This information should be used as a guide only. To help ensure your safety we advise you review our safety page online and contact the individual provider for up to date information on their compliance with all Health and Safety and regulatory requirements.

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

PALMERSTON NORTH CITY & MANAWATU

the guide

ARTS & CULTURE

Shop and Dine

TE APITI - MANAWATU GORGE

www.ManawatuNZ.co.nz
WELCOME TO
Palmerston North City & Manawatu

This guide is your taster menu of what’s on offer in the region, so you can discover the many faces, places, adventures, local hot spots and more.

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Brought to you by the Central Economic Development Agency. While every effort has been made to provide correct information, there may be changes. For a full list of what to see and do, where to stay and how to get there visit www.ManawatuNZ.co.nz

#thisismanawatu

Connect with us

www.ManawatuNZ.co.nz

Facebook /PalmerstonNorth

Instagram @Manawatu_NZ
THEATRE & Music Scene

The city’s theatre scene provides entertainment for all genres, while the local music scene thrives with a mixture of mainstream and ‘underground’ venues that cater to wide and varied tastes. Spoilt for choice, check out Centrepoint Theatre, The Globe Theatre, The Dark Room, Abbey Theatre and the iconic Regent on Broadway.

THE Galleries

Scattered across the city and region are a fabulous collection of art galleries and working artist studios. Grab a copy of the Arts Trail brochure from the Palmerston North City i-SITE and pop along to Zimmerman, The White Room Co, Taylor-Jensen Fine Arts, The Boardroom, Snails: Artist Run Space, the Square Edge and the Van Uffelen Framing Gallery.

www.ManawatuNZ.co.nz/Art

Head to George Street and Coleman Mall for a coffee fix

URBAN City

In the heart of the city, you’ll find a creative atmosphere buzzing with pop up installations and over 30 murals, public sculptures and statues dotted throughout the city centre. Holding all of this together is the cafe quarter along George Street and Coleman Mall, where you’ll find a welcoming vibe, boutique shops and plenty of eateries.
SHOP & Dine

SHOP TILL You Drop

Palmerston North City and Feilding are premiere shopping destinations for the lower North Island.

The Plaza Shopping Centre is in the heart of Palmerston North City’s CBD. With more than 100 shops under one roof, The Plaza houses all the major brands as well as quality niche stores.

George Street and Coleman Mall - tucked away in the western corner of The Square this boutique quarter mixes a great range of boutique and designer stores with a good variety of cafes.

FILL YOUR Belly

Searching for a gourmet breakfast, a quirky lunch spot or a delicious dinner made from local produce? Add some flavour to your itinerary and take your tastebuds on a tour of the world with the wide variety of dining options, from ethnic delights to award winning artisan produced dishes, we’ve got you covered.

Grab a Dining Guide from the Palmerston North City i-SITE or jump online to:

www.ManawatuNZ.co.nz/Eat

THE Markets

Eat like a local and explore the many markets on offer!

Weekly - Friday brings the Feilding Farmers’ Market, Saturday the Albert Street Market and the Sunday Market in Cloverlea all offer fresh produce, local treats and tasty goodies.

Monthly - Hokowhitu Village Artisan Market puts on a tasty show, and the Village Night Market brings eclectic crafts and designer goodies. Another monthly treat is the Thursday Night Street Feast - a wide range of gourmet food trucks peddling their tasty wares.

www.ManawatuNZ.co.nz/Markets

www.ManawatuNZ.co.nz/Shop
Manawatu is home to three of New Zealand’s best museums interpreting our nation’s social and cultural past.

**NEW ZEALAND Rugby Museum**

Experience the journey of the sport that shaped our nation, see some of the world’s rarest rugby memorabilia, learn about some of the rugby heroes and their stories. Test your skills in the ‘Have A Go’ area and tackle, scrum, jump, sprint and kick like the rugby legends.

**The Coach House Museum**

Discover the agricultural heritage and social history of New Zealand and Manawatu at **The Coach House Museum** in Feilding. Home to an outstanding collection showcasing over 140 years of history, you’ll be taken on a journey through the lives of early settlers and the development of the region.

**Te Manawa**

The only regional museum in New Zealand to weave together the three disciplines of history, art and science in a unique fusion, **Te Manawa** is host to international touring shows and home grown exhibits. Learn about the region’s nationally significant taonga, explore contemporary art, science and heritage collections and try out the interactive exhibits.

For more heritage collections, pick up a free **Feilding and District Heritage Collections** guide from the Palmerston North City i-SITE or the Feilding and District Information Centre.

www.ManawatuNZ.co.nz/Museums
For thrill seekers and adventure enthusiasts, you can’t go wrong with the Mangaweka Adventure Company rafting and kayak adventures, taking you through towering canyons and stunning scenic vistas, or check out Wind Warrior Kite Sports - specialists in stand-up paddle boarding, kite boarding and all round saltwater mayhem. EzyRider’s electric bicycles will have you café hopping and cruising alongside the Manawatu River and exploring the city with ease.

Feel exhilarated with four-wheel driving safaris at Makoura Lodge, or get some rejuvenation in with Timeless Horse Treks. After all the action, reconnect with a tour and tasting at the iconic Tui Brewery.

www.ManawatuNZ.co.nz/See-do
FUN FOR THE Family

Check out Kids Republic and Lollipops Playland, perfect for some indoor entertainment, and the hands-on kids zone in Te Manawa is filled with interactive activities. When the sun’s out, the miniature train ride at Victoria Esplanade is a fun family activity. The Makino Aquatic Centre has indoor and outdoor activities, and Feilding Mini Golf is a must-do for all ages. For a day of discovery check out Owlcatraz, home to the New Zealand Owl, miniature train, petting zoo and much more.

In the summer, check out the Lido Aquatic Centre for the aqua-play area, speed-slide, and largest superbowl in the North Island.

For all of this and more, check out www.ManawatuNZ.co.nz/Fun

INDOOR Fun

Whether you want the action of Ultimate Indoor Paintball or Lazertag Experience, the bounce of Flip City or the rush of indoor go-karts at Daytona Indoor Raceway, there’s heaps to get your blood pumping! The Putt Hutt mini golf course is completely indoors, while Inflatable World brings hours of fun or check out Bowlarama for some competitive action.

Get amongst the action!
Te Apiti means ‘The Narrow Passage’ and is the only place in New Zealand where a river begins its journey on the opposite side of the mountain range to where it joins the ocean.

Discover one of New Zealand’s most beautiful natural playgrounds, Te Apiti – Manawatu Gorge. A landmark of awe-inspiring legend, geographical magnificence, and cultural wealth this is a must visit on your journey, and is less than 15 minutes drive from the city. Walk through stunning native bush and come face to face with the 6-metre tall sculpture of Whatonga, an ancient Maori warrior. Traverse the length of the Gorge on the 10km one-way track through pristine forest or take the shorter 4km Tawa Loop - both tracks will reward you with incredible views from several viewing points. Camp, kayak or fish* the river, book a Timeless Horse Trek at the popular Bridge Cafe on the eastern side or explore the Ashhurst Domain and Wetlands. *fishing licence needed

www.ManawatuNZ.co.nz/TeApiti
The urban city of Palmerston North offers an eclectic mix of small town charm and urban sophistication. A bustling hub of the lower North Island, you’ll find a wide range of eateries and events, mixed with diverse activities and plenty of inner city walks and cycling trails.

The Square - found at the heart of the city is New Zealand’s largest inner-city park. The Maori name for The Square is Te Marae-o-Hine, meaning “Courtyard of the Daughter of Peace”, a name that commemorates a past leader and inspires the message of future hope. The historic clock tower comes alive at night lit by ever changing coloured lights, and the butterfly shaped duckpond sits next to a giant chess board.

www.ManawatuNZ.co.nz/PalmerstonNorth

VICTORIA Esplanade
A stunning riverside city park, enjoy gardens, bird aviaries and conservatory, nature trails and bush walks, a cafe, a duck pond, barbeque facilities, the internationally renowned Dugald McKenzie Rose Garden, a paddling pool and playgrounds. The extensive miniature railway is open on weekends and holidays for a small fee.

www.ManawatuNZ.co.nz/Parks

OUR Heritage
The city is rich in history with an eclectic array of architecture, so get exploring by picking up a copy of the free City Heritage Trail guide from the Palmerston North City i-SITE. Built in 1895, and open daily for visits, Caccia Birch House is an iconic historical homestead set on park-like gardens. In the Massey University campus sits Wharerata Homestead, built in 1901 and surrounded by formal gardens and includes an onsite cafe.

www.ManawatuNZ.co.nz/Heritage

COFFEE Fix
Dotted around the The Square and inner city you’ll find an eclectic array of the best coffee. From locally roasted to organically grown, our baristas know how to make the best brew. Ask a local for their favourite spot, and you can’t go wrong!
Visit the charming town of Feilding where you will be met with red-bricked pavements and streets, stunning flower beds, and a warm elegance that reminds you why it has been voted ‘New Zealand’s Most Beautiful Town’ 15 times. The small town atmosphere offers an escape from the hustle, where walking into shops you are met with a friendly smile, and the kind hospitality that has earned this town the label of ‘Friendly Feilding’.

On Fridays the Feilding Farmers’ Market takes over Manchester Square, and nearby the Feilding Saleyards come alive with farmers and drovers selling and trading livestock. One of the largest saleyards in the Southern Hemisphere, book in for a guided tour at the Feilding & District Information Centre.

Whether you’re a history buff looking for your dose of local history at The Coach House Museum, or you’re a petrol head looking for exhilaration at Manfeild, Feilding’s own world-class motor racing circuit, Feilding has it all. Once the day is done, relax and unwind in one of Feilding’s many cafes and restaurants, you’ll wonder what took you so long to visit!

[Visit website]
Pick up a free copy of The Country Road map and guide for memorable discoveries and experiences that define true New Zealand heartland.

Whether you’re travelling south or north, between Mangaweka and Palmerston North City is a unique natural playground made up of stunning scenic landscapes. **Hike** through native bush in the Ruahine Ranges, **swim** at hidden swimming holes, **fish*** in clear rivers, **experience** thrill seeking adventures, **dine** with locals, **explore** heritage collections and **find** tasty goodies at roadside stalls. *fishing licence needed

To know more about The Country Road scenic routes and discoveries head to:

www.ManawatuNZ.co.nz/Scenic
ON YOUR Bike

From gentle riverside trails, undulating multi day treks, challenging mountain top trails to test the fittest athletes and thrilling downhill rides, Manawatu has a great range of cycling options to suit all abilities and tyres.

The Arapuke Forest Park is a mountain bike destination like no other, offering trails from beginner to advanced, while the downhill trail in Te Apiti – Manawatu Gorge will delight the avid mountain biker.

Discover these rides and more in the free Cycling The Country Road map and guide from the Palmerston North City i-SITE, or the Feilding and District Information Centre.

www.ManawatuNZ.co.nz/Bike

BIKE Hire

The Palmerston North City i-SITE and Crankit Cycles have hire bikes available, including electric bikes, so you can explore the city and region on two wheels!

ON TWO Feet

The stunning terrain of the Ruahine and Tararua Ranges offer walks, hikes and multi-day tramps for all abilities and are dotted with a solid range of huts and lodges. All of this makes for a diverse and exciting outdoor playground, right in the big backyard of Palmerston North City.

In and around the city, there are walkways everywhere, offering short strolls to rambling riverside pathways ripe for exploring. The stunning Manawatu River Pathway offers 10km of flat, smooth pathways perfect for walking, biking, push-chairs and more.

DAY Walks

There are plenty to choose from, with Sledge Track, Te Apiti – Manawatu Gorge and Rangiwhaia Hut Track among some of the must do’s! Pick up a free copy of the Manawatu Top 10 Walks guide from the Palmerston North City i-SITE, or check out:

www.ManawatuNZ.co.nz/Walk
Palmerston North City & Manawatu hosts an exciting array of events all year round. For more events and details head to www.ManawatuNZ.co.nz/events

**WHAT’S On?**

**JANUARY**
- Gravel n’ Tar
  The Square, Palmerston North

**FEBRUARY**
- Honda NZ Motocross Grand Prix
  Woodville

**MARCH**
- New Zealand Rural Games
  Feilding and The Square, Palmerston North

**MAY**
- Festival of Cultures
  The Square, Palmerston North

**JUNE**
- International Jazz & Blues Festival
  Palmerston North

**AUGUST**
- EVENTO Wearable Arts
  Manfield, Feilding

**SEPTEMBER**
- Manawatu Turbos Season Starts
  Central Energy Trust Arena, Palmerston North

**OCTOBER**
- Speedway Season Starts
  Robertson Holden
  International Speedway

**NOVEMBER**
- Tour De Manawatu
  Main Street, Palmerston North

**DECEMBER**
- Magic of Christmas Night Market
  Awapuni Race Course, Palmerston North
Here’s a selection of some of the best spots in Palmerston North City and Manawatu to get the ultimate photo! For more locations and insider tips check out www.ManawatuNZ.co.nz/Photo

1. **SELFIE WITH WHATONGA**
   Take a walk through stunning, ancient native bush in Te Apiti – Manawatu Gorge.

2. **Head to the WEST COAST BEACHES**
   for a colourful sunset displaying colours of gold, purple and red and spot a seal, or a kite surfer!

3. **Walk, bike or drive up to Anzac Park, as PORK CHOP HILL, for panoramic views of the city, river and beyond.**

4. **Capture the MILKY WAY in all it’s glory by heading outside the city limits for a clear sky.**

5. **Discover the MANAWATU RIVER PATHWAY for river views and nature trails.**

6. **In the heart of Feilding is MANCHESTER SQUARE.** This charming town has paved streets, boutique stores and rural charm, and has won the MOST BEAUTIFUL TOWN in NEW ZEALAND 15 times!

7. **Check out the SLEDGE TRACK for boulders, streams, swimming holes, tunnels, flora and fauna.**

8. **STREET ART & MURALS**
   Capture the colours! Look up and around in the city and Feilding.

9. **Explore the POHANGINA VALLEY lush landscapes and stunning vistas framed by the RUAIHINE RANGES, valley terraces and the Pohangina River.**

10. **Panoramic views from TE APITI WINDFARM across the Ruahine Ranges and beyond.** Head up the Saddle Road in Ashhurst and stand beneath a giant turbine.

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**THE LOCAL Experts**

Palmerston North City i-SITE and the Feilding and Districts Information Centre are your one-stop shop for local knowledge and advice on must do activities and experiences for Palmerston North City and Manawatu. Whether you want a fully guided tour, or prefer a self-guided itinerary, let the local experts create something to suit. The friendly team at the Palmerston North City i-SITE can help you book all of your travel, accommodation and activity needs both locally and nationwide.

**Accommodation**

Palmerston North City, Feilding and Manawatu has a diverse range of accommodation, from hotels and motels to charming bed and breakfasts, modern country retreats and traditional kiwi farmstays. Book with the i-SITE team or visit www.ManawatuNZ.co.nz/Accommodation

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**Feilding & District Information Centre**

Phone 06 323 3318
Email info@Feilding.co.nz
Location 10 Manchester Square, Feilding

Local Attractions | Ferry Crossings | Bus and Train Transport | Event Tickets
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**Hotspots**

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