

For More Information

Go to www.kapiticoast.govt.nz
Phone (04) 276 4700 or FREECALL 0800 486 486

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

Queen Elizabeth Park

Mountain Biking in the Regional Parks and
Forests

Akatarawa Forest

Mangaone Walkway

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 recently
opened northern end.

To visit the island you will need a visitors
permit from DOC. Phone 04 296 1112 or
email: wellington.doc.govt.nz.



**Would you like to make a donation or pledge
to construct more paths? Visit the Pathways
Trust website at: www.kcrpt.org.nz**

Kāpiti Coast

Walking and Cycling



**Connecting People to
their Community and
People to the Land**



April 2010

Kāpiti Coastal Cycle Route

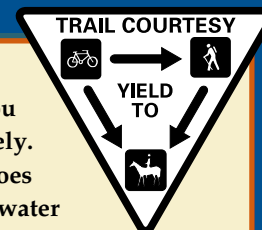
This is a well signposted cycling route which links
Paekākāriki to Peka Peka. It is never far from the
sea, sand dunes or inspiring views of Kāpiti Island
and the top of the South Island. It is marked on the
map as a **blue** dashed line.

KEEP SAFE

Check the weather before you
set out and dress appropriately.
Wear strong, comfortable shoes
and take adequate drinking water
and food for longer walks.

Be considerate to others - share the paths:

- Bikes give way to pedestrians.
- Bikes and pedestrians give way to horses.



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.

Te Ahukaramū Charles Royal. 'Kaitiakitanga – guardianship and conservation - Understanding kaitiakitanga', Te Ara - the Encyclopedia of New Zealand, updated 2-Mar-09

URL: <http://www.TeAra.govt.nz/en/kaitiakitanga-guardianship-and-conservation/1>

Te Ara Whakamua

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 Pākehā.

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 and ask for a copy of the Environmental Directory which lists all Environmental Care Volunteer groups in the District.

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)

Green Belt walkway - the 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 (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 foot-bridge 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

Paekākāriki/QE Park

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 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 Stream Walk: a walk from the Mackays Crossing entrance to the beach.

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 beach-comb.

Raumati and Paraparaumu

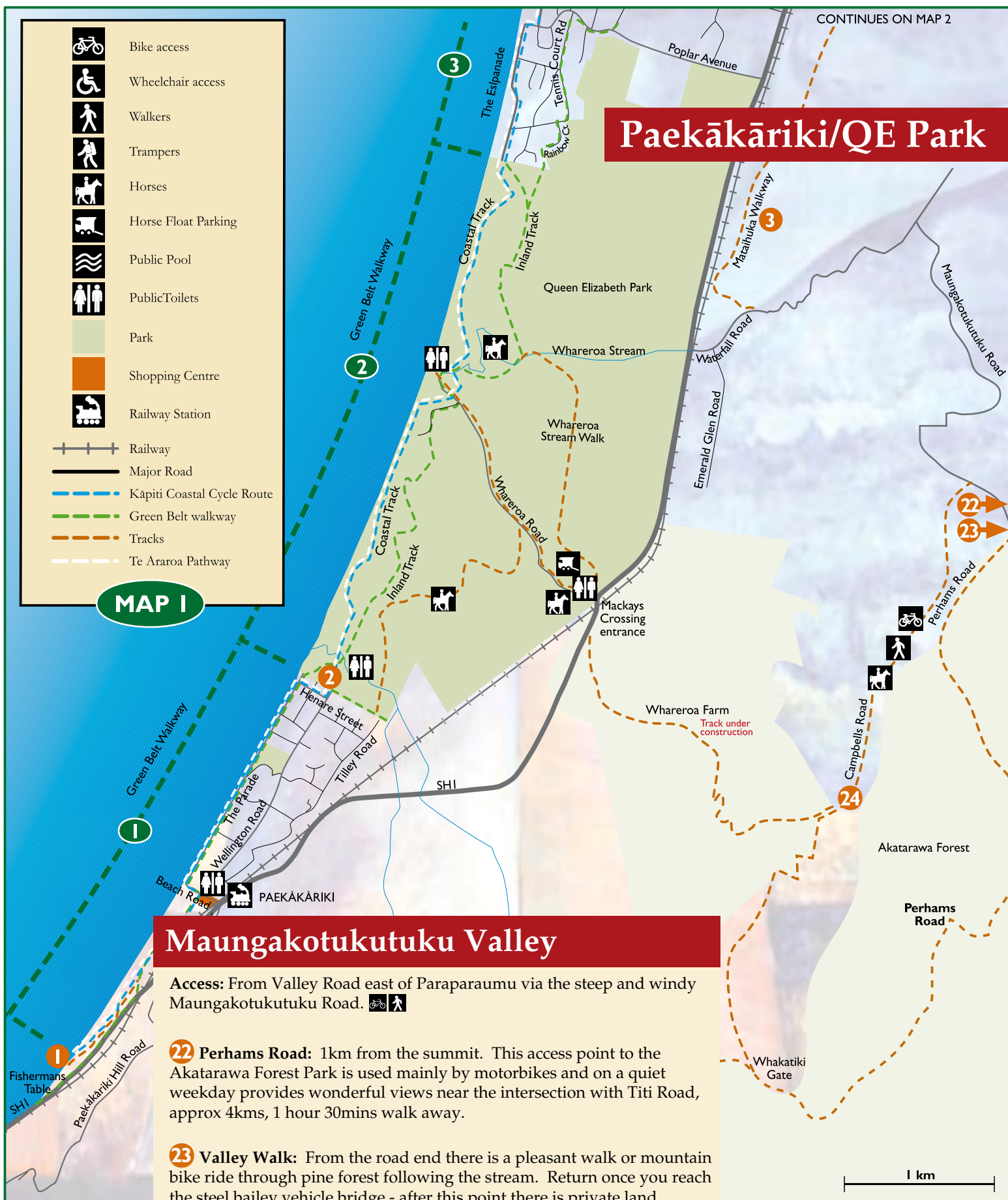
3 Mataihuka Walkway

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.



Raumati, Paraparaumu & Waikanae

Raumati and Paraparaumu

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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 on the hill.

7 Waikanae River Estuary – Scientific Reserve

(Paraparaumu Beach) 

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: Otaihangā Domain or SH1 on the south side of bridge. Track follows the south bank of the river through private, rural land and reserves. This is a popular horse trail.

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

Highlights: Restoration planting and a very peaceful location.

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.

Distance/Time: 5.1km/round trip takes 2 hours 30mins

Highlights: Bird life and restoration planting.

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 on the east bank only.

Distance/Time: 2km/1 hour

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.

Bike access
 Wheelchair access
 Walkers
 Trampers
 Horses
 Horse Float Parking
 Public Pool
 Public Toilets
 Park
 Shopping Centre
 Railway Station

Railway
 Major Road
 Kāpiti Coastal Cycle Route
 Green Belt Walkway
 Tracks
 Te Araroa Pathway
 He Ara Waeua a Kāpiti

MAP 2



Raumati, Paraparaumu & Waikanae



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 🚶🚶

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 .



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.

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.

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 DOC phone 04 296 1112 or 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: 2km to lagoon.

Time: 30mins.

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