

Whangārei's Best Known Surf Beaches

1 | Ocean's Beach

Distance from Port Nikau: 40 mins

Best conditions: E-NE swell combined with an offshore wind direction from the W

Break: Left and Right Beach and Reef

Best tide time: Mid-tide

Walk the length of the 5km beach and you'll find sand dunes and rock pools, and at the lookout, you can see the memorial to commemorate HMS Pururi, the only WW2 navy ship lost to enemy action in New Zealand waters.

Local Tip

The sandy walkway from the carpark gets super hot so don't forget your jandals.

2 | Sandy Bay

Distance from Port Nikau: 45 mins

Best conditions: E-NE swell combined with an offshore wind direction from the W-SW

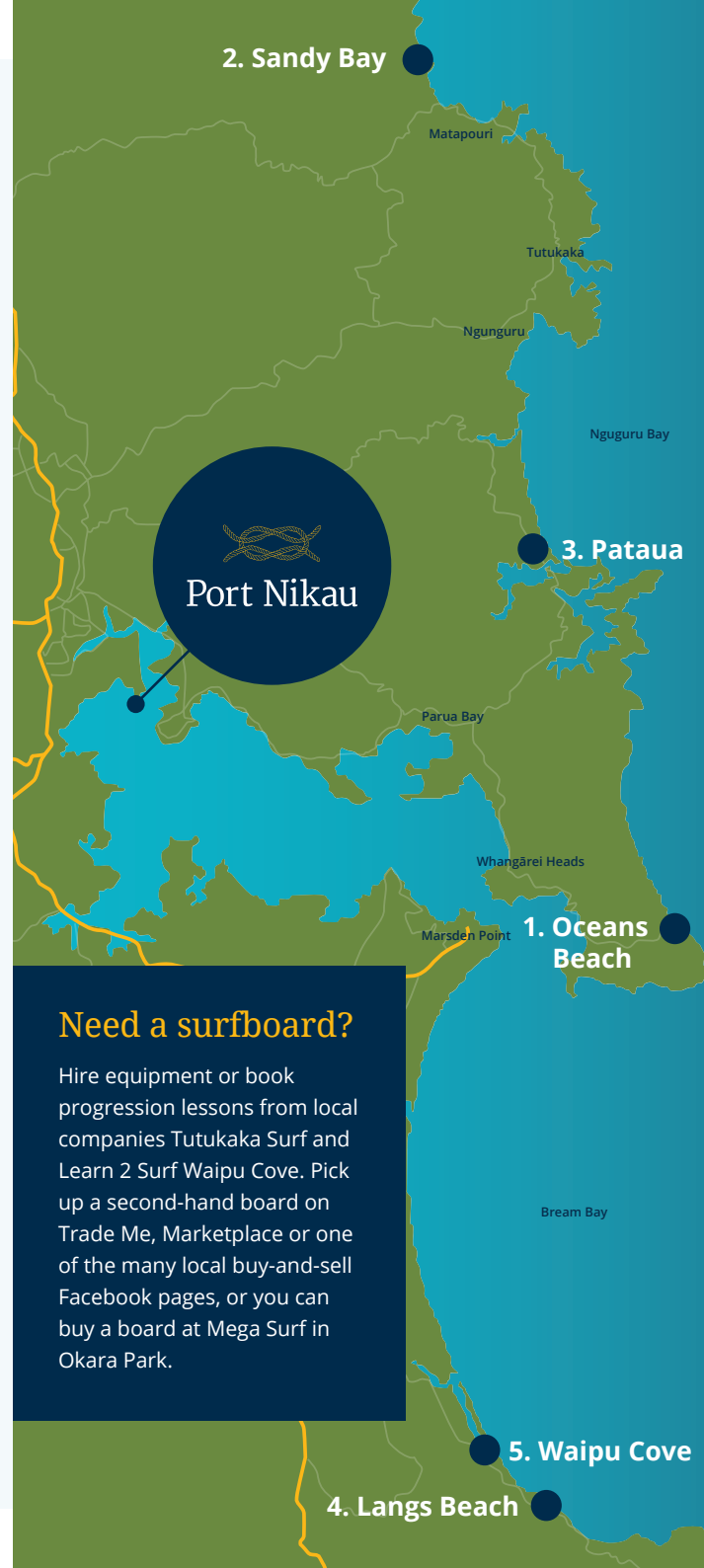
Break: Right Beach

Best tide time: High tide when rising

This beach has a variety of surf conditions for beginners and the more experienced, but watch out for dangerous rips. For a slower pace, you can usually find smaller swells at nearby Woolleys Bay and Matapouri.

Local Tip

Stop off at Matapouri Bay Store for some awesome fish 'n' chips.



Need a surfboard?

Hire equipment or book progression lessons from local companies Tutukaka Surf and Learn 2 Surf Waipu Cove. Pick up a second-hand board on Trade Me, Marketplace or one of the many local buy-and-sell Facebook pages, or you can buy a board at Mega Surf in Okara Park.



Top Surf Spots and Tips



Port Nikau

WHANGĀREI 35.7°S - 174.3°E



Check out the conditions

Check out Surf Forecast, MetService Marine section, or Magic Seaweed for up-to-date conditions.

With our subtropical climate of hot summers and mild winters, our average water temperature ranges from 15.4°C in winter to 21.4°C in summer, meaning surfers can enjoy the water all year round.

3 | Pataua

Distance from Port Nikau: 20 mins Pataua South, 40 mins Pataua North

Best conditions: NE swell combined with an offshore wind direction from the SW

Break: Point

Best tide time: All

A 2.4km stretch of white sand that's good for beginners and less experienced surfers. There are strong rips, so be careful. Pataua tidal estuary is a safe swimming area popular with families.

Local Tip Park at North or South, you can easily access the other side via the footbridge.

4 | Langs Beach

Distance from Port Nikau: 50 mins

Best conditions: NE swell combined with an offshore wind direction from the S

Break: Left and Right Beach

Best tide time: Mid-tide when falling

Further along the coast from Waipu Cove, this pōhutukawa lined beach has consistent surf and good fishing. It's popular with locals and holidaying Aucklanders, so be warned that it can get busy in the summer.

Local Tip At low tide, you can access the hidden Ding Bay.

5 | Waipu Cove

Distance from Port Nikau: 45 mins

Best conditions: NE swell combined with an offshore wind direction from the SW

Break: Left and Right Beach

Best tide time: Mid-tide when rising

This beach has it all - a beautiful stretch of white sand, toilets, a campsite, coastal walks, and nearby cafes and restaurants.

Local Tip The Cove, overlooking the beach, is the perfect spot for a post-surf beer.