

Kāpiti Coast Stride 'n' Ride

SHORT, SAFE, EASY AND FUN TRAILS – SOUTHERN SECTION



Legend

- Toilets
- Parking
- Horsefloat parking
- Railway station
- Playground
- Swimming
- Swimming pool
- Accommodation
- Equestrian access key required. Key from Kāpiti Coast District Council, Rimu Road 04 296 4700
- Bike hire/repair
- Dairy
- Cafes
- Shopping
- Brewery
- i-SITE (tourist information) 04 298 8195
- Cycle route
- Mountain biking route
- Walking route
- Horse riding route
- Mobility-friendly route
- Caution High traffic and speed or narrow roads
- Te Araroa - New Zealand's Trail
- Off-road walk/cycleway
- On-road cycling
- Horse route

Places of interest

- 1 Ngā Manu Nature Reserve
- 2 Waikanae Outdoor Pool (Summer only)
- 3 Hemi Matenga Memorial Park tracks (DOC)
- 4 Mahara Gallery
- 5 Waikanae Estuary Scientific Reserve (DOC)
- 6 To Mangaone Walkway and Akatarawa Forest Park
- 7 Nikau Reserve
- 8 Southward Car Museum
- 9 Kāpiti Island Tours
- 10 Maclean Park
- 11 Coastlands Aquatic Centre
- 12 Kāpiti Coast District Council Building
- 13 Coastlands Shopping
- 14 Marine Gardens miniature railway rides and splashpad
- 15 Mataihuka Walkway
- 16 Tramway and US Marine Corps Memorial
- 17 Surf Club
- 18 Historic Railway Station and Museum
- 19 Akatarawa Forest Park
- 20 Paekākāriki Escarpment Track

Kāpiti Cycle Route – Expressway

Raumati South – Peka Peka

Easy riding on the shared path beside the Expressway, with undulating paths alongside wetlands. Look out for the Heritage Trail on the way. Links easily to other routes and the railway stations at Paraparaumu and Waikanae.



Waikanae Beach to Peka Peka Loop

Waikanae Beach via Peka Peka

Park at the beach and follow Kāpiti Coastal Cycle Route north to Peka Peka. Join the Kāpiti Cycle Route – Expressway south then follow Te Moana Rd and Rauparaha St back to Waikanae Beach. Links to the Waikanae River Loop. Take care on Paetawa and Peka Peka Rd where the footpath ends.



Waikanae River Loop

Waikanae via Waikanae Beach

Park on the north bank of the Waikanae river at the beach, take the gentle route along the north bank towards the old State Highway One. Come back towards the beach on the south bank, crossing the footbridge at Otaihanga Domain. Look out for diverse birdlife and swimming spots.



Paraparaumu Loop

Paraparaumu via Otaihanga

Park by the library in Rimu Road, ride along the Wharemauku Stream past the airport. Follow the Kāpiti Coastal Cycle Route north through Paraparaumu Beach and around to Otaihanga Domain to join the Waikanae River Loop before taking Kāpiti Cycle Route – Expressway south.



Whareroa Farm

Department of Conservation

A hillside recreation reserve offering walking, picnicking, mountain biking and horse riding, with links to the Akatarawa Forest Park via Campbell's Mill Road. Access Queen Elizabeth Park using the SH One underpass. www.doc.govt.nz



Te Ara o Whareroa

Paekākāriki – Raumati South

From Paekākāriki through the dunes of Queen Elizabeth Park to Poplar Avenue in Raumati South. There are several popular family cycle routes that link up to Kāpiti Cycle Route – Expressway.



Scale

0 0.5 1 1.5 2km

Kāpiti Coastal Cycle Route

Paekākāriki to Peka Peka

This sign-posted route begins at Ames Street, Paekākāriki and travels north through QE Park on Te Ara o Whareroa then follows the coast roads north along parts of the Paraparaumu Explorer and Waikanae to Peka Peka Loop.



Paekākāriki Escarpment Track

Paekākāriki to Pukerua Bay

The 'Stairway to Heaven' is a hugely popular part of Te Araroa. A steep, narrow and exposed 3-4 hour walk with amazing views to Kāpiti Island. Railway station access at Pukerua Bay and Paekākāriki. www.teararoa.org.nz



Kāpiti Coast Stride 'n' Ride

SHORT, SAFE, EASY AND FUN TRAILS – **NORTHERN SECTION**



Places of interest

- 1 Ōtaki Surf Club
- 2 Historic churches
- 3 Haruatai Park including Ōtaki Pool and splashpad. Pump track (opening early 2018)
- 4 Outlet shopping
- 5 Historic Railway Station
- 6 Ōtaki Maori Racing Club
- 7 Greater Wellington Regional Council depot
- 8 Chrystall's Bend Lagoon
- 9 North Bank walkway
- 10 Tararua Forest Park

Legend

- Toilets
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- Horsefloat parking
- Railway station
- Playground
- Swimming
- Swimming pool
- Accommodation
- Equestrian access key required. Key from GWRC, Riverbank Road, Ōtaki 06 3647130
- Bike hire/repair
- Dairy
- Cafes
- Shopping
- Cycle route
- Walking route
- Horse riding route
- Caution High traffic and speed or narrow roads
- Te Araroa – New Zealand's Trail
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- On-road cycling
- Horse route

Plan your trip

If you are planning to visit our beaches, check tide times at www.metservice.com

If you are travelling to Kāpiti by bus or train, plan your journey at www.metlink.org.nz

Taxi Service Paraparaumu
Taxis 04 296 1111

How useful was this map?
Please give your feedback at www.kapiticoast.govt.nz/stridenride

Ōtaki River North Stopbank Ōtaki River via Ōtaki Beach

From State Highway One to the coast, this trail first passes a working quarry so please take care and follow the signs. East of the Highway is the 2km Chrystall's Bend Walkway and Lagoon. This walkway also passes through a working quarry and the route is open Monday to Friday 5PM to dusk, Saturday noon to dusk.



Te Horo Bridleways

North Te Horo – South Te Horo

Extensive beach riding opportunities with mounting blocks provided at the beach end of Peka Peka and Te Hapua Roads. From Te Horo Beach, riders can join the **Waikanae to Peka Peka Loop**.



15 KM

ŌTAKI FORKS



10

Shared pathway information

Cyclists

- Give way to walkers, use a bell or a friendly greeting when approaching other shared pathway users (especially horses) to let them know you are there.
- Be patient behind walkers or slower riders and pull over where practical to let faster riders pass.
- Ride only where permitted; keep off closed tracks or private land.
- When cycling on the road, follow the road rules. Don't cycle more than two abreast, signal your intentions clearly and stop for red lights and pedestrian crossings.

Walkers

- Keep to the left on shared pathways, try not to walk more than two abreast, especially if the path is busy with cyclists or horse riders.
- Be aware of other shared pathway users, and step aside to let other users or faster walkers pass.

Horse riders

- Share with care.
- Horse riding is allowed on any of the Kāpiti beaches, but restrictions apply to areas near town centres and popular bathing or boat launching areas in summer.
- Do not ride along the current State Highway 1.
- Take care using rural road berms.
- Tracks are on road berms except beach and expressway.
- Please remove manure on shared paths.

Te Araroa – New Zealand's Trail

Te Araroa is New Zealand's trail linking the North and South Islands. Part of the route passes through Kāpiti, as shown. Find out more at www.teararoa.org.nz

Scale

0 0.5 1km