



HIKE OR BIKE TRAIL GUIDE

2025/26





He Ara Kotahi Pathway

Explore walking & hiking trails





Lace up your boots and take to the tracks.

From overnight tramps in the Ruahine Ranges, to daytime strolls under the towering tōtaras, we've got the lot.

So, whatever you're seeking, it's time to get amongst the wilderness and see what Manawatū is made of.



Find all walks & hikes on our website:
ManawatuNZ.co.nz/hike

WALKING M



Fuel



Public
Bathroom



Eatery/Cafe



EV Charging



Information
Centre





01

HE ARA KOTAHİ



Palmerston North
Dittmer Drive

Distance:
7.1km one way

Time:
1-3 hours

Fitness Level:
Beginner

3km from
Te Marae o Hine -
The Square

He Ara Kotahi riverside pathway has it all. It passes dairy farms, historical pā sites, through forests, over boardwalks and bridges, and ends up at Linton Military Camp. The star attraction is the 194m long bridge that looks like a fallen Karaka tree stretched across the awa (river) from above. Make sure you check out the bridge lit up at night too - it's epic!

A 25-minute walk, or a short e-scooter ride, will take you to Urban Eels, an eel (tuna) viewing platform where you can learn about the importance of tuna to te ao Māori (the Māori worldview).



Dog Friendly



02

MANAWATŪ RIVER PATHWAY



Palmerston North
Various access points, including Dittmer Drive, Maxwells Line, Victoria Esplanade and Albert Street

Distance:
9.86km one way

Time:
1-3 hours

Fitness:
Beginner

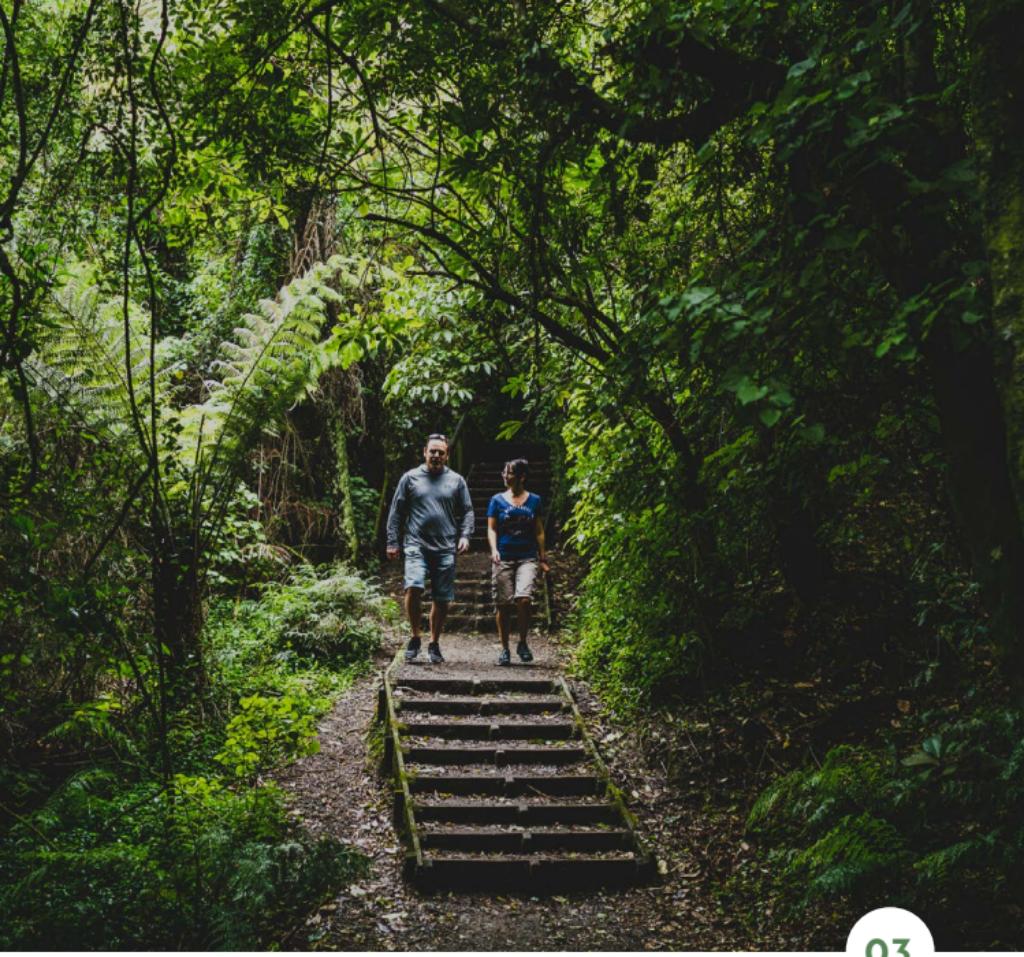
3km from
Te Marae o Hine -
The Square

Our region is named after the mighty Manawatū River and the river pathway is the best place to understand just why the sheer size and beauty of this awa (river) made the heart of Māori explorer, Haunui-a-Nanaia, stand still.

The shared and open river pathway is nearly 10km long, but you can choose the length of your journey with plenty of access points from different parts of the city. Take a wander off the path in some areas and you will be rewarded with tree lined mini-paths, nature-based play equipment, mini pump tracks for those on two wheels and even our inner-city beach on the awa (river).



Dog Friendly



BLEDISLOE PARK TO OLD WEST ROAD



Palmerston North
Access from various locations, including Tennent Drive, Massey University Avenue and Old West Road

Distance:
3.2km one way

Time:
1.5 hours

Fitness Level:
Intermediate.

3.6km from
Te Marae o Hine -
The Square

Starting in Bledisloe Park, this walk provides a unique opportunity to get up close to rare and exotic trees as you meander through the Massey Arboretum. The track through Bledisloe follows the Turitea Stream which has great swimming holes to cool off in on a hot day too.

Continue up the stairs that are sign posted for Te Araroa, the national walkway, and you'll see the track emerges into open space at the Atawhai Road access point. You can finish your walk here, go back the way you came, or continue onto Old West Road. You'll wind your way through native bush, pine forests, farmland and a few sets of stairs, adding a little extra challenge. Once you reach Old West Road, you can cross under the road and link up to the Turitea Walkway if you're looking to extend your walk.



Dog Friendly



04

TAWA LOOP TE ĀPITI - MANAWATŪ GORGE



Ashhurst

Car park at the Ashhurst end of Te Āpiti - Manawatū Gorge

Distance:
4km return

Time:
2 hours

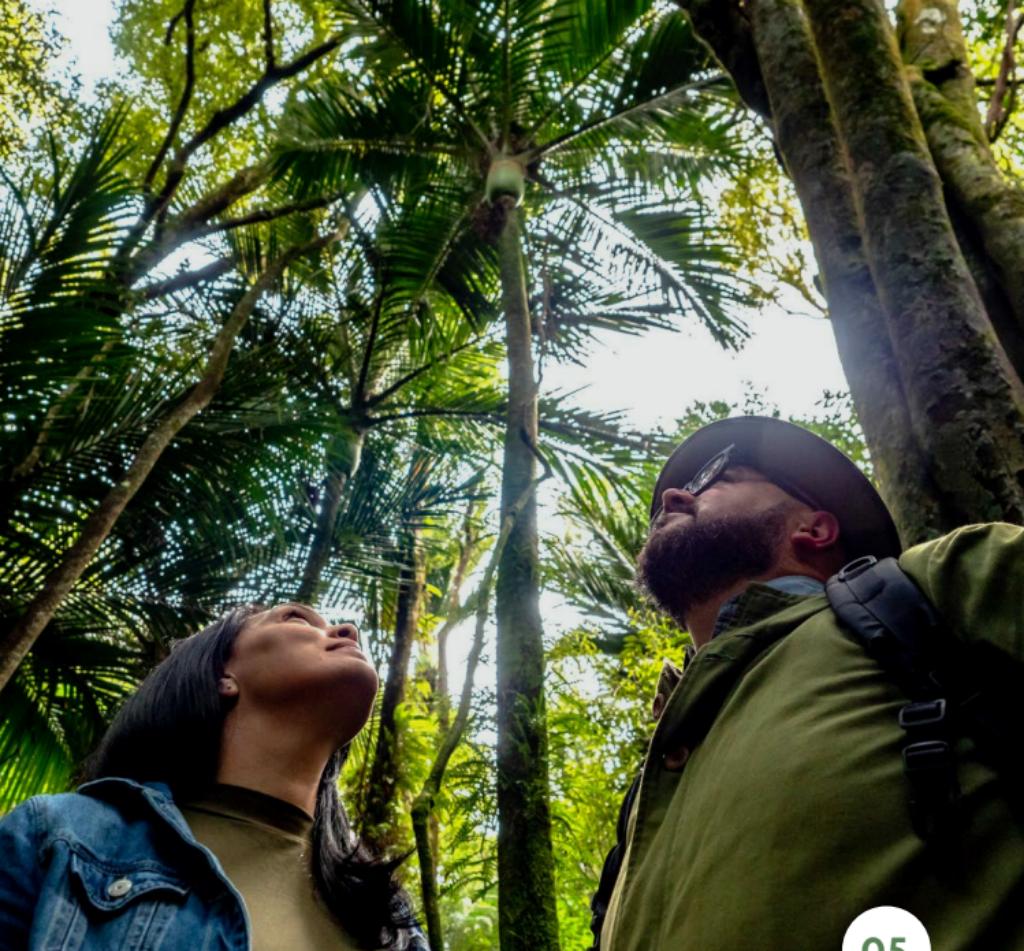
Fitness:
Intermediate

16km from
Te Marae o Hine -
The Square

Keen to experience Te Āpiti - Manawatū Gorge, but have a little less time? The Tawa Loop track is less than half the distance of the full track while still offering a breathtaking escape into nature.

The well-formed track follows a steady gradient and is steep in places, so you'll still get your cardio fix. At the halfway point, you'll come face to face with the 6m tall sculpture of an ancient Māori chief, the mighty Whātonga. Stop off here and learn about the story of Whātonga and Te Āpiti and its unique cultural and geographical heritage.

Check out Gorge Quarter Store - beside the carpark at Ashhurst end - for a rewarding treat, a coffee, or to pick-up some specialty local goods or gifts.



05

TE ĀPITI - MANAWATŪ GORGE WALK



Ashhurst End

Car park at the Ashhurst end of Te Āpiti - Manawatū Gorge

Ballance End

Car park at 31 Gorge Road, Woodville

Distance:

11km one way

Time:

3-5 hours one way

Fitness:

Intermediate

16km from

Te Marae o Hine - The Square

Sure, the old gorge road is closed, but it doesn't mean you can't explore Te Āpiti - Manawatū Gorge on foot, in fact it's the perfect time to do it! This is the main walking track in Te Āpiti, taking you from west to east high up above the road, through lush native bush and out onto viewing platforms that offer breathtaking vistas of the river below and out to the horizon. See how many native trees you can spot and how many different bird calls you can hear.

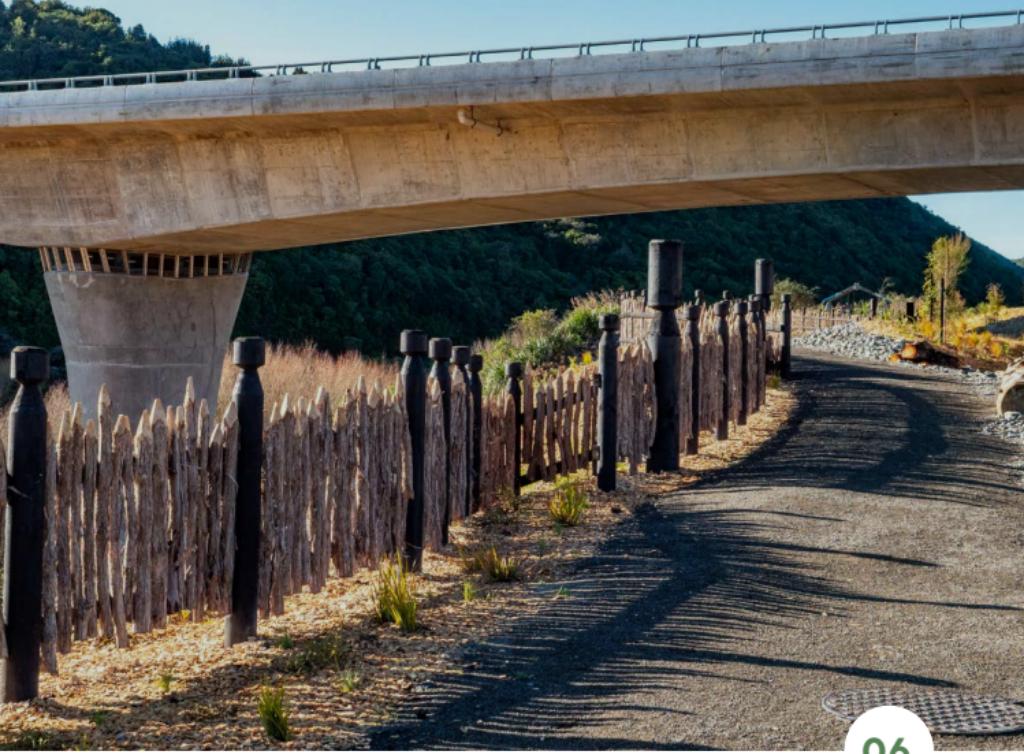
This track is one way, so make sure you've got a ride waiting at the other end. Or you can walk halfway and return the way you came.

Check out Gorge Quarter Store - beside the carpark at Ashhurst end - for a rewarding treat, a coffee, or to pick-up some specialty local goods or gifts.



TE ĀPITI -
MANAWATŪ GORGE





06

TE AHU A TURANGA: SHARED USER PATH



Ashhurst End

Car park at the Ashhurst end of Te Āpiti - Manawatū Gorge

Woodville End

Car park at 31 Gorge Road, Woodville

Distance:

10.5km one-way

Time:

2-3 hours

Fitness Level:

Intermediate

16km from

Te Marae o Hine -
The Square

Take your walking adventure to new heights along the stunning new Shared User Path beside Te Ahu a Turanga - Manawatū Tararua Highway. This elevated trail offers a front-row seat to some of the most spectacular views in the region: from the sweeping Ruahine and Tararua Ranges to the winding Manawatū River and the charming townships of Ashhurst and Woodville below. The path weaves away from the road at times, drawing you into moments of quiet immersion amid the landscape. With rest areas and lookouts scattered along the route, there's plenty of opportunity to pause, take in the scenery, and capture the perfect photo. This is a walk that rewards every step with a new perspective.



Dog Friendly



07

SLEDGE TRACK



Palmerston North
End of Kahuterawa
Road (gravel road)

Distance:
Up to 11km

Time:
Up to 5-6 hours

Fitness:
Beginner to advanced

17km from
Te Marae o Hine -
The Square

At the heart of the scenic Kahuterawa Valley, nestled in the base of the Tararua Ranges lies the Sledge Track, a walk loved by locals as it offers up a knockout native environment to explore. Think stunning waterfalls, swimming holes, boulders to hop along or catch some rays on, and picnic spots away from the crowds, that's what makes this scenic track sitting just outside of the city a real treat.

Keep an eye out along the way for the thriving wildlife that call the valley home, including the kapokapowai - a giant bush dragonfly, and Powelliphanta a giant carnivorous snail.

For a bit of a challenge, head right up to the Elevation (1.5 hours in) and onto the Platinum Mines (3 hours in) to explore old mineshafts for an extra spot of history.



Dog Friendly



08

KITCHENER PARK



Feilding
Kawakawa Road

Distance:
1km

Time:
30 mins

Fitness Level:
Beginner

17km from
Te Marae o Hine -
The Square

On the outskirts of Feilding is Kitchener Park, a remnant of semi-swamp forest that makes for a perfect short walk with the whole whānau (family). You'll walk amongst towering kahikatea, tōtara, pukatea and kōwhai which are labelled throughout the park. There are walking tracks to suit everyone, from the one-kilometre boardwalk loop that gets you up close to the forest giants to the longer loop that branches off the boardwalk and around the edge of the forest allowing for walks of an hour or more. This is a great place to take the tamariki (children), so take your time to explore and uncover the insects and birds of the forest.



Dog Friendly



09

FERN WALK TŌTARA RESERVE



Pohangina Valley
Tōtara Reserve Regional
Park, Churchill Drive

Distance:
5km return

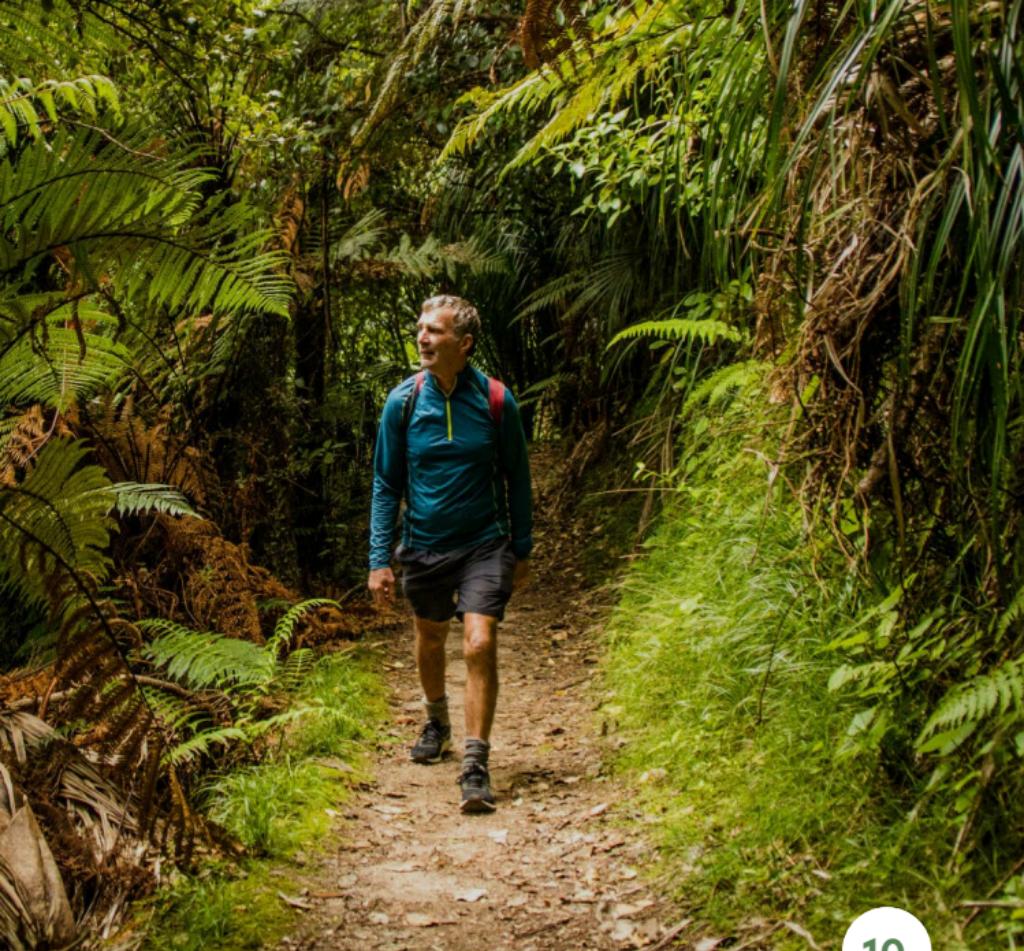
Time:
2-2.5 hours

Fitness Level:
Intermediate

40km from
Te Marae o Hine -
The Square

Uncover some of the region's most ancient and accessible remnants of native bush on this walk within Tōtara Reserve Regional Park, offering sweeping views of the Ruahine Ranges. Tōtara, matai, rimu, nikau and kahikatea trees will tower over you, guiding the way while native bird life like tūī, fantails, bellbirds and kererū will provide the soundtrack needed for the ultimate afternoon excursion. Don't forget to stop at the lofty lookout point on the upper terrace!

This well-maintained walk is a popular shorter option with a couple of challenging stairs to keep you on your toes. Park up at the campground at Tōtara Reserve for great river access to explore the area and go for a late-night trek to the Pohangina Glow Worm Caves.



10

PETTIFAR LOOP TRACK



Pohangina Valley
Tōtara Reserve Regional Park, Churchill Drive

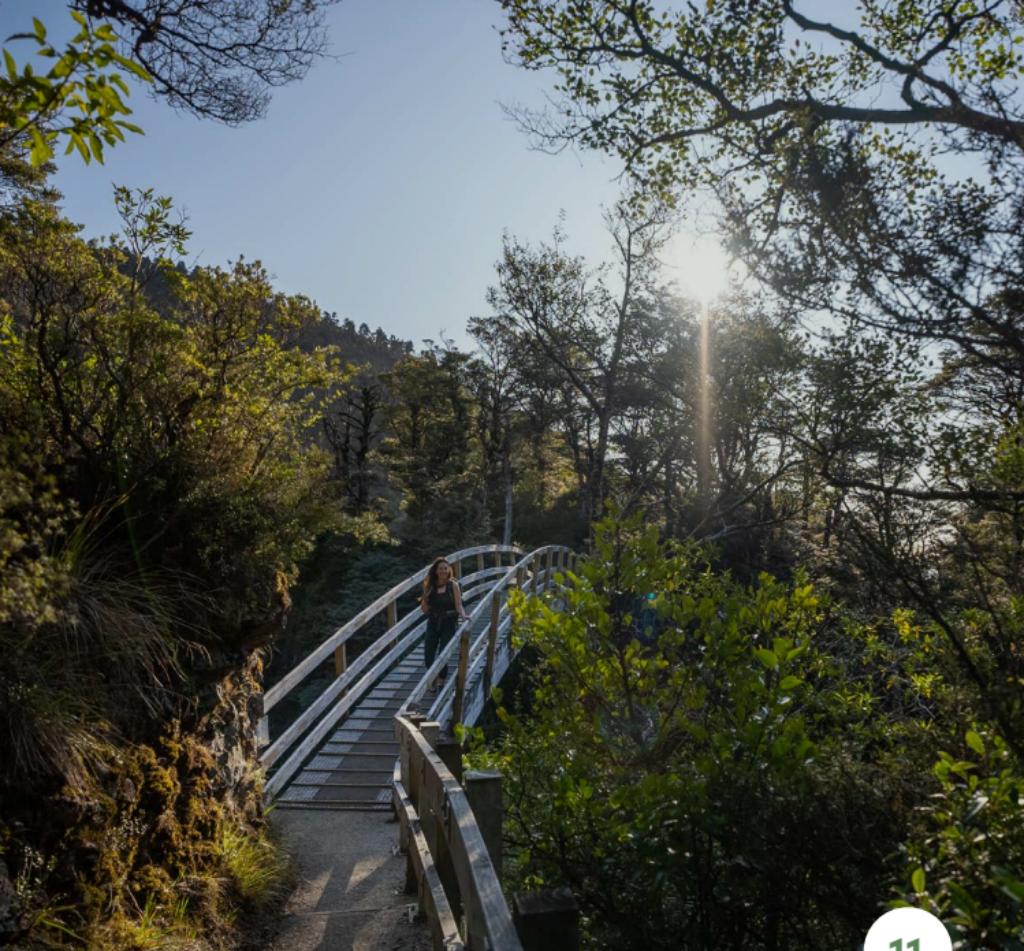
Distance:
Pettifar 4.2km

Time:
1-2 hours per loop

Fitness:
Beginner to Intermediate

40km from
Te Marae o Hine -
The Square

This popular loop track is located in Tōtara Reserve Regional Park and takes you down a series of terraces that lead to the Pohangina River. This walk makes use of the Old Coach Road, a section of the original horse and cart track that once ran along the Pohangina Valley. You'll get to see a variety of native trees and bird life, and you'll pass through a kahikatea dominated forest in the wetter areas, while the drier areas have an abundance of tōtara trees.



11

RANGIWAHIA HUT TRACK



Rangiwhia
Renfrew Road car
park at the road end,
off Main South Road

Distance:
4.2km one way

Time:
2-3 hours

Fitness Level:
Intermediate

85km from
Te Marae o Hine -
The Square

Up in northern Manawatū just outside the charming village of Āpiti, is the popular 2-3 hour hike up to Rangiwhia Hut, the perfect choice for those after a great day of tramping and the option of a cosy overnight hut experience too.

Lose yourself in the incredible vistas along this well graded track, where the photo-worthy arched wooden bridge, deep ravines, red beech forests, views out to Mount Ruapehu and enchanting Middle Earth scenery will really take your breath away. Your final reward? The tussock tops views along the Whanahuia Range. The quiet serenity that trampers seek comes in strong supply here.

This serviced 13-bunk hut is easily bookable on doc.govt.nz, and includes water, heating and cooking facilities but you'll need to take your own portable cooking stoves.

GUIDE TO STAYING SAFE

There is an incredible array of sights to be seen in Manawatū with ancient native bush walks to adrenaline packed activities. To help ensure you stay safe during your visit we have some handy tips and helpful links we recommend reviewing before commencing your visit.

KNOW BEFORE YOU GO

These are the five simple rules of the Outdoor Safety Code to help you stay safe:

- 1 Plan your trip
- 2 Tell someone
- 3 Be aware of the weather
- 4 Know your limits
- 5 Take sufficient supplies

For more details, visit ManawatuNZ.co.nz/safety



BE
PREPARED



DRIVE
CAREFUL

FOR MORE INFORMATION, CONTACT:

PALMERSTON NORTH I-SITE

The Square, Palmerston North

P: 0800 626 292

E: isite@pncc.govt.nz



FEILDING & DISTRICT INFORMATION CENTRE

64 Stafford Street, Feilding

P: 06 323 3318

Look out for our
Manawatū Official Visitor Guide
& **The Country Road Guide**
for more information.

This is an official publication produced by Central Economic Development Agency (CEDA) March 2024. While every effort has been made to provide correct information, there may be changes. Please note that this information should be used as a guide only.



KEEP NZ
CLEAN

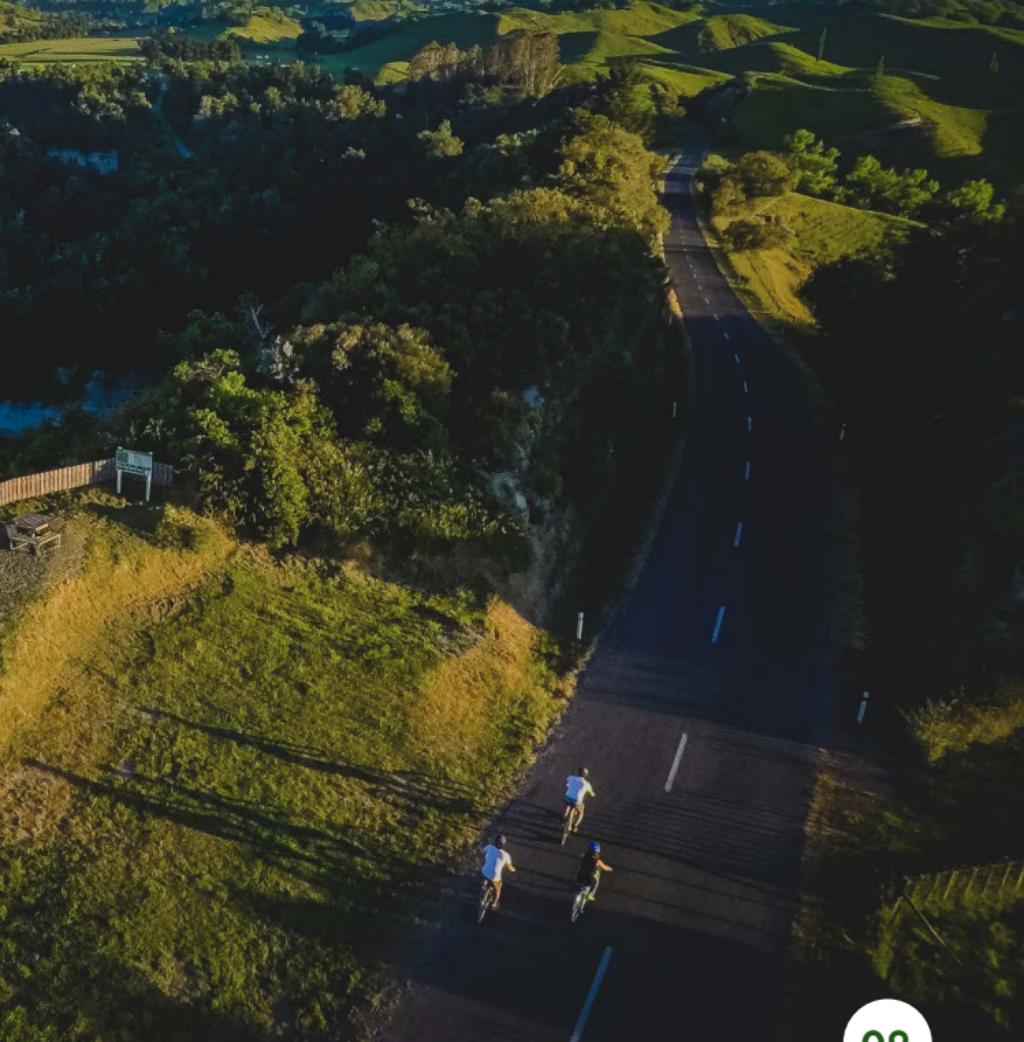


PROTECT
NATURE



SHOW
RESPECT

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09

MANAWATŪ CYCLEWAY ON THE COUNTRY ROAD



Mangaweka Campground
Ruahine Road

Distance:
115km each way (2-3 days)

Elevation:
37m-694m

Grade:
Advanced (all sealed)

If you're after a multi-day cycling adventure, we've got you covered. Cruise along the official Manawatū Scenic Route between Mangaweka (on SH1) and Palmerston North,

We recommend taking at least two days to savour this trip through rural Manawatū. A real treat for the eyes, you'll venture past soaring cliffs near Mangaweka, the dramatic backdrop of the Ruahine Ranges, and lush farmland. Don't miss the chance to immerse yourself in country life with quirky and quaint country cafés and pubs, galleries, scenic reserves, swimming holes, glow worm caves, and camping spots all waiting to be uncovered along the route.

For a helping hand, speak to the team at Awastone who offer a shuttle service from Palmy to the start of the trail in Mangeweka and can recommend some boutique stays along the way.



Ngā Haerenga
NZ Cycle Trails



10

ĀPITI LOOP RIDE



Manawatū Scenic Route
Ashhurst end

Distance:
120km loop

Elevation:
37m-568m

Grade:
Intermediate (all sealed)

Journey through some of Manawatū's most scenic countryside with the multi-day Āpiti Loop Ride. Plan ahead by booking into some accommodation and make the most of your time to check out some of the hidden treasures of the region. Some must-stops are Hansen's Café and Store and Āpiti Tavern & Eatery where you can meet the locals and experience true Kiwi hospitality.

Pause at Raumai Reserve for a dip in the Pohangina River to cool off along the way. As it's a multi-day ride and has a few hilly sections, it's recommended for moderate to advanced fitness levels.



07

ARAPUKE MOUNTAIN BIKE PARK



Palmerston North
Kahuterawa Road End

Distance:
More than 30km of trails

Grades:

1 2 3 4 5 6

Nestled on the tops of the Tararua Ranges above the Kahuterawa Valley, overlooking the city below, Arapuke provides some of the best mountain bike riding in the lower North Island.

Whether you're a novice, a casual weekender or a hard-core rider hunting for your next adrenaline fix, Arapuke offers trails to shred from Grade Two to Six, with more than 30km of epic trails, jumps and tracks to choose from.

Best of all, it sits less than 25-minutes' drive from the city, so you can wrap up the day with a gourmet burger and perfectly brewed pint from local microbrewery, Brew Union.



arapuketrails.co.nz/trails



08

POHANGINA VALLEY LOOP



Feilding
Manchester Square

Distance:
78km loop

Elevation:
73m-241m

Grade: Intermediate
(40% unsealed)

While this loop is mostly gravel, the scenery outweighs the effort by far. Ride through a variety of terrain including over hills and across open flats, all with the unique and dramatic backdrop of the Pohangina River and Valley accompanying you along the way. Stop by Raumai or Tötara reserves for picnic spots or to cool off with a dip in the awa (river).



MANAWATŪ
RIVER PATHWAY







05

WINDFARM RIDE



Ballance
Gorge Road

Distance:
41km one-way

Grade:

1 2 **3** 4 5 6

Enjoy scenes of Te Āpiti - Manawatū Gorge, and the surrounding region as you climb up the ranges and through the spectacular wind farms. Get up close to the towering turbines, producing enough electricity to power 120,000 households a year. Energise your body and refuel at the nearby Summerhill Shopping Centre café and restaurants at the end of your ride.



06

TE AHU A TURANGA: SHARED USER PATH



Ashhurst

Car park at the Ashhurst end of Te Āpiti - Manawatū Gorge

Distance:

10.5km one-way

Grade:

Intermediate

Gear up for an unforgettable ride along the new Shared User Path that runs beside Te Ahu a Turanga - Manawatū Tararua Highway. Purpose-built for a smooth and scenic journey, this elevated route delivers panoramic views of the Ruahine and Tararua Ranges, glimpses of Te Āpiti - Manawatū Gorge, and the impressive sight of wind turbines spinning overhead. The trail has one particularly challenging gradient, but the views and design make for an enjoyable ride, with sections that dip under the highway and curve away from the road to keep things varied and engaging. Strategic rest stops and lookouts along the way offer the perfect excuse to catch your breath and take in the incredible views before hopping back on your seat.



03

JUNIOR ROAD SAFETY PARK



Palmerston North
Victoria Esplanade
Fitzherbert Avenue

Grade:
Beginner

Located in the heart of Victoria Esplanade, this area is perfect for budding young riders or scooterers to learn basic road cycle safety. Complete with miniature roads, intersections, working traffic lights, a roundabout, give-way and stop signs, the Junior Road Safety Park is a whānau (family) friendly, fun environment for kids under 10.

With plenty of shade, shelter and carparking not too far away, this is a must-do for tamariki (children) in Manawatū.



04

GREENS ROAD LOOP



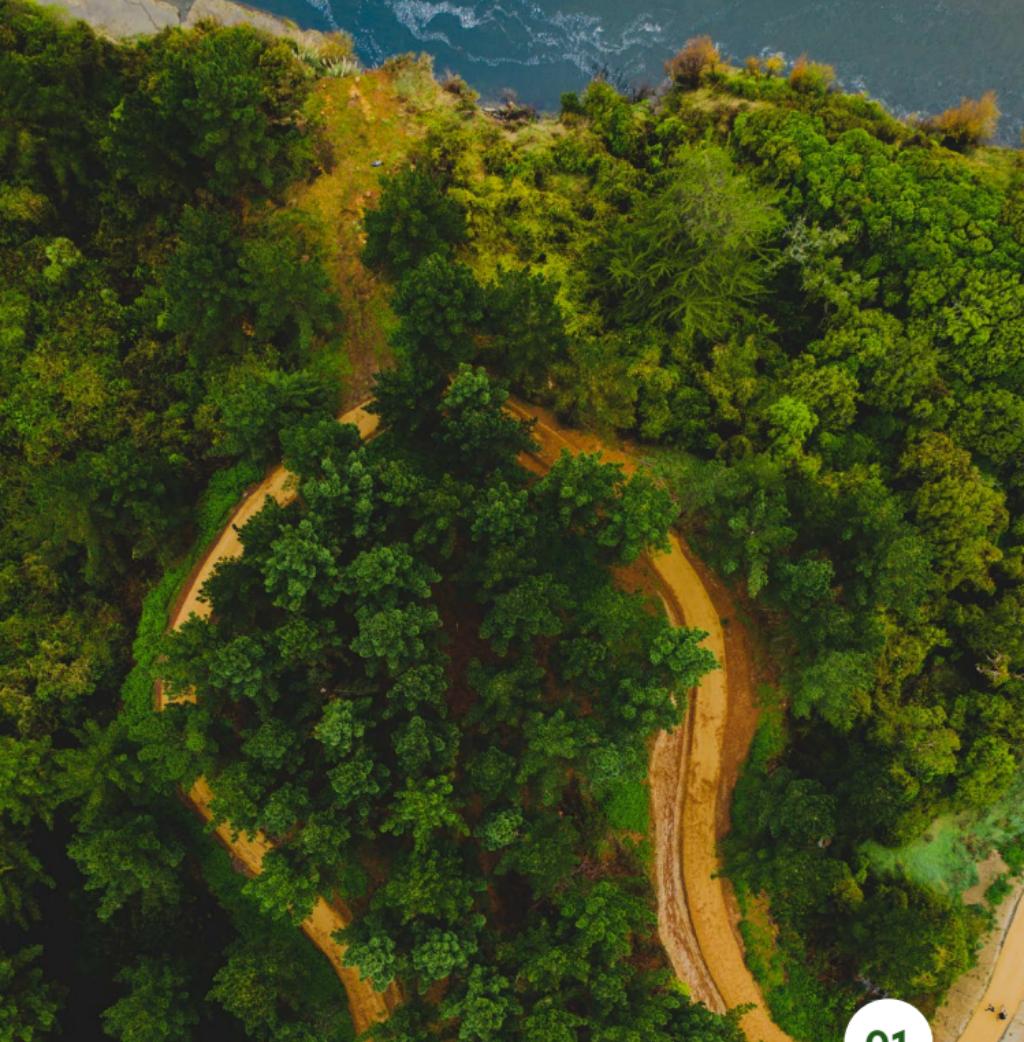
Palmerston North
Turitea Road

Distance:
24km loop

Grade:
Intermediate
(contains unsealed roads)

Taking you through scenic Manawatū countryside just outside the city, this ride is a great way to get away from the hustle and bustle, without having to go too far. The challenging climb up unsealed Greens Road makes for some impressive viewing spots at the top.

Remember that the loop is on public roads and is popular with walkers, horse and motorcycle riders, so care needs to be taken.



01

HE ARA KOTAHİ



Palmerston North
Dittmer Drive

Distance:
7.1km one way

Grade:
Beginner

You'll hardly believe that you're in the heart of the city when you hit this shared walking and cycling pathway which not only offers stunning views of the awa (river) and city, but also leads you through native bush, past farmland, pā sites and out to Linton Military Camp. Not only will you cycle over the grand 194m He Ara Kotahi Bridge, you can also stop off at Urban Eels, the new eel viewing platform which is a safe haven for tuna (eels) along the Manawatū River. And Turitea Pā, an homage to the significant Māori defensive pā that used to stand there.



Dog Friendly



02

MANAWATŪ RIVER PATHWAY



Palmerston North
Access via Maxwells Line, Victoria Esplanade, Fitzherbert Avenue, Albert St, Riverside Drive

Full Distance:
9.86km one way

Grade: Beginner
(1.5km limestone path at Maxwells Line end)

Experience the ever-changing views of Manawatū River and its surrounds on this open, flat walkway which follows the awa (river) from the end of Maxwells Line through to Riverside Drive. Choose your distance with multiple entry and exit points that span across Palmerston North city. Look out for the mini mountain bike pump tracks on the western side of the Fitzherbert Bridge for some extra fun, and don't miss Ahimate Reserve at the far eastern end of the Pathway for some additional tracks, trails and jumps to test your skills on.



Dog Friendly

CYCLING M...



Fuel



Public
Bathroom



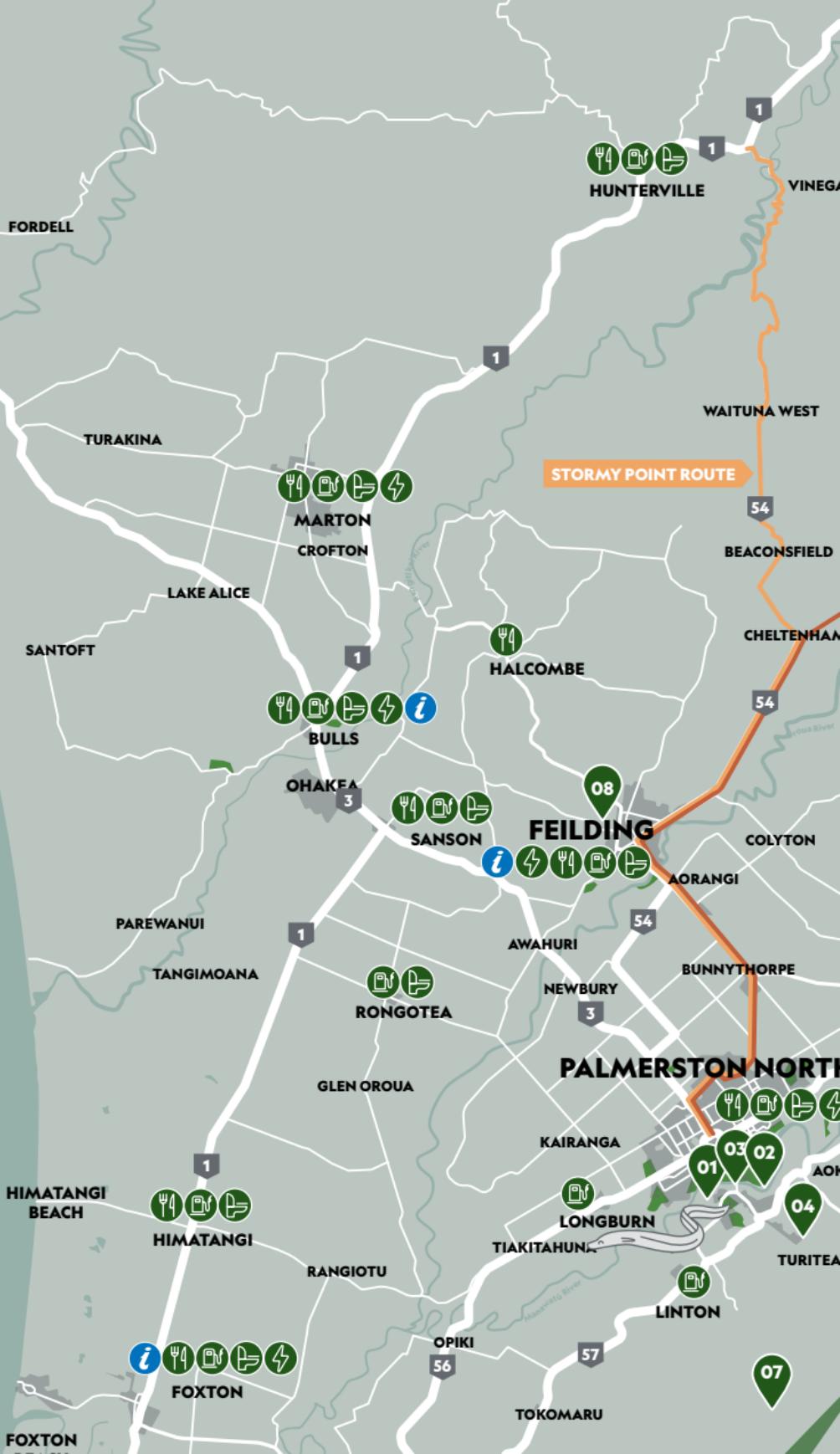
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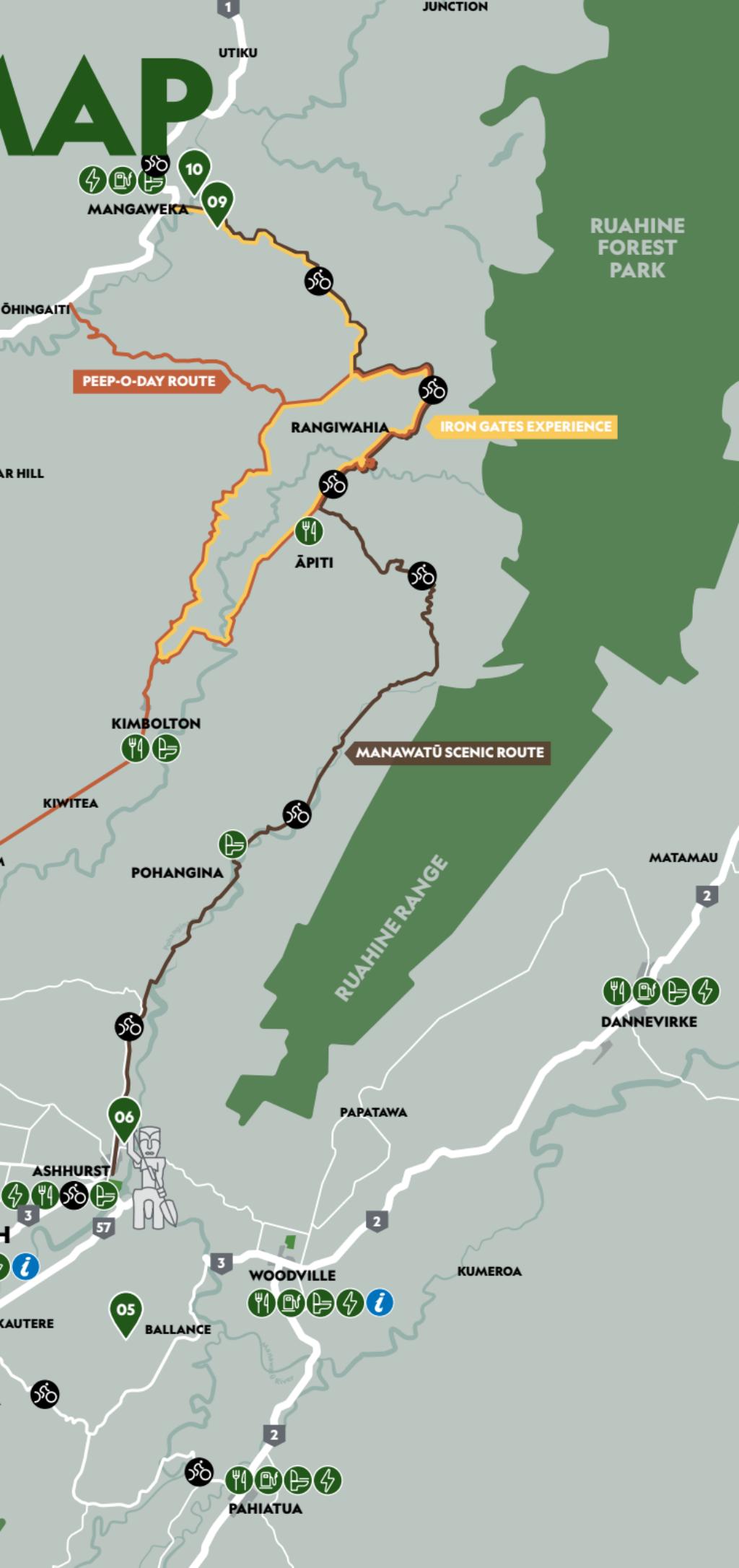
EV Charging



Information
Centre



MAP



ARAPUKE MOUNTAIN BIKE PARK



Arapuke Mountain Bike Park



Explore cycling & mountain biking trails



Whether you're a lover of fat wheels or thin, or something in between, strap on your helmet and shred some epic trails!

From off-road adventures to family-friendly tracks, there's something for all who venture our way, with the added bonus of a beautiful backdrop to your journey. You can experience the beautiful scenery in Manawatū on your two-wheeled adventure.



Find all cycling trails on our website:
ManawatuNZ.co.nz/bike



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2025/26

