

Fixture Card

Mukamuka Munter

August 15th 2026

0900am

~32km

965m Δ

ETA: 3-5hrs

Allocation: 120pax



DESC: Start at the Orongorongo River mouth. The route heads east, around the Turakirae Head, following the well-marked Wild Coast trail for ~12km.

Not long, past Mukamukaiti Stream and some sandy trail, head North, leaving the sea behind to enter the Mukamuka Stream valley. Shortly upstream make sure you take the main valley and *not* the initial left tributary (Tapokopoko Stream), or the Nor-east continuation (Hinakitaka Stream). For approx ~4km a rugged, rocky valley narrows toward South Saddle. From the Saddle, you drop (down) the Mt Matthews Track. It is steep and technical. Follow this Northward to the Matthews Stream, and continue down to the Orongorongo River.

Cross the river and immediately pick up the track on the far side at the Whakanui Stream confluence. (for safety and fairness, it is the true route to follow the Big Bend Track, *not the river*).

After ~3km on the Big Bend track, take the Orongorongo Track, following Catchpool Stream west and away from the river. Through the car park, then follow the road to the Catchpool Centre.

Admin:

Note the course is not marked in places.

If you have limited backcountry experience, it may be assessed you travel with a team. *There will be limited marshals on course.*

Cost: \$15 (approx) for BBQ and drinks.

This is a planned WREC'kd event for our financial members.

We want to host grassroots running events (and participate in them). We have formed a community of like-minded people, so join us.

Rego: Online.

Formalities: TBC.

Travel/parking: The route is a point to point.

The start is approx. 10km from the finish. Arrange a carpool in advance, suitable parking is available at the Catchpool Centre, Orongorongo Carpark or at the coast.

Finish line affairs: There'll be a BBQ and drinks available at finish, someone will look after any bags at the visitor centre.

Camping & Accommodation: Online bookings with DOC only.

Safety:

Self-Rescue Ethic: All participants are expected to be self-sufficient, and have considered the essential gear and requirements of members.

Plan B: If the Orongorongo River levels are high, a B-Course will be shared prior.

There may be no volunteer presence in remote sections of the course. There are no time limits, but we'd rather not wait!

FYI:

.GPX file of the route

(Please take care at all tributaries in the Mukamuka Valley)

Drinking from the Mukamuka stream is not recommended. Water maybe okay from Whakanui, if in doubt- treat it.

Leave no trace, if you find rubbish on the course please pick it up. Stick to all marked trail especially about Turikirae Head Scientific reserve.

Be polite and considerate to public out and about.

Be mindful of stock grazing the Mukamuka. Leave any fences and gates as they were found.