

Top Free  
Experiences  
in Manawatū



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IN MANAWATŪ

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# ARAPUKE MOUNTAIN BIKE PARK

Arapuke is the lower North Island's premier Mountain Bike Park, and has over 30km of epic mountain bike trails from grade 2 to grade 6. Arapuke is easily accessible, situated a short 20-minute drive from the city centre and a shuttle service (Kahuts Shuttles) runs most weekends.

Arapuke is home to a growing network of trails and is a must-visit of trails and is a must-visit for all riders. If you are heading into the park for the first time from the Kahuterawa Road end, gain altitude by ascending either Pupu Rahi or Back Track. These trails will get you into the heart of the action.

 **Kahuterawa Road, Linton,  
Palmerston North**



# MANAWATŪ RIVER PATHWAY

Take a leisurely walk or ride along the Manawatū River and experience the ever-changing views that it offers. There are many access points to this trail, which runs over 10kms. Along the walkway you'll find:

>> He Ara Kotahi - a 9km pathway traversing dairy farms, pā sites, forestry, a military camp and an eel sanctuary.

>> Turitea Pā - A viewing platform along the He Ara Kotahi pathway which offers an unobstructed view of our beautiful awa (river) and city.

>> Urban eels is a platform on the Turitea Stream just metres from the entrance to the Manawatū River.

 **Maxwells Line, Awapuni,  
Palmerston North, New Zealand**



# TE ĀPITI - MANAWATŪ GORGE

Nestled between two mountain ranges, there are few places in New Zealand where, within 12 minutes from a major city, you can enjoy one of our country's most iconic natural playgrounds. Covered in ancient bush and home to a variety of wildlife, Te Āpiti-Manawatū Gorge is steeped in legend and has many stories to tell.

Experience waterfalls, birdsong and pristine views and meet Whatonga, a 6m tall Māori Chief sculpture. Walk the km Tawa Loop Track or the full 11km Manawatū Gorge Track from one end of the gorge to the other. Home of native flora, birdlife, both tracks capture the beauty of the awe-inspiring Te Āpiti-Manawatū Gorge. Car parks at the Ashhurst end to the west and Ferry Reserve to the east provide access to a number of tracks and trails.

 **1631 Napier Road, Aokautere,  
Palmerston North, New Zealand**



# RANGIWAHIA HUT TRACK

An ideal day or overnight tramp to the tussock on Whanahua Range. After crossing the awe-inspiring arched-wooden bridge, the grade becomes steeper. heading up through smaller shrub species and past a waterfall to reach the Rangiwahia Hut. You will need 1.5 - 3 hours depending on your fitness level.

Accommodation - Rangiwahia Hutt: A serviced 13 bunk hut, which includes water, and heating. If you are planning to stay in the hut you will need to pre-purchase tickets from a DOC office, local information centre or some outdoor retail stores. You will need to bring your own portable cooking stoves as gas cooking is not available, there is a wood burner in the hut for heating which may be used for cooking. Firewood is supplied for the wood burner.

 **Renfrew Road, Rangiwahia**



# SLEDGE TRACK

Embark on a family-friendly adventure along the Sledge Track, beginning with leisurely strolls amidst waterfalls and scenic picnic spots, before transitioning to a more challenging terrain suitable for seasoned hiker, with the option to explore historic mineshafts and take in the region's breathtaking scenery, all while navigating through

a loop track interconnected with Arapuke Park's Mountain Bike trails, ensuring an immersive experience shared responsibly with bikers. The track is accessed from the car park at the end of Kahuterawa Road (gravel road), which runs off Old West Road in Palmerston North. From the car park, take the left hand side.

 **Kahuterawa Road, Linton**



# ART & CULTURE

Manawatū's vibrant art scene is inspired by the unique energy of our region, interpreted by the creative and cultural heart of the many creative people that choose to call this place home. Bustling with diverse art galleries, theatres, museums, exhibitions, dance programmes and so much more, get your creative senses tingling.

Discover Te Manawa Museum of Art, Science and Heritage, The Coachouse Museum and the New Zealand Rugby Museum as well as a vibrant theatre and art scene, including sculptures and street art.

 **Various Palmerston North City and Feilding locations**



# HIMATANGI BEACH

Only 30 minutes away from the city centre, Himatangi Beach, located on the west coast, this beach is ideal for fishing, walking and kayaking. Check out Himatangi Beach's rugged driftwood huts or make your own one to have a picnic in, and explore the massive sand dune field, one of the largest in New Zealand.

The local fishing club runs restaurant nights, while the local store offers coffee. The kids will love the adventure playground, concrete skating rink and mini golf area. The Himatangi holiday park is only 200 metres from the beach. Himatangi beach is great all year round, even in winter you can rug up, have some fish and chips on the beach and watch the waves roll in.

 **Koputara Road, Himatangi Beach,  
Manawatū**



# VICTORIA ESPLANADE

Explore Palmerston North's Victoria Esplanade, a 19-hectare oasis boasting stunning gardens, bird aviaries, nature trails, a junior road safety park, a duck pond, barbeque facilities, children's paddling pools, and playgrounds. Featuring attractions such as:

>> Dugald Mackenzie Rose Gardens, at the southern entrance to Palmerston North, the rose gardens offer a spectacular sight in summer.

>> Central Energy Wildbase Recovery, open to walk-in without any booking, visit the native wildlife in recovery here.

>> Esplanade Scenic Railway, travels through native bush and secluded areas of the Esplanade in a miniature train!

 **Victoria Esplanade Drive, West End,  
Palmerston North**



# THE COUNTRY ROAD

The Country Road scenic routes are journeys where off-the-beaten-track excursions allow you to discover hidden places and tucked away treasures ranging from convivial country cafes and pubs, heritage sites, galleries and gardens to scenic reserves, day walks and so much more! Here are a few highlights:

>> Ruahine Dress Circle, tucked away on a side-road off Ruahine Road in northern Manawatū is an amazing picnic and swimming spot.

>> Ian McKean Pinetum, Discover the largest collection of conifers in the Southern Hemisphere.

>> Stromy Point lookout offering breathtaking views that won't disappoint, a perfect place for photo's and lunch

