One For The Family By Estelle Leyshon
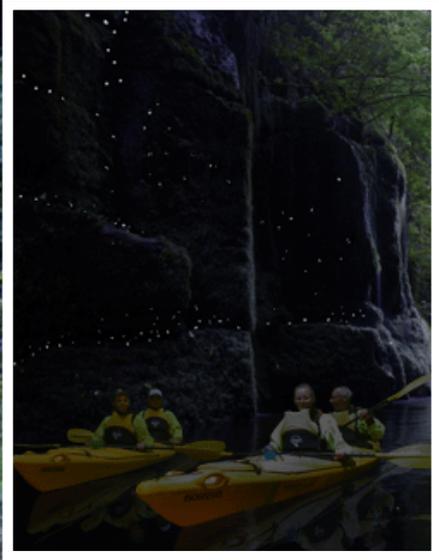
Tucked away in the Kaimai Ranges is McLarens Falls Park, 190ha of lake, native bush, pastoral farming and horticulture. A beautiful waterfall is the starting point for kayaking and white-water rafting on the Wairoa River. Attractions are year-round fishing on McLaren Lake, great views, walking tracks through native bush, glow worms, ducks and swans to feed and a farm animal park nearby. There's a good hostel on site and campers are welcome. This is 'one for the family', a super place for adults and children.

Kayakers paddle into narrowing waterways and stunning rock-sided canyons that can only be reached by boat. Paddling or on foot you can enjoy the stunning scenery and wildlife. You may wish to go white water rafting. And surely, after dark, you'll venture into the wondrous Glow Worm Canyon.

If you would appreciate a 'guide', or if members of the family have never kayaked before, help is at hand. Canoe & Kayak Bay of Plenty run a popular daytime tour to explore the lake and its picturesque canyon at a gentle pace.

Their evening tour takes you to the Glow Worm Canyon. Paddling in the dark takes a little getting used to but you will become more aware of sounds and smells. At first you may think that eyes are staring at you, but in the canyon these turn into many thousands of glimmering Glow Worms. With the stars above it's a truly magical place. The team at Canoe & Kayak BOP never tire of the experience and neither do our visitors!

Canoe & Kayak Bay of Plenty Tours run daily (weather, numbers depending). No experience is necessary although an adventurous spirit does help. Children 8+ years are welcome, younger if the conditions are suitable. The qualified guides provide stable, double sea kayaks, paddles, splash jackets, bouyancy aids and lights (for evening tours). Drinks, chocolates and photos of your experience conclude the tour. Inclusive prices are $75 PP

For further information please go to www.canoeandkayak.co.nz/bop and click on the Tours tab.