



Tracks and trails

Track/Time	Description	Icons
Whareroa Stream Loop 1 hr	The track follows Whareroa Stream through farmland to the rolling sandhills of the northern Inland Track. Along the track you will see a number of native re-vegetation plantings. Turn left onto the northern Inland Track and do the loop walk back to Mackays Crossing via Whareroa Road.	
Te Ara o Tipapa (Wetland Walk) 45 min	This track runs through the Mackays Crossing wetlands, then crosses low dunes to wetlands that alternate seasonally from dry to wet. Continue to the bush remnant, the only piece of original kahikatea forest remaining on the Kāpiti Coast. You can follow a shady track through the remnant or walk on by for good views over the equestrian paddock and the park entrance. Further on you walk through the "Marines" wetland, first planted in 2003, then past the memorial commemorating the camps that were here during World War II.	
Coastal Track 1 hr 20 mins	This walk follows the seaward dunes along the coast between Paekākāriki and Whareroa Beach, with an entry point at either end. See pingao and spinifex catching and holding the sand on the foreshore while further back muehlenbeckia, shore bindweed and flax protect and strengthen the dune system. A variety of short tracks along the way link with the beach. This is an intermediate mountain bike track with some short, steep sections. If you wish to continue north to Raumati South, you can either use the beach or the Te Ara o Whareroa trail.	
Inland Track 40 mins	The main section of the Inland Track winds through rolling sand dune ridges between the Memorial lookout in Paekākāriki and heads north providing stunning views of both Mana and Kāpiti Island. It ends at The Coastal Track just before Whareroa Road.	
Yankee Trail 90 mins	Yankee Trail – This trail takes you between the two US Marines memorials in Queen Elizabeth Park. Retrace the steps of the US Marines who used this track to walk between Camp Mackay and Paekākāriki in 1942 and 1943. A sheltered, undulating track that is an easy to intermediate mountain bike ride.	
Te Ara o Whareroa Trail 2 hrs	This is an easy 6km sealed trail that traverses the dune lands of Kāpiti Coast, just one hour's drive from Wellington. The trail extends from Queen Elizabeth Park in Paraparaumu all the way through to Tilley Road in Paekākāriki. This popular shared route is used by locals for recreational walking and biking.	
Dune Swamp Loop 30 mins	This area has been a long term restoration project by The Friends of QEP and Greater Wellington. Initially the area was planted with pioneer species and now trees such as kahikatea are starting to emerge. The planting has gradually crept year-by-year towards the railway line and is slowly helping to form a bush corridor from the coast to Whareroa Farm, and eventually Akatarawa Forest. The walk is a reasonably flat grass track that can be a little bit muddy in the winter. It's suitable for most fitness levels, walking and horse riding, but not ideal for buggies.	
Peatland Ridge Track 30 mins (one way)	The 1.4km walk from Rainbow Court to the Pony Club gate follows gentle undulating terrain that allows you to see the transition from farming to a newly formed native forest. You will walk past regenerating native bush and newly formed natural wetlands as you get near the Old Farm Track. Continue onto the ridge where you will have views over the northern corner of the park where much of the area has been replanted. This replanting was an initiative funded by The Maclean Trust. A peat restoration project is also in the pipeline.	
Old Farm Track 60 mins (one way)	This 3.5km flat, easy walk will take you through previously farmed areas of the park. You will see native regeneration take place over the coming years which is the result of the Recloning Papatūānuku project started in 2022. Walk from Poplar Avenue in Raumati South (this entrance is not suitable for parking) all the way to the Mackays Crossing entrance.	
Peatland Loop 40 mins	This 2.2km loop is a great place to bring your horse as it's a more remote grass track and not as suitable for cycling. You may see a number of changes in this area over the coming years due to peat restoration projects.	
Kānuka Track 7 mins	This 500m track links from Te Ara o Whareroa Trail into the parts of the park opened in 2022 and conveniently connects with The Old Farm Track and The Peatland Loop.	

Be aware of mowers and maintenance vehicles when using all tracks

No off-road vehicles in all park areas

KEY	Natural features	Other features	Restrictions	Activities
	Coastal scrub and restoration plantings			
	Bush remnants			
	Wetland			
	Non-native trees			
	Grassland			
	Ponds and streams			

