

PLEASE NOTE:

- When riding on roads, please be aware of traffic, and make yourself clearly visible at all times.
- When parking at the start of rides, please be sure to lock your car and keep all valuables out of sight.
- If you want accommodation, it pays to book ahead.

ROUTE GRADES:

GRADE 2 - EASY:

Suitable for beginners, occasional cyclists and families who have limited or basic cycling experience. A multi-graded bike with medium to wide tyres is recommended, such as a comfort bike, touring bike or mountain bike.

GRADE 3 - INTERMEDIATE:

Suitable for regular, experienced cyclists with a good level of fitness and over 12 years of age. An adult should accompany children on these rides. A mountain bike is recommended for off-road trails. On-road trails that include sections of gravel will require knobby tyres. Road racing tyres are not recommended for any off-road sections.

GRADE 4 - ADVANCED:

Suitable for fit and experienced cyclists with good on-road and/or off-road skills, a high level of fitness and over 12 years of age. An adult should accompany children on these rides.

A quality mountain bike is recommended for off-road trails. Full suspension is recommended. On-road trails that include sections of gravel will require knobby tyres. Road racing tyres are not recommended for any off-road sections.

GRADE 5 - EXPERT:

Suitable for fit and experienced cyclists with an excellent on-road and/or off-road skills and a high level of fitness. These trails are for those who relish technical challenges and are comfortable riding in traffic. Grade 5 trails can be both physically and mentally demanding and are not suitable for children under 12 years of age.

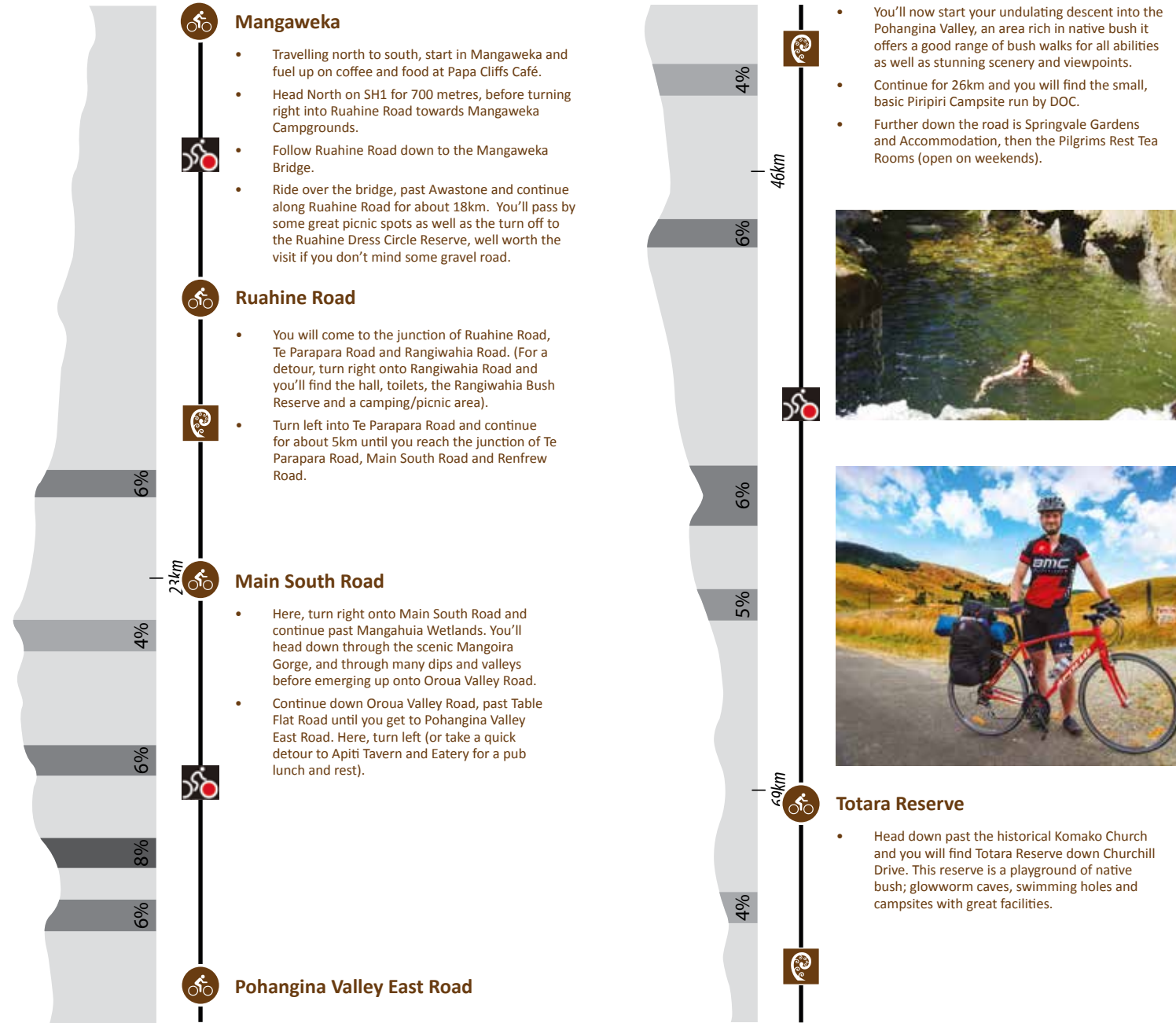
A quality mountain bike is essential for off-road trails. Full suspension is recommended. On-road trails that include sections of gravel will require knobby tyres. Road racing tyres are not recommended for any off-road sections.

MANAWATU CYCLEWAY ON THE COUNTRY ROAD – 100% SEALED

Distance: 115km one-way
Elevation: 37m – 694m
Time: 2-3 days
Grade: Advanced

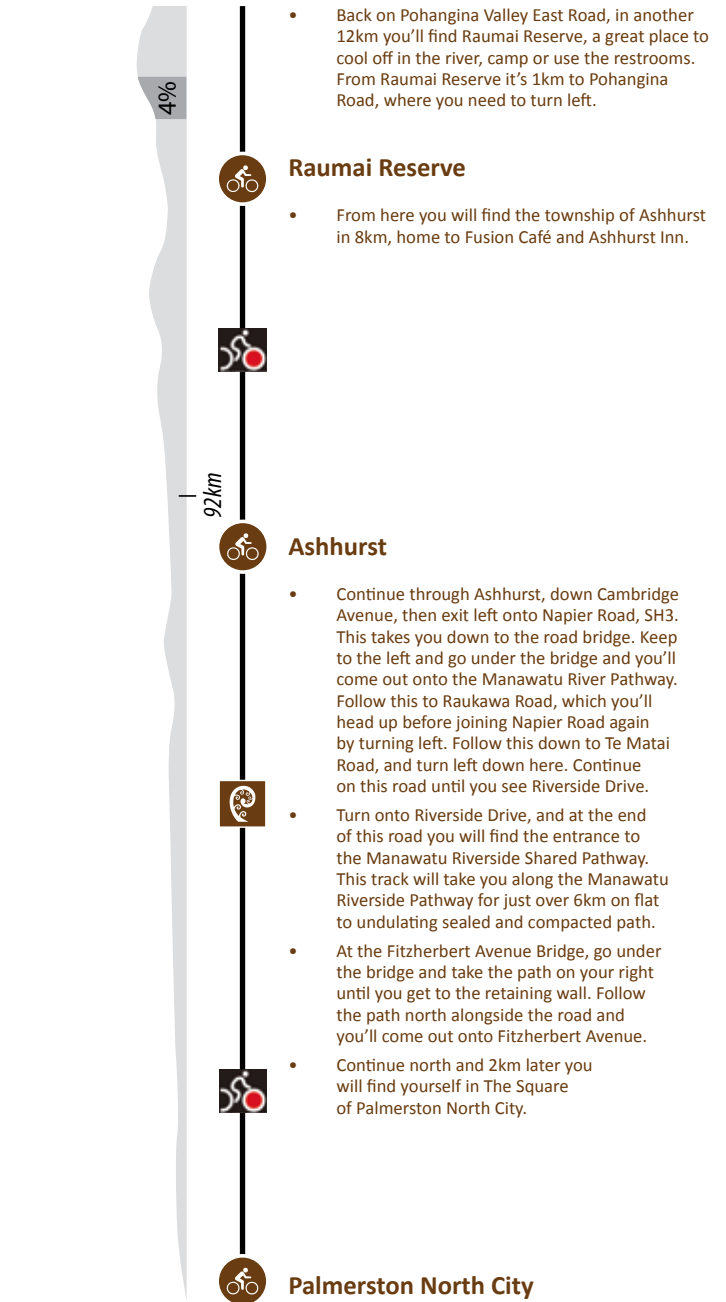
About The Manawatu Cycleway weaves its way from Mangaweka to Palmerston North City, providing cyclists with a two-day trip set against Manawatu's unique rural landscape. This route follows the Manawatu Scenic Route, so you'll be able to follow the large brown and white road signs along the way. You'll discover hidden

places and tucked away treasures ranging from convivial country cafes and pubs, heritage sites, galleries and gardens, to scenic reserves, day walks, swimming holes, glow worm caves, picnic areas, and camping spots. Expect to be greeted with incredible views of soaring white papa cliffs and magnificent cobbled river terraces, challenging hills, undulating pathways and scenic straightaways filled with colour. There is a great range of accommodation options along the way, but it does pay to book ahead. The last 6km stretch into Palmerston North City takes you along the



Manawatu Riverside Pathway, a gentle, undulating path that follows the Manawatu River into Palmerston North City. From here, cyclists can opt to stay and enjoy the city for a night or two, or continue on to Wairarapa via the Tararua Traverse.

Getting there: There are buses to Manawatu from Palmerston North via the InterCity and Nakedbus services. Contact the Palmerston North City i-SITE to book.



CYCLING THE COUNTRY ROAD

NEW ZEALAND

Cycling The Country Road is your guide to experiencing this unique range of the lower North Island by one of the best ways possible - on two wheels!

Whether you're a visitor or local, a novice or someone who likes a challenge, Rangitikei and Manawatu have a great range of rides to suit all ages, abilities and tyres! This guide highlights some of the top rides on offer ranging from multi-day treks, adrenaline pumping rides along the tops of mountain ranges, fast paced downhill hurdles and relaxing riverside cruises.

Also available; Discover The Country Road.

Bike Hire Palmerston North City i-SITE is your first stop for biking information. There is onsite bike hire of electric bikes, as well as all the information you'll need for your two-wheeled adventure. Onsite facilities include luggage storage, hot showers, public restrooms. The i-SITE can book your accommodation on your journey, or let you know some of the must-do's along your chosen bike ride. Located in The Square, right in the heart of Palmerston North City.

Talk to the local experts at the many i-SITES and Information Centres along the way:

Palmerston North City i-SITE 0800 MANAWATU (+64 6 350 1922)
Feilding & District Information Centre +64 6 323 3318
Bulls Information Centre +64 6 322 0055
Taihape Information Centre +64 6 388 0350
Marton Information Centre + 64 6 327 0080

CEDA PALMERSTON NORTH CITY & Manawatu

www.ManawatuNZ.co.nz/Bike 2017/18

CYCLING THE COUNTRY ROAD

NEW ZEALAND

Nga Haerenga THE NEW ZEALAND CYCLE TRAIL

www.ManawatuNZ.co.nz/Bike 2017/18

APITI LOOP RIDE – 100% SEALED ROADS

Distance: 120km loop
Elevation: 37m - 568m
Grade: Intermediate

This ride takes you through some of the region's most stunning countryside. A great way to do this is as a multi-day trip. Plan ahead, book some accommodation and check out some of the

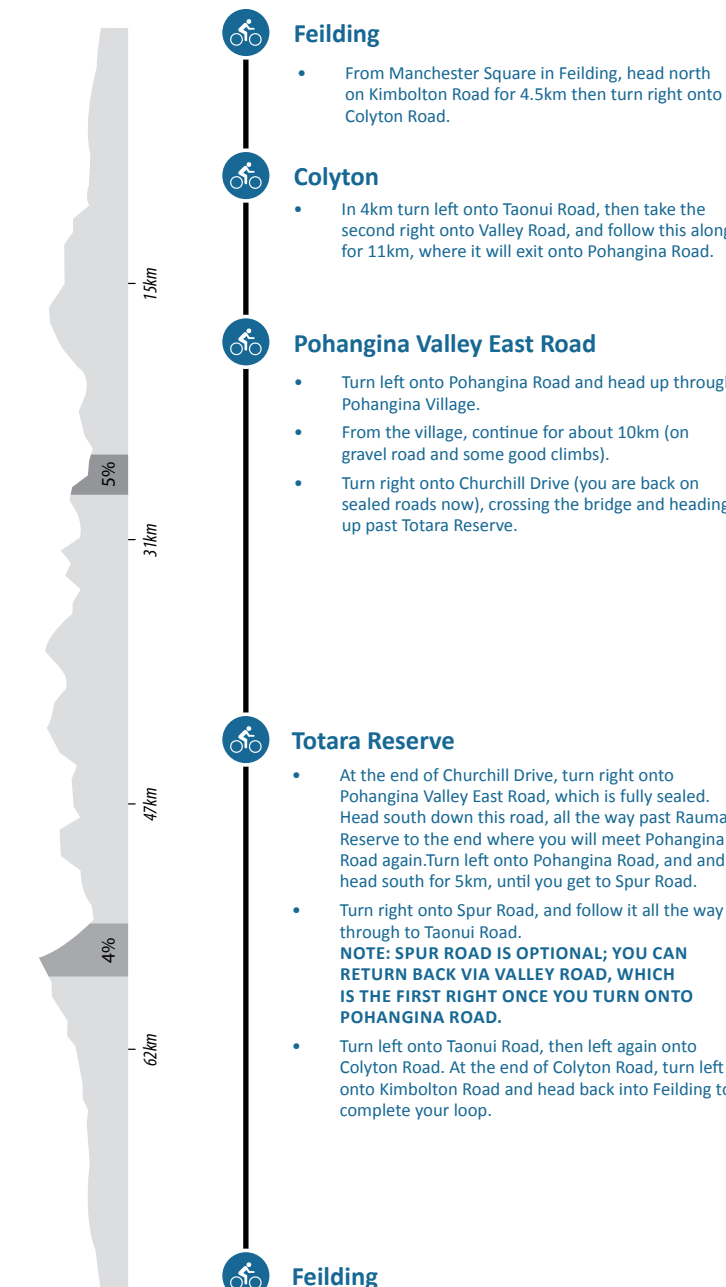
hidden treasures of the region. There are a few hilly sections, so it's recommended for moderate fitness levels. Country pubs are a specialty on this route, as well as some delightful cafes. Be sure to take your camera, as you will come across some lookout points with breathtaking views.



FEILDING TO POHANGINA VALLEY LOOP

Distance: 78km loop
Elevation: 73m - 241m
Grade: Intermediate

This ride is a great way to get a mixture of hills, open flats and gravel rides while showcasing the unique scenery of the Pohangina Valley. This ride offers plenty of great stopping points along the way, with awesome views from many of the higher points along the way. If you have time, pop into Pohangina Valley Estate for some wine tasting. The Pohangina Road is mostly gravel, but worth the effort for the scenery. CONTAINS 40% UNSEALED ROADS.



MOUNTAIN BIKING

TE APA O MAHURANGI

NEW ZEALAND

Distance: 3.6km loop
Elevation: 92m - 213m
Time: 20 minutes
Grade: Intermediate to Advanced

This trail is the result of collaboration between the Te Apiti - Manawatu Gorge Biodiversity Project and the Manawatu Mountain Bike Club, who will continue to maintain this trail.

It is the first mountain bike trail in Te Apiti Manawatu Gorge, and is to be ridden DOWNHILL ONLY.

Riders have the option of parking at Bridge Cafe and riding 1.6km up Hall Block Road, before starting their descent on this 2km trail.

Alternatively, at the top of Hall Block Road near the start of the trail, there are turning bays where vehicles can drop off bikers wanting to ride the trail.

Not suitable for beginner riders due to some reasonably steep down hill sections.

Currently this trail is best avoided after heavy rains as it can get very slippery.

Finish up with a nice coffee or cold drink at Bridge Cafe, or head off and walk some of the nearby bush walks.

TAKAPARI ROAD

Distance: 32km return
Elevation: 336m - 1169m
Time: 3 hours
Grade: Expert

Takapari Road takes you up into the alpine scrubland of the Ruahine Forest Park. This ride is steep, climbing 700m in only 14km, so it's not for the faint hearted. Always ensure you're well equipped for any sudden change in weather, which is common at high altitude. Layered clothing is recommended, as the temperature can get very low.

Starting at the base, you'll find Takapari Road off Pohangina Valley East Road, about 33km north of Ashhurst Park and get your legs ready for your climb. You'll start off biking through farmland until you get to a locked gate. Climb the gate, and continue up Takapari Road.

Enter the forest and continue to climb up along a ridge. The trees will thin out as you get higher up, before reaching the summit.

Follow the road around to your right (south) and you'll come to Travers Hut. Make the most of the views before heading back the same way to return, with 14km of downhill fun.

Ensure you are careful on your descent, watching out for four-wheel drive vehicles that also frequent this track.

ARAPUKE FOREST PARK & K-LOOP

Grade: Easy to Expert (all levels)

Access is across Blacks Bridge at the end of Kahuterawa Road, from where you can climb up Back Track and into Arapuke Park.

To avoid climbing the hill, you can access Arapuke Park from Scott's Rd, where there is a car park and information board. This is a good idea for beginner riders who may not want to ride up Back Track. Care should be taken on both roads. Kahuterawa Road is narrow and gravel past the reserve.

During the summer, use the local shuttle to get out to the trail.

Arapuke Park is made up of a network of mountain bike trails that start from the car park at the very end of Kahuterawa Rd, and at the car park on Scott's Road.

For beginners, Jack Frost is popular and is a Grade 2.

There are six Grade 3 trails to choose from, and six Grade 4 trails to test out your skills on.

There is a Grade 5 trail, which takes you speeding down on a technical track, all the way to the bottom at Kahuterawa Road.

Arapuke Park features some of the best single track in the Lower North Island, and is a must-visit if you're a keen mountain biker. The Manawatu Mountain Bike Club are continuously improving and building new tracks at Arapuke Park, so watch this space!

MANAWATU RIVERSIDE SHARED PATHWAY

70% SEALED, 30% COMPACT LIMESTONE

Distance: 10km
Elevation: 26m - 38m
Grade: Easy

Take a leisurely ride along the Manawatu River and experience the ever-changing views that it offers. This ride is a perfect family or beginners ride, as it is mostly flat.

Along the way you'll see the Victoria Esplanade, which has rose gardens, bird aviaries, bush walks, barbecue facilities, playgrounds, miniature train rides, duck ponds and much more.

Public toilets are also available here.

The shared path runs alongside the river from Te Matai Road through to Maxwell's Line. There are various access points throughout the path, with the most easily accessible being, Riverside Drive, Ruahine Street (at Fitzroy Bend), Albert St, Central Drive (beside the Fitzherbert Bridge), The Victoria Esplanade, Dittmer Drive and Maxwell's Line.

The ride can be started anywhere along the path and you can go for as long or as short a distance as you choose.

At the Maxwell's Line end of the path, on Top Road, you will find a Mountain Bike skills park with a selection of graded jumps and trail obstacles suitable for medium to advanced riders. There is a labyrinth of short single trails winding their way in and out of trees and grassy areas built by some local riders to test your basic skills and have some fun.

Near the Te Matai Road end, there are a variety of small jumps and dips suitable for medium to experienced riders to play on.

WINDFARM RIDE – MIX SEALED & GRAVEL

Distance: 41km one-way
Elevation: 37m - 516
Time: 2.5 hours
Grade 3

This is a fantastic ride and a must-do for keen mountain bikers visiting the region. Be sure to have your camera with you, as the views are nothing short of spectacular. Ride below the towering wind turbine's scattered across the Tararua Ranges. This ride is suitable mainly for the more active, experienced riders, as it has some good climbs scattered throughout, is a mixture of gravel road and wheel drive track, so can be challenging.

Palmerston North City

From Palmerston North City, head down Fitzherbert Avenue, over the bridge and onto Summerhill Drive.

Follow this road around and it will become Aokutea Drive.

Take a right turn onto the Pahiatua Track, and continue along for just over 8km before turning left onto North Range Road. This road is compacted gravel, and is where the fun starts!

This road continues for about 18km, before becoming Hall Block Road, which is where you'll start your descent down onto Gorge Road, and the Bridge Cafe for a well-deserved drink and meal.

On Hall Block Road, you'll see the entrance to Te Ara o Mahurangi; a Grade 4, 2km downhill mountain bike trail through native bush – a great option for a faster descent to the finish line if you have a suitable bike.

Caution needs to be taken due to weather conditions changing quickly, so please keep an eye on the weather report before doing this ride, as it can get extremely windy. Layered clothing is recommended to ensure you are prepared for all types of weather. It is not recommended that you do this ride if the wind is up. You will need to arrange for transport to drop you off at the start of this ride. It is not a return ride so your transport will not need to wait for you. You start on Gorge Road, just over the Balance Bridge, and end in Palmerston North. To arrange transport you need to pre-book via Palmerston North City i-SITE on 0800 626 292. Alternatively, park your car at the top of the Pahiatua Track and ride up North Range Road through the wind farm and back again. There is an option to ride a there and back along the top of the Pahiatua track end to avoid the longer climbs making it more suitable for intermediate riders. NOTE: Please leave all gates as you found them.

Bridge Cafe

OMATANE

Distance: 31 km one-way
Elevation: 53m - 582m
Time: 2-4 hours
Grade: Advanced

This is a hilly ride but well worth the effort, with incredible views of the Rangitikei canyons and the Kowhatu Valley. You'll get a mix of gravel and sealed roads, as well as some exhilarating downhill sections. CONTAINS SOME UNSEALED ROADS.

PEMBERTON

Distance: 52 km
Elevation: 52m - 971m
Time: 4-6 hours
Grade: Advanced

The start of this ride is also part of the Manawatu Cycleway on The Country Road. On a fine day there are views of the Ruahine Ranges all the way, and there are plenty of good spots to stop off at along the way to soak in the vistas. The Ruahine Dress Circle Scenic Reserve is a must-do, and is located on Tapanui Road (gravel road), which is off Kiepke Road. It's a great place for a swim! CONTAINS SOME UNSEALED ROADS.

MT CURL

Distance: 34 km
Elevation: 34m - 429m
Time: 2-3 hours
Grade: Advanced

This trail has a steep climb worthy of the Tour de France, but the reward is the unparalleled views of Mt Ruapehu, Mt Taranaki, Kapiti and the Ruahines. Starting in Huntville, there is plenty of accommodation, cafes and shops for supplies. At the end of the route, Marton provides accommodation, refreshments, supplies and two bike shops. CONTAINS SOME UNSEALED ROADS.

TANGIMOANA

Distance: 55 km
Elevation: 47m - 152m
Time: 3 hours
Grade: Intermediate

The hills are left behind on this route, which takes you along the vast Rangitikei plains and out to the sea. A detour into Bulls can be taken, which is worth the visit for coffee lovers. Himatangi boasts an award winning holiday park, and a popular fish 'n' chip shop. Plan ahead for this ride as you can check the tide-times, allowing you to ride on the beach. CONTAINS SOME UNSEALED ROADS.

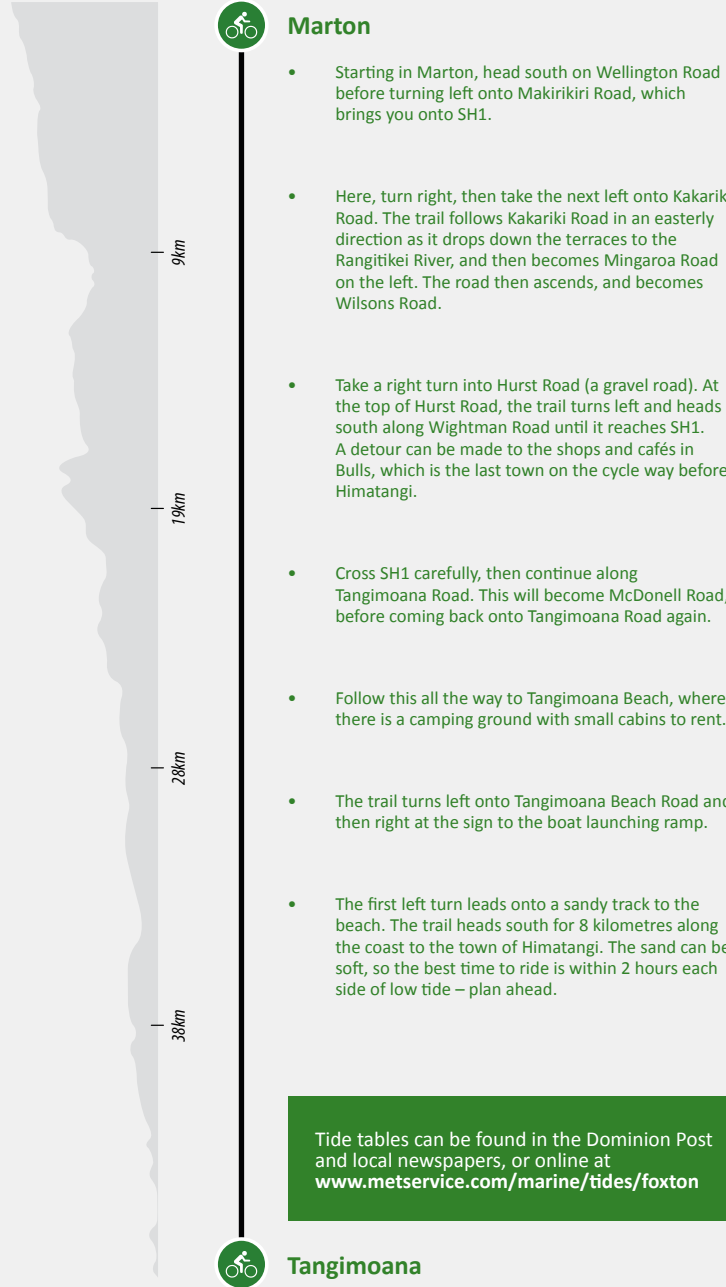
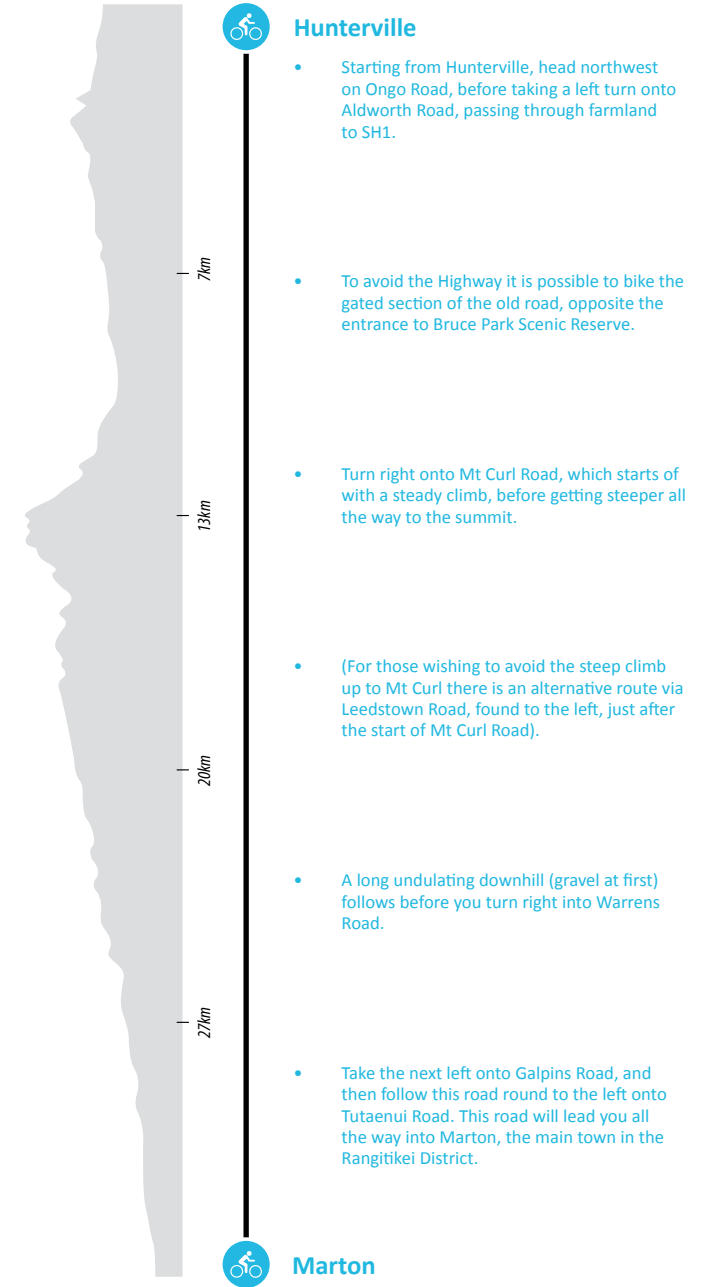
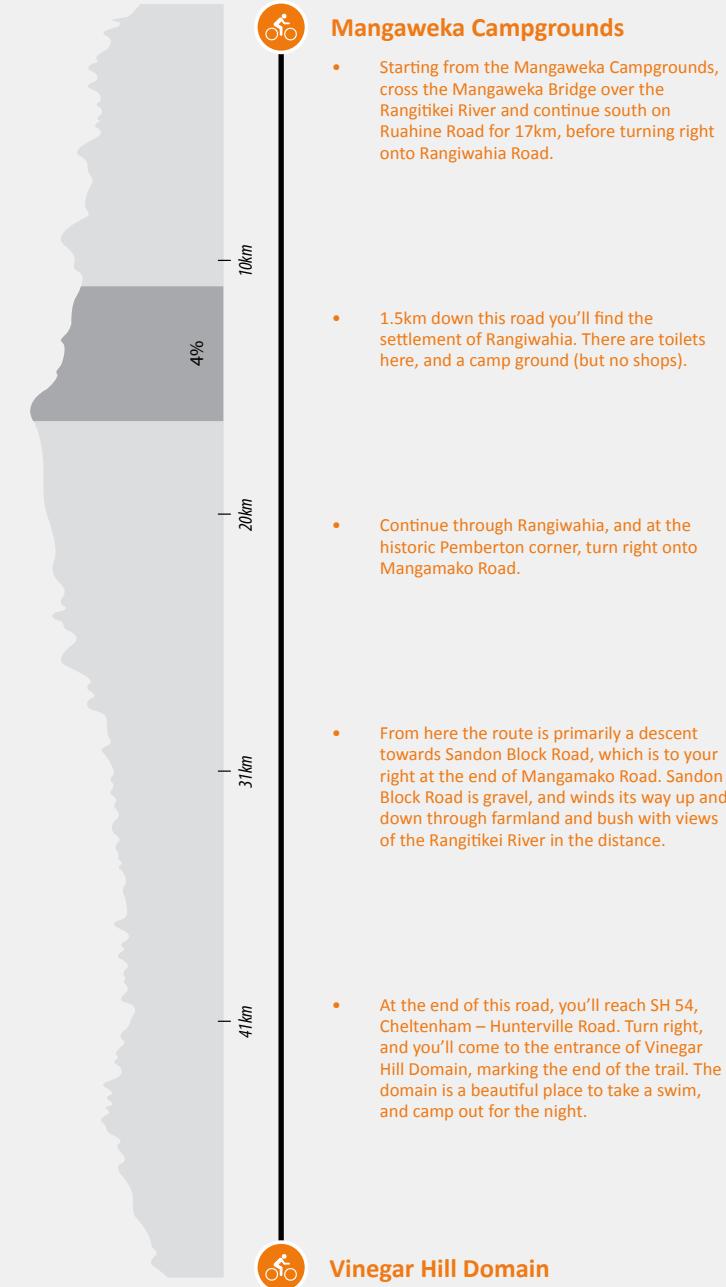
DIRECTORY LISTINGS

Here are contact details and addresses for the places of interest on the map. Most accommodation providers require bookings prior to arrival, so please plan ahead.

You can also find information at www.thecountryroad.co.nz

THE COUNTRY ROAD

NEW ZEALAND



Manawatu Power Station

Kawhatu Road, Mangaweka

Awatone & Mangaweka Adventure Company
143 Ruahine Road, Mangaweka
P: +64 6 382 5744
W: www.mangaweka.co.nz

Mangaweka Campground
118 Ruahine Road, Mangaweka
P: +64 6 382 5744
W: www.mangaweka.co.nz

Mangaweka Gallery and Homestay
SH1, Mangaweka
P: +64 6 329 60612
W: www.mangaweka.co.nz

Papa Cliffs Cafe
SH1, Mangaweka
P: +64 6 382 5778

Historic Shearers Quarters
Kawhatu Valley Road, Mangaweka
P: +64 6 328 5744
W: www.historicshearersquarters.nz

Vinegar Hill Domain
SH1, Ohingaiti
P: +64 6 322 9817

Wildfern Cafe & Bar
SH1, Ohingaiti
P: +64 6 322 9817

Flat Hills - Cafe and Tourist Park
5733 State Highway 1, Ohingaiti
P: +64 6 322 9734
W: www.flathills.co.nz

Mt. Hula Farmstay & Waka Walks
906 Ruahine Road, Mangaweka
P: +64 6 328 5726
W: www.mangaweka.co.nz

Mairenu Rural Retreat
1019 Ruahine Road, Mangaweka
P: +64 6 328 5744
W: www.mairenu.co.nz

Rangiwahia Domain
Rangiwahia Road, Rangiwahia
P: +64 6 328 2841
W: www.rangiwahia.co.nz

Mangahua Wetlands
Main South Road, Rangiwahia
P: +64 6 328 8240
W: www.rangiwahia.co.nz

Rangiwahia Environmental Arts Centre
Rangiwahia Road, Rangiwahia
P: +64 6 328 2855
W: www.rangiwahia.co.nz

Table Flat Farmstay
451 Table Flat Road, Apiti
P: +64 6 326 5917
W: www.apiti.co.nz

Apiti Tavern and Eatery
Oroua Valley Road, Apiti
P: +64 6 328 4848
W: www.apiti.co.nz

Apiti Domain
Oroua Valley Road, Apiti Village
P: +64 6 328 5951
W: www.apiti.co.nz

Apiti Lavender Farm and Accommodation
55 Millers Road, Apiti
P: +64 6 323 3621
W: www.apiti.co.nz

Makoura Lodge
736 Makoura Road, Apiti
P: +64 6 328 4746
W: www.makouralodge.co.nz

Pohangina Base
Pohangina Valley East Road, Pohangina
P: +64 6 350 9700
W: www.pohangina.co.nz

Pipiripi Campsite
Pohangina Valley East Road, Pohangina
P: +64 6 350 9700
W: www.pipiripicampsite.co.nz

Springvale Gardens & Accommodation
2180 Pohangina Valley East Road, Pohangina
P: +64 6 328 4802
W: www.springvallegardens.co.nz

Pilgrims Rest Tea Rooms
2180 Pohangina Valley East Road, Pohangina
P: +64 6 328 4705
W: www.pilgrimsrest.co.nz

Totara Reserve
Churchill Drive, Pohangina Valley East Road.
P: +64 6 328 5050
W: www.totarareserve.co.nz

Raumai Reserve
Pohangina Valley East Road, Pohangina
P: +64 6 328 5050
W: www.raumaireserve.co.nz

County Fayre (open weekend afternoons)
Finnis Road, Pohangina
P: +64 6 328 4837
W: www.countyfayre.co.nz

Cartwheel Creamery
1082 Pohangina Road, Pohangina
P: +64 6 328 4837
W: www.cartwheelcreamery.co.nz

Pohangina Wetlands
1238 Pohangina Road, Pohangina
P: +64 6 328 4837
W: www.pohanginawetlands.co.nz

Luttrells Pioneer Museum
1238 Pohangina Road, Pohangina
P: +64 6 328 4837
W: www.luttrellspioneer.co.nz

Fusion Cafe
123 Cambridge Ave, Ashhurst
P: +64 6 326 1190

Ashhurst Inn

81 York Street, Ashhurst
P: +64 6 326 5917
W: www.ashhurstinn.co.nz

Ashhurst Domain
SH3, Ashhurst.
P: +64 6 326 5917
W: www.ashhurstdomain.co.nz

Timeless Horsetracks
91 Gorge Road, Ballance
P: +64 6 376 8004
W: www.timelesshorsetracks.co.nz

Bridge Cafe
91 Gorge Road, Ballance
P: +64 6 376 8004
W: www.bridgecafe.co.nz

Woodville Ferry Reserve
SH3, by Ballance Bridge
W: www.woodvilleferry.co.nz

Cheltenham Hotel
1469 Kimbolton Road, Cheltenham
P: +64 6 328 9888
W: www.cheltenhamhotel.co.nz

Cheltenham General Store & Takeaways
1467 Kimbolton Road, Cheltenham
P: +64 6 3289623

Fowlers Reserve
Kimbolton Road, Kimbolton Village

Kimbolton Hotel
2899 Kimbolton Road, Kimbolton
P: +64 6 328 5803
W: www.kimboltonhotel.co.nz

Hansens Cafe and Store
2900 Kimbolton Road, Kimbolton
P: +64 6 328 5050
W: www.hansenscafeandstore.co.nz

Londons Ford
Londons Ford Road, Apiti

Bartletts Ford
Terrace Road, Kimbolton

Pohangina School Reserve
Finnis Road, Pohangina Village

Pohangina Country Villa
Ridge Road, Pohangina
P: +64 6 328 5050
W: www.pohanginacountryvilla.co.nz

Rosley Lodge
380 Pohangina Road, Pohangina
P: +64 6 326 9988

Hiamos Farmstay
1358 Totonui Road, Feilding
P: +64 6 328 4837
W: www.hiamosfarmstay.co.nz

Beaconsfield Valley Reserve
123 Cambridge Ave, Ashhurst
P: +64 6 326 1190

Wakefields Lodge
123 Cambridge Ave, Ashhurst.
P: +64 6 326 1190

Country Lane Gardens & Bed and Breakfast
52 Ours Road, Aokutea.
P: +64 6 329 5975
W: www.pnc.govt.nz

Victoria Esplanade
Manawara St, Palmerston North City
W: www.pnc.govt.nz

Cafe Esplanade
Victoria Esplanade, Palmerston North City
P: +64 6 327 7880

The Woolshed Cafe
2863 State Highway 1, Sanson
P: +64 6 329 5975
W: www.woolshedcafe.co.nz

Tangimoana Holiday Park
Kuku Street, Tangimoana
P: +64 6 328 9200

Himatangi Beach Holiday Park
30 Koputara Road, Himatangi Beach
P: +64 6 329 5975
W: www.himatangibeachholidaypark.co.nz

Rangitikei Farmstay
422 Makuhou Road, Marton
P: +64 6 329 5975
W: www.rangitikeifarmstay.co.nz

Te Anui Farmstay
1315 Turakina Valley Road, Whanganui
P: +64 6 328 9200

Holly Farm Cottage
2358 Galpins Rd, Marton
W: www.hollyfarm.co.nz

Duddings Lake
1525 SH3, Marton
P: +64 6 327 8127

Tarata Fishway Lodge
925 Waka Road, Taihape
W: www.tarata.co.nz

River Valley Adventure Lodge
Hangaia Road, Pohangina Village
P: +64 6 328 5050
W: www.rivervalley.co.nz

Sugar Plum Cafe
1813 SH1, Marton
P: +64 6 327 8127

Rangitikei Golf Club
4818 SH1, Huntville
W: www.rangitikeigolf.co.nz

Rathmoy Lodge
130 Cooks Rd, Huntville
W: www.rathmoy.co.nz

- WIFI
- Walks & Tramps
- Gardens / Wetlands
- Accommodation
- Picnic Spots, Reserves & Lookouts
- Activities & Attractions
- Food & Dining
- Camping
- Public Toilets
- Petrol
- Heritage Spots
- Swimming
- SITE** i-SITE Visitor Centre
- Information Centre
- NZ Cycle Trail - visit: www.nzcycletrail.com

- Townships
- Railway
- Main Roads
- Secondary Road
- Unsealed Roads
- Vehicle Track
- Walking Track
- Te Araroa-The Long Pathway
- Height in Metres
- Reserves
- Water
- Airport
- Air Strip
- Railway Station

