



# TOKA RIDGE

ESCAPE TOGETHER

FOOD & FUN GUIDE



# HUNGRY?

Hungry? Rotorua is a foodie's heaven! With many cuisines to choose from, and dine in, takeaway, and even delivery options, you'll be well fed in no time.

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# OKERE FALLS STORE & CRAFT BEER GARDEN

757A State Highway 33, Okere Falls

[okerefallsstore.co.nz](http://okerefallsstore.co.nz)

Dine In · Takeaway

0800 772 384

Mon - Sun 7am - 10pm

  [okerefallsstore](https://www.facebook.com/okerefallsstore)

Cafe, Store and Craft Beer Garden with house roasted coffee, 100% NZ craft beer, burger Thursday nights, vegan friendly options, breakfast, lunch and snacks.

Come for a visit. Home to fantastic nature walks and inspiring water falls this is a spot much loved by locals and visitors alike. Perfect for photographer and nature lovers. We highly recommend stopping by the Okere Falls store for a coffee or meal on your way through.



## TOKA TIP

Be sure to try the Get Smoked, Pickled + Toasted sandwich, winner of the Great New Zealand Toastie Takeover for 2022 with house-smoked and beer-brined brisket and more incredible ingredients.

# BREW | CRAFT BEER PUB

1103 Tutanekai Street, Rotorua

[brewpub.co.nz](http://brewpub.co.nz)

Dine In · Takeaway · Delivery

07 346 0976

Tues - Thurs 4pm - late

 [BREWpubRotorua](https://www.facebook.com/BREWpubRotorua)

Fri - Sun 12pm - late

Everyman's gastrobar, just a bit more refined than your typical corner pub. We offer a stellar wine list, New Zealand's favorite tap beers and cocktails.



# SECRET SPOT HOT TUBS CAFÉ & BAR

13/33 Waipa State Mill Road,

Whakarewarewa, Rotorua

Dine In · Takeaway

Mon - Sun 9am - 10pm

[secretspot.nz](http://secretspot.nz)

0800 737 768

 [secretspothottubs](https://www.facebook.com/secretspothottubs)

 [secretspotrotorua](https://www.instagram.com/secretspotrotorua)

Experience our unique café, bar, and Shinny Dip foot tubs (free with any drinks purchase!). Relax in your own fresh spring water cedar hot tub surrounded by native forest in Rotorua.

# LUCKY STAR INDIAN TAKEAWAY

208 Ngongotaha Road, Ngongotaha

[luckystarindiantakeaway.co.nz](http://luckystarindiantakeaway.co.nz)

Takeaway

07 357 2538

Mon - Fri 11am - 2.30pm  
4.30pm - 8.30pm

Sat - Sun 4.30pm - 8.30pm

Unpretentious and fast great quality Indian takeaways nearby to Toka Ridge.

# EL MEXICANA ZAPATA CANTINA

1148 Tutanekai Street, Rotorua

[elmexicanozapata.com](http://elmexicanozapata.com)

Dine In · Takeaway · Delivery

07 213 1175

Tues - Thurs 11.30am - 9pm

Fri - Sat 11.30am - 10pm

Sun 11.30am - 9pm

Fast and friendly service, authentic Mexican food, cheerful non pretentious ambiance.

# YAMATO

1123 Pukuatua St, Rotorua

[yamatojapaneserestaurantrotorua.com](http://yamatojapaneserestaurantrotorua.com)

Dine In · Takeaway · Delivery

07 348 1938

Tues - Sun 12pm - 2pm · 6pm - 9pm

 [yamatorotorua](https://www.facebook.com/yamatorotorua)

Don't let the modest decor fool you! This is hands down the best Japanese in Rotorua by a country mile. All their produce is the highest quality, fresh and prepared with style and expert precision.

# THE FACTORY SMOKEHOUSE & GRILL


170 Old Taupo Road, Utuhina, Rotorua

[thefactorysmokehouseandgrill.co.nz](http://thefactorysmokehouseandgrill.co.nz)

Dine In · Takeaway

07 346 0100

Tues - Sun 5pm - 8pm

 [TheFactorySmokeHouseAndGrill](https://www.facebook.com/TheFactorySmokeHouseAndGrill)

 [thefactorysmokehousegrill](https://www.instagram.com/thefactorysmokehousegrill)

Friendly service, American style smoked and slow cooked meats, fantastic burgers and a friendly bar.

# ALI BABA'S TUNISIAN CUISINE

1146 Tutanekai Street, Rotorua

07 348 2983

Dine In · Takeaway

 [alibabastunisiancuisine](https://www.facebook.com/alibabastunisiancuisine)

Mon - Wed 11.30am - 9pm

Fri - Sat 11.30am - 9pm

Hands down best Turkish style food (kebabs, wraps, salads, Iskander) in town.

# THE FAINTING GOAT

1154 Tutanekai Street, Rotorua

[thefaintinggoat.co.nz](http://thefaintinggoat.co.nz)

Dine In

07 348 8411

Mon - Sun 12pm - late

 [thefaintinggoatnz](https://www.instagram.com/thefaintinggoatnz)

Everyman's gastrobar, just a bit more refined than your typical corner pub. We offer a stellar wine list, New Zealand's favorite tap beers and cocktails.





## EAT STREET

Tutanekai Street, Rotorua

Dine In

Open Hours Vary

[rotoruanz.com/eat-drink](http://rotoruanz.com/eat-drink)

The bustling hub of Eat Street boasts a dozen or so restaurants and bars, one boutique nightclub, and the iconic Lady Janes Ice Cream Parlour – all in one spot that’s as long as a city block. The covered central walkway is the focal point for this all-weather al fresco dining area, making it ideal for year-round entertainment. The thermally heated footpath and enhanced lighting gives Eat Street a unique and vibrant dining atmosphere. Found at the “lake end” of Tutanekai Street, you’ll satisfy any craving from pub fare and steaks, to tapas, Indian, Italian and much more.





# ROTORUA NIGHT MARKET

1029 Tutanekai Street, Rotorua

Takeaway

Thurs 5pm–8:30pm

[f](#) [@rotoruanightmarket](#)

Each Thursday night, weather permitting, the Rotorua Night Market is abuzz with food trucks and stalls offering a wide variety of global cuisines, filled with locally made arts, crafts artisan products, gifts & produce. Enjoy boutique-style shopping and dozens of food trucks while you're entertained by talented musicians at this vibrant, family-friendly market.

# TERRACE KITCHEN

1029 Tutanekai St, Rotorua

Dine In

[www.terrace.kitchen](http://www.terrace.kitchen)

07 460 1229

 [terracekitchenandbar](https://www.facebook.com/terracekitchenandbar)

 [terrace\\_kitchen](https://www.instagram.com/terrace_kitchen)

Amazing cafe, restaurant and event venue right by the lake front. Great for families and group events.

# LADY JANES ICE CREAM PARLOUR

1092 Tutanekai Street, Rotorua

Dine In · Takeaway

07 347 9340

  [ladyjanesicecream](https://www.facebook.com/ladyjanesicecream)

Mon - Tues 10am - 6pm

Fri - Sat 11.30am - 9pm

Sun 10am - 6pm

If after eating out in Rotorua and you still have room for dessert, this is the place to go.

## TOKA TIP

With over 50 flavours, it's hard to choose! We recommend digging into a Warm Dessert Waffle Sundae, and don't forget a Pebble Pot for the kids!





# NOURISH GRAZING CO

Delivers to Toka Ridge

[nourishgrazingco.com](http://nourishgrazingco.com)

021 827 057

[@\\_nourishgrazingco\\_](https://www.instagram.com/_nourishgrazingco_)

Wholefood grazing platters and picnic boxes crafted by a nutritionist in Rotorua. Each box is seasonal and unique. Nourish Grazing Co supports local suppliers and only use the best ingredients. Gluten free, Vegetarian and raw sweet options available upon request.



# LET'S PLAY

The Rotorua region is the nature lover's playground. There's activities for everyone, from the thrill seekers, to the history buffs; the mountain bikers, to those who want to relax and unwind in geothermal waters.

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# HAMURANA RESERVE

3 Turner Rd, Hamurana

Live like a local and take a stroll along the nearby lake front reserve or Hamuarana Springs and discover the relaxed natural vibe of the area for yourself. Just a short 150m stroll down the road from your door (turn right at the driveway) you'll find the Hamurana Reserve.

This is a scenic walking track that wraps around the Hamurana lake front. The Reserve is great place to play and picnic, with barbecues, picnic tables, children's playground, toilets and plenty of beach access. Popular with locals, families as well as photography and nature lovers.



## HAMURANA STREAM COLD PLUNGE

Carpark opposite 773 Hamurana Road, Hamurana

Not for the faint of hearted - literally! Recently popularised by Wim Hoff method a cold plunge is a fantastic way to boost your immune system, energy, mood and lower inflammation for fast recovery.

A mere 2 minute car down the road you'll find the crystal clear healing waters of the Hamurana Stream. At a steady year round 12 degrees Celsius this is fantastic way to challenge yourself for an all-natural health boost.

Try for 5-10 minutes or as long as you can stay in!

Safety Notes

*Once out ensure you immediately get into a hot tub or shower until your core temperature has stabilised.*

*Be careful getting in and out as this is a natural stream with hazards such as roots and flowing water.*

# HAMURANA SPRINGS NATURE RESERVE & GOLF CLUB

773 Hamurana Road, Hamurana

Fri - Sun 9am - 5pm

[hamurana.co.nz](http://hamurana.co.nz)

0800 426 8726

 [hamuranaspringsnature](https://www.facebook.com/hamuranaspringsnature)

Just a 3-minute drive away is the Hamurana Springs Nature Reserve and Golf Course, which is a local's favorite. A 20-minute-long guided or self-guided walk and stunning 9-hole golf course set against the lake, tall redwoods, native plantings and crystal-clear natural springs and river.

## TOKA TIP

The reserve is perfect for photography and nature lovers, but did you know they host events? This picturesque spot is perfect for intimate functions, parties and weddings.



# KATOA LAKE ROTORUA JET BOAT

Do you prefer something a bit faster? Departing from the beach directly in front of Toka Ridge (dependant on lake levels) Katoa Lake Rotorua offers Jet Boat trips for everyone to enjoy! Scream across and around Lake Rotorua visiting iconic landmarks, or travel down the Ohau Channel to soak in the Lake Rotoiti Hot pools (only accessible by water), or if you would like a more bespoke trip do not hesitate to get in touch.

[katoalakerotorua.co.nz](http://katoalakerotorua.co.nz)

0800 538 7746

 [katoa.lake.rotorua](https://www.facebook.com/katoa.lake.rotorua)

 [katoa\\_rotorua](https://www.instagram.com/katoa_rotorua)



## VOLCANIC AIR

Departing from the beach directly in front of Toka Ridge, experience the thrill of a floatplane or Helicopter take off before climbing above Mokoia Island on track to the volcanic peaks of Mount Tarawera.

[volcanicair.co.nz](http://volcanicair.co.nz)

0800 800 848

  [volcanicairnz](#)

Above Tarawera, views of cavernous craters reveal the power of what was the largest eruption in New Zealand's living memory. Also included in the flight are stunning lakes district and aerial views of the colorful Waimangu Volcanic Valley.

Returning to Rotorua, your descent takes you past the Whakarewarewa Thermal Reserve and over the city, before landing back at Toka Ridge. This just one of the many great adventures offered. Ask for the Toka Experience!

ADVENTURE





# CRUISE & FISH ROTORUA

John Hamill of Cruise & Fish Rotorua is one of the best, most experienced fishing guides in town.

[cruiseandfish.co.nz](http://cruiseandfish.co.nz)

021 951 959

John can either charter you on his boat on Lake Tarawera trout fishing and cruise to famous Te Rata Bay with its hot water springs and beaches, or take you fly fishing at one of his many spots (ask for a Hamurana Spot). He'll supply the gear and knowledge as well as show you a good time.

# ZORB ROTORUA

525 Ngongotaha Road, Fairy Springs, Rotorua

[zorb.com](http://zorb.com)

Mon - Sun 9am - 4pm

0800 646 768

 [zorb.ride](https://www.facebook.com/zorb.ride)

 [zorb.rotorua](https://www.instagram.com/zorb.rotorua)

Superman dive into a giant inflatable ball and roll down Mt Ngongotaha with ZORB, where the fun will have you laughing uncontrollably. Relax in hot tubs in between and after you roll.

# SKYLINE SKYRIDES

178 Fairy Springs Road, Rotorua

[skyline.co.nz/en/rotorua](http://skyline.co.nz/en/rotorua)

Times vary, see website for details

07 347 0027

  [SkylineRotorua](https://www.facebook.com/SkylineRotorua)

Jump onboard one of our eight-seater Gondola cabins and experience spectacular views of Lake Rotorua, the city and steaming geothermal vistas. The 900-metre long Doppelmayr cableway system will transport you and your friends on a gentle, scenic ride up to the Skyline Rotorua complex.

Once up top, you can choose to Luge, Mountain Bike, Zoom Zipline, Skyswing, check out the nature trails, shop at the INZIPIRED Store or the Jelly Belly Store, enjoy Volcanic Hills wine tasting and dine at Market Kitchen or Stratosfare Restaurant.



## OKERE FALLS RAFTING & NATURE WALK

18 Okere Falls Road, Okere Falls

[rotorua-rafting.co.nz](http://rotorua-rafting.co.nz)

0800 772 384

Stunning trails that take you through lush native forest following the Kaituna River. With inspiring water falls, this is a spot much loved by locals and visitors alike.

  [rotoruarrafting](#)

Perfect for photographer and nature lovers. We highly recommend stopping by the Okere Falls Store for a coffee or meal on your way through.

One of Rotorua's world-famous adventures is a must-do for adrenaline junkies. A whitewater rafting trip on the famous Kaituna River where you'll drop off the world's highest commercially raftable waterfall in the world.

There are areas to swim, from the second carpark found at the end of the road. Follow the steps and board walk until you reach the bridge, and turn left before the bridge. **This is a river with current so is not suitable for young children and should be enjoyed by confident swimmers only. Use discretion before getting in.**

# MOUNTAIN BIKING

33 Waipa State Mill Road,  
Whakarewarewa, Rotorua

[mtbrotorua.co.nz](http://mtbrotorua.co.nz)

0800 682 768

 [Mountain.Bike.Rotorua](https://www.facebook.com/Mountain.Bike.Rotorua)

 [mountainbikerotorua](https://www.instagram.com/mountainbikerotorua)

The world-renowned network of nearly 200 kilometers of mountain bike and E-bike trails in Whakarewarewa Forest consists of expertly built trails crafted to suit everyone, from absolute beginners through to extreme downhill competitors, and for any age and fitness level.

There are a huge number of trails to choose from so plan your ride with Trailforks or hire a guide from MTB Rotorua.

Waipa car park is the main access point for mountain bikers, with immediate access to the easiest trails in the forest, the Kids' Loop, Whakarewarewa Forest Loop, which is a scenic Grade 2 circular ride around the whole forest.

From Waipa, you can rent a bike, grab a coffee or lunch, and even enjoy a rewarding hot pool soak at the Secret Spot Hot Tubs Cafe & Bar right along the forest's edge.

# ROTORUA ARIKAPAKAPA GOLF CLUB

399 Fenton Street, Rotorua

[arikikapakapagolfrotorua.co.nz](http://arikikapakapagolfrotorua.co.nz)

07 348 4051

 [RotoruaGolfClub](https://www.facebook.com/RotoruaGolfClub)

The Arikikapakapa 18-hole golf course is a unique thermal course like no other. Steeped in rich history this course offers a magnificent golfing experience, breath-taking scenery, invigorating challenges full of variety and some of the best greens in New Zealand.

## TE PUIA

Hemo Rd, Tihiotonga, Rotorua

Mon - Sun 9am - 10pm

tepuia.com

07 348 9047

 tepuia.rotorua.nz

 te\_puia

Seeing the world-famous Pohutu Geyser erupting is a sight you'll never forget. Both guided and non-guided tours available to immerse in the rich history of the area. Upon dusk, and armed with a flashlight, you can enjoy a multi-sensory experience that makes the Geyser by Night tour truly remarkable. Traditionally Maori restaurant and Kiwi enclosure experience also available.

## MITAI MAORI VILLAGE

196 Fairy Springs Road, Rotorua

Mon - Sun 8am - 7pm

mitai.co.nz

0800 648 241

 mitaimaorivillage

 mitaimaorivillagenz

Enter the world of Mitai, and learn about the history of this area which was once flourished in villages. See our fierce warriors in traditional dress paddle an ancient warrior canoe (waka) down the Wai-o-whiro stream. Be captivated by songs, dances and games of the Maori a rich powerful entertaining cultural concert, complete with the fiery "Haka" Maori war dance.

Discover the story of our Te Arawa people to Aotearoa, NZ and the way of life of our people through preparation of earth cooked food (Hangi Pit), Maori customs, flora and fauna for medicinal purposes and more. The authentic hangi dinner includes a hot selection of succulent New Zealand meats and poultry, delicious vegetables and fresh salads, topped off with tempting dessert buffet style. Full bar facilities are available.



# WAIMANGU VOLCANIC VALLEY

587 Waimangu Road, Rotorua

Mon - Sun 8.30am - 5pm · Last entry at 3.30pm

[waimangu.co.nz](http://waimangu.co.nz)

07 366 6137

[f](#) [i](#) [waimanguvolcanicvalley](#)

Created in 1886 when Mt Tarawera erupted, destroying everything in its wake and forming the seven craters that make up the valley today. A range of self-guided eco-tours allow you to see the park's amazing geothermal features, thriving birdlife, and rare and unusual plants.

Add on a Lake Rotomahana boat cruise to see the reserve's volcanic activity from another perspective or get even closer to the action with the Steaming Cliffs Kayak tour on the lake. The recently relaunched Round Trip tour is a full-day walking tour that retraces the steps of New Zealand's early tourists.



# HELL'S GATE THERMAL PARK & MUD SPA

351 State Highway 30, Tikitere, Rotorua

Times vary, see website for details

[hellsgate.co.nz](http://hellsgate.co.nz)

07 345 3151

 [hellsgaterotorua](https://www.facebook.com/hellsgaterotorua)

 [hellsgatenz](https://www.instagram.com/hellsgatenz)

Where myth and legend live on. As you walk through native bush and clouds of geothermic steam, you'll discover why this land has inspired myths and legends.

Once used by Maori warriors to heal their battle-scarred bodies, visitors now use the nutrient-rich waters and mud to ease inflammation and arthritis, as well as rejuvenate the skin. This unique blend of awe-inspiring power and natural healing properties is a thing of cultural legend - having been used for over 800 years.

Come along and you'll soon discover why Hell's Gate is New Zealand's most unique and active geothermal reserve and mud spa.

## KUIRAU PARK

1371 Pukuatua Street, Rotorua

Kuirau Park is located within an easy walk from the city center, and perfect for families. Several walkways take you to see a crater lake, mud pools, hot springs, and a free thermal foot bath, all set in a beautifully manicured setting dotted with flower beds and native flora.



### TOKA TIP

Kuirau Park is also great place to play and picnic, with barbecues, picnic tables, children's playground and toilets.



## REDWOODS TREEWALK

1 Long Mile Road, Whakarewarewa, Rotorua

Mon - Sun from 9am

[treewalk.co.nz](http://treewalk.co.nz)

027 536 1010

 [redwoodstreewalk](https://www.facebook.com/redwoodstreewalk)

 [treewalknz](https://www.instagram.com/treewalknz)

Majestic and magical, the Redwoods Treewalk experience is truly a walk to remember. Suspended high above the forest floor, encounter 75-metre-tall redwoods as you walk across eco-suspended bridges and platforms intricately designed to honor and accentuate the stunning natural environment. Regarded by many as one of the best tree top walks in New Zealand. Extraordinary by day, mesmerizing by night.

## CANOPY TOURS


147 Fairy Springs Road, Rotorua

When stepping into Rotorua Canopy Tours native forest you instantly know you're in a special place. Layers of greenery stretch from the filmy fern floor through the canopy layers to ancient giants towering towards the sky. It's breath taking, an eye-full experience that stimulates your cells and showcases endemic New Zealand like nowhere else on earth.

Explore the canopy as you fly on a network of ziplines, swing bridges, cliff-walks, tree top platforms and more. Guided by 2 knowledgeable and experienced kiwi guides. They will keep you safe, make you laugh and bring the forest to life as you become part of our forest restoration story.

[canopytours.co.nz](http://canopytours.co.nz)

0800 226 679

  [rotorucanopytours](https://www.facebook.com/rotorucanopytours)



# LAKE OKAREKA

Boyes Beach: 73 Millar Road, Lake Okareka

Wetlands Trail: 50/62 Acacia Road, Lake Okareka

DOC Campsite: 104/302 Millar Road, Lake Okareka

[lakeokareka.org](http://lakeokareka.org)

[rotorualakes.co.nz](http://rotorualakes.co.nz)

This lake is surrounded by beautiful forest, creating an amazing landscape for a Summer swim.

Lake Okareka boasts a several walking tracks the most popular being the 5.5km return scenic walkway with a long boardwalk section through the wetlands. This flat and easy walking trail is popular with young families and bird watchers. The boardwalk path leads to a picturesque small quiet beach perfect for a swim. Be sure to pack your camera for some amazing photo opportunities along the way.

Located just a 15-minute drive from Rotorua's CBD, Lake Okareka makes for an easily accessible swimming location. The Doc Campsite is another fantastic beach with a walking trail the leads to cliff diving rocks popular over the summer months with young locals. This can be found by following the track on the right-hand side of the Doc Camp Site Beach.



LAKES



# L A K E T A W A R E W A

## Hot Water Beach

[rotorualakes.co.nz](http://rotorualakes.co.nz)

Te Rata Bay and Hot Water Beach natural geothermal springs provide an opportunity to make your own lakeside hot pool.

## Water Taxi

[totallytarawera.com](http://totallytarawera.com)

For non-hikers or those that only want to walk one way there is a fantastic water taxi service which hikers also generally use for their return journey. The taxi must be booked in advance with Totally Tarawera.

07 362 8080

 [totallytarawera.co.nz](http://totallytarawera.co.nz)

 [totallytarawera](https://www.instagram.com/totallytarawera)

## The Walk

### Safety Notes

### Te Wairoa Carpark, Tarawera Road

*Be cautious, localized patches of sand are very hot and can burn.*

The 15km Tarawera Trail is a beautiful native bush walk that follows the contour of Lake Tarawera to the popular Te Rata Bay and Hot Water Beach. After 5km, stop at Hawaiki Bay to enjoy lake access and a picnic area with toilet facilities. The track continues with intermittent climbs, through lakeside passing over Twin Streams cold springs. After an uphill climb to reach the Rotomahana lookout point, descend into Te Rata Bay to enjoy a soak at Hot Water Beach. Info panels along the trail tell the region's rich cultural and historic stories.

*This advanced walk is for those who are moderately fit. It takes around 4-5 hours one way or 8-10 hours both ways.*

*There is no cell phone reception along the track. There may be a delay in contacting the emergency services should the need arise.*

*Walkers are advised to carry a first aid kit, water and dress appropriately.*

# LAKE TIKITAPU - THE BLUE LAKE

Tarawera Road, Rotorua

[rotorualakes.co.nz](http://rotorualakes.co.nz)

Lake Tikitapu also known as the Blue Lake is a crowd favorite during the warmer months. Due to the high volumes of pumice and rhyolite, the water takes on a vivid blue color. This lake has an abundance of swimming areas along with plenty of BBQ sites to enjoy some lunch.

The lake has two picturesque beaches on either end of the lake as well as a 6km loop track that wraps around the waters edge. The track can be found by simply following the lake edge from the main beach. We recommend going right and all the way to other side, then coming back the same way for the best experience.





# EMPOWER WELLNESS MASSAGE OR YOGA

## In-house massage service

Empower Wellness NZ offers you the ease and relaxation of a massage or personalised, private yoga session in the comfort of your villa during your stay. Deep tissue or relaxation massage is available for 60 or 90 minutes, allowing you to relax and unwind after a full days fun. Private and personalised yin yoga is also available as the perfect way to start or end your day, lengthen the body and soothe the mind. Bespoke and tailored options are also on offer to suit your needs. Contact us direct to book, all bookings based on therapist availability.

[empowerwellnessnz.com](http://empowerwellnessnz.com)

022 161 5512

[f](#) [@](#) [empowerwellnessnz](https://www.instagram.com/empowerwellnessnz)



# POLYNESIAN SPA

1000 Hinemoa Street, Rotorua

polynesianspa.co.nz

+64 7 348 1328

Nestled on the shores of Lake Rotorua lies Polynesian Spa – a geothermal bathing and soul-soothing retreat, where you can experience wellness sourced from Rotorua’s very own backyard.

 PolynesianSpa

 polynesianspa

Renowned for its healing waters and decadent spa therapies, discover why people have flocked to these waters since the 1800s.

Waters from two natural springs are fed into the 28 mineral pools at Polynesian Spa. The slightly acidic Priest Spring relieves tired muscles, aches and pains while the alkaline waters of the Rachel Spring nourish skin. Wellness rituals include absolute lakeside hydrotherapy pools, heated recliners and a reflexology walk for the ultimate in relaxation.

Polynesian Spa is recognised as one of the top 10 spas in the world.

# THAI MASSAGE BY FIONA

Toko Street, Rotorua Central, Rotorua

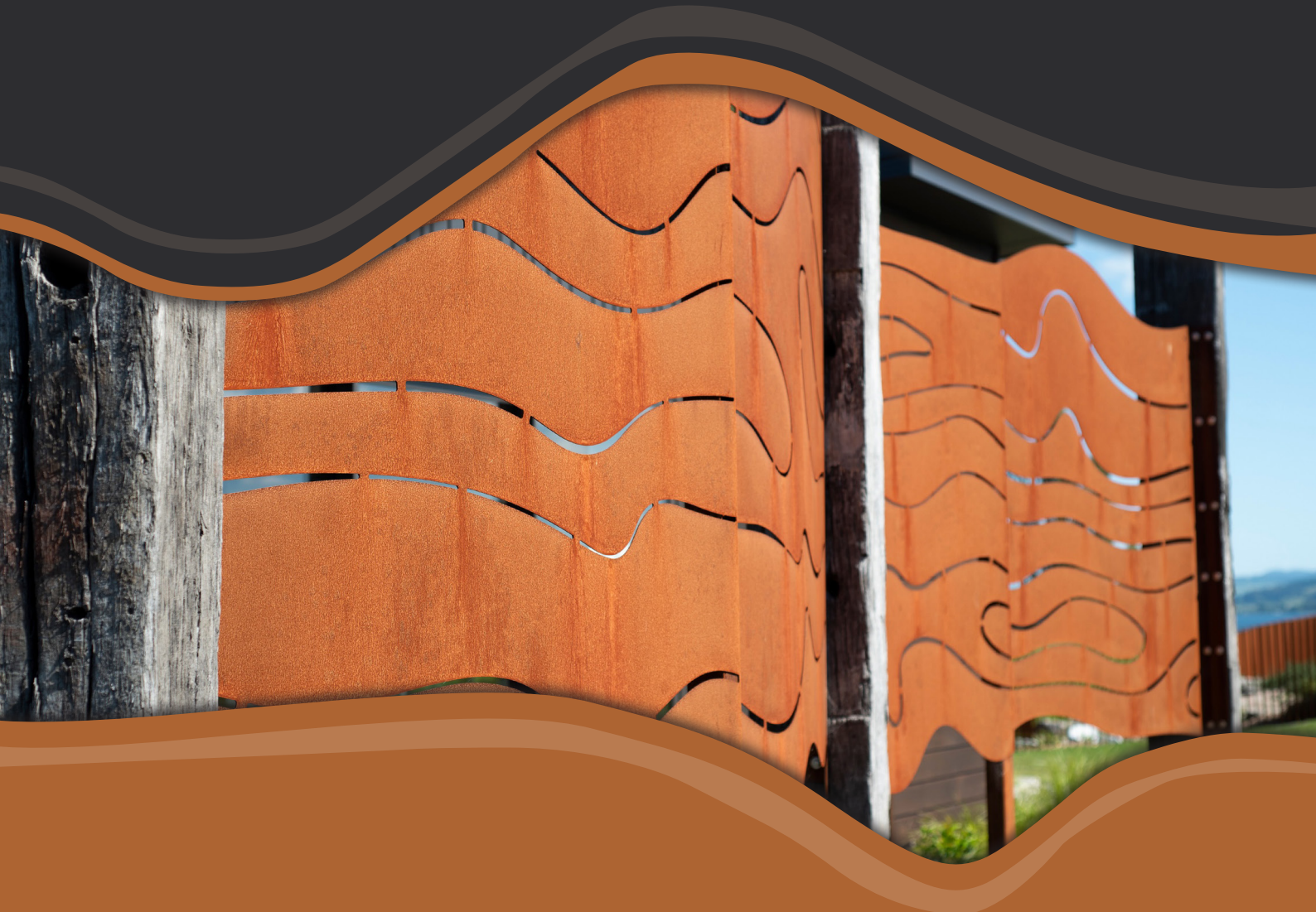
+64 21 231 6578

Fiona is a highly experienced and skilled masseuse who specializes in a combination of deep tissue and Thai massage, incorporating hot stones to relax and heal the body. She operates at her massage studio at Toko Street in Rotorua Central, and does not provide any in-house massage services.

 fionathaimassage

# BUT WAIT THERE'S MORE!

For more local food and activity ideas visit <https://www.rotoruanz.com/> or scan the QR below



**TOKA RIDGE**  
ESCAPE TOGETHER

07 346 0090  [info@tokaridge.co.nz](mailto:info@tokaridge.co.nz)

TOKARIDGE.CO.NZ

  @tokaridgenz