

# Kāpiti Coast Walking & Cycling

Connecting people to their community and people to the land



**Kāpiti Coast DISTRICT COUNCIL**  
Me Huri Whakamuri, Ka Titiro Whakamua

## Tararua Forest Park

Six day tramps, 40 minute loops, swing bridges and kayaking adventures. Enter the park from Ōtaki Gorge Road off SH1.

## Kāpiti Island

Its Māori history and environmental significance make this island one of Kāpiti's greatest treasures. Climb to the summit, commune with the birds or explore the northern end with a guided tour.

To visit the island you will need a visitors permit from D.O.C. Phone 04 296 1112 or visit [www.doc.govt.nz](http://www.doc.govt.nz).

## KEEP SAFE

Check the weather before you set out and dress appropriately.

Wear strong, comfortable shoes and take adequate drinking water or food for longer walks.

Be considerate to others – share the paths:

- + bikes give way to pedestrians
- + bikes and pedestrians give way to horses.



Would you like to make a donation or pledge to construct more paths? Visit the Pathways Trust website at: [www.kcrpt.org.nz](http://www.kcrpt.org.nz)

## For More Information

Other brochures that may be obtained from The Department of Conservation, Greater Wellington Regional Council or online at [www.gw.govt.nz](http://www.gw.govt.nz):

- + Queen Elizabeth Park
- + Mountain Biking in the Regional Parks and Forests
- + Akatarawa Forest
- + Mangaone Walkway (visit [www.doc.govt.nz](http://www.doc.govt.nz))

[www.kapiticoast.govt.nz](http://www.kapiticoast.govt.nz)  
Phone (04) 296 4700  
or 0800 486 486

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Updated February 2013

## He Tāonga te Whenua Land is a Treasure

*"Me huri whakamuri, ka titiro whakamua"*

*It is by remembering our past, that we can plan for the future*

The tāngata whenua of the Kāpiti Coast District are Te Āti Awa ki Whakarongotai, Ngāti Raukawa ki te Tonga and Ngāti Toa Rangatira, a collective known as the ART Confederation. In the 1820-1830s, they were firmly established in the District and were signatories to the Treaty of Waitangi at Kāpiti Island (14 May, 1840), Waikanae (16 May, 1840), Ōtaki (19 May, 1840), Motungarara Island (4 June, 1840) and again on Kāpiti Island (19 June, 1840). Although the history books cite them as being allies, they were more than that; they were strongly linked through whakapapa. Therefore, from this time until the present, tāngata whenua have practiced and continue to practice their kaitiakitanga role.

Kaitiakitanga means guardianship, protection, preservation or sheltering. It is a way of managing the environment based on a traditional Māori world view. Traditionally, Māori believe there is a deep kinship between mankind and the natural world. All living things are connected, this includes, soil, water, flora and fauna. Like other indigenous cultures, Māori consider mankind to be part of the fabric of life. To understand this concept is to understand the relationships between the different parts that form the fabric of life. Kaitiakitanga is a vehicle for rediscovering and applying these ideas.

## The Future

The Kāpiti Coast is rich in history. Some of the tracks shown on this map are associated with significant events or landmarks for Māori and Pākeha.

If you would like to be involved in helping protect the land, sea and wildlife in your area, please contact Kāpiti Coast District Council: (04) 296 4700 or 0800 486 486 and ask for the Biodiversity Advisor.

## Ngā Ingoa o Kāpiti Kāpiti Place Names

The place names of the Kāpiti Coast have origins from early Māori who arrived on the canoe, Kurahaupo. Whatonga [Captain of the Kurahaupo] named Kāpiti Island for his descendants Tara and Rangitāne.

**Kāpiti Island** – derived from the full name Te Waewae Kāpiti o Tara rāua ko Rangitāne (the joined footprints of Tara and Rangitāne). Kāpiti Island indicated the land boundaries for both iwi; Ngāi Tara – Kāpiti Island South and Rangitāne – Kāpiti Island North.

Another significant person from the Kurahaupo was Haunui-a-nanaia, a tohunga – expert in incantations. Hau travelled around the lower North Island and is responsible for naming many rivers and places that are still used today.

**Ōtaki** – derived from Te takitaki o Hau (the place where Hau placed his staff in the ground and intoned a ritual).

**Waikanae** – the river of kanae [mullet]. Hau saw a river full of kanae while following Wairaka.

**Paraparaumu** – morsels, sediment. It is said Hau likened the sea foam on the shoreline to the morsels around a huge oven.

**Raumati** – summer. Originally known as Wharemauku, house of mauku ferns.

**Paekākāriki** – the perch of the kakariki [parakeet].

## MAUNGAKOTUKUTUKU VALLEY

**Access:** From Valley Road east of Paraparaumu via the steep and windy Maungakotukutuku Road.

### 22 Perhams Road

**Access:** 1km from the summit. This access point to the Akatarawa Forest Park is used mainly by motorbikes. Titi Road approx 4kms, 1 hour 30mins walk away. Forms a loop track with Cambells Mill Road.

### 23 Valley Walk

**Access:** From the road end there is a pleasant walk or mountain bike ride through pine forest following the stream. Return once you reach the steel bailey vehicle bridge – after this point there is private land.

**Time:** 1 hour one way.

**Highlights:** A hidden treasure with many picnic spots along the river valley.

### 24 Campbells Mill Road

**Access:** 6 km easy gradient along farm track to lower Mt Wanui and Akatarawa Forest. Good views of QE Park and Kāpiti Island. Links to Whareroa Farm and Perhams Road. Caution – grazing stock.

**Time:** 2 hours to Whakatiki Gate.

### 20 Ōtaki Forks

**Access:** End of Ōtaki Gorge Road off SH1. This narrow winding road gives access to short walks and three popular tramping routes including the Southern Crossing.

**Highlights:** Great picnic and swimming spots, overnight camping with easily accessible relics of the milling era.

For more information contact D.O.C. phone 04 296 1112 or [www.doc.govt.nz](http://www.doc.govt.nz).

### 21 Chrystalls Bend Walkway

**Opening Times:** Monday to Friday 5pm until dusk. Saturday noon until dusk. Sunday and Public Holidays dawn to dusk.

**Access:** From SH1 just north of bridge.

**Distance/Time:** 2km to lagoon/30mins.

**Highlights:** Picturesque Chrystalls Lagoon and Waimanu Footbridge surrounded by young native bush.

# ŌTAKI

### 18 Ōtaki River walkway – North Bank

**Access:** Turn off SH1 just north of bridge.

The path follows the north bank from SH1 to the coast. The first section passes by the quarry so follow signs and stay on track.

**Distance:** [3.9km SH1 to beach]

**Highlights:** Panoramic view of the Tararua and Ōtaki River mouth and Kāpiti Island from the estuary lookout, accessible via the Atkinson Avenue Footbridge.

### 19 Ōtaki River walkway – South Bank

**Access:** Turn off SH1 just south of bridge. No beach access. Follow track from SH1 west for 1.5km until signs re private property – please respect. No access to beach.

**Highlights:** Country and riverside walk.



## KĀPITI COASTAL CYCLE ROUTE

This is a well signposted cycling route which links Paekākāriki to Peka Peka. It is never far from the sea, sand dunes or inspiring views of Kāpiti Island and the top of the South Island. It is marked on the map as a **blue** dashed line.

MAP 3



# GREEN BELT WALKWAY/ MILLENNIUM WALKWAY

### Paekākāriki to Peka Peka

This special walking route connects many reserves and green areas in the Kāpiti Coast District – from Paekākāriki to Peka Peka Beach. The route is split into six sections to provide half day loop walks returning via the beach. It is marked on the map as a **green** dashed line. All times are one way.

#### 1 Paekākāriki – Fishermans Table to QE Park

**Access:** Just north of Fishermans Table, SH1, Paekākāriki. The track heads up steps into bush then follows the open cliff tops. Continue through the reserve then into Ames Street. Turn left into Beach Road and follow The Parade to the Surf Club at the north end of the road.

**Distance/Time:** 3km / 1 hour

#### 2 Queen Elizabeth Park to Raumati South

**Access:** North end of Wellington Road, Paekākāriki or cut through to the Park from the Surf Club if continuing from Section 1. Follow the coastal or inland route through to Raumati South, making sure to exit at Rainbow Court if continuing with section 3.

**Distance/Time:** 4km/1 hour 30mins

#### 3 Raumati South to Weka Park

**Access:** Rainbow Court – QE Park inland track exit. This section starts with an urban walk along Tennis Court Road, then east on Poplar Avenue to the corner of Matai Road. Enter leased land over the stile

## PAEKAKARIKI

#### 1 Fishermans Table to QE Park

**Access:** 50m north of Fishermans Table, SH1, Paekākāriki. Walk through cliff top bush, down Ames Street and turn left into Beach Road. Walk north along The Parade to the Surf Club then return along the beach (tide permitting).

**Distance/Time:** 3km/1 hour

**Highlights:** Bush and beachfront walk.

#### 2 Queen Elizabeth Park

**Access:** Paekākāriki (north end of Wellington Road), Mackays Crossing (off SH1), Raumati South (turn off

[No buggies or dogs in this section please]. Continue through paddocks along the track behind Raumati South School to Raumati Road. Follow the track to Weka Park.

**Distance/Time:** 4.4km/1 hour 30mins

#### 4 Weka Park Raumati to Kāpiti Road

**Access:** Northern end of Weka Park. Cross footbridge then walk along west bank of Wharemauku Stream. At the airport follow the dirt track left beside the drain and through to MacGrath Avenue. There are some stiles on this track.

**Distance/Time:** 2.42km/30mins.

#### 5 Kāpiti Road to Otaihangā Domain

**Access:** North side of Kāpiti Road. Follow the marker poles to the gate at the rear of Oakley Court on Eatwell Avenue and on to cross Mazengarb Road by Paraparaumu College. Continue through to Kotuku Lakes checking out Arapawaiti Cemetery Reserve near the Manly Street roundabout and the sandhill lookout before joining the cycle route to the Otaihangā Domain.

**Distance/Time:** 5.05km/1 hour 15mins

#### 6 Waikanae Beach to Peka Peka

**Access:** Otaihangā Domain. Cross bridge, turn left down river to the Waimanu Lagoons. Follow the marker poles around to Huiawa Street and Field Way. After crossing Waimea Stream go on to the beach and north for 25mins, to Peka Peka.

**Distance/Time:** 5km/1 hour 45mins

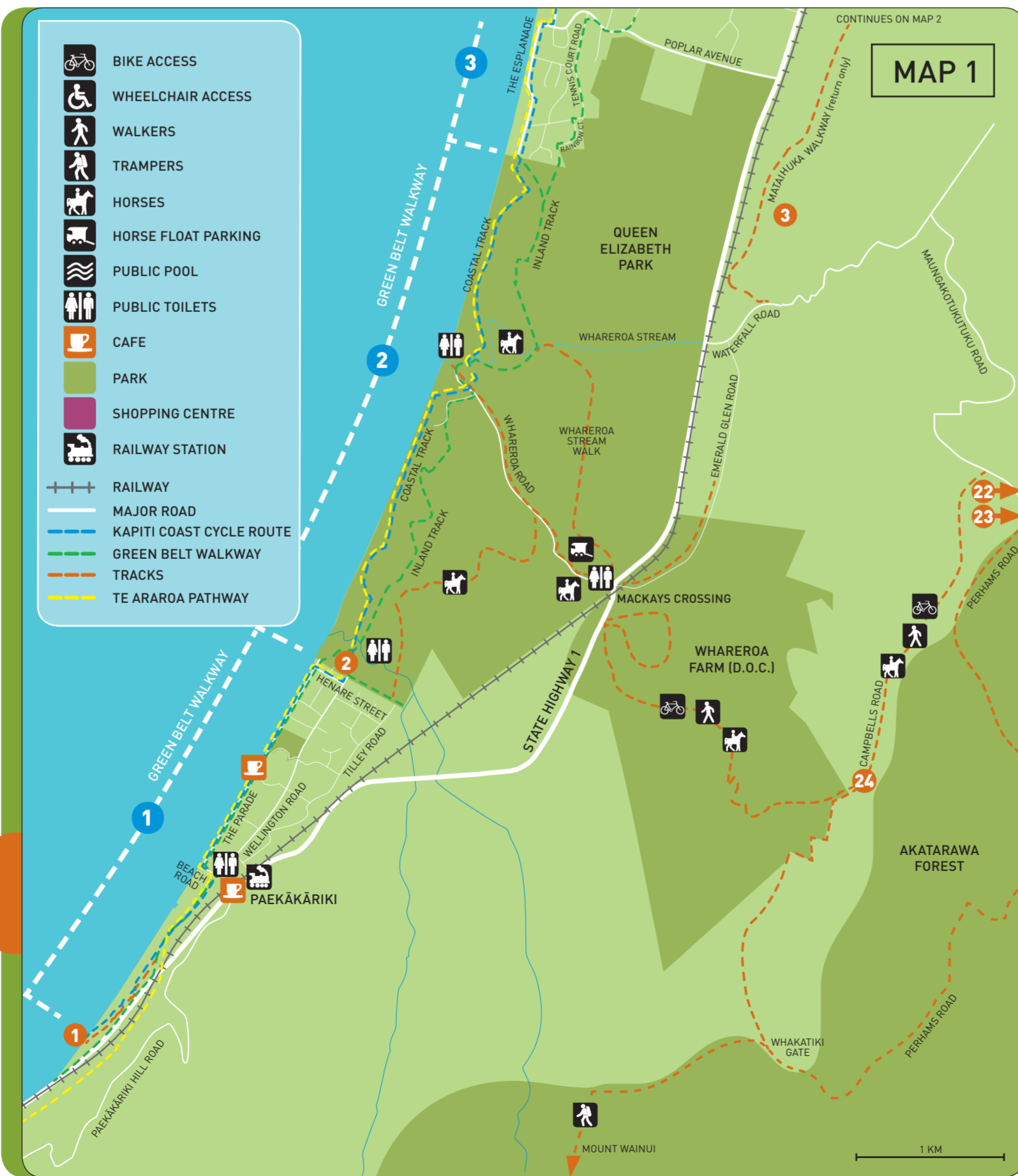
SH1 into Poplar Ave, follow the road to its end at the Esplanade, turn left, drive 1km south to park entrance.

**Coastal Track:** 1 hour 15 mins one way. A mostly gentle stroll along the coastal edge.

**Inland Track:** 1 hour 30 mins one way. A more sheltered track through the sand dunes and regenerating coastal vegetation.

**Whareroa Farm:** a loop walk from Mackays Crossing entrance to forest remnants and lookout.

**Highlights:** Undulating dunes and plenty of space to picnic, walk and cycle. Visit the World War II United States Marines Corps display, take a tram ride or just ramble along the various trails.



- BIKE ACCESS
- WHEELCHAIR ACCESS
- WALKERS
- TRAMPERS
- HORSES
- HORSE FLOAT PARKING
- PUBLIC POOL
- PUBLIC TOILETS
- CAFE
- PARK
- SHOPPING CENTRE
- RAILWAY STATION
- RAILWAY
- MAJOR ROAD
- KAPITI COASTAL CYCLE ROUTE
- GREEN BELT WALKWAY
- TRACKS
- TE ARAROA PATHWAY



# RAUMATI, PARAPARAUMU & WAIKANAE

## Raumati and Paraparaumu

### 3 Mataihuka Walkway

**Access:** Via Raumati Escarpment Reserve – 0.5km up Waterfall Road off SH 1.

From the car park on Waterfall Road follow the track 15mins up to the June Rowland lookout. Continue along the ridgeline to the stone cairn. Return along the same route. Steep in places.

**Distance/Time:** 2km/1 – 1 hour 30mins return

**Highlights:** Extensive coastal views, regenerating native bush.

### 4 Wharemauku Stream

**Access:** Rimu Road (south of State Insurance Building), Matatua Road or Kiwi Road. An easy path that runs between Paraparaumu Town Centre and Raumati and Paraparaumu Beach. Some stiles over fences on the section to Paraparaumu Beach through Airport land.

**Distance/Time:** 2km/45mins

**Highlights:** Swarms of starlings at dusk, airplane watching and spacious rural views.

### 5 Kaitawa Reserve & Pathway Network

**Access:** Kaitawa Crescent and Riwai Street or Epiha Street. Easy walks and a great sheltered picnic spot amongst native trees. Various tracks and lengths. Steep climb from Epiha Street up to the reservoir tank and back down to the stream.

**Distance:** 1.5km of various tracks

**Highlights:** Kids will love the playground, flying fox and safe creek.

### 6 Mazengarb Reserve

**Access:** Mazengarb Road, Realm Drive, or Guildford Drive.

An easy walk alongside the stream or up to the trig station to the east of Realm Drive.

**Distance:** 2km of various tracks

**Highlights:** A large playground, sports fields, pond and great views from the trig station up over the hill.

### 7 Waikanae Estuary Scientific Reserve (D.O.C.)

**Access:** Opposite Manly Street and Hadfield Drive intersection. Stop for estuary and sea views then walk through to the end of Takahe Drive to the Kotuku Lakes loop walk.

**Distance/Time:** 2km loop/1 hour

**Highlights:** Bird life.

### 8 Nikau Reserve

**Access:** SH1 – Slip Road 1.5km north of Paraparaumu. Parking at rest area. A loop track through nikau forest with a steep climb to lookout.

**Distance/Time:** 0.7km/45mins

**Highlights:** Lush nikau palm forest. Wonderful views of the coastal plain.

### 9 Waikanae River (South bank)

**Access:** Otaihanga Domain, King Arthur Drive on the south side of the highway bridge. Track follows the south bank of the river through rural land and reserves. This is a popular horse trail.

**Distance/Time:** 4.6km/1 hour 30mins one way

**Highlights:** Restoration plantings, a peaceful stroll, the Te Arawai Footbridge and the Howarth/Turf Farm.

## Waikanae

### 10 Waikanae River (North Bank)

**Access:** Main entrances are off Karu Crescent, Fleetwood Grove, Nimmo Avenue West, Greenaway Road, Weggery Drive and Tutere Street. This gentle walking track follows the north side of the river from SH1 to Te Arawai Footbridge then on to the river mouth through numerous parks, reserves and private property. There are safe swimming spots and diverse bird life along the way. Limited equestrian access on north bank.

**Distance/Time:** 6km/2 hours 30mins

**Highlights:** Bird life and restoration planting, the Otaihanga Suspension Bridge.

### 11 Waimanu Lagoons

**Access:** Next to River Estuary at Waikanae Beach, Tutere Street and Barrett Drive. A full loop walk around both lagoons is possible – although wheelchair access is not possible over the bridge.

**Distance/Time:** 1km/30mins

**Highlights:** A sheltered picnic spot and great place to bird watch.

### 12 Waimeha Lagoon

**Access:** Main access off Queens Road Lagoon loop track (unformed in parts).

**Distance/Time:** 45min circuit

**Highlights:** Another great bird watching opportunity.

### 13 North Waikanae Beach to Peka Peka

**Access:** Rutherford Drive or Paetawa Road. A short walk to the beach through Paetawa reserve provides a loop track via Peka Peka Road. Horses often use this track.

**Distance/Time:** 3km/1 hour 15mins

**Highlight:** A more isolated beach walk on a quieter stretch of the coast.

### 14 Hemi Matenga Reserve (D.O.C.)

**Access:** Tui Crescent. A moderate 50 min climb to viewpoint at top of ridge. After this it becomes a tramping track that requires route finding experience.

**Distance/Time:** 5.4km loop/3 hours 30mins

**Highlights:** Stream, native bush, and views over Waikanae and Kāpiti Island.

### 15 Kohekohe Track

**Access:** Tui Crescent or Kakariki Street. If starting at the Hemi Matenga entrance follow the combined track for 10 mins then branch right to head south as signed. This is a loop track that takes you along the face of the hill and connects Kakariki and Tui Streets with a short bush/stream track.

**Distance/Time:** 1.3km loop/30mins

**Highlights:** Nikau lined stream.

### 16 Waikanae Urban Parks

**Access:** It is possible to take a connecting walk between Waikanae Park and the three small Waikanae bush reserves.

**Highlights:** Birdlife and bush.

### 17 Mangaone (from the south)

**Access:** End of Mangaone South Road. Pleasant, easy gradient walk with two stream crossings, following an old bush tram track to open pasture.

**Distance/Time:** 4km to open area/1 hour 30mins one way

**Highlights:** Secluded bush and river walk.

