MAIN HIGHLIGHTS OF THIS ROUTE:

1. Taumanu reserve
   A lovely open space to wander, picnic, or have a swim. Opened in 2015, this is the first significant access to the Onehunga foreshore since the 1970's.

2. Onehunga Mall & Train Station
   Onehunga town centre has a rich history and is a hub of interesting shops and cafés. If you're exploring from further afield, bring your bike in by train.

3. Ōtuataua Stonefields
   This is one of the city's last volcanic areas where you can see the large-scale stonework and earthwork remains that show how people once lived and worked. The 100-hectare area was established to protect and preserve the archaeological remains of the communities that thrived on this land for hundreds of years. It is rich in bird life and diverse vegetation.

4. Ambury Farm
   Ambury is a regional park and working farm, with cattle, sheep, goats, chickens, kunekune pigs and horses. The area also has many archeologically significant sites.

5. Māngere Bridge Village
   Whether you are looking for picnic fare, take-aways or good coffee, pop over to the village to refuel.

6. Te Pane O Mataoho Māngere Mountain
   One of the best preserved of Auckland's many volcanic cones. The volcano erupted about 18,000 years ago. The mountain is a place for solitude, recreation and exploration.

7. Find out more at AT.govt.nz/cycling
   Follow us and share your cycling adventures with #AKLBikeLife

8. Auckland Transport
   Nestled along the coast of the upper Manukau Harbour you'll find Māngere Bridge, a quaint coastal village.

9. Follow us and share your cycling adventures with #AKLBikeLife

10. Find out more at AT.govt.nz/cycling
    Follow us and share your cycling adventures with #AKLBikeLife
This ride is a great weekend outing - it’s completely flat (almost) with stunning views and interesting stops and is in two parts which connect by the underpass on SH20. Explore the Upper Manukau Harbour before heading out to Ambury Farm following the shoreline. Here is a great place to stop for a picnic and a look at some farm animals, with the option to continue on gravel paths around the headland to Stonefields, passing by bird sanctuaries and lagoons on the way.