

### Paekākāriki Escarpment Track

Take in spectacular views of Kapiti Island from high above the Kāpiti Coast on one of the region's finest walking experiences. The 10km Paekākāriki Escarpment Track, part of the national Te Araroa Trail, runs from Paekākāriki to Pukerua Bay, and is for adventurous walkers that love stunning scenery. To find more details head to [www.wellingtonregionaltrails.com/trails/escarpment-track](http://www.wellingtonregionaltrails.com/trails/escarpment-track)



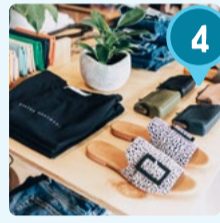
### Queen Elizabeth Park

This regional park protects acres of natural coastal dunes as a recreational reserve. From off-road biking, walking tracks through sensitive wetlands, horse-riding (treks) in the park and on the beach, to spaces for large picnics. Visit the Wellington Tramway Museum and enjoy tram rides every weekend and public holiday (except Christmas Day). The site of former Māori settlements and Camp Mackay, home to 20,000 US Marines during WW2. [www.wellingtonregionaltrails.com/trails/queen-elizabeth-park](http://www.wellingtonregionaltrails.com/trails/queen-elizabeth-park)



### Kāpiti Coast Cycle Trail

30km (each way) of off-road, paved trail from Raumati South to Ōtaki, this trail is popular with cyclists, walkers, runners and horse-riders of all levels. The gradient is gentle and the paved surface makes it ideal for wheelchairs, prams and scooters. The path weaves along the edge of the expressway, around regenerating wetlands, linking the townships of the Coast. Combine with the 5.4km Te Ara o Whareroa (Raumati South to Paekākāriki) and you have over 35km\* of off-road pathway to explore the Kāpiti Coast. \*Te Horo - Ōtaki opens March 2023



### Raumati Village Boutique Shops

The boutique shops in the seaside village of Raumati may surprise you - everything from homewares to designer labels (new or vintage) rub shoulders with gifts, flowers and French patisserie.



### Paraparaumu Beach Market

Running for over 20 years, the Beach Market takes over Maclean Street each Saturday morning, delivering fresh locally grown produce, baked and preserved goodness, and community spirit. Bring a big shopping bag!



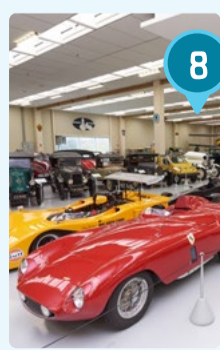
### Kapiti Island Nature Reserve

Only 5km off Paraparaumu Beach, Kapiti Island is an un-fenced nature reserve unlike any other. Home to a huge variety of birds including a number of critically endangered species, the 10km long 1,965 hectare island sanctuary has been predator-free since 1998. Many bird and lizard species that are rare or extinct on the mainland are thriving on the Island. This protected haven is now home to NZ's largest population of Little Spotted Kiwi - over 1200 birds! Boat trips run daily from spring to autumn. [www.kapitiisland.com](http://www.kapitiisland.com)



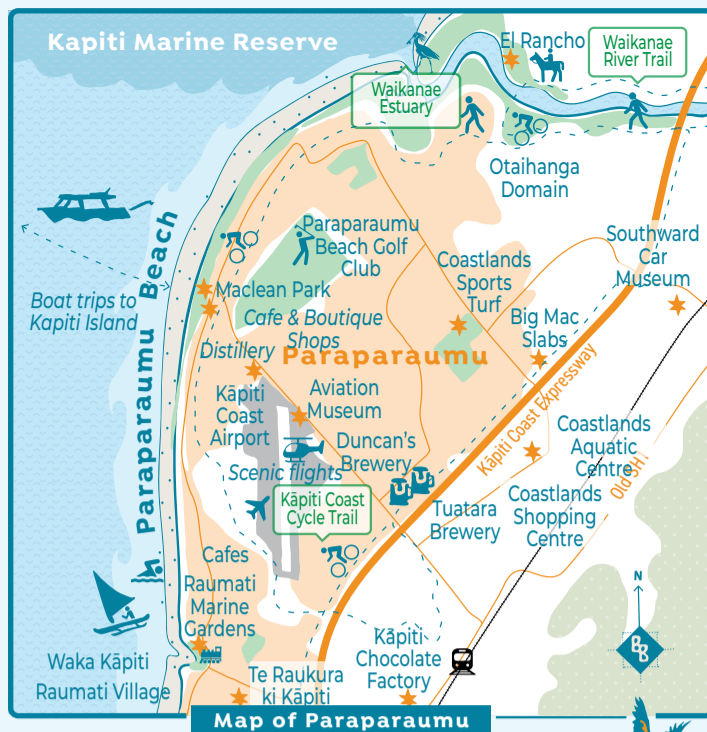
### Tuatara Tasting Room

The Tuatara Brewery Tap Room is a non-pretentious, casual, and relaxed environment - fostering great hospitality. Everyone is made to feel welcome - from beer connoisseurs on strict tasting business, to groups popping in for an after work pint or two, or enjoying a range of wine, cider and soft drinks. A visit to the tap room is a great chance to rub shoulders with award-winning brewers, and there are regular gigs and events. You can take a little Tuatara home with you too!



### Southward Car Museum

Housing some of the world's rarest and most valuable vehicles, Southward Car Museum is considered the premier privately owned automotive collection in the Southern Hemisphere. The grounds include stunning landscaped gardens with a lake and bush walk. There are regular theatre and music performances in the Southward Theatre and exhibition facilities. Refreshments available. [www.southwardcarmuseum.co.nz](http://www.southwardcarmuseum.co.nz)



### Beautiful beaches of the Kāpiti Coast

With 40km of sandy, west coast beaches each with their own character, you're spoilt for choice on the Kāpiti Coast. From surfing to surf casting, to spending the day swimming, playing in the sand and watching the sunset over Kapiti Island, there's a beach for all occasions.

Icons representing activities: horse riding, walking, running, cycling, swimming, surfing, fishing, sailing, and beach games.

- Ōtaki Beach
- Te Horo Beach
- Peka Peka Beach
- Waikanae Beach
- Paraparaumu Beach
- Raumati Beach
- Paekākāriki Beach

**KāpitiCoastNZ.com**  
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### Waikanae River Trail

A walk, ride or cycle around the 10km (or smaller loops) tree-lined Waikanae river trail is a restorative experience at all times of the year. The river also acts as a "bird corridor", which birds such as kākā and bellbirds fly through between Kapiti Island and the Tararua ranges. Start at the footbridge in the scenic Otaihanga Domain, an expansive tree-fringed park beside a shallow stretch of the river - ideal for water games in summer.



### Waikanae Estuary

The Waikanae estuary is a beautiful natural bird sanctuary, protected and managed by DoC and dedicated volunteers who are focused on restoring it. Over 100 bird species drop by or call the estuary and lagoons home. Easy tracks and boardwalks through wetlands and dunes will take you up close to the birds. Take a guided tour of the estuary birdlife with [www.kapitibirdtours.co.nz](http://www.kapitibirdtours.co.nz)



### Waikanae Saturday Market

Every Saturday morning, those in the know head to Waikanae Park for a great fresh food market. Local growers (fruit, flowers and veges), bakers, nurserymen and apiarists, coffee roasters, and olive oil producers put on a bumper display of their craft. There is something different every week.



### Ngā Manu Nature Reserve

The 14 hectare Ngā Manu reserve comprises many habitats, including the largest remnant of lowland swamp forest on the Kāpiti Coast. You can see tuatara, kereru, fantails and kākā. Volunteers offer free guided forest walks at the weekends and a highlight for children is the eel feeding every day at 2pm. Book into the kiwi night experience Thursday to Sunday nights for a chance to come up close with our national bird. [www.ngamanu.org.nz](http://www.ngamanu.org.nz)

# Map of the Kāpiti Coast

2023

Featuring many cool things to see and do...



[KāpitiCoastNZ.com](http://KāpitiCoastNZ.com)



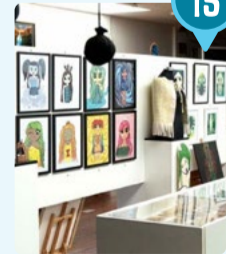
### Ruth Pretty's Cooking School

Pretty by name and nature, Ruth's place is a foodie's delight. Open Tuesday to Sunday, Ruth Pretty's kitchen shop and Garden Room cafe is locally famous for their coffee and cake deal. Set in a rustic glass-covered outdoor area, it is the perfect place to unwind. The locals make a beeline for the Ginger Gems! You're not a true foodie until you've graduated from one of Ruth's Cooking school classes. [www.ruthpretty.co.nz](http://www.ruthpretty.co.nz)



### Penray Gardens

People will drive 50km or more to visit Penray Gardens, for the chance to pick (in season) strawberries, raspberries, apples, chillies, tomatoes, beetroot, courgettes, limes, and more. Open November-June, they also sell their own gourmet sauces, relishes and dressings, plus award-winning local olive oil. For up-to-date picking information visit: [www.facebook.com/penraygardens](http://www.facebook.com/penraygardens)



### Māoriland Hub

The Māoriland Hub is a centre of excellence for Māori Film and Creative Arts. It is a home for the Indigenous, a home for the arts, a home for ideas and conversations - he whare taketake, he whare tapere, he whare kōrero. Open year-round in Ōtaki Village, the Māoriland Hub is a creative space that provides access to the creative arts. Here you will find the Toi Matarau Art Gallery, the annual Māoriland Film Festival and so much more. [www.maorilandfilm.co.nz](http://www.maorilandfilm.co.nz)



MAP OF THE

# KĀPITI COAST

2023

## MAP LEGEND

- Point of Interest
- Swimming
- Surfing
- Walking Track
- Cycleway
- Horse Riding Trail
- Miniature Train Rides
- Train Station
- Scenic
- Interesting
- SH1 / Expressway
- Railway
- Surf Lifesaving
- Airport
- Marae
- Brewery
- Waka (Holopuni)
- Boat Launching



Surf's Up!



Tohorā / Southern Right Whale

**Kāpiti Motu**  
 Lots of seabirds  
 Battle of Waiorua 1824  
 Lots and lots of little fish  
 Old whaling station  
 Lots of fish  
 Tokomapuna  
 Motungarara  
 Tahoramaurea  
 Wharekohu Pt.  
 Chieftainess of the Kurahaupo, Hinēpoupou swam from here to Rangitoto ki te Tonga / D'Urville Island. Legend has it that she turned her two dogs to stone.  
 Tarapunga Shoal  
 Pods of Dolphins  
 Albacore Tuna  
 Kapakapariki Mussel Beds  
 (Wi Parata a Ngāti Toa & Te Āti Awa Chief registered as a place of cultural and historic significance)

78KM - Rangitoto ki te Tonga / D'Urville Island.  
 Kāpiti or Kapiti? Kapiti Island = no macron, Kāpiti Coast = macron!  
 Rātā  
 Map Scale  
 1 2 3 4 5 kilometres

**Ōtaki**  
 Tuna Heke  
 Kopureherehere  
 Lake Waitawa  
 Rangiatea Church established by Te Rauparaha, the famous Ngāti Toa chief  
 Trinity Farm Rose Garden  
 Talisman Arboretum  
 Outlet Shops  
 Ōtaki Māori Racing Club  
 Tote Modern - Ōtaki Pottery Club  
 Chrystalls Bend Walkway  
 Haruaitai Park Trail + Pool  
 Māoriland Hub  
 NZ's oldest Catholic church  
 Te CHUR-CH Cafe & Gallery  
 Museum  
 Kāpiti Candies  
 Ōtaki River Trail  
 Ōtaki River  
 Great horse riding  
 Penray Gardens  
 South Pacific Roses  
 Bus stop cafe  
 The Kilns - Mirek Smisek's historic beehive kilns and pottery (opening 2023)  
 Ruth Pretty Cooking School  
 Lavender Farm  
 Good fly-fishing  
 Totara tunnel  
 Tuna Heke / Eel Migration  
 Last sighting of the Huia  
 Whitewater rafting  
 The Potts Reserve  
 Ōtaki Forks  
 Great tramping

**Te Horo**  
 Strathean Retreat Centre  
 The Kilns - Mirek Smisek's historic beehive kilns and pottery (opening 2023)  
 Ruth Pretty Cooking School  
 Lavender Farm  
 Dirt Farm Mountain Biking  
 Giant snails live here

**Waikanae**  
 Harrison's Garden Centre and Cafe  
 Kāpiti Coast Cycle Trail  
 Ngā Manu Nature Reserve  
 Pool  
 Mahara Gallery  
 Waikanae River Trail  
 Waikanae Estuary  
 Paraparumu Loop  
 Paraparumu Beach  
 Banded Dotteral breeding site  
 Waikanae River  
 Hemi Matenga Scenic Reserve  
 Te Au Track  
 Kohekohe Walk  
 Parata Track  
 Kohekohe Trees  
 Cool, shady forest  
 QEII covenant bush  
 Pukeatua Track  
 Kapakapanui Hut Track  
 Te Araroa Trail  
 Pukeatua 753m  
 Kapakapanui 1102m  
 Our Lady of Lourdes Statue  
 Akatārawa Hill lookout  
 NZ's largest Rātā tree 39m tall / 4.9m diameter  
 Wild deer, pigs and goats

**Paraparumu**  
 MacLean Park Cafes  
 Museum of Aviation  
 Coastlands Shopping Centre  
 Our Lady of Lourdes Statue  
 Te Raukara ki Kāpiti (Performing Arts Centre)  
 Kāpiti Chocolate Factory  
 Mataihuka Walkway  
 Former pā site  
 Queen Elizabeth Park  
 Te Ara o Whareroa  
 Alpacos  
 Wellington Tramway Museum + tram rides  
 Forest Loop Walk  
 Mackays Crossing

**Raumati South**  
 Marine Gardens  
 Waka Kāpiti Hoiopuni Tours  
 Maki / Orca  
 Food scraps in the earth oven

**Paekākāriki**  
 (Resting place of the Kākāriki / parrot)  
 Cafes  
 Little Blue Penguins nesting  
 Paekākāriki Station Museum  
 Whareroa Farm  
 Cairn View Track  
 Paekākāriki Hill Road lookout  
 Escarpment Track  
 Kororā

**Other locations:**  
 Kākāriki  
 Kōhewhewa  
 Reikorangi  
 Akatārawa Forest Park  
 Korimako / Bellbird  
 Mt. Wainui 722m  
 Waitewaewae 939m

Tararua Forest Park

Map brochure (c) Kāpiti Coast District Council, 2023