exclusive use of each lodge for the duration of this trip. Each accomodation partner has been selected for a bit of wow factor, whether that be stunning ocean or valley views, a hot tub, architectual features or local hosts - mostly a combination!

Rooms at Orokawa Bay and Buffalo Lodge have ensuites, at Onetai, some rooms have shared bathroom facilities with other guests within our group only (maximum sharing with 4 guests). Please note that rooms are not standardised, each is a little different, but you will be more than comfortable wherever you lay at the end of a day of exploration and tasting! There is Wifi and reception at our lodges (although sometimes service is patchy) However, during our hikes, reception is unreliable. Our guides carry emergency devices for safety.

*Note: Occasionally we need to source alternative accommodation options not presented in this itinerary due to elements outside our control.





Our Nosh

Flavours of the Coromandel

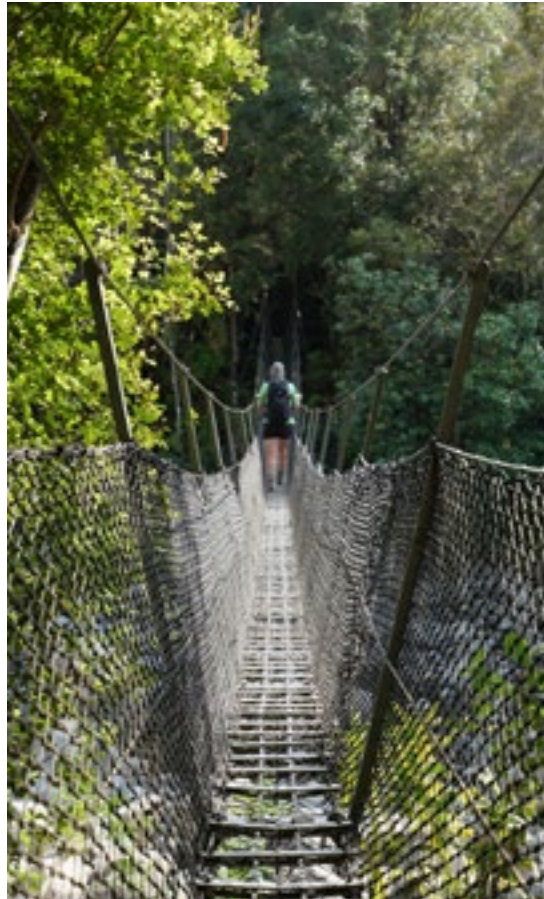
After a day spent in nature, gather over a view and enjoy a lovingly prepared warm meal, featuring fresh, local ingredients. While the wine and conversation flow, everyday life is left behind. Breakfast is an option of cooked or continental to fuel you properly for your day of hiking. Lunches are freshly packed for you in the mornings and we have plenty of snacks for the journey. Evening meals are prepared with fresh Coromandel flavours and are either plated or taken shared plate style.

Our 'Nosh' experiences include tastings at our favourite spots on the coast as detailed in the inclusions.

We can cater to most special dietary requirements, please advise when booking or email hello@natureandnosh.co.nz

A selection of New Zealand wine, beer and non-alcoholic drinks are provided with your evening meals - responsible service of alcohol by your guide applies. You are also welcome to bring your own beverages.





Training tips

Preparing for your New Zealand hiking tour - Important information

This may be a coastal tour and we may be enjoying some delicious food, but at the heart, this is a hiking trip!

On this tour, the hiking is graded moderate (with a couple of easier graded walks and a hard one (The Pinnacles). You will walk 2-8 hours each day with altitude gains of up to 550m on the hard day. You will carry a small day backpack for personal gear such as water, lunch and rain jacket.

As with any trip, it's good to be aware of what to expect so you can adequately prepare physically and you have the right gear to make the most of your tour. You will get the most out of this experience if you are moderately fit. The walk is organised so that people who are active will enjoy the trip.

Our top tip: The distance of each hike each day is not necessarily indicative of the difficulty of each track.

Please read our training tips blog for some helpful advice on preparing to hike on New Zealand tracks:

[Click here](#)

Track Conditions

Track surfaces on our Coastal Charm tour vary. You will be walking on gravel, dirt, or rocks, stairs, grass, mud, tree roots and more. The weather can make all the difference with how easy or hard a track is. Our guides allow plenty of time for short breaks for water, refreshments, photos and interesting pointers on the way. For us, it's about the journey!

We walk in all weather conditions, however, sometimes mother nature delivers a severe weather event and we need to make alternative plans to keep you safe. Due to the terrain and environment we aren't able to split our groups. We stay together and we all finish together.

Another useful article:

[How hard are your hikes?](#)





Packing List

The most important piece of gear you can pack for this tour is a good sturdy pair of hiking boots. Hiking boots with strong arch, ankle support and good tread. Your boots should be well broken-in, suitable for prolonged walking on uneven terrain. Trail shoes are also suitable. Running shoes /sneakers are NOT appropriate for this tour.

Essential items:

- ☐ Sturdy, broken-in hiking boots or trail shoes
- ☐ Hiking socks, preferably wool (enough for a fresh pair each day!)
- ☐ Small daypack to carry your water, lunch, camera and rain gear
- ☐ Raincoat, waterproof with hood
- ☐ Shorts or light weight trousers for hiking in (quick dry fabric)
- ☐ Short sleeved shirts for hiking in (quick dry or merino is ideal)
- ☐ Long sleeved shirt, thermal layer or light sweater
- ☐ Polar fleece or woollen jersey
- ☐ Sun hat or cap, sunglasses, sunscreen
- ☐ Drink bottles - we recommend 3 x 600mls - OR 2 x 1 litre
- ☐ Prescription medication, asthma puffer (if required), pain relief medication (such as ibuprofen, paracetamol or voltaren, antihistamine for allergies (if prone) Note: Our guides have a first aid kit, however you may like to bring a small kit yourself.

New Zealand weather conditions are highly variable so it is essential to have clothing that keeps you warm, even when wet. Polypropylene/ wool clothing is recommended, not cotton.

Recommended items:

- ☐ Walking poles
- ☐ Gaiters
- ☐ Waterproof over trousers
- ☐ Casual clothing for evenings (and plenty of warm clothing!)
- ☐ Light shoes or sandals for evenings
- ☐ Camera, plus spare film/memory cards and batteries
- ☐ Personal toiletries and medications
- ☐ Blister kit
- ☐ Bathing/swimming suit and towel

We have a limited selection of daypacks and walking poles available to borrow for this tour. Please enquire about their availability.

Luggage Limits: Our tour vehicles can accommodate one medium sized suitcase and a small carry-on or overnight bag per person. Walking poles are no problem at all. Unfortunately we do not have the ability to store excess luggage for you during the tour. You are welcome to purchase wine, gin and other 'nosh' treats during the tour to take home with you if you wish.



Inclusions

- Return transfers from central Auckland.
- Comfortable and spacious transport with air conditioning.
- Professional guide with local knowledge and stories facilitating your food and flavour trail
- Premium boutique lodges, exclusively for our groups
- ALL meals. Cooked and continental breakfast options, nutritious and uniquely kiwi packed lunches, local cheese and antipasto platters, two-course evening meals
- New Zealand wine, beer and non-alcoholic drinks served with evening meals.
- Two cafe coffee stops
- Nature & Nosh enamel trail mug to keep

Delicious food experiences unique to Nature and Nosh Tours (our secret ingredient!) including:

- Behind the scenes gin distillery talk and tasting
- Chef cooked meals every night
- Meet the maker - macadamia farm visit
- Cafe lunch on day 5 featuring fresh Coromandel seafood
- Meet the maker and tasting at Buffalo Cheese farm
- First aid kits, safety equipment and all your fresh New Zealand drinking water.

What's not included

- Airfares.
- Personal hiking gear such as boots, clothing, poles and day packs. We do have some day packs and walking poles available to borrow, please enquire
- Travel insurance. We recommend all of our tour guests take out travel insurance.
- Single supplement fee NZ \$1,500 for single travellers wanting their own room.



Other helpful info

Temperature guide

The average daytime temperatures for the Coromandel regions are as follows:

October and November: 17- 18 degrees celcius.

December: 20-24 degrees celcius

January and February: 25 - 28 degrees celcius

March and April: 20 - 25 degrees celcius

May: 17 - 18 degrees celcius

It can get cooler over night but also warmer during the days. Layers are the key for hiking. Bring plenty of under/over layers that you can wear in the morning and strip off as we walk as it can be warm if the sun is out.

Options for non-walking days

On days 2, 4 and 6 - there are options for you to choose to stay at our lodges and relax instead of joining the hike that day, as these are non-transfer days. On days 1, 3, 5 and 7, we will be driving between accommodations and walks so there isn't the option to opt out of the walk on these days.

Risk and medical disclosures

You will receive an online risk and medical disclosure form closer to your departure date to complete. It's important that we have any medical information from each trip member. The guide is responsible for the safety of all tour guests. Please be aware that hospital facilities for serious medical problems may at times be a long way away.

Final payment

If you have paid a deposit to secure your booking, final payment is due 45 days prior to departure. You will be sent a payment link at this time. If you are booking within 90 days of departure, full payment is required.

Cancellation policy

All cancellations must be made in writing and emailed to: hello@natureandnosh.co.nz (effective from the sent date on the email). You are advised to call us directly if you have not received an acknowledgement that your cancellation notice has been received by us within 48 hours of sending.

Cancellation charges are as follows:

- More than 90 days before tour departure: NZ\$100 of deposit per person
- 90-45 days before date of tour departure: 50% of your deposit
- 44-21 days before date of tour departure: 50% of total tour price
- Within 21 days prior to walk departure: 100% of total tour price (no refund)
- After scheduled departure: 100% of total tour price (no refund).

Frequently Asked Questions

[Can be read here.](#)

Get excited!

Get excited for your experience and follow us at:
Facebook: @natureandnosh | Instagram: @natureandnosh

We love to see pictures of your time with us - please do share both along
the way or when you return home!
#natureandnosh @natureandnosh

Contact

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