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 with 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 the carpark.

Get out there, get riding and have fun!

Key for symbols

- Easy
- Average
- Difficult
- Car parking
- No dogs
- Walkers
- Horses/ponies
- Seals

What to take

- Helmet
- Water
- Snack
- Repair kit
- Light
- Bike shoes
- Bike
- Cash

Mountain biking website

www.mountainbike.org.nz

www.mountainbike.org.au

www.wellington.org.nz/mountain-biking

Safety

The tracks are open at your own risk. Remember to lock your bike.

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

- Alpine Cyclery, 19A Cable Street, Kelburn, Wellington 0499
- Wellington Bike Shop, 287 Victoria Street, Petone, Wellington 0499
- A & M Cycles, 73 High Street, Petone, Wellington 0499
- Pukara Cycles, 1/137 Bell Road, Lower Hutt, Wellington 0499
- Comedy Cyclery, 1/45 Kuranui Road, Petone, Wellington 0499
- Bike Central, 1/23 Graham Street, Petone, Wellington 0499

1. Spicer Forest Reserve, Tawa

From the Hugo Road exit of Tawa it is a short walk from the road to the tracks. The tracks at this site are well marked. A short 5km loop takes you up through the forest and back down again.

2. O'Connell Town Park

You can continue your ride by following the path to the Main Road, then turn right onto Musgrave Avenue to return to the main road.

3. Tawa Forest

This is a short ride which takes you through a variety of tracks including single track. This is a great place to try out your new bike.

4. Nelson Park

This small park at the end of the;width of the carpark is used for maintenance. The single track routes have been designed for a wide range of abilities — from beginners to experts. Mountain bike parks designed to be fun and safe but also challenging.

5. Gilberry Bush Reserve,Howick

This is a sealed flat track around the edge of Kelburn Park to the large fountain. It is a great place to ride your bike and enjoy the views of the city.

6. Old Coach Road, Johnsonville

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

7. Skyline Track, starting at Johnsonville

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

8. Onslow Road, Newlands

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

9. Sea Squirrel to Mt Kaukau Skyline Track, starts at Braidwood Ave

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

10. Bridle Track, Hutt Valley

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

11. Te Kopahou

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

12. Kelburn Park

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

13. Victoria Park

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

14. Matiu/Somes Island Track

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

15. Kelburn Park

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

16. The Mountain Turbine, Carparks, Te Karapō

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

17. Red Rocks Track, Te Karapō, South Coast

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

18. Sirsi Terrace to Mt Kaukau Skyline Track, starts at Broadway

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

19. Mt Kaukau Skyline (Skylines) and Del Verano

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

20. The Wind Turbines, Carparks, Te Karapō

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.

21. Red Rocks Coastal Track, Onetahi Bay, Te Karapō, South Coast

This is a great ride which takes you through the woods and along the river. It is a great place to try out your new bike.
• Easy
• Simple
• Easy
• Peaks
• Main Roads
• State Highway
• Urban Areas
• Reserves

Task grading
Easy (green) Short sections with small children's first time in Wellington may expect to enjoy wide flat trails at some riding experience, looking for a challenge some fitness required
Average (black) some trails can be challenging, suitable for advanced riders
Difficult (red) experienced, skilled riders only, difficult obstacles, facing danger, high fitness

Mountain Bikers' Code
• Only mountain bike and multi-use trails can. All permissions
• Keep on trail, listen to other riders
• Keep out of that. Never ride in drop off
• Keep your bicycle under control at all times
• Leave gates as you find them

Wellington Harbour
Cook Strait

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