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) 04 296 8185
- Cycle route
- Mountain biking route
- Walking route
- Horse riding route
- Mobility-friendly route
- Caution: High traffic and speed or narrow roads

Kāpiti Cycle Route – Expressway
Raumati South – Peka Peka
Easy riding on the shared path inside 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.

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

Places of interest
1. Ngā Manu Nature Reserve
2. Waikanae Outdoor Pool (Summer only)
3. Hemu Matenga Memorial Park tracks (DOC)
4. Mahara Gallery
5. Waikanae Estuary Scientific Reserve (DOC)
6. Te Mangaoa 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. Mataiwha Walkway
16. Tramway and US Marine Corps Memorial
17. Surf Club
18. Historic Railway Station and Museum
19. Akatarawa Forest Park
20. PekaKākāriki Escarpment Track

Kāpiti Coastal Cycle Route
PekaKākāriki to Pukerua Bay
This sign-posted route begins at Ames Street, PekaKākāriki and travels north through QE Park on Te Ara o Whareorea, then follows the coast road north along parts of the Paraparaumu Explorer and Waikanae to Peka Peka Loop.

PekaKākāriki Escarpment Track
PekaKākāriki to Pukerua Bay
The ‘Stairway to Heaven’ is a hugely popular part of Te Ara o Whareorea. A steep, narrow and exposed 3-4 hour walk with amazing views to Kāpiti Island. Railway station access at Pukerua Bay and PekaKākāriki. www.isararea.org.nz

kapiticoast.govt.nz/stridenride

Scale
0 0.5 1 1.5 2km

10 15 20

6 km

5 km

7.5 km

15 km

7.5 km
Places of interest
1. Ōtaki Surf Club
2. Historic churches
4. Outlet shopping
5. Historic Railway Station
6. Ōtaki Maori Racing Club
7. Greater Wellington Regional Council depot
8. Chrysalis Bend Lagoon
9. North Bank walkway
10. Taranui Forest Park

Legend
- Toilets
- Parking
- Horsetrack parking
- Railway station
- Playground
- Swimming
- Swimming pool
- Accommodation
- Equestrian access key required. Key from GWRC, Riverbank Road, Ōtaki. 06 3622730
- Bike hire/repair
- Dairy
- Cafes
- Shopping
- Cycle route
- Walking route
- Horse riding route
- Caution: High traffic and speed or narrow roads

Shared pathway information
Cyclists
- Give way to walkers, use a bell or friendly greeting when approaching other shared pathway users (especially children) to let them know you are there.
- Be patient behind walkers or slower riders and pull over where practical to let faster riders pass. Pay 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 Kapiti 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.

Plan your trip
If you are planning to visit our beaches, check tide times at www.metservice.com
If you are travelling to Kapiti 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

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 Kapiti, as shown. Find out more at www.teararoa.org.nz

Scale
0 0.5 1km

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