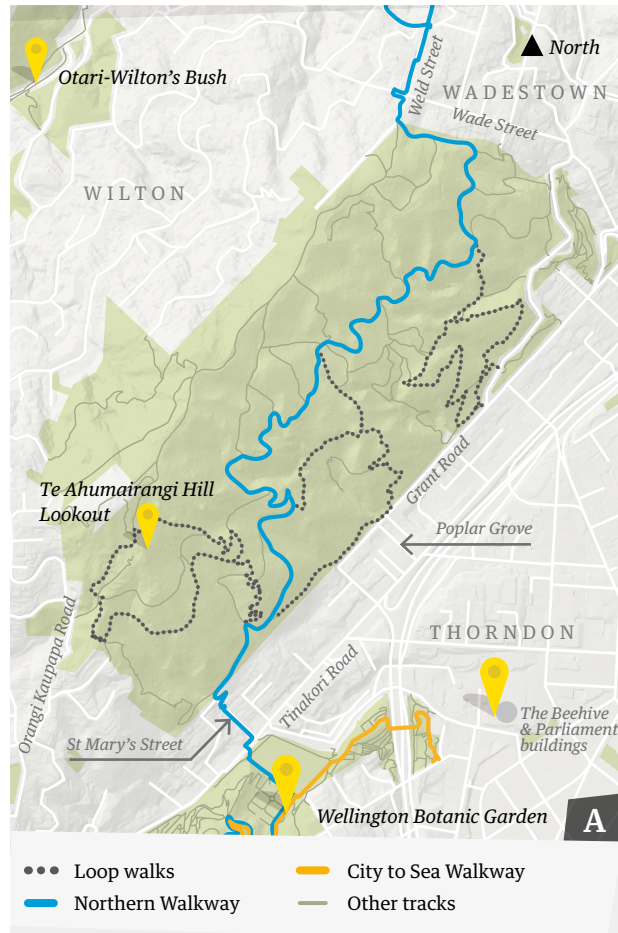


Detail map: Te Ahumairangi (Tinakori Hill)

Tracks are good quality but can be steep in places.



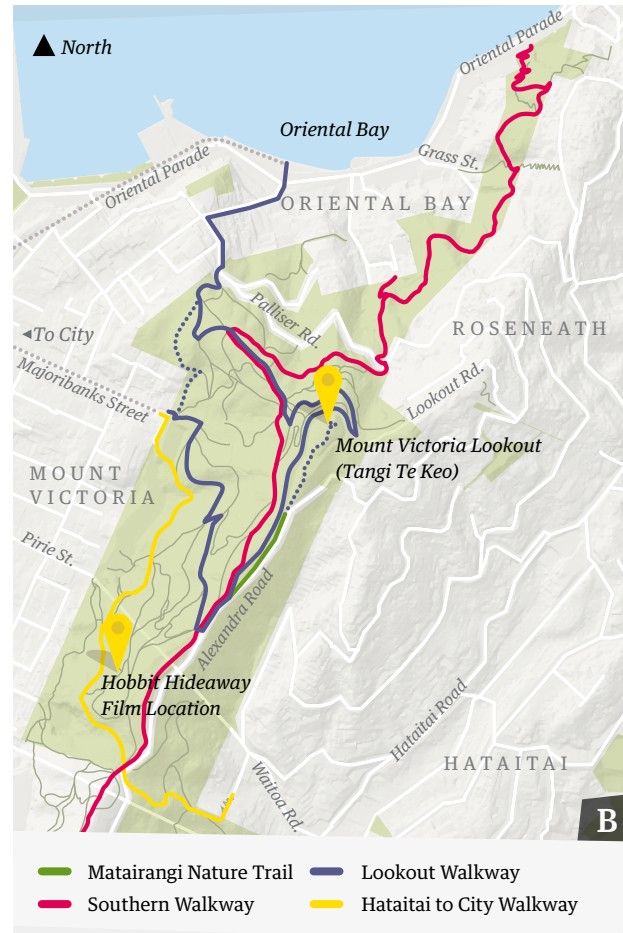
Be prepared

Your safety is your responsibility. Before you go, remember these five simple rules:

1. Plan your trip. Our tracks are clearly marked but it's a good idea to check our website for maps and track details.
2. Tell someone where you're going. Leave your trip details with a trusted contact, and use adventuresmart.org.nz
3. Check the weather - it can change quickly in Wellington.
4. Know your limits.
5. Take enough food and water.

Detail map: Mount Victoria (Matairangi)

Tracks are good quality but can be steep in places.



For more information

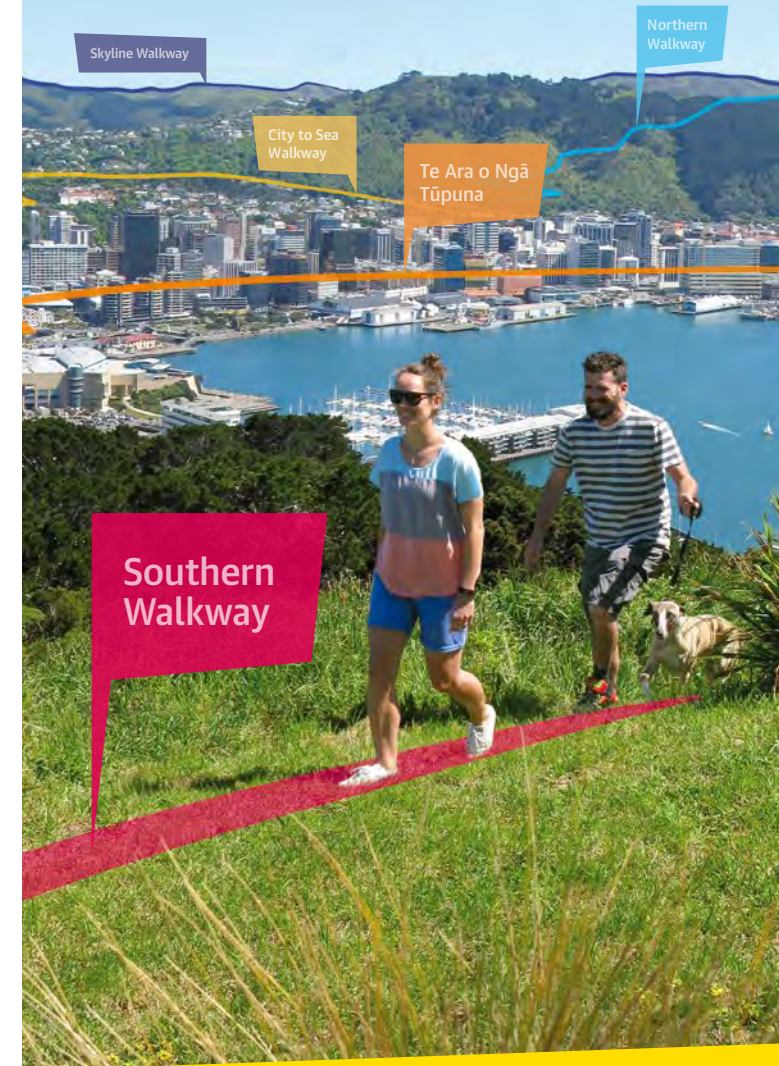
Find our handy webmap to navigate on your mobile at wcc.govt.nz/trailmaps. This map is available in English and Te Reo Māori.

Find detailed track descriptions, maps and the Welly Walks app at wcc.govt.nz/walks

For more information about trails across the Wellington region, visit wellingtonregionaltrails.com

Wellington Walks

Ara Rēhia o Pōneke



For an up-close and personal experience of Wellington's wild places, explore some of our best trails.

Wellington Walks - Ara Rēhia o Pōneke is your guide to some of the short walks, loop walks and walkways in our city.

Whatever your mood, there's a walk for you - whether you're after a relaxing wander through our parks and gardens or keen for a more challenging hike around the coast. They offer unbeatable views, and most are only minutes from the city centre.

Other wild places to visit

Wellington's beaches are great for a short stroll. Some of the best are at Scorching Bay and Oriental Bay - for more see wellington.govt.nz/beaches

Dogs must be on-leash on all our tracks, and are restricted at Makara and Matiu/Somes Island. You can let your dog run free at an off-leash area like Seton Nossiter Park and the eastern end of Lyall Bay. Find more dog exercise areas at wellington.govt.nz/dog-exercise

Many of our tracks are suitable for mountain bikers, from beginners through to experienced riders. Head to Makara Peak Mountain Bike Park for more fun on wheels or visit wellington.govt.nz/mountainbiking

Wild Wellington

Our city has been shaped by earthquakes, the greywacke hills worn down by wind, and the valleys carved by water. Extreme weather has created a rugged but resilient coastline.

Our native forests support a thriving ecosystem of birds, lizards and insects. To see the best examples of remnant podocarp/kohekohe-tawa forest in Wellington, visit Khandallah Park and Otari-Wilton's Bush, New Zealand's only botanic garden dedicated to native plants.



Kōwhiri



Kākāriki



Kārearea

Our native bird population is soaring, with tūi and kākā now commonplace. Keep an eye out for rarer species like kōwhiri, kākāriki and kārearea - these birds are often seen in bush across the city. There are also growing numbers of native skinks and geckos, but they can be tricky to spot!

For a guaranteed wildlife experience, visit Zealandia or Wellington Zoo. Native insects including stick insects and butterflies can be found at Otari-Wilton's Bush.

Kaitiakitanga - Take care

- Don't litter.
- Take only photographs.
- Respect wildlife and farm animals.
- Report conservation emergencies to the Department of Conservation. Call **0800 DOC HOT**.
- Take injured wildlife to The Nest - Te Kohanga at Wellington Zoo. **Phone 04 381 6755**.
- Identify and share the living things you find at inaturalist.nz or using the iNaturalist app



Community involvement

Wellington City Council and the Department of Conservation develop and maintain the city's extensive network of tracks, with support from Wellington Mountain Biking Club, Makara Peak Supporters and other groups.

Wellington's connection with nature is strong, and there is wide support for ecological restoration and pest control. Much of the work is done by volunteers. To get involved, find a local group at naturespace.org.nz



One of Wellington's native green geckos.

Protect your property

- Lock unattended vehicles and don't leave valuables in view. On the track, keep your property with you.
- If you see any suspicious activity, phone Crimestoppers on **0800 555 111**.
- **In an emergency, phone 111 for Fire, Police or Ambulance.**



Wellington Walks

Ara Rēhia o Pōneke



12. Makara Walkway

3-4hr, 6.6km

Walk on Wellington's wild western coastline for fabulous views of Mana, Kāpiti Island and the South Island. Check out the massive wind turbine, historic pā site and the gun emplacements. The area is exposed, and the track is steep in places. Best accessed at low tide.



13. Southern Walkway

4-5hr, 10.6km (one way)

Get the best views of the city from Wellington Harbour to the south coast. Walk from Oriental Parade to Island Bay. This track can be completed in stages and it's easy to include the spectacular Matakairangi Mount Victoria lookout. Allow 30 minutes to return by bus. Steep in places.



14. Northern Walkway

5-6hr, 14.9km (one way)

Walk from Raroa Station to the Wellington Botanic Garden to take in spectacular 360° views of the city, harbour, mountain ranges and sea. Discover abandoned tunnels and the city's oldest reserve. Steep in places, and can be done in stages. Allow 1 hour to return by bus or train.



15. Skyline Walkway

5-6hr, 13.4km (one way)

Travel along Wellington's ridge tops above the Outer Green Belt from Makara Saddle to Johnsonville via Mount Kaukau. This track is also used by mountain bikers and can be challenging. The ridgeline is exposed and weather conditions can be extreme. The route can be completed in stages. Allow 1 hour to return by bus or train.



16. City to Sea Walkway

6-7hr, 14.4km (one way)

Go from Bolton Street Cemetery to Shorland Park on the south coast in Island Bay. Visit the Wellington Botanic Garden, explore Central Park in the Town Belt and get spectacular views over Wellington and the Cook Strait. To complete the entire walk in one day you will need a good level of fitness. It can also be done in stages. Allow 30 minutes to return by bus.



17. Te Ara Paparārangi

1.5hr, 4.6km (one way)

Take in arguably the best views of Wellington Harbour on this walk along the Harbour Escarpment from Waihinahina Park, Newlands. Allow 30 minutes return via streets.



1. Wellington Botanic Garden



10min-2hr, various lengths

Views and surprises are around every turn. Microclimates in Wellington Botanic Garden host exotic forest, native bush, floral displays and themed gardens. Bring a lunch and make it an outing, or escape from the office for a quick break.

2. Otari-Wilton's Bush



10min-2.5hr, various lengths

Choose from the many short walks in New Zealand's only public botanic garden dedicated solely to our native plants. Experience life in the tree canopy walkway through native bush. The 4.5km Skyline Loop Walk is suitable for those with good fitness - it is steep and challenging in places.

3. Matiu/Somes Island



10min-1hr, various lengths

Take the ferry to explore the emerald jewel in Wellington's harbour (after a biosecurity check!). This pest-free island is being ecologically restored and is now home to many threatened native species. Good quality tracks give you access to most parts of the island. Open daily.

4. Wrights Hill Loops



Loop One 1.5hr, 2.4km; Loop Two 45min, 1km

Check out the WWII military fortress, spot rare birds and take in the views. Mostly sheltered but exposed in some places.

5. Eastern Walkway and Loop



2hr, 2.9km

Wide views of Wellington Harbour and Barrett Reef. Visit Atatürk Memorial above Tarakena Bay and follow the coast to Oruaiti to see the historic pā and military structures at Fort Dorset. Steep and exposed in places. Breaker Bay is popular with nudists.

6. Te Ahumairangi Loops



Stellin Loop 1.5hr, 1.4km; Elephant Loop 2hr, 2.4km

Get on top of Wellington's central city at Te Ahumairangi. Travel through regenerating native bush and historic pine plantations for breathtaking views. Steep in places.

7. Te Ara o Ngā Tūpuna



2hr, 3.2km (one way)

Step back in time and follow the footsteps of the first people to live in Wellington. Walk from Pipitea Pā to Te Aro Pā and Waitangi Park to discover what life was like for the first Wellingtonians hundreds of years ago.

8. Brooklyn Wind Turbine Route



2hr, 6km (one way)

Explore regenerating bush in Polhill Reserve and take in the best views of the city. This route is popular with mountain bikers, runners - and native birds from the nearby sanctuary. From the top of Aro Street follow Transient, Sawmill, Fenceline and Windmill tracks.

9. Mount Victoria Lookout Loop



1.5hr, 4.6km

Only minutes from the city. Walk through historic pine forests and enjoy unbeatable views of the harbour and city.

10. Red Rocks Coastal Walk



2-3hr, 7.4km (return)

Experience the wildest part of Wellington's rugged south coast. Meet the seals in winter just beyond Red Rocks (Pariwhero) at Sinclair Head - but don't get too close! The easy grade coastal track from Owhiro Bay passes historic baches built in the early 1900s. The 4WD track is closed to vehicles every Sunday. Exposed during southerly winds.

11. Khandallah Park Loop (Mt Kaukau)



3hr, 4km

Climb to the top of Mount Kaukau through some of Wellington's original native forest. Check out the kōura (freshwater crayfish) in the stream and keep an eye out for native birds. Steep in places.

18. Wind Turbine to Red Rocks Route



3-4hr, 8.7km (one way)

From Wind Turbine car park follow marked trails: Initially Windmill until you meet Carparts Ext then right onto Barking Emu, then follow Red Rocks Track along ridges until you get down to the coast. Return to Owhiro Bay via Red Rocks Coastal Walk (10). Exposed.

19. Redwood Bush Loop



1hr, 2.5km

Explore old growth tawa and podocarp forest on this interesting trail. From Braenose Place walk through the towering forest and across Peterhouse Street to find some impressive matai and rata before heading back via Oriel Avenue or return the way you came.

20. Johnston Hill Loop



1hr, 2km

From the top of Hatton Street in Karori, follow the track up through the regenerating podocarp/tawa and kohekohe forest. Head to the summit for panoramic views, then complete the loop track to the car park.

Map key

Managed by Wellington City Council	Short walk
Managed by Department of Conservation	Walking track
Dogs allowed on a leash - remove your dog's poo	Wheelchair accessible
Civic Square (Public transport is nearby - go to metlink.co.nz to plan your trip.)	Beware of seals
	Mountain biking
	Points of interest