

S.No.	Name (name in Māori if different)	Regional council	Island	Council seat	ISO 3166-2 Code	Land area (km)	Population	Density (pop./km)	Seats
1	Auckland Tāmaki-makau-rau	Auckland Council	North	Auckland	NZ-AUK	4,941	1,695,200	343.09	21
2	Bay of Plenty Te Moana-a-Toi	Bay of Plenty Regional Council	North	Whakatāne	NZ-BOP	12,072	347,700	28.80	14
3	Canterbury Waitaha	Environment Canterbury	South	Christchurch	NZ-CAN	44,504	655,000	14.72	14
4	Gisborne Te Tai Rāwhiti	Gisborne District Council	North	Gisborne	NZ-GIS	8,385	52,100	6.21	14
5	Wellington Te Whanga-nui-a-Tara	Greater Wellington Regional Council	North	Wellington	NZ-WGN	8,049	543,500	67.52	13
6	Hawke's Bay Te Matau-a-Māui	Hawke's Bay Regional Council	North	Napier	NZ-HKB	14,138	182,700	12.92	9
7	Manawatū-Whanganui	Horizons Regional Council	North	Palmerston North	NZ-MWT	22,221	258,200	11.62	12
8	Marlborough Te Taihu-o-te-waka	Marlborough District Council	South	Blenheim	NZ-MBH	10,458	51,900	4.94	14
9	Nelson Whakatū	Nelson City Council	South	Nelson	NZ-NSN	422	54,500	129.15	13
10	Northland Te Tai Tokerau	Northland Regional Council	North	Whangārei	NZ-NTL	12,504	201,500	16.11	9
11	Otago Ōtākou	Otago Regional Council	South	Dunedin	NZ-OTA	31,186	246,000	7.89	12
12	Southland Murihiku	Southland Regional Council	South	Invercargill	NZ-STL	31,196	102,400	3.28	12
13	Taranaki	Taranaki Regional Council	North	Stratford	NZ-TKI	7,254	127,300	17.55	11
14	Tasman Te Tai-o-Aorere	Tasman District Council	South	Richmond	NZ-TAS	9,616	58,700	6.10	13
15	Waikato	Waikato Regional Council	North	Hamilton	NZ-WKO	23,900	513,800	21.50	14
16	West Coast Te Tai Poutini	West Coast Regional Council	South	Greymouth	NZ-WTC	23,245	32,700	1.41	7