Mountain Biking
in Wellington

www.Wellington.govt.nz

Absolutely Positively Wellington
Me Heke Ki Pōneke
Wellington City Council

Mountain biking is an exciting form of recreation that can be enjoyed by everyone, regardless of age and ability.

There are a range of tracks throughout Wellington open to mountain bikers. Most of these tracks are shared by walkers, trampers or joggers, so please ride safely and make your ride an enjoyable one.

This map is numbered from North to South – use descriptions overleaf for more details.

Tracks can also be done in the opposite direction to make it a return trip or easy to get to and from different areas.

Get out there, get riding and have fun!

Key for symbols

- Easy
- Average
- Difficult
- Car parking
- No dogs
- Dogs on leashes
- Walkers
- Horse/ponies
- Seals

What to wear/take

- Helmet
- Jacket & warm clothes
- Night lights
- First Aid
- Gloves
- Sunglasses
- Tool kit and pump
- Food and drink
- Access Koha
- Maps
- Bike check
- Mobile phone

Mountain biking websites/resources

www.mountainbike.co.nz
www.Wellington.govt.nz
www.vorb.org.nz
www.pnp.org.nz
www.makarapeak.org.nz
www.hvmbc.org.nz

Classic New Zealand Mountain Bike Rides
6th edition November 2005, written, published and distributed by Kennett Bros

Safety

The distances given are mostly approximates. Remember to ride to your own ability.

Bike shops (* if they have mountain bikes for hire)

Burkes Cycles, 16 Coutts Street, Kilbirnie, Wellington	387 3036 *
Johnsonville Cycles & Servicing, 11 Burgess Road, Johnsonville	478 3042
Mud Cycles, 338 Karori Road, Karori, Wellington	476 4961 *
On Yer Bike, 181 Vivian Street, Wellington	384 8480 *
Valley Cycles, 93a Aro St, Te Aro, Wellington	972 7024
Revolution Bicycles, 57b Northland Road, Wellington	939 8047
Penny Farthing Cycles, CMC Building, 89–95 Courtenay Place	385 2279
Capital Cycle, 135 Victoria Street, Wellington	385 6752
Cycle Science, 120 Featherston Street, Wellington	499 0599

1. Spicer Forest Reserve, Tawa

Average, 2.5km

From the Main Road in Tawa turn left onto Raiha Street then left onto Broken Hill Road. The gates at the Spicer Landfill close at 4.55pm. The start of this ride is opposite Trash Palace up Broken Hill Road. Look for a farm gate to the left. Parking is available on Broken Hill Road.

This track connects with Ohariu Valley Road. There is no signage on this track. Trash Palace is the landfill second hand shop. From the top of the Spicer Hill follow the yellow marker poles to your left. They lead to the end of Oharui Valley Road. The last 200 metres is difficult and part of the climb is difficult. Makes a great through trip to Ohariu Valley Road.

2. Grenada North Recreation Reserve

Average/Difficult, 2.5km

From Takapu Road, Tawa (turn off from State Highway 1 heading South), turn right onto Jamaica Drive then left onto Caribbean Drive. Follow the gravel road up and turn left before you reach the reservoir. This is a mixture of 4WD and single tracks and in some areas carrying your bike is required. Be prepared for ups and downs over the whole track which comes out on Horokiwi Road. Turn around and enjoy your ride back to Takapu Road.

3. Lakewood Reserve, Churton Park

Easy, 550m

From the top of Westchester Drive in Johnsonville (opposite Amesbury Drive), this easy wide track starts and finishes on Lakewood Avenue. Double your distance by doing it in reverse.

4. Seton Nossiter Park, Grenada – Paparangi

Easy/Average/Difficult, 3km

Access Seton Nossiter Park from Mark Avenue in Grenada Village. The first 800m follows a gravel vehicle access road, to an intersection. Head back to the start or turn right onto an Average track that leads to Bushland Grove, Paparangi. There is also a Difficult track that heads up to Colchester Crescent.

5. Gilberd Bush Reserve, Newlands

Average, 2km

Starts from Ladbrook Drive. If you turn right at the first intersection you will come out on Bayswater Place, this route is an 800m track. Continue left and come out on Fernhaven Grove, a 1.2km track.

6. Old Coach Road, Johnsonville

Easy, 1.5km

For easiest access and to maximise your time on this family and beginners track start from Carmichael St in Johnsonville. The Old Coach Road follows a wide legally formed road to Rifle Range Road in Ohariu Valley.

7. Skyline Track, starting at Johnsonville

Average, 12km

The Skyline Track can be done in sections, see numbers 8, 11 and 14 for different access routes. To complete the whole Skyline Track, start in Carmicheal Street in Johnsonville. Traverse 12km to Makara Saddle following the Outer Green Belt onto Mt Kaukau, the Crow's Nest and Kilmister Block.

Mountain Biking is prohibited on Bell's Track, Johnston's Hill, Otari-Wilton's Bush and the Woodmancote Road, Simla Crescent and Truscott Avenue exit trails of the Northern Walkway.

Take time to indulge in the stunning rural, city and coastal views along the way. On a clear day, views of the Kaikoura Ranges, the Marlborough Sounds, Wellington Harbour, and the Tararua and Orongorongo ranges will take your breath away.

8. Sirsi Terrace to Mt Kaukau Skyline Track, starts at Broadmeadows

Difficult, 800m

The start of this track is steep and you may need to push your bike up. Follows on to an undulating track.

9. Wakely Road, Newlands

Average, 1.5km

A wide, gravel road starting opposite Wakely Road, commonly used as a commuter track to and from Wellington city. Going south is the descent coming out on to gravel clearing at the bottom of Ngauranga Gorge. Beware of the drainage channels.

10. Bridle Track, Khandallah – Kaiwharawhara

Average, 800m

Starting on Nicholson Road, this commonly used commuter track to the city descends south following a sealed surface with a handrail. It finishes on Fore Street in Kaiwharawhara and can also be used going north.

11. Chartwell Drive, Crofton Downs to Skyline Track

Average, 1.5km

This is a popular option linking to the Skyline Track. Enjoy a good workout up a benched 4WD track. A second track is available here, past the last house on Chartwell Drive find a gravel access road dropping off to the left. This passes the pony paddock. There is a downhill then a flat track going through three gates by the woolshed. Enjoy a slow grind up this benched track. This makes a great loop to come down the track described above.

12. Tinakori Hill, Wadestown - Northland

Average, 1.5km

Prepare yourself for a steep uphill start onto Tinakori Hill from Weld Street. Majority of this track is easy with ups and downs finishing off with a steep descent (Middle level) 100m from the bottom finishing in Orangi Kaupapa Road.

13. Fran Wilde Walkway, Westpac Stadium Concourse – This is a cycle way

Easy, 450m

This concourse provides a wide open space of flat concrete for younger family members to practice. It is also a good, safe link from Thorndon across to the Waterloo Quay pedestrian access at the northern end of the concourse to the Waterfront. See number 21 for Waterfront.

This venue is also the host of many events. Access to the Fran Wilde Walkway is after 5pm Monday to Friday and all day Saturday and Sunday. Please ensure you leave a path for visitors attending functions at the stadium. Bikes are not permitted on event days – check out www.westpactruststadium.co.nz for event details.

14.Montgomery Avenue to Skyline Track, Karori

Average, 1.5km

This is an access route to the Skyline Track. For a great circular route head up Montgomery Avenue, follow the Skyline Track North and head down the Parkvale Road exit – prepare for a steep descent.

15. Kelburn Park

Average, 500m

A sealed flat track skirts around the edge of Kelburn Park to the large fountain. A gravel track then enters the bush and leads to the back of the squash centre and Salamanca Road.

16. Karori Park

Easy/Average, 700m–900m

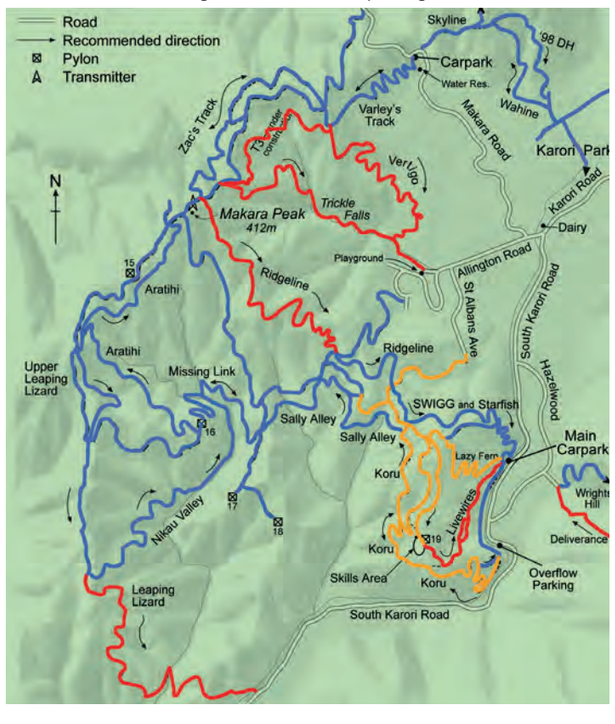
This is an easy sealed flat track around Karori Park. Start in the carpark off Karori road, then head into the bush for more Average tracks. The Wahine is a good old track that leads from the back of Karori Park up towards Makara Peak. This is an Average climb and Easy as a descent. It is marked on the Makara Peak map. The '98 DH track from Makara Peak makes a great loop with the Wahine track.

17. Makara Peak

Easy/Average/Difficult, 1km–30km

Wellington's number one playground for mountain bikers. Just 15 minutes from downtown Wellington – it boasts 8km of 4WD track and 24km of custom built single track. The single track routes have been designed for a wide range of abilities – from beginners to experts. Wellington City Council designated this area as a mountain bike park in 1998. The carpark entrance to the park is 1km down South Karori Road, on the right (stream side). There is also a second carpark at the top of Makara Road.

All the single tracks can be soft and slushy during and after rain, so it's best to wait two or three days after heavy rain before hitting the single track trails. Join the Makara Peak Supporters Group; an active volunteer group who do track maintenance all year round and focus on building tracks in summer and planting native trees in winter.



18. Wright's Hill Skyline (Salvation) and Deliverance

Average/Difficult 5.3km

From the end of Fitzgerald Place climb a 3.3km Average gradient track to the lower carpark on Wrights Hill. From there, Deliverance, a 2km long difficult downhill track, leads back to Fitzgerald Place. These are great connecting tracks from Makara Peak to Wrights Hill.

19. Karori Wildlife Sanctuary Loop

Average/Difficult, 11km loop

This is a challenging ride around the perimeter of the Karori Wildlife Sanctuary. Loose rock could make riding slippery in a couple of steep sections.

The ride can be started at a number of locations including Wrights Hill, the wind turbine, from the end of Highbury Road, the Karori Wildlife Sanctuary Administration Offices, 31 Waiapu Road or at the end of Campbell Street next to the Scout Hall. The north east side of the track is also known as The Rollercoaster.

20. Central Park to Macalister Park

Average, 1km–5km

Starting from the bottom of Central Park on Brooklyn Road, head through Nairn Street Park and Prince of Wales Park to Macalister Park in Berhampore. This follows the City to Sea Walkway. There are plenty of steep bits and steps where you may have to get off and push your bike.

21. Waterfront – This is a cycle way

Easy, 6.5km

Starting at Queens Wharf follow this Easy wide concrete path along Frank Kitt's Park, Waitangi Park, Oriental Parade and Evans Bay Parade. This path ends at the end of Oriental Parade where the cycle path goes onto the road, and then stops at Balaena Bay. It starts up again on the road and then becomes a wide path again at Greta point continuing onto Miramar. This is the extended path shown on the map.

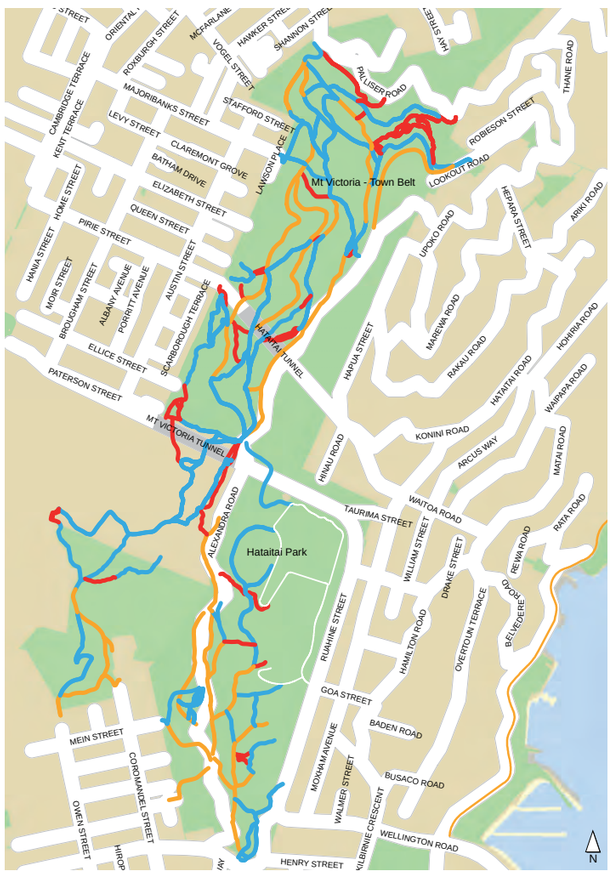
22. Mt Victoria, Southern Walkway

Average, Various distances

This forest town belt area is five minutes from downtown Wellington and offers a unique myriad of tracks, perfect for lunchtime exercise in a pine tree surrounding. The tracks on the western side catch a lot of sun and dry out well before most others in Wellington. Enter from Mt Victoria suburb and pick any one of a dozen routes to the top of Mt Victoria for panoramic views of the city.

To link up with the tracks on Mt Albert follow the Southern Walkway south from Mt Victoria.

Note: Mt Victoria is one of the most popular walking areas in the Town Belt – ride with care and stay on designated tracks only.



23. Mt Albert Park, Newtown to Houghton Bay

Easy/Average, 3.5km

Head to Newtown and leave your car on Manchester St, right outside the Zoo. Take the track to the east of the fence. Cycle up to Melrose Park. Rewarding views from the slopes of Mt Albert (178m) await you.

24. The Wind Turbine, Carparts, Te Kopahou

Easy/Average, 5km

This is a sealed road off Ashton Fitchett Drive used by walkers, cyclists and those who use vehicles to get to the Wind Turbine. From the Wind Turbine carpark come back down via Carparts, a much loved single track.
This brings you out at the top of the Rollercoaster section of the Karori Sanctuary Loop. An alternate route is the first section of the perimeter track of the Karori Wildlife Sanctuary.

It is 2km from the Wind Turbine carpark to the Hawkins Hill summit and the start of the tracks to Red Rocks and Happy Valley. Lift bike over gate at the Wind Turbine carpark and follow the sealed road.

25. The Tip Track, Happy Valley, Te Kopahou Reserve

Difficult, 3km

This track takes you from the Happy Valley gate to the sealed road near the top of Hawkins Hill. The ascent is steep in places. Classic hill climb and good down hill!

26. Red Rocks Track, Te Kopahou Reserve, South Coast

Average, 4.5km

This route starts north of the top of Hawkins Hill and finishes at Red Rocks. It is steep in places. Add an extra 2km to go out by the Coastal Track and quarry gates to Owhiro Bay. The last 500m down to the coast is very challenging, you may have to walk your bike.

27. Te Kopahou/Bunker Track, Te Kopahou Reserve, South Coast

Average/Difficult, 9km

For access onto the private land you must contact the land owner. There is a sign on the gate at the Wind Turbine Carpark with the contact details.

The start of this track is reached by following the sealed road from the wind turbine carpark to the Radome Track and by biking along the ridge. At the end of the gravel road there is an intersection of two tracks. Facing Cook Strait, the western (or right hand) track passes into private property – you can get permission from the private landowner for access.

This route from the trig to the bunker is a steep 2km. Visit the bunkers (fantastic views!) Then drop back down the road to a saddle 200 metres back the way you came, and follow a sheep track down the obvious gully. This soon leads to an unrideable downhill through scrub. After 5–10 minutes you will pop out at the coast and can then ride around to Red Rocks and Owhiro Bay.

28. Red Rocks Coastal Track, Owhiro Bay, Te Kopahou Reserve, South Coast

Easy, 8km return

Entrance to the start of the Coastal Track is at the west end of Owhiro Bay Parade. There is a carpark at the western end of Owhiro Bay Parade. The track follows the coastline from Owhiro Bay Quarry to Red Rocks and Sinclair Head. The track is easy and popular with all users. Be wary of vehicles. Closed to vehicles on Sundays. Seals are present May–October.

PDWCC60576

- Easy
- Average
- Difficult
- Peaks
- Main Roads
- State Highway
- Urban Areas
- Reserves
- Track Number
- Public Conveniences
- Drinking Fountain

Track grading

Easy (orange)	beginners/ families with small children/ first time in Wellington/ easy options on fairly wide flat tracks
Average (blue)	some riding experience, looking for a challenge, some fitness required
Difficult (red)	experienced, skilled riders only, difficult obstacles, sharp corners, steep drop-offs

Mountain Bikers' Code

- Ride mountain bike and multi-use tracks only. Ask permission from landowners before heading out
- Respect other users; always give way to walkers
- Leave no trace; never skid or drop rubbish
- Keep your bicycle under control at all times
- Leave gates as you find them

Makara Beach

17. Makara Peak Mountain Bike Park, See reverse for enlargement

22. Mt Victoria See reverse for enlargement

Metres 0 1,500 3,000 4,500 6,000

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