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# TOP 10 THINGS TO DO IN TAURANGA AND THE BAY OF PLENTY

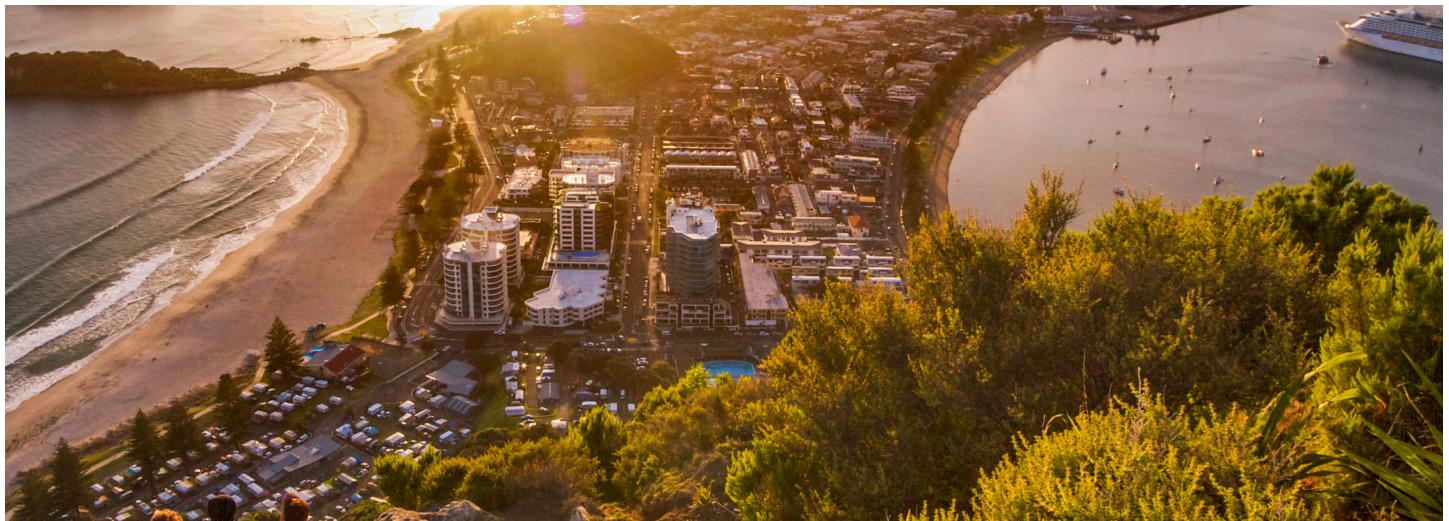
Whether you are looking for something a little adventurous, cultural or family-friendly, the Bay of Plenty offers plenty of things to do.

Make sure you check out these top 10 activities in Tauranga and the Bay of Plenty.

## 1. Hike Tauranga's iconic Mount Maunganui



MENU



It wouldn't be a trip to Tauranga without taking on the [Mount Maunganui \(Mauao\) walk](#). An activity to add to your list of must-dos in Tauranga, it's the Bay of Plenty's most iconic landmark (and one of the most Instagrammed spots in New Zealand!). Enjoy 360-degree panoramic views from the top, and on a clear day, visitors can see the Coromandel peninsula in the North.

[Explore Mount Maunganui](#)

## 2. Book a marine wildlife tour



Explore Tauranga's big blue backyard with [Bay Explorer](#) or [Dolphin Seafaris](#). The sun-kissed coastline of the Bay of Plenty is frequented by dolphins, whales and orcas, and plenty of other sea life. Learn from passionate locals about the unique aquatic world that lies just off the coast.

### 3. Paddle your way around Tauranga's coastline



Book a tour or hire your own kayak and explore the coastline and inner bays of the region. [KG Kayaks](#), [Mauao Adventures](#), and [Waimarino](#) all offer unforgettable paddling adventures – from evening glow worm tours and SUP lessons around Mount Maunganui, to coastal adventures in the Eastern Bay of Plenty.

### 4. Treat yourself to a scenic helicopter flight



For a once-in-a-lifetime experience, book a scenic flight with the crew at [Adventure Helicopters](#). Let them fly you over some of the most stunning areas of the Bay of Plenty, or for something really special, book one of their food and wine or fly and drive packages.

## 5. Experience the most beautiful skydive in the North Island



For the ultimate thrill, book a tandem skydive with [Skydive Tauranga](#) and see the Bay like never before. Take in the views during a 20-minute scenic flight before you jump – freefalling at 200km/h from up to 15,000 feet and still taking in those epic views!

[Book a skydive](#)

## 6. Learn to surf



With over 125 kilometres of pristine coastline and safe swimming beaches, the Bay of Plenty is undoubtedly a great place to learn to surf. Book a group or private lesson with one of the many surf schools located along the beach fronts – you'll be catching waves in no time!

## 7. Enjoy white water action on a riverbug



Invented right here in New Zealand, [Riverbug](#) is a fun new way to ride whitewater rapids. From mild to wild, you can choose between different levels. Explore the scenic Wairoa river valley near [Tauranga](#) on the 'Fun Bug' tour which is perfect for families and younger children. If you prefer to splash through fun roller coaster wave-trains, marvel at waterfalls cascading down lush mossy rock walls and hear some local stories, the 'Action Bug' tour on the Rangitāiki river in the Easter Bay of Plenty is for you.

## 8. Experience the Flavours of Plenty



The Bay of Plenty is rapidly gaining recognition as a foodie paradise with 125km of coastline brimming with kaimoana (seafood), oyster farms, and some of New Zealand's best fish and chips. As the nation's avocado capital and the world's kiwifruit hub, it also boasts a growing number of [gin distilleries](#), a vibrant dining scene, [traditional hāngī](#) (firepit cookout) experiences, and a celebrated [autumn food festival](#). This coastal region offers a seamless blend of flavours, making it a must-visit destination for food lovers.

## 9. Explore Moutohorā (Whale Island)



Home to a range of rare flora and fauna, endangered native species like the Kakariki, Kiwi and Tuatara now flourish in this protected wildlife sanctuary. You'll also discover the Bay's very own hot water beach. Explore Moutohorā with an experienced guide with [Diveworks Charters](#), [KG Kayaks](#), or [Moutohorā: Island Sanctuary Tours](#).

## 10. See the best of the region by bike



Hire your own e-bike and explore Tauranga and the Bay of Plenty on two wheels. Visit [Bay of Plenty's official site](#) to discover some of the region's best trails.

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