



Discovering Tryphena

Trouble with Tryphena: if you linger here, it might make your ordinary life seem less than perfect.

All you need to know to enjoy exploring this area for a day.

Key (turn over for description of each walk)

Station Rock Road Walkway (Access from Medlands Road)	Ross Bay Track
Miller's Hill walk	Dolphin Bay Track
Island Bay Track	Ruahine Lookout Track
Whaler's Lookout Track	Kōwhai Valley Track
Te Rangitāwhiri Reserve	Sealed road
Other track	Gravel road
Safe beach	Dog off leash

Information	Shop/store	Restaurant/bar
Public toilets	Art, craft gallery	Boat ramp
Scenic site	Cafe	Ferry
Fishing	Safe swimming	Kayaking
Barbecue	Mountain bike route (also tramping track)	Parking
Sports field	Campervan site	
School	Child friendly walk	
Playground	4WD only	