



Free or low cost Outdoor Activities in Kapiti



Get two Kapiti Coast District Council Cycleways Walkways and Bridleways maps, one to take with you on your walks, and one to put on the wall and mark off the walks as you complete them. Most places mentioned in this brochure are shown on this map, available from KCDC, libraries, or online at www.sportwellington.org.nz on the Kapiti page.



Lagoon at Chrystalls

Walks beside the Otaki River.

1. Go inland for 2km to **Chrystalls Bend** where there is an attractive lagoon, bridges and picnic tables. Access to Chrystalls Bend available after 5pm and at weekends.
2. Go west towards the sea on the **3km Highway to Sea walk**. Park on the north side of the river for both walks.
3. On the south bank there is pleasant 1.5km walk toward the sea. (No access to the sea on this walk).

Walk around Waimanu Lagoons at Waikanae Beach. Great for push chairs, wheel chairs or just a gentle stroll. You may see NZ Scaup, Dabchicks, Grey Teal, Shovelers, Spoonbills and Shags. There are some outstanding coastal gardens to be seen on the walk. More info at www.tracks.org.nz



Ride the tracks and jumps in the Mountain Bike Park off Otaihanga Rd. See www.sportsground.co.nz/kapitimbclub for more information



Use the **skateboard bowl** at Paraparaumu Beach or at Waikanae Park, Park Ave.

Ride your bike on the BMX track at Te Atiawa Park, Paraparaumu Beach. Club night for BMX is Friday at 5.30—see <http://kapitibmxclub.wetpaint.com>



Immerse your self in Otaki's history. Pick up a **Pipi Walk** guide book available from the Library or Information Centre and wander around the historic heart of Otaki.



Walk or bike the Waikanae River bank from sea to highway and back. Round trip approximately 10 km. For a shorter walk use the Te Arawai bridge at Jim Cooke Park. Lots of entry points off Te Moana Rd from Waikanae. Best south bank access is from Otaihanga Domain. More detail and map, www.tracks.org.nz



At low tide ride your bike or walk down the beach from Paraparaumu to Paekakariki and take the train back. (Check the tide table in the front of the local phone book). While in Paekakariki visit the **train museum** (open weekends) and see the restored signal box. If you are lucky **Steam Incorporated** might be firing up their steam train. Gently wash your bike when you get home.



100 years of rail



Mangaone Stream

Go creek exploring along Mangaone Stream. Walk to the 1/2 way point on the **Mangaone Walkway** and come back down the stream - great summer activity. Access from Mangaone South Rd behind Waikanae. More info www.tracks.org.nz or from DoC Parata St Waikanae.

Go swimming at Kapiti's best river spots -Devil's Elbow (a couple of kms out of Waikanae on the Reikorangi Rd) or under the Railway bridge at Waikanae or at the "Pots" on the Otaki River, down stream of the Waiohanga Bridge Otaki Gorge Rd.



Walk the Mataihuka Walkway—awesome views out over the coast—easy buggy friendly gradient to the lookout - access off Waterfall Rd part way along the Raumati straights. Take a picnic tea and watch the sunset.



Want to get in the bush? Explore the Nikau Reserve just north of Paraparaumu (use the access at Lindale.) Flattish loop walk or if you have the energy go right to the top and you will get onto the Nikau Ridge walk which gives access to the Paraparaumu Scenic Reserve. There are great views from up here.

Climb Mt Wainui, the big bush covered hill behind Paekakariki. Access is via Whareroa Farm, Campbell Mill Rd and the Akatarawa Forest. Get an Akatarawa Map from Greater Wellington or KCDC. The track goes up the ridge in left of photograph—it isn't very well marked so take care. Check with DoC re access to Whareroa



Do the Akatarawa Traverse from Paekakariki to Upper Hutt on a bike or horse or on foot. Get an Akatarawa map from the web (see below) or from KCDC or Greater Wellington. It is approx 50 km so be sure you are fit enough. Take plenty of food and tell some one where you are going. The route takes you on part of the Karapoti



Classic mountain bike race. www.karapoticlassic.co.nz For a map see <http://www.mtbchicks.org/valley2Sea%20-%20Akatarawa%20Traverse.pdf> (Check with DoC regarding when Whareroa is opening to the public. Keys for horse access Contact KCDC)



Explore the rock pools south of the Fishermen's Table at Paekakariki. Walk down to the rock pools, through the bush reserve at the end of Ames St and back along the beach.



Take a **moonlight walk** along the beach or your favourite tracks. Get a fire permit from KCDC (allow three days) and have a beach campfire with **toasted marshmallows**. **Make sure the fire is below high tide mark and you put it out with water so other people don't burn their feet.**

Camp at Otaki Forks (at the end of Otaki Gorge Rd) or stay in Parawai Hut – just across the river from the Rangers House—small charge for camping and using the hut. Great swimming holes. Many different walks start from here. <http://www.doc.govt.nz/parks-and-recreation/tracks-and-walks/wellington/kapiti/otaki-forks-short-walks/> Don't forget the insect repellent sunscreen and marshmallows for round the camp fire.



Parawai hut

Explore the tunnel under the road in the loop part of Valley Rd Paraparaumu. Go up Ruapehu St.(use the lights at Paraparaumu) Turn onto Valley Rd between Kaitawa Cres and Riwai St and **go explore**. **You'll definitely get wet feet.**

Specially for junior cyclists take your bike down to Maclean St Paraparaumu Beach and **ride the He Ara WaeWae –a– Kapiti walkway**. While there have a play at the Skate park.



Explore the hills, streams and tracks on Whareroa Farm. Entrance at Mackays crossing SH1 south of Paraparaumu. (Check with DoC regarding when Whareroa is opening to the public. Keys for horse access Contact KCDC)



Ride your bike or horse or walk along Campbell Mill Rd. Easy gradient. 5km from start to the Akatarawa forest—round trip possible. Check on your Cycleways/Walkways map (see front page). Awesome views. **Best** access for walking and biking, is from Maungakotukutuku Rd. Horses, use Whareroa Farm. (Check with DoC regarding when Whareroa is opening to the public. Keys for horse access Contact KCDC)



Cycle the Coastal Route from Fishermans Table (south of Paekakariki) to Peka Peka. Look for the big blue signs.



Explore Kotuku Park north end of Paraparaumu Beach. Playground, lookout hill, bridges, and lagoons to ride around—great place to have **good old fashioned fun on a bike**.