

# WHA Whirinaki Forest Footsteps Package

# 4



**Pick Up**  
8.30am  
Rotorua iSite



**Concludes**  
3.30pm  
Rotorua iSite



**Duration**  
7 Hours



**Picnic Lunch**



**Light Refreshments**



**Comfortable Walking Shoes required**



**Easy Walking**



**PRICE**  
**\$275pp**  
Valid to 30th Sept 2025

## 8.30am

Pick up with Whirinaki Forest Footsteps bus at Rotorua iSite. Depart for **Whirinaki Te Pua a Tane** with guided commentary en route.

## 9.30am

Arrive in to Murupara, meet your forest guides who will provide a welcome in to Ngati Manawa Tribal lands, before boarding the bus and continuing storytelling en route to the rainforest.

## 10.30am

Arrive at **Whirinaki Te Pua a Tane**. Here our guides will welcome you in to the ngahere (forest). This is done by way of **mihi whakatau** and **karakia**. Your cultural guided walking journey begins. Meet our **Rakau Rangatira** (chiefly trees). Follow our **Rongoa trail** (Medicine plant trail) as you learn to identify medicinal plants and learn about their many uses. Hear, and hopefully see, our native and endangered birds in their natural habitat. Hear the **history of Whirinaki Te Pua a Tane**, and how Maori revered the forest for its beauty, spiritual presence, bountiful supply of food, medicine, building and weaving materials. Learn **whakatauki** (proverbs) and experience **Forest Bathing** – the art of connecting to the

natural healing vibrations of the forest through a meditative state, that includes **traditional wind instruments, karakia** and **ancient chant**. Your tour concludes with packed **picnic lunch** and hot **Kawakawa tea**, as you enjoy a time of reflection with your guide, and an opportunity to ask any questions you might have about anything.

## 1.30pm

Depart Whirinaki Te Pua a Tane for Rotorua

## 2.15pm

Stop at **Te Ana a Tokowaru**, hidden Maori Rock carvings carbon dated to 400 years before the Great Migration.

## 2.45pm

Depart Te Ana a Tokowaru for Rotorua

## 3.30pm

Drop off at Rotorua iSite



**WHIRINAKI FOREST Footsteps**

**Guided Cultural Walks**

