Manawatu MUST DO WALKS

For more information contact:
Palmerston North City i-SITE
The Square
Palmerston North City
0800 MANAWATU
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Please note this information should be used as a guide only. To fully ensure your safety and enjoyment please review your safety rules and consult the provider for up-to-date information on their compliance with all safety and legal regulatory requirements.

For more info, visit www.ManawatuNZ.co.nz/Safety

For more top picks and must do's check out
ManawatuNZ.co.nz/top-picks

Wanganui

1. Te Apiti - Manawatu Gorge Walk
   Car park at the entrance to the Gorge on SH 3, just past the Ashhurst Bridge

2. Tawa Loop
   Car park at the entrance to the Gorge on SH 3, just past the Ashhurst Bridge

3. Manawatu River Pathway
   Various, including Maxwells Line, Dittmer Drive, Fitzherbert Avenue and Victoria Esplanade

4. Sledge Track
   Car park is at the end of Kahuterawa Road (gravel road), Palmerston North

5. Bledisloe to Old West Road walk
   Various, including Old West Road, Atawhai Road and Tennant Drive

6. Fern Walk
   Totara Reserve Regional Park, Churchill Drive, Pohangina Valley

7. Pettifar & Gilchrist Loop Tracks
   Totara Reserve Regional Park, Churchill Drive, Pohangina Valley

8. Rangiwahia Bush Reserve
   Mangoira Rd, just east of the Rangiwahia Hall, Rangiwahia

9. Alice Nash Heritage Memorial Lodge Track
   Petersons Road car park, off Table Flat Road, Apiti

10. Rangiwahia Hut Track
    Renfrew Road road-end, north of Apiti

To Auckland

To Wellington

Free MAP AND GUIDE
www.ManawatuNZ.co.nz
@Manawatu_NZ
#thisismanawatu

For more top picks and must do's check out
ManawatuNZ.co.nz/top-picks

1. Waitangi Beach
   Foxton Beach

2. Shannon
   Foxton

3. Pahiatua
   Waitanui

4. Levin
   Eketahuna

5. Shannon
   Foxton

6. Woodville
   1 SITE

7. Feilding
   1 SITE

8. Alice Nash Heritage Memorial Lodge Track
   Petersons Road car park, off Table Flat Road, Apiti

9. Rangiwahia Hut Track
    Renfrew Road road-end, north of Apiti

10. Rangiwahia Bush Reserve
    Mangoira Rd, just east of the Rangiwahia Hall, Rangiwahia

MANAWATU

Map & Guide MANAWATU

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**City and Manawatu.**

**Offer in Palmerston North**

Head outdoors and discover these five simple rules of the Outdoor Safety Code to help you stay safe.

These are the five simple rules of the Outdoor Safety Code:

1. **Take sufficient supplies**
   - Be prepared with water, food, clothing, and shelter. Always be sure you have enough supplies for all potential emergencies.
   - On the eastern outskirts of the city is a large outdoor activities complex. It is an outdoor activity hub.

2. **Know before you go**
   - Know the area, the weather, and the potential hazards. Always plan your trip and make sure you have all the necessary equipment.
   - When you are planning a trip, it is important to know the expected weather conditions and any potential hazards.

3. **Be prepared**
   - Always carry a first aid kit, a whistle, and a map. You should also carry a compass and a knife.
   - Be prepared for the unexpected. Always carry a first aid kit, a whistle, and a map.

4. **Be oriented**
   - Always know where you are and be able to find your way back. Always carry a compass and a knife.
   - Be able to find your way back. Always carry a compass and a knife.

5. **Keep your group together**
   - Always keep your group together and be aware of each other's locations. Always keep your group together and be aware of each other's locations.
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**Te Apiti - Manawatu Gorge Walk**

Distance from PN: 16km, 15 minutes drive

**Location:** Car park at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 11km

**Fitness Level:** Intermediate

**Description:**

This walk is a beautiful, well-formed track that follows a steady gradient and is steep in places. It offers magnificent views of the Ruahine Ranges and the Manawatu River.

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**Manawatu River Pathway**

Distance from PN: Either 2km – 4km from the City Centre

**Location:** Various, Maxwells Line, Dittmer Drive, and Victoria Esplanade

**Distance:** Up to 11km for the full walk

**Fitness Level:** Intermediate

**Description:**

This walk is a popular option for those without transport arrangements. It is a gently sloping walk that is suited all abilities. On the eastern outskirts of the city is a large outdoor activities complex. It is an outdoor activity hub.

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**Bledisloe to Old West Road**

Distance from PN: 80km, 1 hour and 15 minutes drive

**Location:** Totara Reserve, Churchill Drive, and into Arapuke Park, a Mountain Bike park. From here, you can return to the track, and you will see a gorgeous array of native plants such as nikau palms and totara trees.

**Distance:** 4.2km one way

**Fitness Level:** Intermediate

**Description:**

This walk is one of the most popular in the Manawatu and is a great option for families. It offers a great opportunity to experience the uniqueness of the Ruahine Ranges and the Manawatu River.

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**Tawa Loop**

Distance from PN: 5km return

**Location:** Car park is at the end of Kahuterawa Road

**Distance:** 11km

**Fitness Level:** Intermediate

**Description:**

This walk is a popular option for those without transport arrangements. It offers magnificent views of the Ruahine Ranges and the Manawatu River.

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**Sledge Track**

Distance from PN: 16km, 15 minutes drive

**Location:** Car park is at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 3km

**Fitness Level:** Intermediate

**Description:**

This walk is a beautiful, well-formed track that follows a steady gradient and is steep in places. It offers magnificent views of the Ruahine Ranges and the Manawatu River.

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**Fern Walk, Totara Reserve**

Distance from PN: 71km, 1 hour drive

**Location:** Totara Reserve, Churchill Drive, and into Arapuke Park, a Mountain Bike park. From here, you can return to the track, and you will see a gorgeous array of native plants such as nikau palms and totara trees.

**Distance:** 5km return

**Fitness Level:** Intermediate

**Description:**

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**Petitfâr & Glitcht Track Loop**

Distance from PN: 35 minutes drive

**Location:** Car park is at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 3km

**Fitness Level:** Intermediate

**Description:**

This walk is a beautiful, well-formed track that follows a steady gradient and is steep in places. It offers magnificent views of the Ruahine Ranges and the Manawatu River.

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**Arapuke Road and Back Track**

Distance from PN: 16km, 15 minutes drive

**Location:** Car park is at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 3km

**Fitness Level:** Intermediate

**Description:**

This walk is a beautiful, well-formed track that follows a steady gradient and is steep in places. It offers magnificent views of the Ruahine Ranges and the Manawatu River.

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**Rangiwahia Bush Reserve Walk**

Distance from PN: 80km, 1 hour and 15 minutes drive

**Location:** Petersons Road car park, off Table Flat Road, Apiti

**Distance:** 4.2km one way

**Fitness Level:** Intermediate

**Description:**

This walk is a popular option for those without transport arrangements. It offers magnificent views of the Ruahine Ranges and the Manawatu River.

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**Rangiwahia Hut Track**

Distance from PN: 5km return

**Location:** Car park is at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 5km return

**Fitness Level:** Intermediate

**Description:**

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**Rangiwahia Hut Track**

Distance from PN: 5km return

**Location:** Car park is at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 5km return

**Fitness Level:** Intermediate

**Description:**

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**Rangiwahia Hut Track**

Distance from PN: 5km return

**Location:** Car park is at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 5km return

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**Rangiwahia Hut Track**

Distance from PN: 5km return

**Location:** Car park is at the entrance to the Gorge on SH 3, on the left side of the valley. Do not walk up the right-hand side.

**Distance:** 5km return

**Fitness Level:** Intermediate

**Description:**

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