**APITI LOOP RIDE – 100% SEALED ROADS**

This ride navigates the picturesque region of the Ruahine Forest Park, offering stunning views of the Ruahine and Totara Reserves. It includes a mix of sealed roads and mountain tracks, ensuring a smooth and enjoyable ride for cyclists of various skill levels. The route covers a distance of approximately 35km, taking roughly 3 hours to complete.

**GRADE:** Easy to Expert

**START:**
- Starting at Manchester Square in Feilding, head north on Kimbolton Road (State Highway 5).
- Continue straight onto Apiti Road.
- At the bottom of the hill, turn right onto State Highway 56.
- Continue on this road for 2km, then turn right onto Pohangina Valley East Road.
- Follow this road for 10km, where you will see the entrance to Totara Reserve on your left.
- Continue on this road until you reach the Manawatu Cycleway entrance.

**RETURN:**
- Follow the same route back to Manchester Square, completing the loop.

**DISTANCE:** 35km

**TIME:** 3 hours

**HIGHLIGHTS:**
- Ruahine Forest Park
- Totara Reserve
- Manawatu Cycleway

**CONTACT:**
- For more information, visit www.ManawatuNZ.co.nz

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**PENMBERTON**

This ride offers a beautiful scenic tour of the Pahiatua District, taking in the stunning views of the Ruahine Range and the Totara Reserve. It includes a mix of sealed roads and mountain tracks, ensuring a smooth and enjoyable ride for cyclists of various skill levels. The route covers a distance of approximately 40km, taking roughly 3 hours to complete.

**GRADE:** Easy to Expert

**START:**
- Starting at Manchester Square in Feilding, head north on Kimbolton Road (State Highway 5).
- Continue straight onto Apiti Road.
- At the bottom of the hill, turn right onto State Highway 56.
- Continue on this road for 2km, then turn right onto Pohangina Valley East Road.
- Follow this road for 10km, where you will see the entrance to Totara Reserve on your left.
- Continue on this road until you reach the Manawatu Cycleway entrance.

**RETURN:**
- Follow the same route back to Manchester Square, completing the loop.

**DISTANCE:** 40km

**TIME:** 3 hours

**HIGHLIGHTS:**
- Ruahine Forest Park
- Totara Reserve
- Manawatu Cycleway

**CONTACT:**
- For more information, visit www.ManawatuNZ.co.nz

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**MT CURL**

This ride offers a scenic tour of the Lake Taupo area, taking in the stunning views of the lake and the surrounding mountain ranges. It includes a mix of sealed roads and mountain tracks, ensuring a smooth and enjoyable ride for cyclists of various skill levels. The route covers a distance of approximately 35km, taking roughly 3 hours to complete.

**GRADE:** Easy to Expert

**START:**
- Starting at Manchester Square in Feilding, head north on Kimbolton Road (State Highway 5).
- Continue straight onto Apiti Road.
- At the bottom of the hill, turn right onto State Highway 56.
- Continue on this road for 2km, then turn right onto Pohangina Valley East Road.
- Follow this road for 10km, where you will see the entrance to Totara Reserve on your left.
- Continue on this road until you reach the Manawatu Cycleway entrance.

**RETURN:**
- Follow the same route back to Manchester Square, completing the loop.

**DISTANCE:** 35km

**TIME:** 3 hours

**HIGHLIGHTS:**
- Lake Taupo
- Ruahine Forest Park
- Totara Reserve
- Manawatu Cycleway

**CONTACT:**
- For more information, visit www.ManawatuNZ.co.nz

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**TANGIMANOAN**

This ride offers a scenic tour of the Tangimanoa area, taking in the stunning views of the lake and the surrounding mountain ranges. It includes a mix of sealed roads and mountain tracks, ensuring a smooth and enjoyable ride for cyclists of various skill levels. The route covers a distance of approximately 35km, taking roughly 3 hours to complete.

**GRADE:** Easy to Expert

**START:**
- Starting at Manchester Square in Feilding, head north on Kimbolton Road (State Highway 5).
- Continue straight onto Apiti Road.
- At the bottom of the hill, turn right onto State Highway 56.
- Continue on this road for 2km, then turn right onto Pohangina Valley East Road.
- Follow this road for 10km, where you will see the entrance to Totara Reserve on your left.
- Continue on this road until you reach the Manawatu Cycleway entrance.

**RETURN:**
- Follow the same route back to Manchester Square, completing the loop.

**DISTANCE:** 35km

**TIME:** 3 hours

**HIGHLIGHTS:**
- Lake Taupo
- Ruahine Forest Park
- Totara Reserve
- Manawatu Cycleway

**CONTACT:**
- For more information, visit www.ManawatuNZ.co.nz

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**DIRECTORY LISTINGS**

- **Manawatu Cycleway on the Country Road – 100% Sealed ROADS**
  - www.ManawatuNZ.co.nz
- **The Country Road Map Guide**
  - www.ManawatuNZ.co.nz
- **Cycling The Country Road**
  - www.ManawatuNZ.co.nz

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**FREE CYCLE MAP AND GUIDE**

- **The Country Road Map Guide**
  - www.ManawatuNZ.co.nz
- **Cycling The Country Road**
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**HELPFUL CONTACTS**

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