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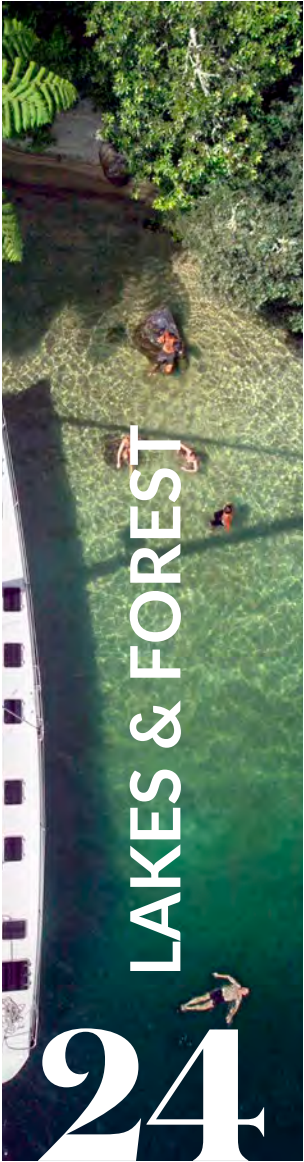
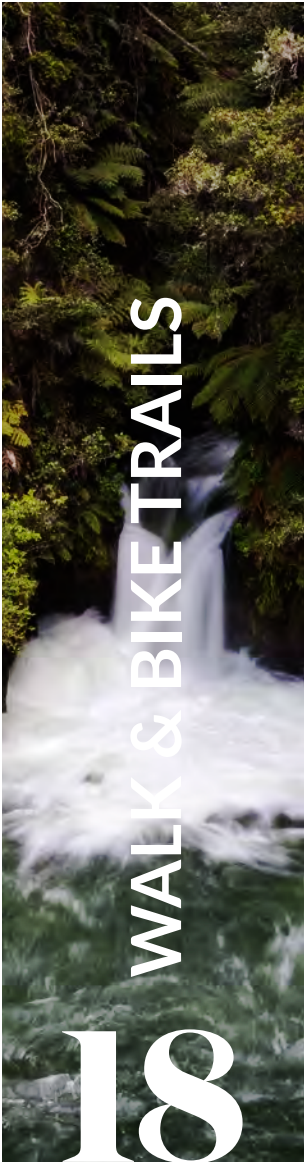
THE Ultimate Guide

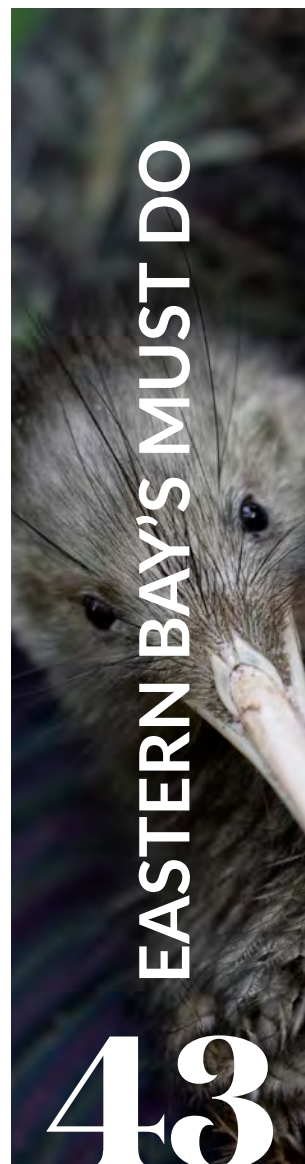
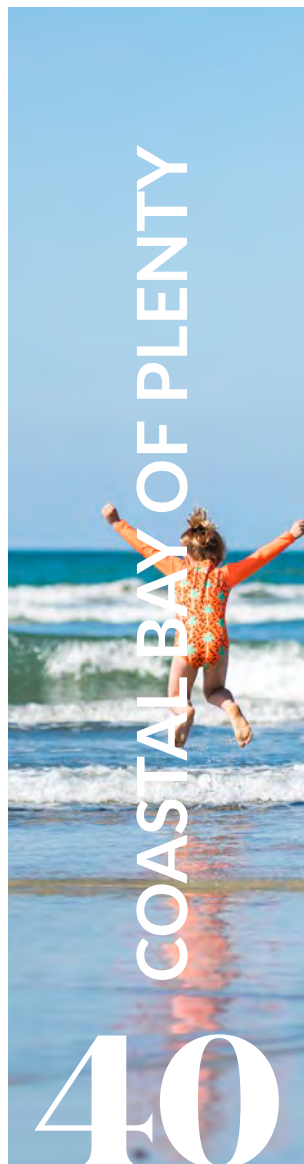
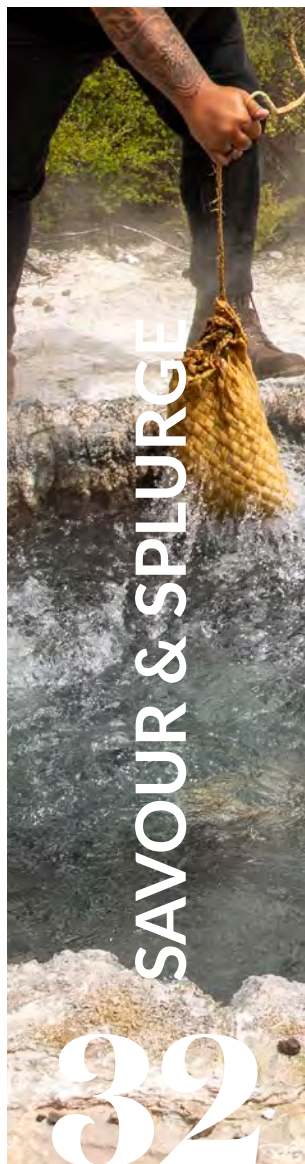
📍 ROTORUA & BAY OF PLENTY

**PLEASE
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here for others
to enjoy

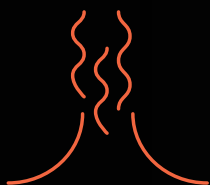
WHAT'S INSIDE?





Proudly published by **NinetyBlack** since 1997

Tēnā koutou to our contributors! A huge shout out to RotoruaNZ.com, Whakatane.com, Tourism New Zealand and our local operators who supplied us with imagery to share with our readers.



Rotorua's sulphur scent comes from active geothermal fields, with numerous geysers, mud pools, steaming vents and hot terraces.



Rotorua has 18 lakes, 13 recognised for trout fishing and all popular for swimming and water sports.



Rotorua's living Māori culture is seen in carvings, hāngi, performances, storytelling, arts, crafts and local iwi traditions today.



THRILLS, CHILLS, SPAS AND SPILLS

ROTORUA'S GOT THE LOT

Rotorua doesn't muck around – this place has it all. Geysers blast, mud boils and forests stretch sky-high, while 18 lakes shimmer just waiting for you to dive in. One minute you're soaking in a hot pool, the next you're white-water rafting, lugging down a hillside or teeing off on one of the city's scenic golf courses.



© Te Pā Tū

From sunrise hikes to starlit soaks, Rotorua knows how to deliver those unforgettable moments. Wander through geothermal parks where the earth hisses and steams beneath your feet or drift out on one of the region's lakes as the morning mist lifts off the water. If you're after something slower, there's time to browse local markets, taste artisan treats or simply sit back and watch the world bubble by. It's a place that invites you to slow down, dive in and rediscover just how good it feels to be on holiday.

It's the kind of spot that ticks every box – guys' trips packed with fast rides and lake missions, girls' getaways full of spa days, forest strolls and boutique finds or family holidays chasing lions, hedges and steaming geysers. Food lovers are in for a treat too, with everything from wine tasting high above the city to lakeside cafés, night markets and fresh flavours that fuel every adventure.

Woven through it all is the living culture of *Te Arawa iwi* – sharing stories, kai and manaakitanga (warm hospitality) that make you feel part of something bigger.

Whether you're here to relax, recharge or go full throttle, Rotorua's mix of thrills, culture and natural wonder guarantees one thing – you'll head home with a grin and a few legendary stories to retell.

Watch the sunrise from a steaming valley, feel the thrill of the trails, unwind in hot pools as the stars come out. Every moment here feels a little more alive, a little more Kiwi and a whole lot unforgettable.

A ROTORUA MUST DO



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FOR THE BOYS

Rotorua is the ultimate lads' playground – a spot where you swap the daily grind for adrenaline, fresh air and plenty of laughs. From rugged trails to lake missions, it's all about getting stuck in, stirring up a bit of healthy competition and making memories that'll get retold for years.

ADVENTURE TIME

From downhill runs and whitewater thrills to ziplining through native forest, Rotorua serves up adventure in every form. Tear down the slopes, rip through forest trails, or hit the water for high-speed action - it's a playground built for friendly competition and plenty of laughs. Mud, sweat or spray – every challenge comes with a story to tell. So chase that next rush, stir up some banter and see who's earned the bragging rights when the day's done.

NATURE BREAKS

When it's time to catch your breath, the region's landscapes have you covered. March through the redwoods, wander steaming geothermal valleys or grab the rods and see who pulls in the biggest trout. It's downtime, but with the added bonus of banter and bragging rights.

GOOD EATS & GREAT COMPANY

A proper day out needs proper food. Rotorua serves up big breakfasts, double happy sausage rolls, stacked burgers, smoky barbecue, and global feeds to keep the crew fuelled. Sure, a few pints or a whisky tasting might find their way in – but the real focus is on sharing plates, swapping stories, and lining up the next adventure.

STAY & PLAY

The best trips are the ones where everyone's under one roof. Holiday homes, lodges, hotels, motels and apartments give you space to spread out, relax and settle into holiday mode. Barbies on the deck and maybe a hot tub keep the vibe rolling long after the sun dips. Park up close to the action, recharge and get ready to do it all again tomorrow.

MAKE IT LEGENDARY

A boys' trip to Rotorua is more than a getaway – it's about pushing limits, stirring up the competitive spirit and cracking up over the day's highlights. With trails, lakes, good feeds and plenty of thrills, Rotorua guarantees a weekend the crew will never forget.





FUEL YOUR WILD SIDE, FEED YOUR CALM

BALANCE THE *RUSH* WITH THE RELAX

After a hit of adrenaline or a moment to breathe? Rotorua has you covered. Race, raft and fly your way through the action, then unwind in hot pools or drift through peaceful geothermal valleys.

For a perfect mix of unparalleled views and adrenaline-boosting activities, head to the iconic **SKYLINE ROTORUA**. Their five thrilling Luge tracks, Skyswing and a 400-metre dual Zipline offer a whole day of fun for those who make it up their *Mt Ngongotahā* Gondola ride. Thrill-seekers can try their hand at the Skyswing or fly on the Zipline, while families can test their driving skills on five Skyline Luge tracks – including brand new features such as corkscrews and illuminated tunnels for an unforgettable nighttime experience.

Nestled amongst the giant evergreens of Rotorua's famous *Redwood Forest* is the thrilling **REDWOODS ALTITUDE**. The two-hour Altitude experience is a must-do for thrill seekers and nature lovers alike including a guided Glowworm experience. At over 25 metres high, it's higher than the original Treewalk and covers 650 metres of swing bridges, staircases, spirals and a big 20 meter freefall and controlled descent jump (optional). It's the perfect way to appreciate the forest's towering beauty. Save with the awesome foursome adventure combo – Treewalk Day, Nightlights, Altitude and Glowworm tour.

Buckle up for some off-road, all-terrain, action-packed adventures courtesy of **OFF ROAD NZ**. Choose from Raceline Karting, 4WD Bush Safari or their 4X4 Thrill Ride in a Monster Jeep.

The first will see you test your limits as you race along their 1.2-kilometre outdoor kart track. The second two offer awesome rides through native bush, depending on whether you're confident to drive yourself or opt to be a passenger in a fast and thrilling 4x4 drive.

Head off the beaten track completely with **KAITIAKI ADVENTURES**. Raft or sledge (think white water rafting meets the luge) your way along the *Kaituna* or *Wairoa* rivers, crossing turbulent rapids, waterfalls and stomach clenching drops. Take in the deep native bush clad canyons as you snake through on their rafts and conquer the impressive seven-meter (21 feet) *Tutea Falls*, the highest commercially rafter waterfall in the world.

Feel a rush of adrenaline like no other aboard one of **KATOA's** high-powered Hamilton jet boats, taking you across Rotorua's famous lakes at speeds of up to 85km/h. For the ultimate combination of adrenaline and relaxation, visit the peaceful *Lake Rotoiti Hot Pools* on Katoa's exclusive 2.5hr package. Experience exhilarating 360° spins as you travel at high speed to these hidden gem hot pools, starting at *Lake Rotorua* and travelling through the *Ohau Channel* to peaceful *Lake Rotoiti*. Refreshments are available at the hot pools, which are only accessible by water.





© Polynesian Spa



© Lakeview Golf

For the ultimate retreat into wellness, visit the world-renowned **POLYNESIAN SPA** on the shores of *Lake Rotorua*. Across four inviting pool areas, guests can unwind in 28 soothing mineral pools fed from two natural springs, each with distinct healing and skin-nourishing qualities. Extend your visit with a restorative massage or spa therapy, then enjoy a private soak overlooking the lake. Planning a group visit? The Mahoney Wellness Room is ideal for tailored experiences, from yoga and mindfulness sessions to creative workshops and catered lunches. On site, the 88Ra Café and Spa Essentials shop offer wholesome food, thoughtful gifts and premium skincare products.

Just minutes from Rotorua's top attractions, **LAKEVIEW GOLF** is the kind of place you've got to go. Play a round surrounded by epic views, grab a bite on the deck and feel that easy country vibe – golf doesn't get better than this.

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Go big, take it easy or find something in between – Rotorua makes it effortless. Whether you're here for the rush or the unwind, you'll discover a corner that feels just right.

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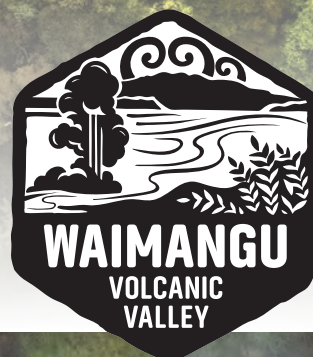
How The world began

Only 20 minutes drive south of Rotorua you'll discover a fascinating landscape of natural wonders. A spectacular valley full of magnificent geothermal activity shrouded by lush native bush and bursting with bird-life. Add our guided boat cruise on Lake Rotomahana for the ultimate Waimangu volcanic experience.



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CONNECT WITH THE LAND AND PEOPLE

GO THERE, DO THAT

Rotorua's the kind of place that pulls you in – steam curls through the air, ground hums beneath your feet and every day brings something worth stopping for and adventure waits around every corner. Geothermal wonders, legendary maunga, Māori culture – it's all bubbling away, ready when you are.





© Mount Tarawera, Miles Holden



© Wai-O-Tapu, Matt Crawford

GEOTHERMAL WONDERS

KUIRAU PARK

Free, central and full of life. Wander steamy boardwalks, soak your toes in a hot footpool or fire up the barbie and picnic among bubbling mud pools. Rotorua's geothermal magic, right in the heart of town.

TE MANAROA SPRING LOOKOUT, WAIKITE VALLEY

Just a short stroll from the carpark and you're face to face with the earth's power. Watch boiling water surge from the ground and drift through the steam – a raw, natural show that proves Rotorua never does anything halfway.

SULPHUR BAY BOARDWALK

Down by the southern lakefront, the world gets a little surreal. Steam hovers over milky waters while birds call from the reeds – part geothermal wonderland, part wildlife haven, all free to explore.

TIKITERE SCENIC RESERVE

Blink and you might miss it – a short track just off the highway that leads into another world. Steam hisses, sulphur hangs in the air and the ground breathes beneath your feet. Quick stop, big impact.

MAUNGA & MIGHTY VIEWS

MOUNT TARAWERA

A maunga with mana and a past that changed everything. Shaped by the 1886 eruption, *Tarawera* rises boldly above lakes and forests. Walk the *Tarawera Trail* to *Te Rātā Bay (Hot Water Beach)* for warm sand and cool lake dips or cruise back by water taxi. Keen for more? Take a heli ride to the summit and stare straight into the crater – it's Rotorua at its most epic.

RAINBOW MOUNTAIN (MAUNGA KAKARAMEA)

A natural canvas painted in red, orange and teal. Steam vents from cliffs and crater lakes shimmer below. Hike the *Summit Track* through native bush for a view that stretches from *Tarawera* to *Tongariro*. On the way back, take a dip at *Kerosene Creek*, where a warm river runs through the forest and soak away the day.

CULTURAL EXPERIENCES

ŌHINEMUTU VILLAGE

Just minutes from the city centre, this living lakeside village hums with history. Wander past carved meeting houses, bubbling vents and *St Faith's Church*, where Māori design meets Gothic style. It's Rotorua life, real and unfiltered.

GOVERNMENT GARDENS

Part storybook, part history book. These lakeside gardens are dotted with sculptures, carvings and the grand old *Bath House (Blue baths)* building – bring a camera and take your time.



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TRAILBLAZERS

Rotorua is a rider's paradise, home to hundreds of trails that cut through forest, skirt lakes and wind across geothermal terrain. No matter if you're chasing easy spins or elite-level descents, there's a track with your name on it. Roll in with your own bike or grab a hire and hit some of the world's best dirt.

For pure enjoyment on two wheels, kick-start your adventure at **MOUNTAIN BIKE ROTORUA**. Their team is dedicated to delivering top service with quality bike hire for all abilities and ages, including e-bikes and kids' bikes. They can help you plan your trip, provide shuttles, and their retail store has all the riding gear you need, as well as onsite mechanics.

Time to hit the trails. Described by Australian Mountain Bike magazine as the "world's best mountain bike trails", *Whakarewarewa Forest MTB Park* more than lives up to its reputation. With over 200 kilometres of tracks, the park serves up master-crafted trails from grade 1 to 6 – an unbeatable mix of terrain, surfaces and awe-inspiring forest scenery.

For the ultimate day out, a private 4WD charter lets riders of all ages and abilities make the most of the park. It's the easiest way to rack up thousands of metres of descending – no sweat required.

For the ultimate downhill rush, head up to **SKYLINE ROTORUA'S MOUNTAIN BIKE PARK**, home to New Zealand's first gondola-assisted bike lift. Offering over 12 kilometres of trails designed by some of the world's best trail builders, this park attracts professional riders and enthusiasts alike. These purpose-built downhill tracks range from intermediate through to advanced, making it the perfect place to come to challenge yourself at your downhill skills.

POST-RIDE RELAXATION

Conveniently nestled beside the trail hub in the *Whakarewarewa Forest*, **SECRET SPOT HOT TUBS ROTORUA** invites you to unwind in style. Soak in your own forest hot tub filled with fresh, warm spring water or step into the new hinkoi wood sauna for the ultimate post-ride reset. Cool off in a complimentary cold plunge or treat tired feet to a Shiny Dip – a mini hot tub just for your toes after a big day on the trails. Melt away sore muscles while savouring a craft beer,

cider or mānuka-roasted coffee, delivered right to your tub. Afterwards, chill out at the Secret Spot Basecamp craft bar and café with smash burgers and laid-back forest vibes.

OVER ON THE OTHER SIDE

If you're after even more adventure, the *Apumoana Trail* is a must-ride. This dynamic track weaves deep through the forest, serving up a satisfying mix of flow, technical features and big, open views. Expect punchy climbs, fast descents and those moments where the scenery stops you in your tracks. It's the kind of trail that rewards confidence, invites progression and leaves you grinning at the bottom – the perfect companion to a full day of Rotorua riding.

From sweeping descents to gentle loops, Rotorua's trails show off the very best of this region. Forest, lakes, geothermal landscapes – every ride comes with a view. Push the pace, take it slow or mix it up – Rotorua is riding country through and through.



© Redwoods Treewalk, Whakarewarewa Forest (The Redwoods)

RIDE & ROAM ROTORUA

TRAILS THAT TAKE YOUR BREATH AWAY

Rotorua is the North Island's adventure capital – a place where world-class trails wind through forest and around lakes. Ride hard, walk easy, or do both – every track delivers an unforgettable escape.

WHAKAREWAREWA FOREST - THE REDWOODS

With more than 200 km of trails weaving through towering Californian redwoods and native bush, Rotorua's Whakarewarewa Forest is a rider's playground. The 33 km *Forest Loop* (Grade 2–3) is an all-rounder, offering flowy riding on volcanic, free-draining soil that holds up year-round. For those chasing more, new additions like *Tuhoto Ariki* and the *Outer Core Network* bring technical variety for intermediate and advanced riders. Whatever your pace, the backdrop of giant redwoods and lush forest makes every ride unforgettable.

FAMILY FRIENDLY: The *Forest Loop*'s wide, well-graded trail makes a great introduction for families and beginner riders.

FOR ADVENTURERS: Tackle advanced trails like *Tuhoto Ariki*, *Billy T* or *Huckleberry Hound*. Always check *Rotorua Trails Trust* for closures before you ride – rotoruatrailstrust.co.nz

TE ARA AHI - THERMAL BY BIKE

Spanning 66 km from Rotorua to *Waikite Valley*, *Te Ara Ahi* is no ordinary ride. This trail carries you through some of the region's most dramatic geothermal landscapes – from the steaming valleys of *Waimangu* and *Wai-O-Tapu* to the cultural heart of *Te Puia*. Expect smooth cruising in places and technical climbs in others, making it a rewarding mix for leisure riders and e-bikers alike. Shuttle services are available if you'd rather tackle it one way. More than a ride, it's a journey through Rotorua's fiery heart.

FAMILY FRIENDLY: Shorter sections near Rotorua, such as the ride to *Te Puia*, are easy and accessible for families.

FOR ADVENTURERS: Take on the full 66 km with its mix of terrain and climbs. Best suited to confident riders keen to pair cycling with geothermal exploration.



© Tutea Falls, Miles Holden

OKERE FALLS TRACK

Just a few minutes from Rotorua, this 3 km return track is short, scenic and packed with action. Wander through lush native bush to lookouts where you can watch rafters plunge over *Tutea Falls*, the world's highest commercially rafted waterfall. Carry on to the *Kaituna Trout Pool*, where crystal-clear waters reveal darting trout.

FAMILY FRIENDLY: Easy 3 km walk suitable for kids. Steps in places, so not pushchair-friendly.

FOR ADVENTURERS: A short trail with plenty of action – rushing water, sheer drops and the thrill of rafters tackling *Tutea Falls*.

RAINBOW MOUNTAIN (KAKARAMEA)

Gear up for a 7 km loop that delivers more than your average trail. *Rainbow Mountain* throws you into regenerating bush, past vivid crater lakes and along steaming ridgelines brushed in fiery reds and yellows. Push on to the summit and you'll be met with epic views stretching from *Mount Tarawera* to *Lake Taupō* and right across *Tongariro National Park*. Unfortunately, you'll need to leave the pooch at home for this one – dogs aren't permitted.

FAMILY FRIENDLY: Not ideal for young kids due to length and uphill sections. Best for older families with some hiking experience.

FOR ADVENTURERS: A rewarding 7 km climb with panoramic summit views – perfect for those chasing a challenge.

SKYLINE ROTORUA MOUNTAIN BIKE PARK

Ride to the top in style – *Skyline Rotorua* is New Zealand's first gondola-assisted mountain bike park, serving up 12 km of gravity-fed downhill trails on *Mount Ngongotahā*. From flowy Grade 3 tracks, to steep, technical Grade 6 lines, there's a run to match every level of rider. The newest addition, *The Debt Collector*, ups the stakes with a challenge designed for experts only.

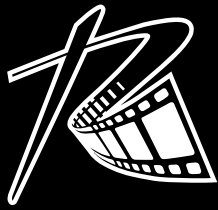
FAMILY FRIENDLY: While the gondola ride is fun for all ages, the trails themselves suit confident intermediate riders and above – not beginners.

FOR ADVENTURERS: Drop in on steep, technical descents and test your skills on *The Debt Collector*. Home to *Crankworx Rotorua* and the *NZDH Series*, this is world-class riding terrain.

EVENTS: Trails may close during major events – check the *Skyline Rotorua* website before planning your ride.



© Whakarewarewa Forest Loop, Mountain Bike Rotorua



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© Volcanic Hills Winery & Tasting Room

ESCAPE THE RAIN, NOT THE EXPERIENCE

When the clouds roll in, Rotorua doesn't miss a beat. Wet weather is the perfect excuse to slow down, explore indoors and discover a different side to the city. Wander through world-class cultural experiences, warm up in a geothermal hot pool, or try something hands-on with the kids.

Escape the elements at **VOLCANIC HILLS WINERY & TASTING ROOM.**

Just a short gondola ride up *Skyline Rotorua* and you'll step into a welcoming, cosy haven dedicated to great wine, all crafted right here in Rotorua. Share a delicious platter as you taste your way through a selection of wines made from grapes sourced from some of New Zealand's most celebrated regions and soak up spectacular panoramic views, whatever the weather.

If you find a favourite, take home a bottle (or a case) with easy on-site or online purchases, including international delivery.

Afterwards, head to the foodie haven of *Eat Streat* to indulge in cosy eats, food treats or drinks. The covered central walkway and thermally heated footpath make it ideal for year-round entertainment, as you choose from a dozen or so restaurants and bars, plus a crepe parlour.

Step indoors to explore the rich blend of history and culture with a Māori experience at **MITAI MĀORI VILLAGE**. Listen to traditional storytelling, watch live cultural performances, and marvel at intricately carved artifacts.

Top it off with a meal cooked in a traditional earth oven – a feast for the senses!

Escape the rain and dive into fun at **MOTION ENTERTAINMENT!** As New Zealand's largest all-weather entertainment centre, *Motion Entertainment* is packed with excitement for all ages. Challenge yourself on the Ninja Course, bounce around the Tramp Park, take a swing at Mini Golf, explore Virtual Reality worlds, enjoy the arcade, or strike it lucky at Tenpin Bowling. With ten awesome activities all under one roof, it's the ultimate place for families, friends, and work groups to play, laugh, and make memories – no matter the weather!

When Rotorua's skies turn grey, **READING CINEMAS ROTORUA** is the perfect indoor escape. The five-screen complex shows all the latest blockbusters, and the cinema features spacious standard and recliner seating along with large screens for an immersive experience. A well-stocked candy bar and great value deals make it easy to enjoy your favourite snacks during the movie



© Mitai Māori Village



© Reading Cinemas Rotorua

Whether you're after a big new release or something family-friendly, *Reading Cinemas* offers a warm, comfortable spot to enjoy quality entertainment on a rainy day. Grab the brolly, round up the crew and make the most of Rotorua – rain and all.

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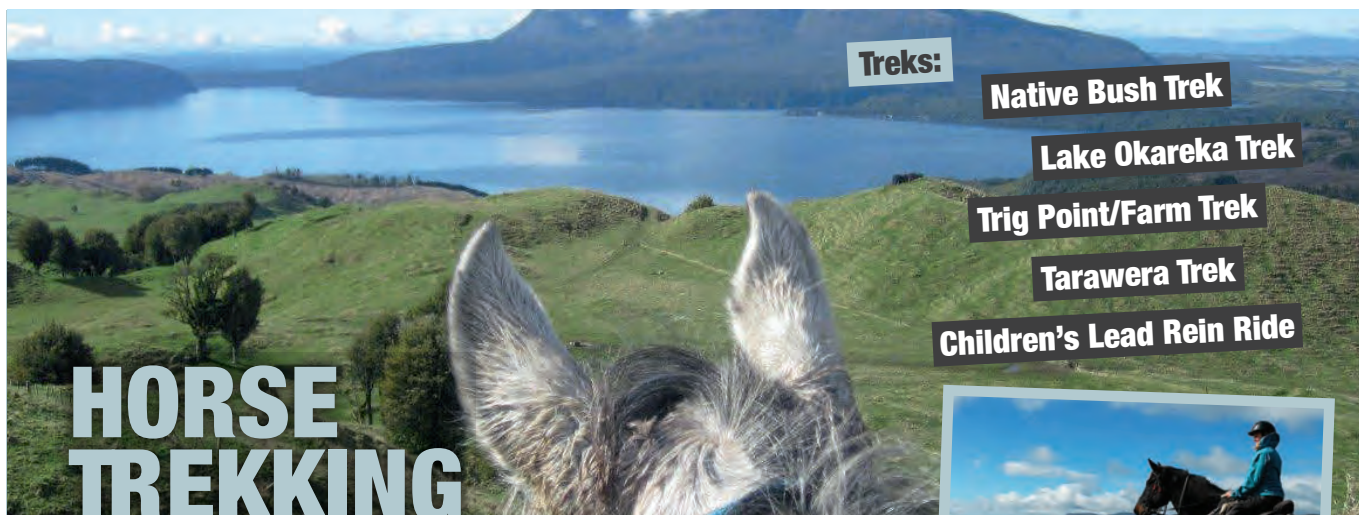
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THE JEWELS OF ROTORUA

ROTORUA'S GREEN & BLUE HEART

From sparkling lakes to secret springs and towering redwoods, Rotorua is alive with adventure. Swim, paddle, hike or simply soak in the scenery, every corner of this playground of water and forest invites discovery.

LAKE ROTORUA

The largest of Rotorua's lakes, *Lake Rotorua* is a volcanic caldera formed from the crater of an ancient volcano. Its city namesake lines the southern shore, where the redeveloped lakefront features a sweeping boardwalk, playgrounds and picnic spots. Stroll or cycle the waterfront, visit historic Ōhinemutu, or explore *Sulphur Bay's* geothermal shoreline alive with birdlife. Cruise to *Mokoia Island*, a wildlife sanctuary and the legendary setting of *Hinemoa* and *Tūtānekai's* love story.

FAMILY FRIENDLY: Lakeside playgrounds, easy boardwalk trails and birdwatching at *Sulphur Bay*.

FOR ADVENTURERS: Paddleboard across the lake, take a guided tour to *Mokoia Island*, or fish for rainbow and brown trout in New Zealand's most productive trout lake.

LAKE ROTOITI

Surrounded by lush bush and hidden bays, *Lake Rotoiti* blends relaxation, culture and adventure. Cruise across its calm waters to the glow worm caves or soak in the lakeside *Manupirua Springs*, accessible only by boat. Paddle into quiet coves, fish for trout or walk the *Okere Falls Track* beside the river that flows from the lake. From hot pools to whitewater thrills, *Rotoiti* is a beautiful mix of serenity and excitement.

FAMILY FRIENDLY: Scenic boat trips, calm swimming spots and short lakeside walks.

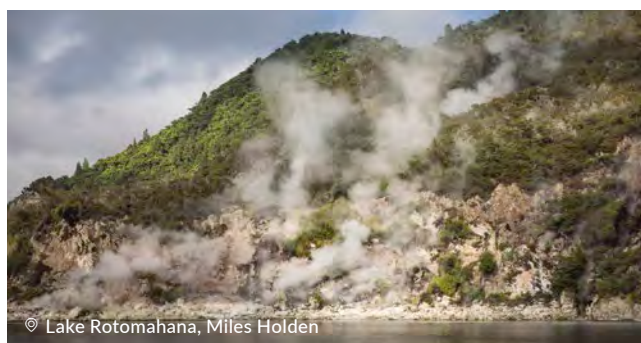
FOR ADVENTURERS: Kayak or cruise to *Manupirua Springs*, explore the *Okere Falls Track*, or raft the *Kaituna River's* thrilling rapids.



© Rotorua Lakefront Boardwalk, Lake Rotorua



© Lake Rotoiti, Pure Cruise



© Lake Rotomahana, Miles Holden



© Redwoods Whakarewarewa Forest, Miles Holden

LAKE ROTOMAHANA

Rotorua's deepest lake hides more than water – it's the resting place of the famous *Pink and White Terraces*, buried during the *Tarawera* eruption. Steam curls from its edges and boat cruises reveal geothermal cliffs, bird colonies and a sense of mystery you won't find anywhere else.

FAMILY FRIENDLY: Cruise with wildlife and history-built in.

FOR ADVENTURERS: Combine a hike through *Waimangu Volcanic Valley* with a kayak or cruise on *Rotomahana's* steaming shores.

LAKE TIKITAPU – BLUE LAKE

Encircled by forest and shimmering in vivid blue, *Lake Tikitapu* is a favourite for swimming, boating and picnics. Its name recalls a sacred greenstone necklace lost here by a chief's daughter. Stroll the lakeside track or pause at the lookout to see the striking contrast between *Blue Lake* and its emerald neighbour, *Green Lake (Rotokakahi)*.

FAMILY FRIENDLY: Safe swimming beaches, playground, picnic spots and an easy 5.5 km lakeside walk.

FOR ADVENTURERS: Link the trail to *Whakarewarewa Forest's* mountain bike network or explore nearby lookouts for stunning twin-lake views.

REDWOODS – WHAKAREWAREWA FOREST

Just minutes from the city, *Whakarewarewa Forest* is a haven of towering redwoods, native ferns and winding trails. Walk or cycle beneath giant trees, breathe in the cool forest air or explore the world-class mountain bike park. With free access and stunning scenery, the Redwoods are Rotorua's most loved outdoor escape.

FAMILY FRIENDLY: Gentle forest walks, picnic areas and the magical *Redwoods Treewalk* by day or illuminated at night.

FOR ADVENTURERS: Test your balance on high ropes and ziplines or ride the park's legendary mountain bike trails.

HAMURANA SPRINGS

Crystal-clear waters and ancient stories make *Hamurana Springs* one of Rotorua's most peaceful places. Follow the easy streamside walk through redwoods to the vivid turquoise source and watch the spring flow towards *Lake Rotorua*. Along the way, discover the heritage of *Ngāti Rangiwewehi* and the wildlife that thrives in this serene reserve.

FAMILY FRIENDLY: Easy 800-metre loop, shaded paths and picnic spots beside the stream.

FOR ADVENTURERS: Join a guided cultural walk or photograph the spring's brilliant colours beneath the redwoods.

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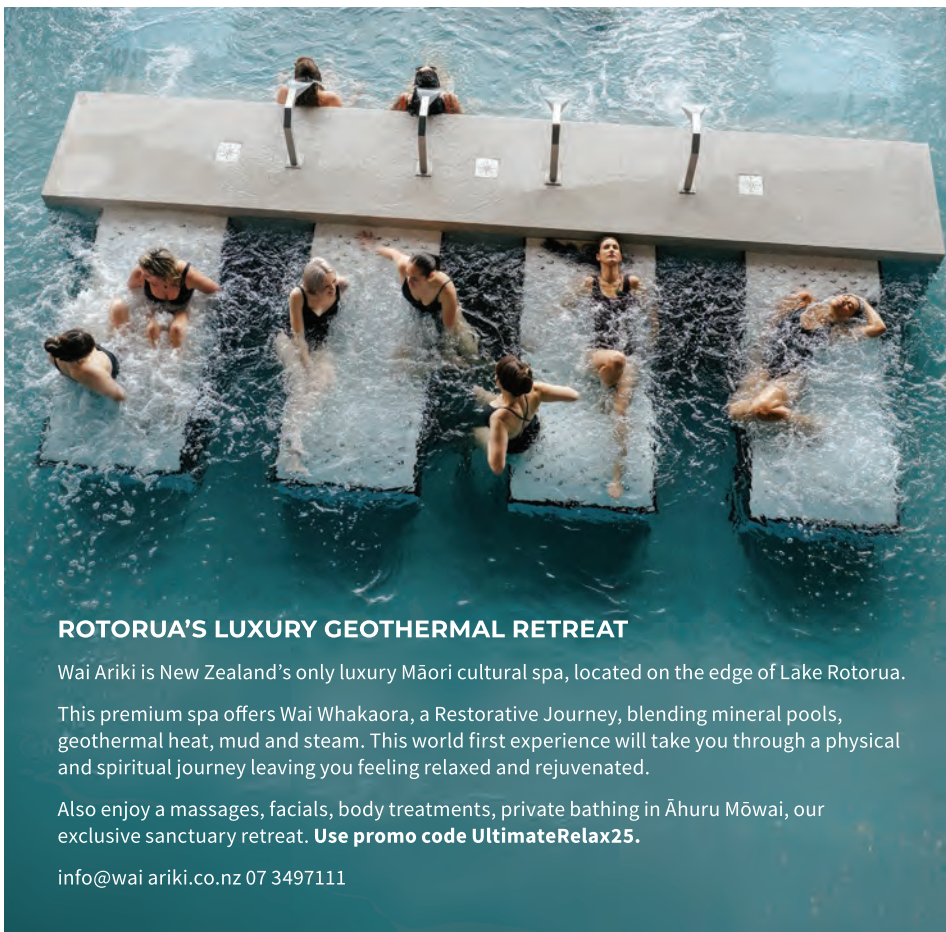


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GIRLS' GETAWAY TO ROTORUA

Rotorua is the ultimate destination for a girls' escape – a place to unwind, indulge and dive into new adventures together. From hot pools and forest walks to boutique shopping and nights out, this is where you leave the everyday behind and celebrate friendship in style.

SOAK & SPA

No girls' trip is complete without a little pampering. Rotorua's geothermal waters have been soothing visitors for centuries and today they're paired with world-class spas. Sink into steaming mineral pools surrounded by bush, share a laugh in a mud bath, or book a private hot tub under the stars. Add a massage or facial and you'll float home glowing.

TASTE & TOAST

Food is best shared and Rotorua serves it up in style. Linger over brunch with good coffee and even better company, hunt out artisan treats at local markets, or taste global flavours in buzzing eateries. Come evening, clink glasses over cocktails, a round of bubbles or a long dinner where the conversation flows as easily as the wine.

ADVENTURES WITH FRIENDS

Balance the indulgence with a dose of adventure. Wander beneath towering redwoods, test your nerves on a treetop suspension bridge or ride the gondola for sweeping views before racing each other down on the luge. Out on the lakes, choose between tranquil guided kayak trips, a swim in turquoise waters or just floating and chatting the afternoon away.

STYLE & SHOPPING

Retail therapy? Absolutely. Rotorua's boutiques and galleries are packed with fashion, jewellery, art and handmade treasures. Whether you're after a new outfit, a little bling or something unique for the home, it's the perfect excuse to spoil yourselves.

NIGHTLIFE & CONNECTION

When the sun dips, the fun doesn't stop. Soak in hot pools beneath the stars,

sip cocktails at a lively bar or find a spot with live music and good vibes. Want to dance? Rotorua's got that too. Prefer a quiet catch-up with the girls? There are cosy nooks for that. Whatever your mood, you'll find your night-time fit.

STAY YOUR WAY

From chic boutique hotels and lakeside lodges to group-friendly apartments, Rotorua makes it easy to find the right base. Look for extras like pools, spas or firepits – perfect for late-night chats, shared laughs and a final toast before bed.

ESCAPE, INDULGE, RECONNECT

A girls' getaway in Rotorua is about more than the destination – it's about time together. Relaxation, indulgence and adventure all roll into one here, creating memories that will keep you smiling long after the trip.





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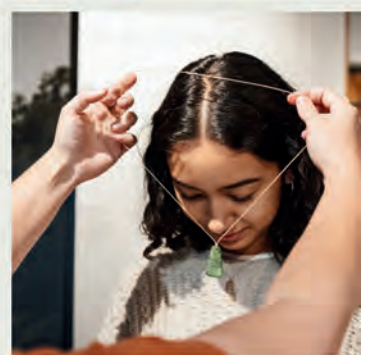
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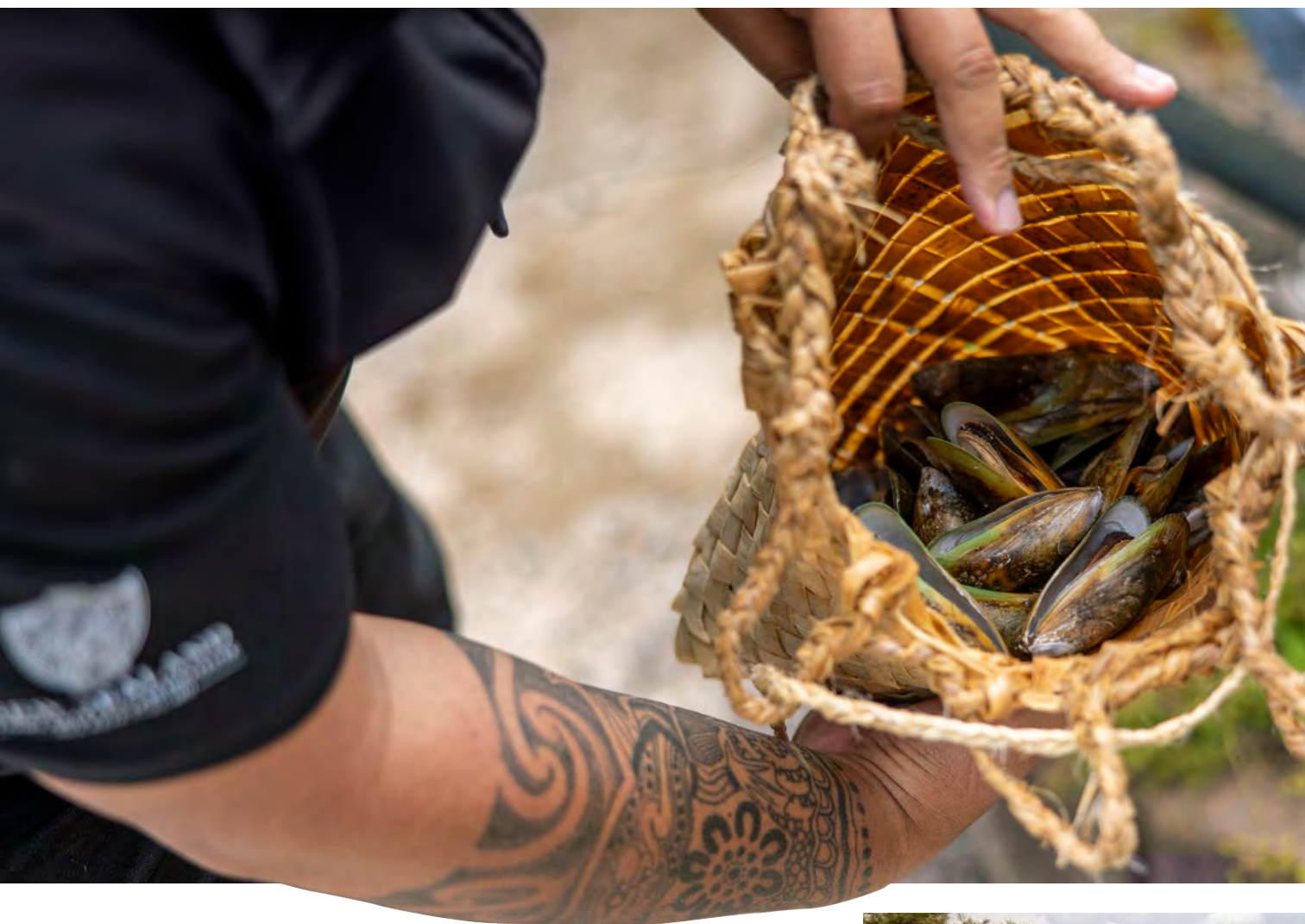
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NOURISH THE BODY, SPOIL THE SOUL

SAVOUR & SPLURGE

When it comes to food, Rotorua knows how to feed more than just your appetite – it feeds your spirit.





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From lakeside lunches to street-side eats, smoky hāngī feasts to world-class dining, this is a city that serves up adventure on a plate. Every bite tells a story – local charm, fresh produce, and a deep love of sharing good food. Whether you're chasing a caffeine hit, hunting the perfect cocktail, or tucking into something hearty after a day outdoors, Rotorua's food scene delivers.

Start where the locals go – *Eat Street*. Sitting proudly at the lake end of Tūtānekai Street, it's Rotorua's buzzing dining hub, alive with music, laughter, and the smell of something delicious grilling nearby. Here, bartenders mix signature cocktails, craft brewers pour local pints, and chefs whip up everything from tapas to perfectly plated mains. The whole strip hums with energy, helped along by its clever retractable roof and geothermal heating that keep things toasty all year round. It's the perfect spot to kick off a night out or wind down after one of Rotorua's many adventures.

Of course, food here runs deeper than the latest foodie trend. Rotorua's true taste lies in its hāngī – a traditional Māori feast slow-cooked in an earth oven. As steam curls skyward and the scent of smoky meat and vegetables fills the air,

you'll understand why it's a must-try experience. It's not just a meal – it's a connection to people, land and history, one that leaves both heart and stomach full.

When the morning rolls around, the city's café scene has you covered. Rotorua takes its coffee seriously, and you'll find award-winning spots serving rich, velvety brews and brunches worth lingering over. Grab a seat in the sun, order that second flat white and watch the city go by – or take your treats to go. A picnic by *Hamurana Springs*, *Lake Tikitapu (Blue Lake)*, or *Lake Ōkāreka* turns any takeaway into a memory worth savouring.

And because adventure doesn't stop at the plate, Rotorua's shopping scene has its own sense of discovery. Wander from boutique to market stall and you'll uncover everything from hand-crafted taonga to locally made art and design. It's the perfect way to wrap up a day of exploring – a little retail therapy to match your culinary adventures.

In Rotorua, every meal is a moment and every café, market, and restaurant adds another flavour to the story. So come hungry – there's plenty to taste, toast, and talk about long after the plates are cleared.



© Te Puia, Graeme Murray

If you're looking for a memento that speaks to the region, visit the gift stores around *Government Gardens* or the lakefront. You'll find pounamu carvings, woven harakeke, contemporary Māori art, local photography and books that capture Rotorua's landscapes and stories. These shops often stock items crafted by local iwi or artists who draw inspiration from the geothermal environment that makes Rotorua unique.

Every pocket of the city adds something new, from creative studios and plant-filled boutiques to bustling markets and specialist stores. Shopping in Rotorua feels relaxed and rewarding with plenty of opportunities to uncover something special.




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THE BEST KIND OF TIME IS TIME TOGETHER

FOR THE YOUNG & YOUNG AT HEART

No matter the age or stage, Rotorua brings families together. Let the kids explore, let curiosity lead the way and soak up the kind of moments you'll happily replay on the trip home. Pack the snacks, round up the whānau and get ready for days filled with laughter, surprises and plenty of reasons to return..

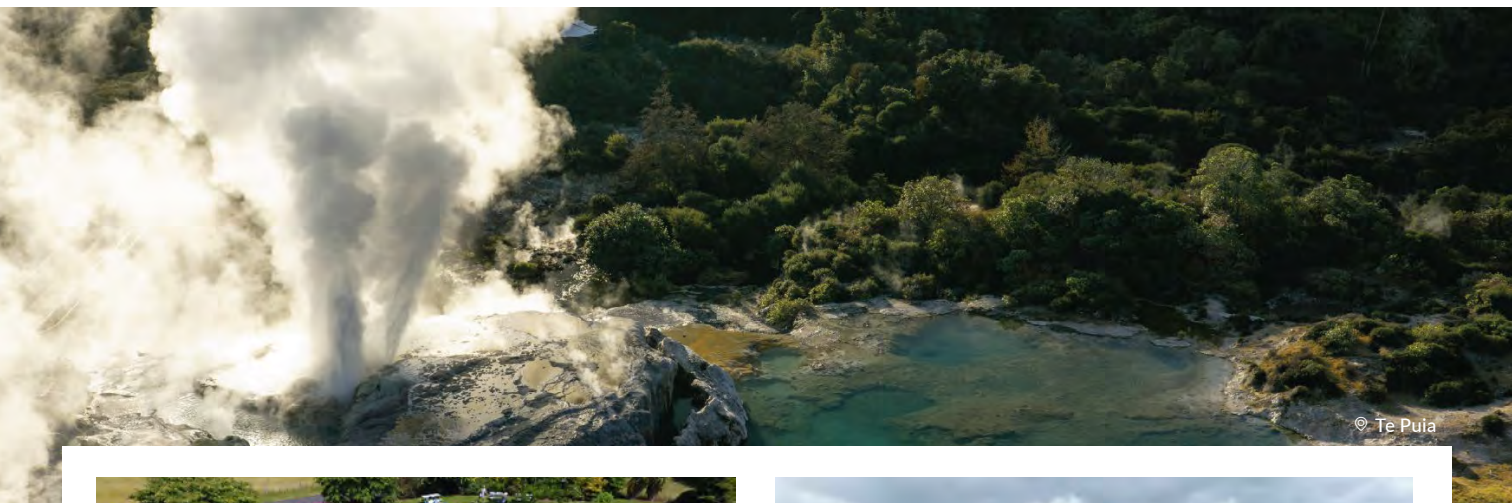
Geysers, bubbling mud pools, kiwi birds and Māori culture come together at **TE PUIA**. Explore the New Zealand Māori Arts and Crafts Institute, where carvers and weavers keep ancestral knowledge alive. Meet the kiwi and witness the power of *Pōhutu Geyser* – the largest in the Southern Hemisphere. By night, see the valley like never before and experience *Mārama: The Geyser Light Trail* as it amplifies the beauty of this geothermal wonderland.

Discover a surreal landscape full of vibrant colours and unique volcanic features unlike anything you've ever seen. **WAI-O-TAPU THERMAL WONDERLAND** is a stunning showcase of geothermal activity, a thousand years in the making. Explore a range of walks taking between 30 to 90 minutes, suitable for families and all ages and abilities. Take in the world famous *Champagne Pool*, bubbling mud, steaming ground, sinter terraces, coloured hot springs and expansive vistas. Don't miss the *Lady Knox Geyser*, which erupts daily at 10:15am.

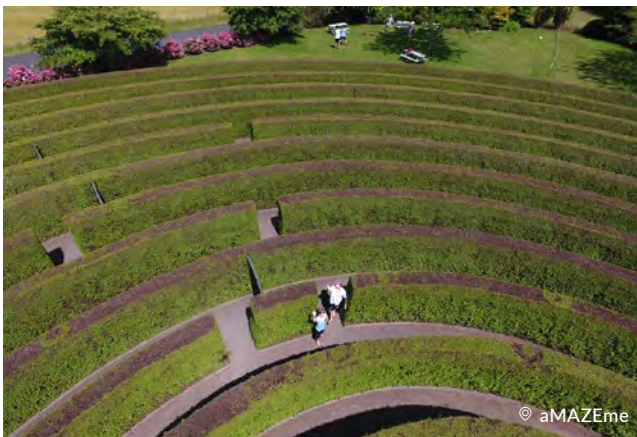
Experience the majesty of Rotorua's exotic redwood forest, Whakarewarewa, at **REDWOODS TREEWALK AND NIGHTLIGHTS**. Explore a unique perspective of the trees, suspended up high above the forest floor. Encounter grand 75-metre-tall redwoods as you walk across 28 suspension bridges, designed to honour and accentuate the natural environment. This award-winning eco-tourism walk is 700 metres long and takes about 30 minutes to complete. Visit at night for a unique, lantern-lit experience. Experience also the Redwoods Glowworm grotto guided tour by day or night – experience Redwoods by day, by night and by Glowworm.

Step into a world where nothing is quite what it seems! **THE 3D TRICK ART GALLERY** is full of mind-bending murals that make it look like you're climbing cliffs, escaping wild animals, flying through the sky or shrinking into tiny worlds. Kids and adults can strike hilarious poses, snap amazing photos and discover surprises around every corner. It's the perfect place for families to play, imagine and create unforgettable memories together.





© Te Puia



© aMAZEme



© Lake Ōkāreka Horse Trekking

Unleash your inner child at **aMAZEme** where a 1.4 kilometre hedge maze offers twists, turns and endless excitement for all ages. Find your way to the centre as a competitive or interesting break in your travels. Enjoy an idyllic setting with a picnic amongst giant board games on family friendly grounds or host a party or team event. Affordable fun for all ages!

With so many ways to play, learn and explore, Rotorua delivers easy, feel-good family fun. Follow what sparks excitement, let the kids lead the way and enjoy a getaway that's full, relaxed and memorable for all the right reasons.

Immerse your family in the wonders of nature at **PARADISE VALLEY SPRINGS**. Explore the beautifully presented wildlife park, where you can hand-feed friendly animals and marvel at native and introduced birds. Don't miss the daily lion feeding at 2:30 PM, a thrilling experience for all ages. With flat, accessible pathways suitable for pushchairs and wheelchairs, the park ensures a comfortable visit for everyone. Open every day from 8 AM until dark, with last entry at 5 PM, *Paradise Valley Springs* offers an unforgettable day of adventure and discovery for the whole family.

Explore the stunning native bush and take in sweeping views of *Lake Ōkāreka* and *Lake Tarawera* on a guided **LAKE ŌKĀREKA HORSE TREKKING** adventure, something the whole family can enjoy. There are a range of routes suited to all experience levels, from first timers to confident riders.

Ride through lush native forest, wander across open grassland and farmland, and make your way up to the hilltop lookout. From there, you'll be treated to a panorama of glittering lakes and the iconic *Mount Tarawera*, an unforgettable way to experience Rotorua's natural beauty.

Climb aboard the wacky, splash-happy Rotorua "duck" and get ready for an adventure that's part tour, part joyride! These bright yellow amphibious vehicles rumble through the city streets, then – splash! – slide straight into Rotorua's beautiful lakes. Kids will love the excitement of cruising from land to water like it's no big deal, spotting wildlife and taking in all the action. With giggles, awesome views and plenty of "did you see that?!" moments, **ROTORUA DUCK TOURS** is fun for all the family from start to finish.

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WHERE THE SEA SHOWS OFF

COASTAL BAY OF PLENTY

From the vibrant harbourside city of Tauranga to the relaxed beachside communities of Waihi, Whakatāne and Ōpōtiki, the *Bay of Plenty* more than lives up to its name. This stunning region boasts 125 kilometres of pristine coastline, famed for its white sandy beaches and warm, welcoming climate that invites visitors year-round.



While the laid-back beach atmosphere draws many to the area, the *Bay of Plenty* also caters to thrill-seekers and nature lovers. Enjoy night kayaking beneath star-filled skies, soar high above the ocean on a skydive, try your hand at game fishing or explore magical glow worm caves. Whether you're seeking adventure or relaxation, the *Coastal Bay of Plenty* offers endless opportunities to do as much – or as little – as you like.

Whakatāne and Ōhope, the gateway to the *Eastern Bay*, deliver that off-the-beaten-track charm with the friendliness and warmth that larger tourist hubs often lack.

Here, you can slow down and unwind at your own pace – soak in hot pools, wander through native bush, swim in clear waters or cast a line from the shore.

The region is home to remarkable natural treasures, including *Whirinaki Te Pua-a-Tāne Conservation Park* – one of New Zealand's most significant and awe-inspiring forests. Its towering ancient trees, the living descendants of *Tāne Mahuta*, stand tall over a rich biodiversity of endangered species.

Offshore, 48 kms from Whakatāne, *Whakaari (White Island)* rises dramatically from the ocean.

Estimated to be between 150,000 and 200,000 years old, this volcanic landmark spans 2 kms and reaches 321 metres above sea level. Scenic flights offer breathtaking views of its active crater, while lookout points at *Whakatāne Heads* and *Kohi Point* provide excellent views from the mainland. Beneath the waves, exceptional visibility and abundant marine life make the surrounding waters one of New Zealand's top diving locations.

Steeped in culture, shaped by nature and bursting with unforgettable experiences, the *Bay of Plenty* is a place guaranteed to bring a smile at every turn.



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MUST SEE, MUST DO

Sun, sand, surf and spectacular views – Bay of Plenty is New Zealand’s playground for coastal adventures. From bustling beaches to serene offshore islands, verdant bush walks to glistening lakes, this region is alive with things to see and do, whatever the season.

BEACHES THAT SPARKLE

With 125 kilometres of coastline, the *Bay of Plenty* is made for beach lovers. Paddleboard, kayak, dive or surf your way through crystal-clear waters. Spot dolphins dancing offshore, penguins waddling along the sand, seals sunbathing, or even whales and orca gliding past. *Ōhope Beach* is a crowd favourite for a reason. Eleven kilometres of pristine white sand, sun-drenched all year, framed by Pohutukawa trees, make it a perfect spot to walk, swim, surf or simply unwind. *Mount Maunganui Beach*, *Waihi*, *Pukehina* and *Papamoa* also deliver iconic Kiwi beach vibes, so take your pick and soak it all in.

ŌHOPE BEACH

Just 6 km from *Whakatāne*, *Ōhope Beach* stretches 11 km of flawless white sand, earning its title as New Zealand’s most loved beach. Perfect for walkers, swimmers, surfers and anglers, it’s a beach that truly does it all.

Bask in its north-facing sun, with over 2,250 hours of sunshine a year, while soaking in views of Pohutukawa trees and the volcanic silhouettes of *Whakaari (White Island)* and *Motuhoroa (Whale Island)*. Safety is top-notch too, making it ideal for families and first-time surfers alike.

The northern stretch dazzles with endless Pacific coastline, but the southern end – *Port Ōhope* – is a hidden gem. *Ōhiwa Harbour* invites kayaking, boat-fishing, scenic walks and kids’ fishing adventures, making it a hub for water and nature lovers.

MAUAO (MOUNT MAUNGANUI)

For views that wow, hike *Mauao*. The summit rises 232 metres above the bay, rewarding climbers with panoramic vistas of beaches, islands and the sparkling Pacific. The main track from the oceanside boardwalk takes about 40 minutes and is steep, but for those wanting a gentler climb, the 45-minute base track offers scenic serenity.

MOUTHORĀ (WHALE ISLAND)

A hidden gem, *Moutohorā* is a 143-hectare wildlife sanctuary with rare birds, reptiles and plants. Accessible only by guided tour, it also offers top-notch diving and snorkeling – perfect for adventurers seeking pristine marine life in a protected paradise.

ŌHIWA HARBOUR

At the southern end of *Ōhope*, *Ōhiwa Harbour* is a calm retreat. Separated from the ocean by sand spits, this shallow harbour is ideal for kayaking, kids’ fishing and leisurely boating. Even if the fish aren’t biting, scenic views and nearby cafés make for a perfect day out.



NIGHT KIWI ENCOUNTERS

Ever walked with kiwi under the stars? Between April and July, guided night walks by the *Whakatāne Kiwi Trust* let you hear the iconic calls of New Zealand’s national bird and spot other native wildlife like *weka* and *ruru* (owl). Outside the season, self-guided loops in *Ōhope Scenic Reserve* offer quiet bush exploration.

MCLAREN FALLS PARK

Set on 190 hectares beside *Lake McLaren*, this is a nature playground. Kayak, fish, camp, picnic or wander the bush trails. At dusk, glow worms light up the forest, creating magical moments. The park’s waterfalls are a must-see, just a short, easy stroll away.