

Welcome to the Kāpiti Coast trails!

From sandy beaches to steep hill-country, shady coastal forests to rolling hills and even island trails, we have beautiful trails waiting for you to explore.

Coast35

35 kilometres of wide and easy-grade off-road shared trail that runs all the way from Paekākāriki to Ōtaki. It is sealed south of Peka Peka, making it suitable for wheelchairs and prams too. Dogs are welcome on leads and horses are permitted on most sections.

Waikanae River Trail

Walk or ride the banks on either side of the leafy Waikanae River between the old State Highway to the sea on well-formed gravel trails. Four bridges over the river means you can explore the 10km of trails in many loop options.

Ōtaki River Trail and Chrystall's Bend

Follow the north bank of the Ōtaki River along 12km of easy-grade, gravel trail, from the river mouth all the way to a lagoon at Chrystall's Bend – a great place for a picnic. Dogs are welcome.

Paekākāriki Escarpment Track

Those with a head for heights and legs for steps are rewarded with magnificent views of Kapiti Island, from high above the coastline on one of the region's finest adventure walks! Sorry, no bikes, horses or dogs on this narrow and steep trail, which forms part of Te Araroa Trail.

Kāpiti Coastal Cycling Route

Look out for the blue signs for this well-marked, mostly on-road cycling route which connects the Coast from Paekākāriki to Ōtaki. Many riders combine this route with parts of the Coast35 and other shared paths to form loops, the options are endless!

Trail culture



Many of our trails are multi-use, meaning they are enjoyed by those on foot, bike, and horse. Dogs are welcome on many trails (some are on-leash, some off-leash) but please check the signage for each trail. To ensure everyone has a safe and enjoyable trail experience, our local trail culture is to:

- Keep left and allow faster users to pass
- If passing other users, "pass wide and slow and let people know". Call a friendly 'passing on your right' or ring your bell to avoid giving people or horses a fright
- If out with your dog, keep them close to you and under control
- Pick up after your dog and kick horse manure off the trail

Trail food



Some of the country's best cheese scones are baked on the Kāpiti Coast, along with freshly roasted coffee, craft beer, and is a walk ever complete without ice cream? See favourite local spots handy to the trails on the map, with the coffee cup and beer symbols.

Trail users are very welcome at many cafes on the Coast – horses tie up outside the Bus Stop café in Te Horo, bikes are made welcome with bike racks outside many good places and muddy hiking boots may be left at the door anywhere!

Good for you, good for the planet

Spending time in nature is a proven way to boost your wellbeing and feed your soul.

Switching a short journey or two from an oil-fuelled car to travelling by bike or on foot is also good for the planet and off-road trails make the commuting feel like fun.

Find more great trails, events and attractions at:

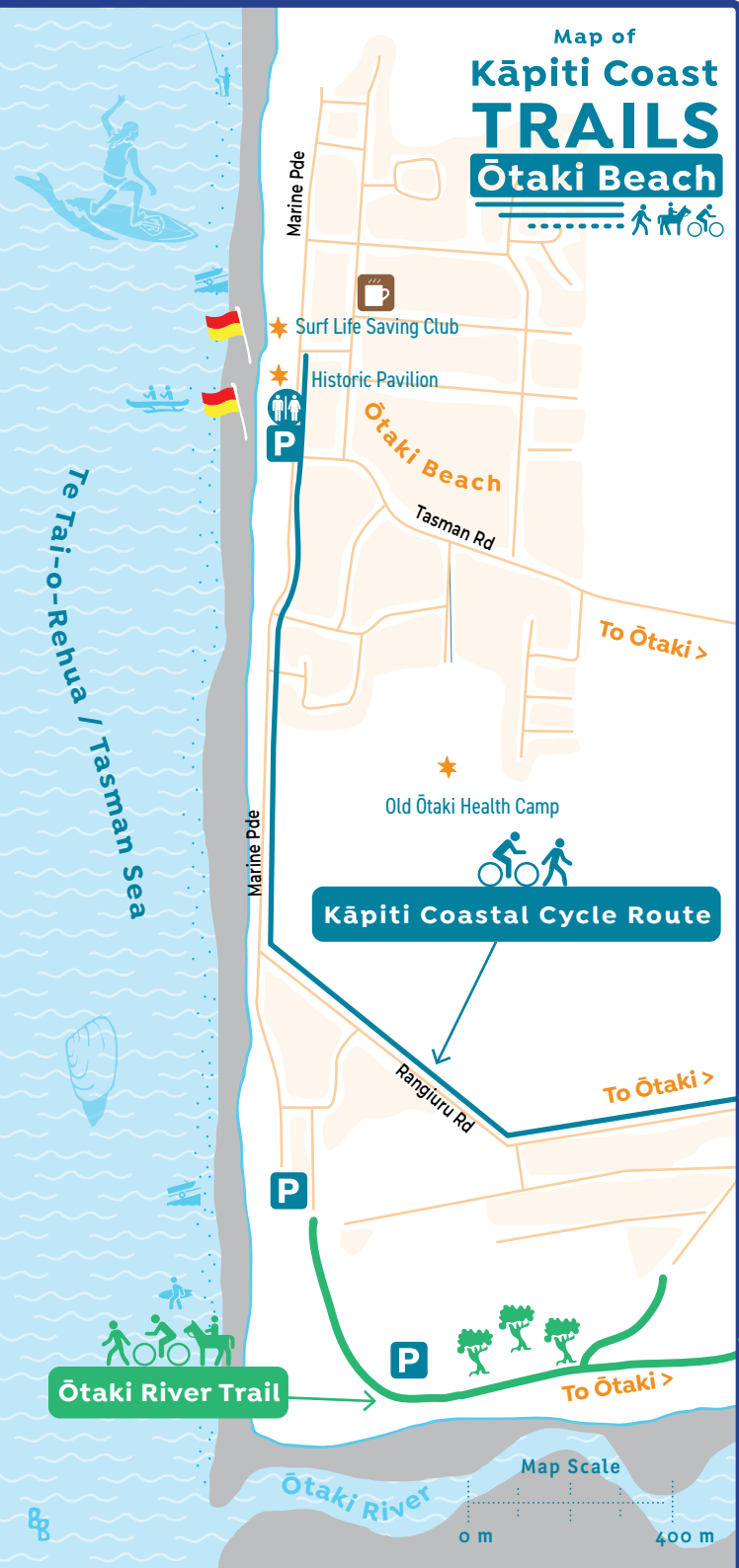
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## Map of Kāpiti Coast TRAILS

Te Tai-o-Rehua / Tasman Sea

