

A Beach to Enjoy Hot Water, Surfing and Spa

On the east coast of the Coromandel Peninsula and the south of Mercury Bay is located a beautiful beach called Hot Water Beach. This beach is world famous and one of the most famous beaches in New Zealand.

Close to 130,000 people visit this beach every year including the local tourists as well. The reason for this is its proximity to Auckland which is just 180 km and Whitianga which is 12 km.



What is the specialty of this place?

As the name suggests, Hot Water Beach is a beach where the water is hot. This beach has hot springs, but these are no normal filtration hot springs but they are primary hot springs. What it means is that this water comes from underground hot water springs rather than the rain water which moves into the Earth to later filter out. This water between the high tides and low tides works its route up through the sand.

When is the best time to go?

As the natural hot springs are not available always it is nice to go either 1 hour before or 1 hour after the low tide. But during the summer season most of the good spots are already taken and at times the beach is too crowded. So the wisest thing to do in this case, is to go 2 hours before or 2 hours after the low tide, so that you have enough time to dig your own spa.



What should you bring?

The most unusual thing to carry on this beach is a bucket and a spade as you will need to dig the hole, in which you are going to eventually sit. These buckets and spades are also available on rent in nearby surf shops on the beach.

What are the benefits of hot springs?

Therapeutic and rejuvenating properties of hot water springs are generally known. There are lots of

minerals like lithium, fluorine, silica, bromine, potassium, calcium and magnesium that are present in the springs. Each of these minerals has benefits to your body. For example magnesium helps in converting blood sugar to energy and thus giving you a healthy skin. Most people go to spa resorts and spend lots of money for various treatments. This hot spring is like a natural spa for you.



Some safety advice....

Even though the tide is low hot springs are really close to the sea, so you should be careful that you are not caught in the ocean's waves. There are lifeguards on the beach and you should always know where they are, just in case you need to call them.

Hot Water Beach is not just to have an experience of a free natural spa, it is also a good place to surf. So if you know how to surf, and enjoy surfing, then there is extra fun at this place for you.

Date: 2013-03-25

Article link:

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