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
- Bike hire/repair
- Dairy
- Cafes
- Shopping
- Brewery
- Cycle route
- Mountain biking route
- Walking route
- Horse riding route
- Mobility-friendly route
- Equestrian access key required.
  Key from Kāpiti Coast District Council, Rimu Road 04 294 4700.
- State Highway 1
  Caution High traffic and speed or narrow roads
- Te Araroa – New Zealand’s Trail

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 Centre
14. Marine Gardens splashpad and miniature railway (rides Sunday only)
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 Coastal Cycle Route
Paekākāriki to Peka Peka

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

Paraparaumu Loop
Paraparaumu to Otahanga

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 Otahanga Domain to join the Waikanae River Loop before taking Kāpiti Cycle Route – Expressway south.

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 Otahanga Domain. Look out for diverse birdlife and swimming spots.

Whareora Farm
Department of Conservation

A full-sized 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.

Te Ara o Whareora
Paekākāriki – Raumati South

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

Foot Passenger Ferry to Kāpiti Island
(Bookings required)

Kapiticoast.govt.nz/stridenride
Places of interest
1 Ōtaki Surf Club
2 Historic churches
3 Haruatai Park including Ōtaki Pool, splashpad and pump track
4 Outlet shopping
5 Historic Railway Station
6 Ōtaki-Māori Racing Club
7 Greater Wellington Regional Council depot
8 Chrystall’s Bend Lagoon
9 North Bank walkway
10 Tararua Forest Park

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

For more leisure activities and recreational ideas visit www.kapiticoastnz.com

Te Araroa – New Zealand’s Trail
Te Araroa is New Zealand’s trail through Kāpiti, as shown. Find out more at www.teararoa.org.nz

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Horsefloat parking
Railway station
Playground
Swimming
Swimming pool
Accommodation
Bike hire/repair
Dairy
Cafes
Shopping
Cycle route
Walking route
Horse riding route

• 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.

Cyclists
• Keep to the left on shared pathways, especially if the path is busy with cyclists
• Be aware of other shared pathway users (especially horses)

Walkers
• 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.

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.

Shared and multi use pathway information

Kāpiti Coast Stride ‘n’ Ride
SHORT, SAFE, EASY AND FUN TRAILS – NORTHERN SECTION

Ôtaki River North Stopbank
Ôtaki 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 mounted blocks provided at the beach end of Peka Peka and Te Hapua Roads. From Te Horo Beach, riders can join the Waitanae to Peka Peka Loop.

Ôtaki Forks
10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km

10-15 km