

# PALMERSTON NORTH CITY & MANAWATU

*the  
guide*

ARTS & CULTURE

*Shop and Dine*

TE APITI - MANAWATU GORGE

[www.ManawatuNZ.co.nz](http://www.ManawatuNZ.co.nz)




# WELCOME TO *Palmerston North City & Manawatu*

This guide is your taster menu of what's on offer in the region, so you can discover the many faces, places, adventures, local hot spots and more.

*Connect with us*

[www.ManawatuNZ.co.nz](http://www.ManawatuNZ.co.nz)

 /PalmerstonNorth

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#thisismanawatu

## *What's inside?*

- 3 Arts and Culture**  
The city's creative side
- 5 Shop and Dine**  
Eats and treats to indulge in
- 7 Our Museums**  
Discover the region's story
- 9 Fun Activities**  
Something for everyone
- 13 Te Apiti**  
Manawatu Gorge, an icon
- 15 Discover the City**  
Explore the urban centre
- 17 Friendly Feilding**  
The most beautiful town
- 19 The Country Road**  
Experience the region
- 21 Bike and Walk**  
The best of outdoors
- 25 Annual Events**  
Entertainment all year round
- 27 City Map**  
Your guide to the city
- 25 Photo Hotspots**  
Your guide to the best spots
- 28 The Local Experts**  
Plan, book and go

Brought to you by the Central Economic Development Agency, While every effort has been made to provide correct information, there may be changes. For a full list of what to see and do, where to stay and how to get there visit [www.ManawatuNZ.co.nz](http://www.ManawatuNZ.co.nz)





## THE *Galleries*

Scattered across the city and region are a fabulous collection of art galleries and working artist studios. Grab a copy of the Arts Trail brochure from the Palmerston North City i-SITE and pop along to Zimmerman, The White Room Co, Taylor-Jensen Fine Arts, The Boardroom, Snails: Artist Run Space, the Square Edge and the Van Uffelen Framing Gallery.

[www.ManawatuNZ.co.nz/Art](http://www.ManawatuNZ.co.nz/Art)



## THEATRE & *Music Scene*

The city's theatre scene provides entertainment for all genres, while the local music scene thrives with a mixture of mainstream and 'underground' venues that cater to wide and varied tastes. Spoilt for choice, check out Centrepont Theatre, The Globe Theatre, The Dark Room, Abbey Theatre and the iconic Regent on Broadway.



*Head to  
George  
Street and  
Coleman  
Mall for a  
coffee fix*



## URBAN *City*

In the heart of the city, you'll find a creative atmosphere buzzing with pop up installations and over 30 murals, public sculptures and statues dotted throughout the city centre. Holding all of this together is the cafe quarter along George Street and Coleman Mall, where you'll find a welcoming vibe, boutique shops and plenty of eateries.





# SHOP & Dine



## SHOP TILL You Drop

Palmerston North City and Feilding are premiere shopping destinations for the lower North Island.

The Plaza Shopping Centre is in the heart of Palmerston North City's CBD. With more than 100 shops under one roof, The Plaza houses all the major brands as well as quality niche stores.

George Street and Coleman Mall - tucked away in the western corner of The Square this boutique quarter mixes a great range of boutique and designer stores with a good variety of cafes.

[www.ManawatuNZ.co.nz/Shop](http://www.ManawatuNZ.co.nz/Shop)



## FILL YOUR Belly

Searching for a gourmet breakfast, a quirky lunch spot or a delicious dinner made from local produce? Add some flavour to your itinerary and take your tastebuds on a tour of the world with the wide variety of dining options, from ethnic delights to award winning artisan produced dishes, we've got you covered.

Grab a Dining Guide from the Palmerston North City i-SITE or jump online to:

[www.ManawatuNZ.co.nz/Eat](http://www.ManawatuNZ.co.nz/Eat)



## THE Markets

Eat like a local and explore the many markets on offer!

**Weekly** - Friday brings the Feilding Farmers' Market, Saturday the Albert Street Market and the Sunday Market in Cloverlea all offer fresh produce, local treats and tasty goodies.

**Monthly** - Hokowhitu Village Artisan Market puts on a tasty show, and the Village Night Market brings eclectic crafts and designer goodies. Another monthly treat is the Thursday Night Street Feast - a wide range of gourmet food trucks peddling their tasty wares.

[www.ManawatuNZ.co.nz/Markets](http://www.ManawatuNZ.co.nz/Markets)





# OUR Museums

Manawatu is home to three major museums that connect to tell the story of our region's agricultural, sporting and cultural heritage, alongside an array of unique and diverse private collections.

For more heritage collections, pick up a free **Feilding and District Heritage Collections** guide from the Palmerston North City i-SITE or the Feilding and District Information Centre.

[www.ManawatuNZ.co.nz/Museums](http://www.ManawatuNZ.co.nz/Museums)



## TE Manawa

The only regional museum in New Zealand to weave together the three disciplines of **history, art and science** in a unique fusion, **Te Manawa** is host to international touring shows and home grown exhibits. Learn about the region's nationally significant **taonga**, explore **contemporary art**, science and heritage collections and try out the **interactive exhibits**.



Manawatu is home to three of New Zealand's best museums interpreting our nation's social and cultural past.

## NEW ZEALAND Rugby Museum

Experience the journey of the sport that shaped our nation, see some of the world's rarest rugby memorabilia, learn about some of the **rugby heroes** and their stories. Test your skills in the 'Have A Go' area and **tackle, scrum, jump, sprint and kick** like the rugby legends.



## THE Coach House Museum

Discover the **agricultural heritage** and social history of New Zealand and Manawatu at **The Coach House Museum** in Feilding. Home to an outstanding collection showcasing over 140 years of history, you'll be taken on a journey through the lives of **early settlers** and the development of the region.







# FUN Activities

## OUTDOOR Adventure

For thrill seekers and adventure enthusiasts, you can't go wrong with the **Mangaweka Adventure Company** rafting and kayak adventures, taking you through towering canyons and stunning scenic vistas, or check out **Wind Warrior Kite Sports** - specialists in stand-up paddle boarding, kite boarding and all round saltwater mayhem. **EzyRider's** electric bicycles will have you café hopping and cruising alongside the **Manawatu River** and exploring the city with ease.

Feel exhilarated with four-wheel driving safaris at **Makoura Lodge**, or get some rejuvenation in with **Timeless Horse Treks**. After all the action, reconnect with a tour and tasting at the iconic **Tui Brewery**.

[www.ManawatuNZ.co.nz/See-do](http://www.ManawatuNZ.co.nz/See-do)



*Get your blood pumping*

Adventure awaits you with white-water rafting, horse riding, four-wheel driving and more.

## GOLF On the Green

Manawatu is a golfer's paradise with a range of courses to suit. **The Palmerston North Golf Club** and **Manawatu Golf Club** each offer 18 holes on river side greens, while **Orlando Country Club Lakehouse** has 9 holes and a driving range. The popular **Feilding Golf Club** offers countryside golf at its finest with 18 holes and a great location.

Just outside the region is the iconic **Rangatira Golf Course**, split over three tiers and complete with a cable car.

[www.ManawatuNZ.co.nz/Golf](http://www.ManawatuNZ.co.nz/Golf)







## FUN FOR THE Family

Check out Kids Republic and Lollipops Playland, perfect for some indoor entertainment, and the hands-on kids zone in Te Manawa is filled with interactive activities. When the sun's out, the miniature train ride at Victoria Esplanade is a fun family activity. The Makino Aquatic Centre has indoor and outdoor activities, and Feilding Mini Golf is a must-do for all ages. For a day of discovery check out Owlcatraz, home to the New Zealand Owl, miniature train, petting zoo and much more.



In the summer, check out the Lido Aquatic Centre for the aqua-play area, speed-slide, and largest superbowl in the North Island.

For all of this and more, check out [www.ManawatuNZ.co.nz/Fun](http://www.ManawatuNZ.co.nz/Fun)



## INDOOR Fun

Whether you want the action of Ultimate Indoor Paintball or Lazertag Experience, the bounce of Flip City or the rush of indoor go-karts at Daytona Indoor Raceway, there's heaps to get your blood pumping! The Putt Hutt mini golf course is completely indoors, while Inflatable World brings hours of fun or check out Bowlarama for some competitive action.



*Get amongst the action!*





# TE APITI Manawatu Gorge

Discover one  
of the North  
Island's most  
iconic day walks



Discover one of New Zealand's most beautiful natural playgrounds, Te Apiti – Manawatu Gorge. A landmark of awe-inspiring legend, geographical magnificence, and cultural wealth this is a must visit on your journey, and is less than 15 minutes drive from the city. Walk through stunning native bush and come face to face with the 6-metre tall sculpture of **Whatonga**, an ancient Maori warrior. Traverse the length of the Gorge on the 10km one-way track through pristine forest or take the shorter 4km **Tawa Loop** - both tracks will reward you with incredible views from several viewing points. **Camp, kayak or fish\*** the river, book a **Timeless Horse Trek** at the popular **Bridge Cafe** on the eastern side or explore the **Ashhurst Domain and Wetlands**. \*fishing licence needed

[www.ManawatuNZ.co.nz/TeApiti](http://www.ManawatuNZ.co.nz/TeApiti)

Te Apiti means 'The Narrow Passage' and is the only place in New Zealand where a river begins its journey on the opposite side of the mountain range to where it joins the ocean.





# PALMERSTON *North City*

The urban city of Palmerston North offers an eclectic mix of small town charm and urban sophistication. A bustling hub of the lower North Island, you'll find a wide range of **eateries** and **events**, mixed with diverse activities and plenty of inner city walks and cycling trails.

**The Square** - found at the heart of the city is New Zealand's largest inner-city park. The Maori name for The Square is **Te Marae-o-Hine**, meaning "Courtyard of the Daughter of Peace", a name that commemorates a past leader and inspires the message of future hope. The **historic clock tower** comes alive at night lit by ever changing coloured lights, and the butterfly shaped duckpond sits next to a giant chess board.

[www.ManawatuNZ.co.nz/PalmerstonNorth](http://www.ManawatuNZ.co.nz/PalmerstonNorth)



## VICTORIA *Esplanade*

A stunning riverside city park, enjoy **gardens**, bird aviaries and conservatory, nature trails and bush walks, a cafe, a duck pond, barbeque facilities, the internationally renowned **Dugald McKenzie Rose Garden**, a paddling pool and playgrounds. The extensive **miniature railway** is open on weekends and holidays for a small fee.

[www.ManawatuNZ.co.nz/Parks](http://www.ManawatuNZ.co.nz/Parks)



## OUR *Heritage*

The city is rich in history with an eclectic array of architecture, so get exploring by picking up a copy of the free **City Heritage Trail** guide from the Palmerston North City i-SITE. Built in 1895, and open daily for visits, **Caccia Birch House** is an iconic historical homestead set on park-like gardens. In the Massey University campus sits **Wharerata Homestead**, built in 1901 and surrounded by formal gardens and includes an onsite cafe.

[www.ManawatuNZ.co.nz/Heritage](http://www.ManawatuNZ.co.nz/Heritage)



## COFFEE *Fix*

Dotted around the **The Square** and inner city you'll find an eclectic array of the best coffee. From **locally roasted** to **organically grown**, our baristas know how to make the **best brew**. Ask a **local** for their favourite spot, and you can't go wrong!





# FEILDING *Township*



Visit the charming town of Feilding where you will be met with red-bricked pavements and streets, stunning flower beds, and a warm elegance that reminds you why it has been voted **'New Zealand's Most Beautiful Town'** 15 times. The small town atmosphere offers an escape from the hustle, where walking into shops you are met with a friendly smile, and the kind hospitality that has earned this town the label of **'Friendly Feilding'**.



On Fridays the **Feilding Farmers' Market** takes over Manchester Square, and nearby the **Feilding Saleyards** come alive with farmers and drovers selling and trading livestock. One of the largest saleyards in the Southern Hemisphere, book in for a guided tour at the **Feilding & District Information Centre**.



Whether you're a history buff looking for your dose of local history at **The Coach House Museum**, or you're a petrol head looking for exhilaration at **Manfeild**, Feilding's own world-class motor racing circuit, Feilding has it all. Once the day is done, relax and unwind in one of **Feilding's many cafes and restaurants**, you'll wonder what took you so long to visit!

[www.ManawatuNZ.co.nz/Feilding](http://www.ManawatuNZ.co.nz/Feilding)





# THE Country Road

## SCENIC DISCOVERIES

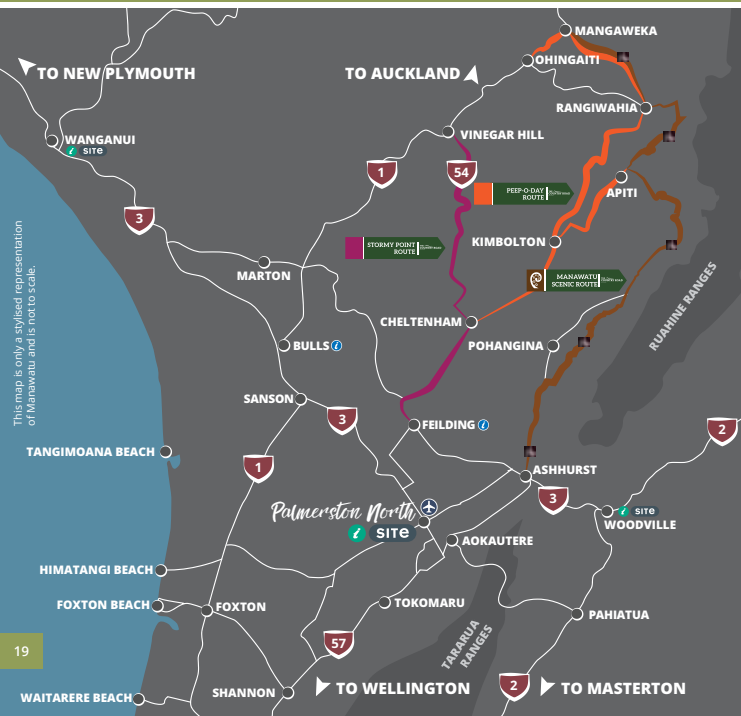
*Beach. Sunset.  
Fish 'n' Chips...  
Can't beat that!*

Pick up a free copy of The Country Road map and guide for memorable discoveries and experiences that define true New Zealand heartland.

Whether you're travelling south or north, between Mangaweka and Palmerston North City is a unique natural playground made up of stunning scenic landscapes. Hike through native bush in the Ruahine Ranges, **swim** at hidden swimming holes, **fish\*** in clear rivers, **experience** thrill seeking adventures, **dine** with locals, **explore** heritage collections and **find** tasty goodies at roadside stalls. \*fishing licence needed

To know more about The Country Road scenic routes and discoveries head to:

[www.ManawatuNZ.co.nz/Scenic](http://www.ManawatuNZ.co.nz/Scenic)







# ON YOUR *Bike*

From gentle riverside trails, undulating multi day treks, challenging mountain top trails to test the fittest athletes and thrilling downhill rides, Manawatu has a great range of cycling options to suit all abilities and tyres.

The **Arapuke Forest Park** is a mountain bike destination like no other, offering trails from beginner to advanced, while the downhill trail in **Te Apiti – Manawatu Gorge** will delight the avid mountain biker.

Discover these rides and more in the free **Cycling The Country Road map and guide** from the Palmerston North City i-SITE, or the Feilding and District Information Centre.

[www.ManawatuNZ.co.nz/Bike](http://www.ManawatuNZ.co.nz/Bike)



## BIKE *Hire*

The Palmerston North City i-SITE and Crankit Cycles have hire bikes available, including electric bikes, so you can explore the city and region on two wheels!



# ON TWO *Feet*

The stunning terrain of the **Ruahine and Tararua Ranges** offer walks, hikes and multi-day tramps for all abilities and are dotted with a solid range of huts and lodges. All of this makes for a diverse and exciting outdoor playground, right in the big backyard of Palmerston North City.

In and around the city, there are walkways everywhere, offering short strolls to rambling riverside pathways ripe for exploring. The stunning **Manawatu River Pathway** offers 10km of flat, smooth pathways perfect for walking, biking, push-chairs and more.



## DAY *Walks*

There are plenty to choose from, with **Sledge Track**, **Te Apiti – Manawatu Gorge** and **Rangiwahia Hut Track** among some of the must do's! Pick up a free copy of the **Manawatu Top 10 Walks** guide from the Palmerston North City i-SITE, or check out:

[www.ManawatuNZ.co.nz/Walk](http://www.ManawatuNZ.co.nz/Walk)

# WHAT'S *On?*

Palmerston North City & Manawatu hosts an exciting array of events all year round.  
For more events and details head to  
[www.ManawatuNZ.co.nz/events](http://www.ManawatuNZ.co.nz/events)

## JANUARY



Gravel n' Tar  
The Square, Palmerston North



Honda NZ Motocross Grand Prix  
Woodville



D1NZ National Drifting  
Championships  
Manfeld, Feilding

## FEBRUARY



ENZED Dewtec NZ Super  
Stockcar Teams Champs  
Robertson Holden  
International Speedway



New Zealand Grand Prix  
Manfeld, Feilding

## MARCH



New Zealand Rural Games  
Feilding and  
The Square, Palmerston North



Manawatu Walking Festival  
Manawatu



Central Districts Field Days  
Manfeld, Feilding



Festival of Cultures  
The Square, Palmerston North

## MAY



Manawatu Garden Festival  
Manchester Square, Feilding



James Bull Rangitikei Gold Cup  
Awapuni Race Course,  
Palmerston North

## JUNE



International Jazz & Blues Festival  
Palmerston North



Targa Rally  
The Square, Palmerston North

## AUGUST



EVENTO Wearable Arts  
Manfeld, Feilding



Feilding Rural Day  
Manchester Square, Feilding



Manawatu Turbos Season Starts  
Central Energy Trust Arena,  
Palmerston North

## NOVEMBER



Tour De Manawatu  
Main Street, Palmerston North

## SEPTEMBER

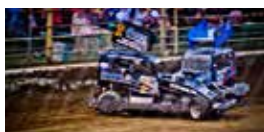


International Spring Festival  
IPU, Palmerston North



Cross Hills Country Fair  
Cross Hill Gardens, Kimbolton

## OCTOBER



Speedway Season Starts  
Robertson Holden  
International Speedway



Magic of Christmas Night Market  
Awapuni Race Course,  
Palmerston North



# PHOTO Hotspots

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## 1 SELFIE WITH WHATONGA

Take a walk through stunning, ancient native bush in Te Apiti - Manawatu Gorge.

3 Walk, bike or drive up to Anzac Park, as **PORK CHOP HILL**, for panoramic views of the city, river and beyond.

## 2 Head to the WEST COAST BEACHES

for a colourful sunset displaying colours of gold, purple and red and spot a seal, or a kite surfer!

4 Capture the **MILKY WAY** in all its glory by heading outside the city limits for a clear sky.

#thisismanawatu



@Timd2

5 Discover the **MANAWATU RIVER PATHWAY** for river views and nature trails.

7 Check out the **SLEDGE TRACK** for boulders, streams, swimming holes, tunnels, flora and fauna.

6 In the heart of Feilding is **MANCHESTER SQUARE**. This charming town has paved streets, boutique stores and rural charm, and has won the **MOST BEAUTIFUL TOWN** in NEW ZEALAND 15 times!

10 Panoramic views from **TE APITI WINDFARM** across the Ruahine Ranges and beyond. Head up the Saddle Road in Ashhurst and stand beneath a giant turbine.

9 Explore the **POHANGINA VALLEY** lush landscapes and stunning vistas framed by the **RUAHINE RANGES**, valley terraces and the Pohangina River.

makephotography.net

8 **STREET ART & MURALS** Capture the colours! look up and around in the city and Feilding.

Here's a selection of some of the best spots in Palmerston North City and Manawatu to get the ultimate photo! For more locations and insider tips check out

[www.ManawatuNZ.co.nz/Photo](http://www.ManawatuNZ.co.nz/Photo)



## THE LOCAL Experts

Palmerston North City i-SITE and the Feilding and Districts Information Centre are your one-stop shop for local knowledge and advice on must do activities and experiences for Palmerston North City and Manawatu. Whether you want a fully guided tour, or prefer a self-guided itinerary, let the local experts create something to suit. The friendly team at the **Palmerston North City i-SITE** can help you book all of your travel, accommodation and activity needs both locally and nationwide.

### Accommodation

Palmerston North City, Feilding and Manawatu has a diverse range of **accommodation**, from **hotels and motels** to charming **bed and breakfasts**, modern **country retreats** and traditional **kiwi farmstays**. Book with the i-SITE team or visit

[www.ManawatuNZ.co.nz/Accommodation](http://www.ManawatuNZ.co.nz/Accommodation)

**Palmerston North City i-SITE - Open 7 days**

Phone 0800 MANAWATU

Email [info@ManawatuNZ.co.nz](mailto:info@ManawatuNZ.co.nz)

Location The Square, Palmerston North

**Accommodation | Activities and Attractions  
Rental Vehicles | Ferry Crossings | Bus and Train  
Transport | Event Tickets**

**Feilding & District Information Centre**

Phone 06 323 3318

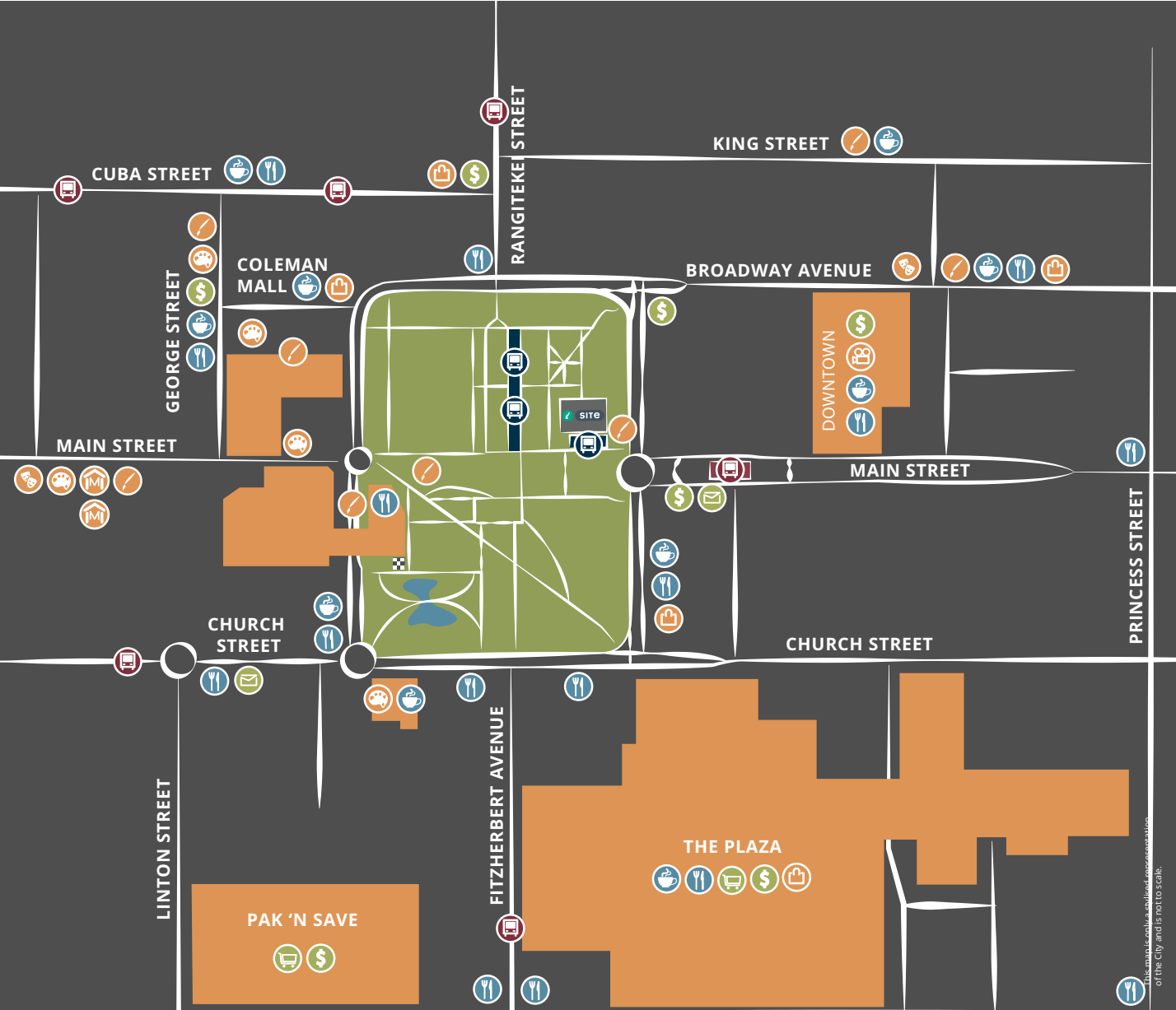
Email [info@Feilding.co.nz](mailto:info@Feilding.co.nz)

Location 10 Manchester Square, Feilding

**Local Attractions | Ferry Crossings  
Bus and Train Transport | Event Tickets**

# MAP Directory

- |             |             |          |        |                      |
|-------------|-------------|----------|--------|----------------------|
| Cash Point  | Sculpture   | Cinema   | Cafes  | Public Bus           |
| Supermarket | Art Gallery | Shopping | Dining | Regional Bus Service |
| Post Office | Theatre     | Museum   |        |                      |







This information should be used as a guide only. To help ensure your safety we advise you review our safety page online and contact the individual provider for up to date information on their compliance with all Health and Safety and regulatory requirements.

For more info, visit [www.ManawatuNZ.co.nz/Safety](http://www.ManawatuNZ.co.nz/Safety)