

Easy to **EPIC!**

Walks of the Kāpiti Coast

From mountains to beaches,
easy to epic, discover your trail



KāpitiCoastNZ



Kapiti Island walk



Friendly local



Tararua Southern Crossing

**Explore our Coast and our trails,
tracks, walkways and crossings.
Be transported to unique
environments, from offshore nature
reserve to gentle dunes, sub-
tropical bush and sub-alpine tops.**

Kāpiti Coast



More trail information can be found on:
www.wellingtonregionaltrails.com



Classic Kāpiti Coast Walks

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Map of Kāpiti Coast Walks 10-11



Accessible



One way track



Track shared
with horses



Out and back track



Track shared
with bikes



Loop track



Dogs on lead



Summer shade



Dogs off lead



Good trail for wet conditions



Sorry no dogs



Sub alpine



Lookout / Great views

**TRACK
DIFFICULTY
METER**

Gentle



Advanced

1. Escarpment Track



Take in spectacular views of Kapiti Island from high above the Kāpiti coastline on one of the region's finest walking experiences.

The Escarpment Track runs from Paekākāriki to Pukerua Bay, taking in sweeping views of the spectacular Kāpiti Coastline and the region's famous Kapiti Island, which lies just 5km offshore.

People with a good level of fitness regularly enjoy this trail, but it is not recommended for the faint-hearted: you'll scale around 1,200 steep steps (without handrails), navigate narrow tracks across steep hillsides, and traverse two swing bridges. Take the train for your reverse journey to add to the experience.



TRACK STATS

3-5 Hours, 9.1 km

Moderate tramping track

Start: Paekākāriki township



A hidden treasure on the Kāpiti Coast, choose this loop walk when you feel like getting off the beaten track, enjoying a hill walk, mature kohekohe and titoki trees and stunning views.

One of the best hill walks in the region, a little-known gem that weaves through wetlands, ancient kohekohe forest, stream hopping and a steepish climb up to stunning coastal views, returning through regenerating farm land.

A handy seat at 'The Rocks' awaits you with one of the best views around! On the way down, follow signs for the Ramaroa Wetland walk for a shady return to the farm race.



TRACK STATS

2.5 Hours, 8 Km

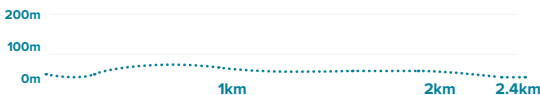
Easier tramping track

Start: Main entrance to Whareroa Farm





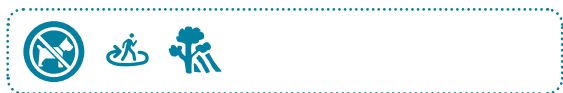
3. Coastal Lookout / Forest Loop Track (Whareroa Farm)



The easy-to-follow short trail has with something different around every corner – an ideal adventure for little explorers.

Follow the signs to the Coastal Lookout where a short climb rewards you with extensive views over Queen Elizabeth Park and across the coast. Return to the junction, then follow the sign for the Forest Loop Track which takes you through mature kohekohe forest. There are weta hotels to explore!

Use the stepping stones to cross the stream, explore the historic caravan and return down the Farm Race Track.



TRACK STATS

1 Hour, 2.4 km

Easy access short walk

Start: Main entrance to Whareroa Farm

4. Inland Track (Queen Elizabeth Park)



If you love sea and hill views and don't mind some ups and downs, head along the winding, ridge-top Inland Track.

The Inland Track winds along a flowing ridge in the middle of Queen Elizabeth Park where the sandhills are more stable, enabling mahoe, flax and ferns to thrive. You'll be treated to views of the Tasman Sea and forested foothills and on a good day the islands of the Marlborough Sounds will be visible. This track has breath-taking views and is loved by locals. It's a treat in any weather. Combine with Coastal Track or beach for a loop.



TRACK STATS

1.5 Hours, 1.7 km

Walking track

Start: Southern end of Queen Elizabeth Park



5. Coastal Track (Queen Elizabeth Park)



This much-loved seaside trail winds its way through the sand dunes and offers stunning coastal views and countless places to rest, play, picnic or swim.

The Coastal Track gently winds its way through sand dunes at the coast's edge between Paekākāriki and Raumati South. With spectacular views of sea, hills, coastline and Kapiti Island, on a clear day you'll also see the South Island, Mounts Ruapehu and Taranaki on the horizon.

Combine with Inland Track or Te Ara o Whararoa to make a loop.

See a good trail map at:

www.gw.govt.nz/parks/queen-elizabeth-park



TRACK STATS

1 Hour, 2.7km

Walking track

Start: Southern end of Queen Elizabeth Park

6. Te Ara o Tipapa Wetland loop (Queen Elizabeth Park)



Experience the remnant forest which is home to giant kahikatea trees as you wander through wetlands, forest and over low dunes.

This attractively restored wetland, near the US Marines Memorial in Queen Elizabeth Park, is home to many birds, including dabchicks (who carry their ducklings on their back). An easy track not to be missed. You can enjoy varied scenery with great views of the working farm and coastal vegetation that contrast with the ever-changing landscape of the wetlands.

This wetland loop is mainly unsealed track with a number of small hills and is suitable for wheelchairs or pushchairs, until the bird hide.



TRACK STATS

45 Minutes, 2km

Easy access short walk

Start: US Marines Memorial, Mackays Crossing Entrance, Queen Elizabeth Park



7. Mataihuka Walkway (Raumati Escarpment)



A hidden gem on the Kāpiti Coast, this walk takes you high above Queen Elizabeth Park and treats you to stunning views of Kāpiti Island and Te Wai Pounamu (the South Island).

The Mataihuka Walkway, through the Raumati Escarpment reserve, is a moderate yet beautiful walk. The track starts on Waterfall Rd where there is a small roadside carpark, and winds up the hill for 10 mins to the June Rowland lookout and picnic area before heading north and following the ridge. This is a great place to stop and catch your breath, as the track goes higher. There is no public access through to Paraparaumu township so please return to Waterfall Road.



TRACK STATS

2 Hours, 6.4km return

Walking track

Start: Waterfall Road

8. Barry Hadfield Nikau Reserve



Enjoy a short, easy walk through sheltered nikau and kohekohe bush, or a steep climb up the steps for stunning views of Kapiti Island, just outside of town.

The short shady bush walk will take you through a large cluster of nīkau palms that line the gravelled track like majestic columns. The summit trail is a steep climb, great for kids with lots of energy to burn, and leads you up to panoramic views of the Kāpiti Coast and Kapiti Island. The tracks are part of 11 hectares of original nīkau, kohekohe and a good population of ewekuri, the large leaved milk tree, a regionally endangered species.

Return the same way, or link to Bright Ridge track.



TRACK STATS

30 Minutes, 1.2km return

Walking track

Start: Carpark at base of Nikau Palm Road



Easy to **EPIC!**

WALKING MAP OF THE

KĀPITI COAST

2023

Ōtaki Beach

17. Ōtaki River Trail

Ōtaki

Te Horo Beach

Peka Peka Beach

Peka Peka

13. Parata Track (Hemi Matenga Reserve)

Waikanae Beach

Waikanae

11. Waikanae River Trail

Kapiti Marine Res.

9. Wilkinson Track

Boat trips to Kāpiti Island

Kapiti Motu

10. Waikanae Estuary Track

Te Araroa Trail

Paraparaumu

8. Barry Hadfield

Paraparaumu Beach

Raumati South

7. Mataihuka

Queen Elizabeth

4. Inland Track

5. Coastal Track

6. Te Araroa

Raumati Beach

Whareroa

Paekākāriki

Te Araroa Trail

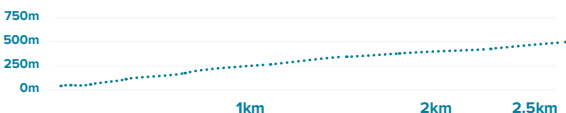
1. Escarpment Track

Wellington via Transmission Gully





9. Wilkinson Track (Kapiti Island)



Climb this well-formed track to Tuteremoana, the highest point on Kapiti Island and be rewarded with stunning views of the Kāpiti Coast, South Island, Mt Taranaki and Mt Ruapehu.

Kapiti Island is an important nature reserve and sanctuary for many rare and endangered native species, just 5km offshore. The Wilkinson track is a well-formed track suitable for all ages and most fitness levels. Walk to Tuteremoana which is a steady, uphill climb. You will pass a picnic area and hihi feeding station about a third of the way up - stop for a while and let the birds come to you. At the summit enjoy the view and a well-earned rest, return to the shelter on the same track.



TRACK STATS

3-4 Hours, 5.4km return
Easier Tramping Track

Start: Rangatira Point, Kapiti Island



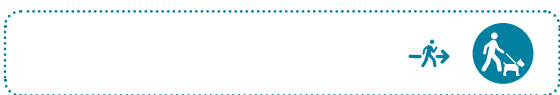
10. Waikanae Estuary Track



One of New Zealand's nationally-significant native habitats, part of the Kapiti Marine Reserve.

Explore the heart of this haven for native birds and plantlife. This scientific reserve is a safe corridor for wildlife moving between the mountains and sea. It is home to more than 60 species of birds, including dotterel, fernbird, dabchick and oystercatcher, plus many freshwater and marine fish species.

A walk around the nearby streets following the Kāpiti Coastal Cycle Route blue signs makes a good loop walk. Or, for a longer walk, cross the river using the Otaihangā footbridge and explore the Waimanu lagoons on the northern side.



TRACK STATS

30 Mins, 1.6km

Short walk

Start: Otaihangā Boating Club or Manly St



11. Waikanae River Trail



Walk or ride the treelined banks of Waikanae River in a loop from Waikanae to the sea.

The Waikanae River Trail and Estuary is a nationally significant area and make up part of the Te Araroa Trail. It offers a place for many native birds to flourish, as they move between the Tararua Ranges and Kapiti Island. The tree-lined banks make it a fantastic outing for the whole family. It winds along the river beside established willows and young native plantings with plentiful bird life.

Four bridges across the river allow for many shorter loops. There are many parks and places to picnic and swim along the route.



TRACK STATS

2.5 Hours, 9.6km
Easy walking track

Start: Otaihangā Domain or Waikanae

12. Kapakapanui Track



A steady and challenging uphill climb in thick bush to one of the best lookouts in the Tararua Ranges.

This is a challenging but enjoyable track on the edge of the Tararuas up through 'goblin-forest' to the sub-alpine summit. Great for keen trampers looking for a full-day walk or those who choose to stay overnight in the Kapakapanui Hut. It begins with multiple stream crossings so be prepared to get your feet wet right at the start.

This river may be unsafe to cross after heavy rain. It is a steep climb up and down and the summit temperature is often 5-10°C cooler than Waikanae temperature - be prepared.



TRACK STATS

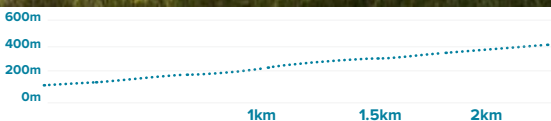
6-8 Hours, 10.9km
Tramping track

Start: Ngatiawa Road end, Reikorangi





13. Parata Track (Hemi Matenga Scenic Reserve)



A popular, steep bush-walk located in the Hemi Matenga Reserve in Waikanae which rewards your efforts with beautiful views out to Kapiti Island.

This walk is well loved by local walkers, runners, families and their dogs. It climbs through a remnant forest of nikau palms and kohekohe trees offering cool shade on hot summer days and kohekohe flowers in winter. Use the Tui St entrance and return via the same route. A shorter, less-steep option is the Kohekohe Track, which leads to Kākāriki St. A short bush reserve at the northern end of Kākāriki St will return you to Tui St. For a longer tramping-style track, take the Te Au track from Huia St, which joins Parata track at the summit.



TRACK STATS

2 Hours, 4.4km return
Easier tramping track

Start: Tui Street, Waikanae

14. Pukeatua Track



This track is one of the sections of the Te Araroa trail, New Zealand's long distance tramping track, linking the Ōtaki Forks to Mangaone South Road.

This trail is a mixture of 4wd track, pine forest, native regenerative bush, old trees and stream crossings. You can start on the Mangaone Walkway at the Mangaone South carpark in Waikanae and take a right turn onto the Pukeatua track about 5 minutes into the track. You can follow this trail all the way to Ōtaki Forks (where there is a DOC hut, Parawai Lodge) and exit to Ōtaki Gorge Rd via the Emergency track, or walk to the summit and return the same way (about 14km return).

N.B. The river may be unsafe to cross after heavy rain.



TRACK STATS

7 Hours, 20km

Tramping track

Start: Mangaone South Rd carpark





15. Tararua Southern Crossing



Set aside a few days and travel the snow-capped ridgelines of the Tararua Ranges from Ōtaki to Kaitoke.

The Tararua Southern Crossing is a multi-day trail from Ōtaki Forks to Kaitoke, along the alpine ridges of the Tararua Ranges.

Originally used as an ara tupua (transport route) from Ōtaki to the Wairarapa plains, the trail was made popular during the 1920s and 30s by local tramping clubs.

It is recommended for advanced trampers only, and requires good navigation and map reading skills, particularly in poor weather conditions. N.B. Ōtaki Gorge Rd is closed due to a slip at Blue Bluff. There is an emergency track from the carpark. This track is 5km long and starts just past the locked gate.



TRACK STATS

3 Days, 33.8km

Tramping / Hiking

Start: Ōtaki Forks carpark or Kaitoke



16. Mangaone Walkway



A gentle, shady bush walk that winds between Mangaone North Road (Te Horo) and Mangaone South Road (Reikorangi).

This is a spectacular bush walk through lush native forest and wide open meadows, great to catch the sun on a nice day. To enjoy the nicest part of this trail, begin at the southern end by walking over a swing bridge and entering the Kaitawa reserve.

Keep an eye out for the smaller trails leading down to the river where there are great swimming holes in the Waikanae River. A fantastic summer walk for hot summer days. N.B. The north end is currently closed so walk to the halfway point and return the same way.



TRACK STATS

3 Hours, 6.9km

Walking track

Start: Mangaone South Rd carpark





17. Ōtaki River Trail



Walk or ride along the picturesque Ōtaki River all the way from town to sea.

Follow the banks of the Ōtaki River on this popular walking and mountain biking trail. Start your ride from the Ōtaki beachfront and continue past State Highway 1 to the start of the Chrystalls Bend track.

Horses are allowed on the Ōtaki River trail, with the exception of private land upstream of Chrystalls Lagoon on the northern side of river, and Iwi land (Ngāti Huia ki Katihiku) on the southern river bank.



TRACK STATS

2 Hours, 3.4km
Walking track

Start: Ōtaki River mouth, Kāpiti Lane, Ōtaki

18. Chrystalls Bend



This track is a gentle, picturesque stroll through native planting alongside the Ōtaki River, with breathtaking scenery of the Tararua mountains.

Popular for walkers, cyclists and horse riders, this easy trail continues on from the Ōtaki River Trail or you may choose to do it on its own. It's an easy walk along a grassy and gravel path, through native bush.

There are picnic seats at intervals to sit and enjoy the view of the river and the mountains, a great lunch spot, or go later in the day and watch the sky change colour and the Tararua mountains light up at dusk.



TRACK STATS

2 Hours, 4km return
Walking track

Start: Friends of Ōtaki River kiosk, Old SH1



More trail information can be found on:
www.wellingtonregionaltrails.com



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Kāpiti Coast
DISTRICT COUNCIL
Ma Huri Whakamuri, Ka Tiro Whakamua