

# Your Coastal Escape Starts Here

Here, the sun shines brighter,  
nature is unrivalled, and every  
day feels like a holiday.



kāpiti<sup>®</sup>



**A leisurely walk through  
Ngā Manu Nature  
Reserve makes a perfect  
morning out with the kids**

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Raumati Beach is the perfect place for a spot of beach cricket

**Welcome to Kāpiti.**

**Here the sun shines brighter, sunsets are unrivalled, and all just a quick skip from the hustle and bustle of our capital city.**

**Whether you're hitting the trails, chilling with a flat white, or just enjoying the sand between your toes, our 40km slice of heaven is waiting for your footprints.**

**Grab your sunnies and your sense of freedom, because it's time to escape to a world where every day feels like a holiday.**



Soaking it up in  
the Waikanae Pools

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# Visit Kāpiti Here, every day feels like a holiday.

Sunset walks at  
Paraparaumu Beach

Below image :  
Ice cream lover,  
Paraparaumu Beach



See it all with key attractions, natural  
wonders, and sights you can't miss.

Kāpiti, where the sun kisses the earth and the sea whispers sweet nothings, is the perfect escape from the everyday grind.

Picture this: a stretch of golden coastline where you can lose yourself in the rhythm of the waves, a backdrop of lush, rolling hills that seem to embrace you in a verdant hug, and the iconic Kapiti Island standing proud, like a sentinel guarding paradise.

**Welcome to Kāpiti, your new happy place.**

Let's begin with Kapiti Island, a place of deep spiritual significance for local Māori, woven with ancestral stories, customs, and cultural traditions passed down through generations.

The island's full Māori name, Ko te Waewae Kapiti, translates to "the meeting place of the boundaries of Tara and Rangitāne," highlighting its historic role as a point of connection between these two iwi. For their descendants, the island remains a vital part of identity, a symbol of resilience, belonging, and enduring spiritual connection to the land.

It is also a wildlife sanctuary that's nothing short of magical. Home to some of New Zealand's rarest birds, this island is a must-visit. Imagine wandering through native bush while the melodious song of the kōkako guides your way.

Or maybe you'll catch a glimpse of the cheeky kākā, always ready to entertain with its playful antics. Kapiti Island Nature Tours offers an intimate look at this avian wonderland, and if you're feeling adventurous, an overnight stay in the comfort of a glamping tent or cabin means you'll drift off to sleep to nature's finest lullaby.

## Kapiti Island

### Kapiti Island Nature Tours

29 Marine Parade Paraparaumu Beach  
kapitiisland.com



Kapiti Island Nature Tours disembarking at Kapiti Island



Get up close with the local wildlife



Spotting the local Takahē

## The Waikanae Estuary Scientific Reserve

Begin your journey at Paraparaumu Beach



Back on the mainland, the Kāpiti Coast is a tapestry of natural beauty. The Waikanae Estuary Scientific Reserve is a habitat for wildlife between the mountains, river, and sea. A haven for birdwatchers and nature enthusiasts alike, wander along the estuary's pathways and you might just spot the graceful kotuku (white heron) or the vibrant pōpokatea (whitehead). As one of NZ's top native havens with over 60 bird species, the reserve is a living, breathing testament to Kāpiti's commitment to preserving its natural wonders.

## Southward Car Museum

**Southward Car Museum**  
250 Otaihanga Road, Paraparaumu  
[southwardcarmuseum.co.nz](http://southwardcarmuseum.co.nz)



Largest Private Car Collection in the Southern Hemisphere

For a touch of history, visit the Southward Car Museum, which boasts one of the Southern Hemisphere's most impressive private vehicle collections, featuring vintage motorcycles, aircraft and rare memorabilia from vintage classics to quirky oddities it's a fun ride through motoring history.

## The Beaches

**Paekākāriki Beach**  
Main entrance via Wellington Road, Paekākāriki



A front-row ticket to nature's own light show



Let's not forget the beaches. From the golden sands of Paraparaumu Beach to the tranquil shores of Paekākāriki Beach, Kāpiti's coastline is perfect for sunbathing, swimming, and seaside strolls. Feel the sand between your toes, wrap the

waves around your ankles, or simply kick back with your favourite coffee and watch nature do its thing. When the sun dips, the sky lights up in a daily show of pinks, oranges, and golds with a sunset that never fails to steal the spotlight.



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**Dive into the  
crystal clear waters  
at Pots Reserve,  
Ōtaki River**  
\*

Discover more hidden  
gems like this, and plan  
your itinerary online at  
[visitkapiti.co.nz](http://visitkapiti.co.nz)

# Local Flavours Here, flavour takes the spotlight.

Enjoy a flight of golden  
brews at Duncan's Brewery

Below image:  
Savour a touch of Sicily at  
Passo in Paraparaumu



Dive into the food scene –  
from must-visit cafés and restaurants  
to the local legends behind it all.

Find market times and further details to plan your itinerary at [visitkapiti.co.nz](http://visitkapiti.co.nz)

A gourmet adventure



Get ready for a tastebud thrill ride in Kāpiti, where fresh local flavours meet innovation. From farm-to-table goodness and artisanal treats to world-class cuisine, every bite is an adventure that'll leave you smiling.

Kick off your gourmet adventure at the Saturday Paraparaumu Beach Market, a local gem overflowing with fresh produce, homemade goodies, and quirky crafts. Sample everything from warm, flaky pastries to crisp veggies, all straight from nearby farms. From there, keep the flavour trail rolling and wander through the Ōtaki Markets for seasonal produce and artisan treats, or pop into Mahara Place's market in Waikanae for a mid-week pick-me-up. On Saturdays, the Waikanae Market serves up everything from gourmet bites to garden-fresh finds. Grab a few treats, and wherever you are, you're never far from a picnic with your toes in the sand. It doesn't get fresher (or more fun) than this.

**Key Markets and Days**

Saturday Paraparaumu Beach Market, Saturday  
 Waikanae Community Market, Tuesday Mahara  
 Mid-Week Market, Sunday Ōtaki Market (summer/  
 fortnightly off-season), plus the Paekākāriki Market on  
 the first Saturday of every month

From Paraparaumu Beach right through to Ōtaki, Kāpiti offers a vibrant local market scene



## Brunch Done Right

**Raumati Social Club**  
34 Poplar Avenue, Raumati South  
[raumatisocialclub.co.nz](http://raumatisocialclub.co.nz)

Start your day beachside at Raumati Social Club, where breakfasts range from hearty avo toasts to indulgent French toast, all washed down with a generous splash of ocean breeze.



## Sunny Ōtaki

**Kōwhai Eatery**  
174 Main Highway, Ōtaki  
[kowhaieatery.co.nz](http://kowhaieatery.co.nz)

Kōwhai Eatery has landed in Ōtaki and it's already turning heads. With a beautifully renovated space and a menu built for lazy mornings (think brunch, breakfast, lunch), this sunny café is your new local retreat. Kōwhai brings fresh flavours, chill vibes, and that coastal energy you'll want to linger in.



## A Fine Experience

**50-50**  
22 MacLean Street, Paraparaumu Beach  
[50-50.co.nz](http://50-50.co.nz)

For a unique dining experience pop into 50-50, where local ingredients meet global flavours in the most playful way. Chef Helen Turnbull whips up dishes that are inventive, comforting, and full of Kāpiti goodness. Every plate looks like art, and every bite — pure revelation.



Dine beach side at Waterfront Kitchen & Bar, Raumati Beach



## Pure Indulgence

### Lustre Kitchen and Dining

7-13 Seaview Road, Paraparaumu Beach  
[lustrekitchenanddining.co.nz](http://lustrekitchenanddining.co.nz)

At Lustre Kitchen & Dining, you are invited to experience the bounty of Aotearoa, reimagined as unapologetically bold, beautifully indulgent dishes. Crafted by the wonderfully twisted chefs (blame too much Bukowski and not enough sleep), this is food that refuses to behave, just the way they like it.



## Take it Easy

### The Lockup

52b Marine Parade, Paraparaumu Beach  
[instagram.com/thelockupcafeKapiti](https://www.instagram.com/thelockupcafeKapiti)

Nestled just steps from Paraparaumu Beach, The Lockup is the perfect seaside cafe with plenty of outdoor space and a relaxed atmosphere. With a small playground and relaxed vibe, bring the family and your furry friends too.



## Next Stop: Coffee

### Bus Stop Cafe

55 Sims Road, Te Horo Beach  
[busstopcafe.nz](http://busstopcafe.nz)

A visit to Bus Stop Cafe is a nostalgic nod to simpler times. Step up into the bus to order, and then choose from various indoor and outdoor settings amongst the garden and trees to enjoy your goodies. Alongside fresh baking and great coffee, you'll find shelves lined with handmade preserves, local artisan creations, and the iconic Tironui sourdough bread.



## Treat Yourself

### Olde Beach Bakery Paekākāriki

5 Beach Rd, Paekākāriki  
[foodfolk.co.nz/olde-beach-bakery](http://foodfolk.co.nz/olde-beach-bakery)

The Olde Beach Bakery is a must-visit destination. With shelves brimming with golden pastries, flaky pies, and an irresistible array of sweet treats, you'll want to try everything, and probably come back for seconds.



**Kāpiti's food scene is a full-on celebration of local talent, fresh flavours, and culinary creativity.**

**Whether you're a foodie or just looking for a great meal, Kāpiti's flavours will leave you craving more.**

A delicious lunch at Tom Thumb Cafe



Freshly roasted beans at  
The Roastery Espresso Bar



## For the Coffee Lovers

**The Roastery Espresso Bar**  
2 Sheffield Street Paraparaumu  
[theroastery.nz](http://theroastery.nz)

Coffee lovers, this one is for you. The Roastery Espresso Bar in Paraparaumu is your new happy place. Sip the Raumati Roast, a rich, dark, chocolatey blend that'll kick your morning into high gear. Feeling curious? Dive into a hands-on 90-minute tour of the art and science of coffee roasting, then take home a bag of your very own freshly roasted magic!

## Brewed to Perfection

**Dark Horse**  
4a Sheffield St, Paraparaumu  
[darkhorsecoffee.co.nz](http://darkhorsecoffee.co.nz)

Dark Horse has seamlessly combined art and science to create a hand-crafted selection of perfectly balanced coffees, made to be enjoyed anytime, anywhere. Their blends and seasonal single origins have quickly captured the hearts and taste buds of coffee enthusiasts across New Zealand.



## Dessert in a Glass

**Duncan's Brewing Company**  
4B Sheffield Street, Paraparaumu  
[duncansbrewing.co.nz](http://duncansbrewing.co.nz)

Known for their dessert-inspired sours and stouts, Duncan's brews bold, imaginative beers that spark curiosity, think ice creams and desserts reimagined in liquid form. With favourites like Raspberry Ripple, Whippy Milkshake IPA, and Coco Husk Stout, there's always something new to discover. Prefer to keep it classic? Their best-selling lager and pilsner offer a more familiar, yet equally tasty, experience.



## Crafted on the Coast

**North End Brewery**  
11 Ngaio Rd, Waikanae  
[northendbrewing.co.nz](http://northendbrewing.co.nz)

North End Brewery keeps the hops flowing with a stellar selection of craft beers. Their beers are inspired by traditional European styles, infusing each one with a distinct sense of place. Named after Kapiti Island's prominent northern tip (visible from Waikanae Beach) they stay true to our roots by celebrating local ingredients and the unique character of our land. Head in for a tasting tour and find your new favourite drop



## Liquid Legends

**The Bond Store**  
21 Birmingham Street, Paraparaumu  
[thebondstore.co.nz](http://thebondstore.co.nz)

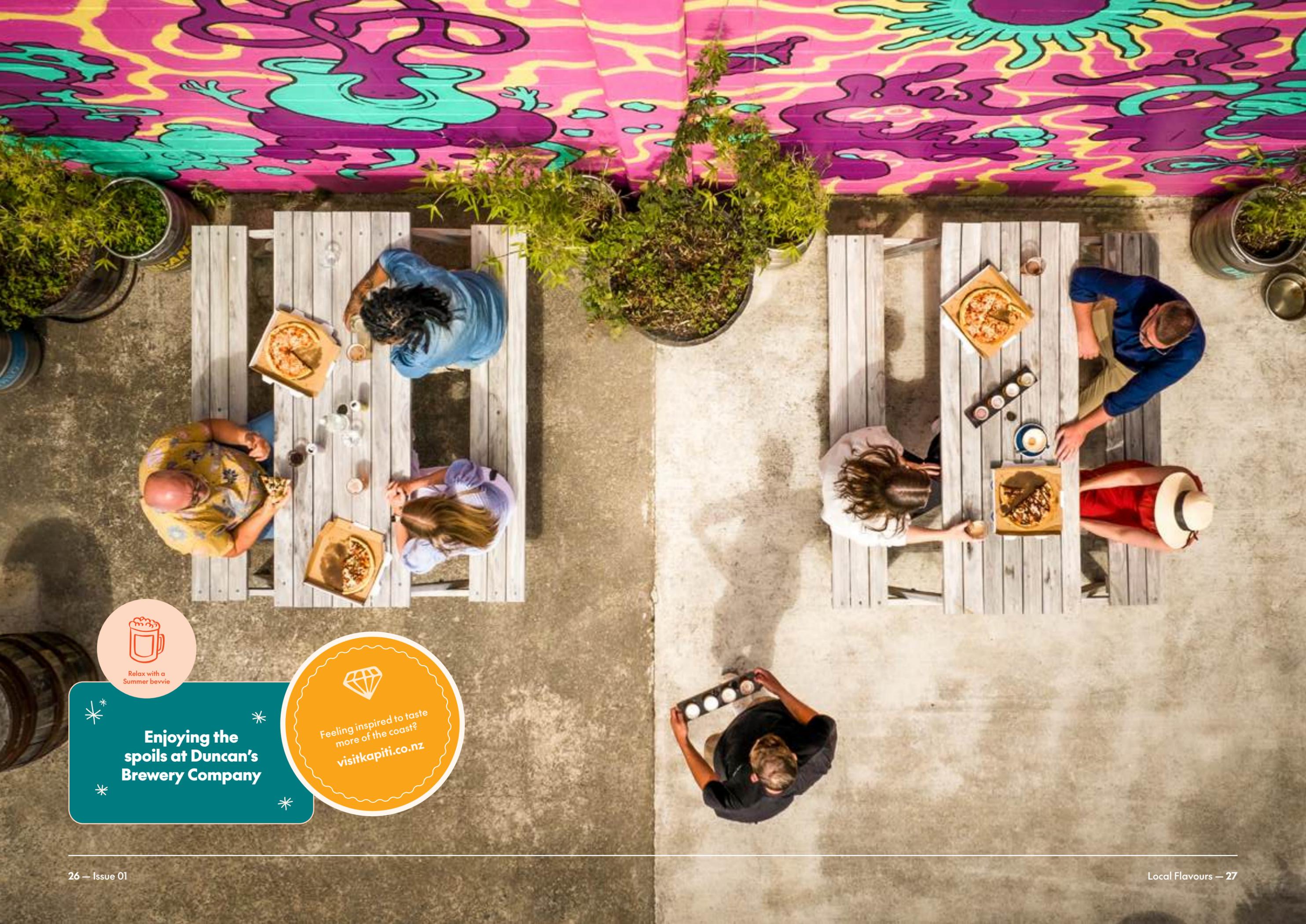
Don't miss the local liquid legends! At The Bond Store, peek behind the scenes of their stills to see iconic Kawakawa Gin in the making then sip your way through a lineup of cocktails.



## Carefully Curated

**Wine Craft**  
12 MacLean St, Paraparaumu Beach  
[winecraft.nz](http://winecraft.nz)

Wine Craft in Paraparaumu is far from your average bottle shop, it's a true boutique. Thoughtfully curated, warmly inviting, and refreshingly unpretentious. The relaxed yet refined vibe makes it a haven for wine lovers of all kinds, with shelves full of carefully chosen bottles just waiting to be explored. Swing by to sample the latest pours and discover some of your favourite regional wines.



Relax with a Summer bevvie

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**Enjoying the spoils at Duncan's Brewery Company**  
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Feeling inspired to taste more of the coast?  
[visitkapiti.co.nz](http://visitkapiti.co.nz)

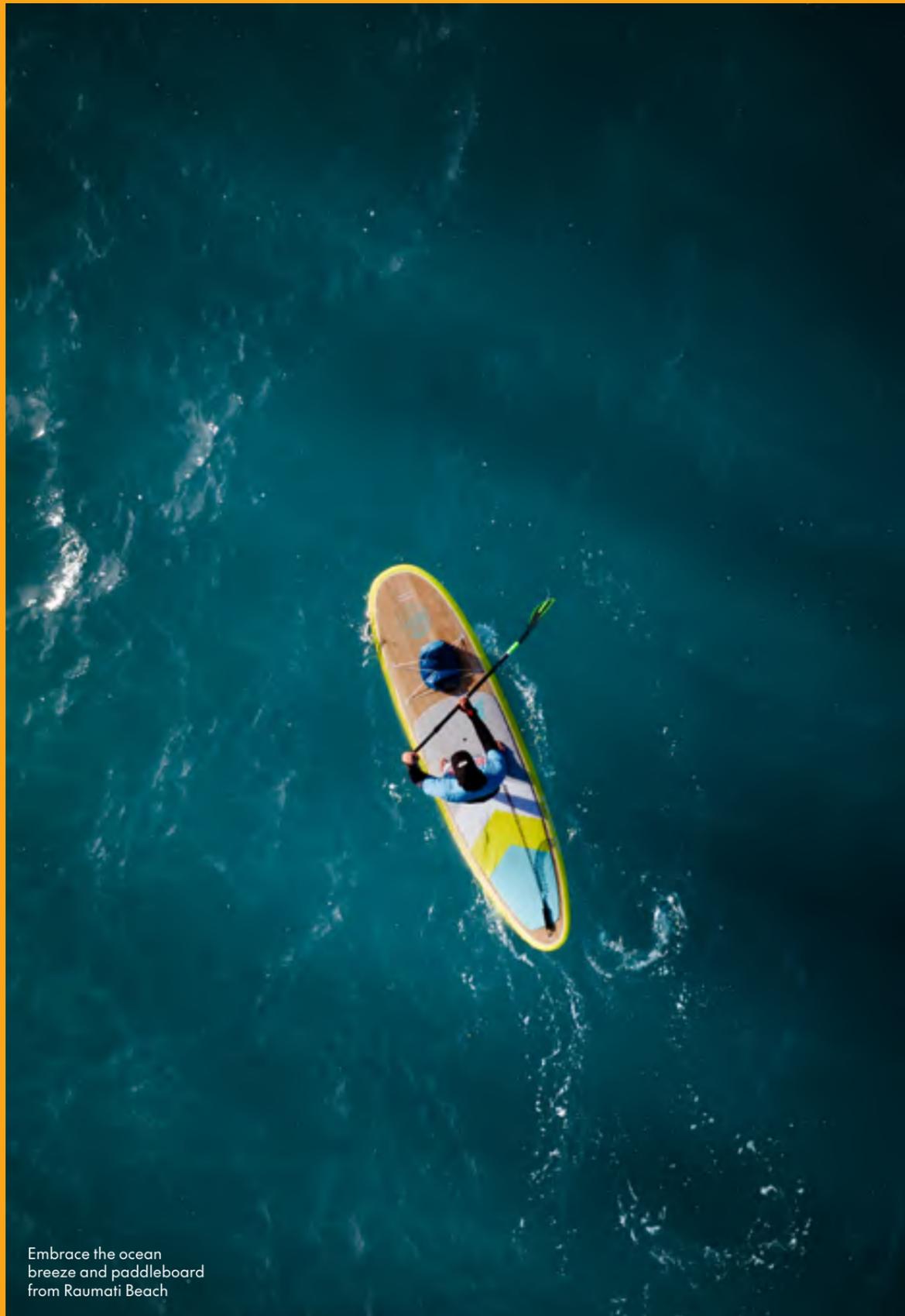
# Adventures and Activities Here, there's a sense of freedom.

On the green at Paraparaumu  
Beach Golf Course

Below image:  
En route to Kime Hut in the  
western Tararua Forest Park,  
below Hut Mound



Get out there with adventure  
sports, epic activities, and fun the  
whole family will love.



Embrace the ocean breeze and paddleboard from Raumati Beach

Kāpiti is an adventurer's playground, where the great outdoors invites you to explore, discover, and unleash your inner thrill-seeker. From adrenaline-pumping escapades to family-friendly fun, there's something here for every kind of explorer.

If you're a water enthusiast, Kāpiti's coastline is your ultimate playground. Try your hand at kayaking or paddleboarding around the serene waters of the Kāpiti Marine Reserve. The crystal-clear waters are perfect for spotting marine life, and the calm conditions make it accessible for all skill levels.

**Kāpiti Marine Reserve**

Access via Waikanae, Paraparaumu or Raumati Beaches



## A Game of Golf

**Paraparaumu Beach Golf Club**  
376 Kapiti Road, Paraparaumu Beach  
[paraparaumbeachgolfclub.co.nz](http://paraparaumbeachgolfclub.co.nz)

Golf enthusiasts can tee off at the Paraparaumu Beach Golf Club, renowned for its challenging links course over undulating dunes and fresh ocean air. It's a must-play for any golfer visiting the area, offering a blend of natural beauty and sporting challenge. If you're keen to stay on the greens, Waikanae Golf Club is a favourite by locals.



## A Walk in Nature

**Ngā Manu Nature Reserve**  
74 Ngā Manu Reserve Road, Waikanae  
[ngamanu.org.nz](http://ngamanu.org.nz)

For family fun, visit Ngā Manu Nature Reserve. This wildlife sanctuary offers close encounters with native birds and reptiles, and the opportunity to feed eels and observe kiwis in their nocturnal house. It's a fantastic way to introduce kids to New Zealand's unique wildlife.



## A Farm Getaway Like No Other

**Cantharis Alpacas**  
105 Waterfall Road, Paraparaumu  
[nzalpaca.co.nz](http://nzalpaca.co.nz)

Cantharis Alpacas offers a delightful, hands-on experience with their friendly alpacas. This family-run farm invites visitors to engage in guided walks, providing an opportunity to lead, feed, and interact with these charming creatures amidst the scenic backdrop of the Kāpiti Coast hills. Make it a full getaway by staying in their on-site accommodation. Perfect for families, small groups, or private tours, it's a relaxed, unforgettable experience set against the stunning coastal hills.



Get close to nature with  
Kapiti Island Nature Tours

Walks, rides and guided eco-tours round out the array of activities on offer. No matter your interests, Kāpiti has an adventure waiting just for you.

## Beach Days Await



### Chilled Vibes

**Paekākāriki Beach**  
The Parade, Paekākāriki

Paekākāriki Beach offers a laid-back coastal vibe, attracting swimmers, surfers, and bodyboarders, while also boasting some great fishing spots for those looking to cast a line.



### Ideal for Families

**Raumati Beach**  
Garden Road, Raumati Beach

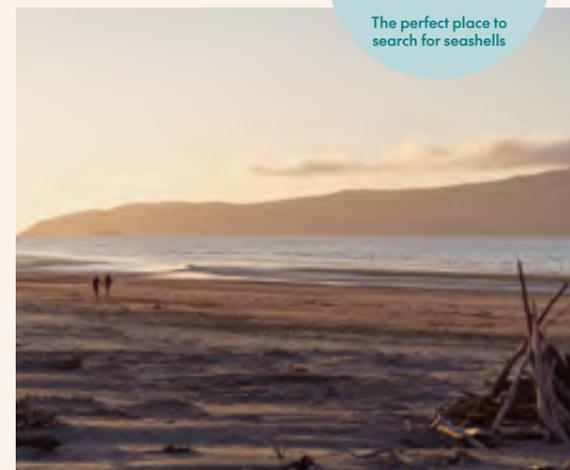
Raumati Beach is a delightful destination perfect for families, offering a serene setting for a relaxing day by the sea.



### Perfect for a Dip

**Paraparaumu Beach**  
Marine Parade, Paraparaumu Beach

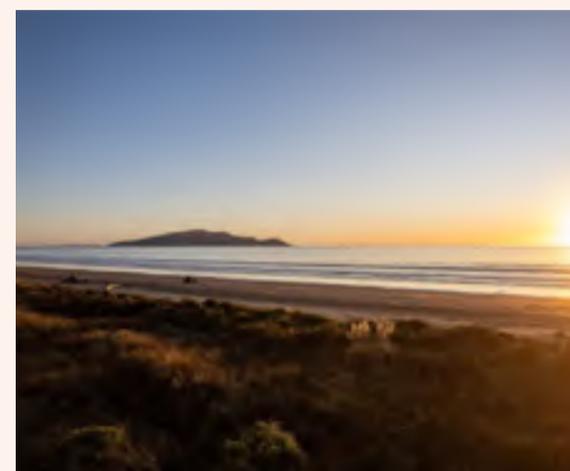
The largest of the seaside villages, Paraparaumu Beach is a popular family destination with safe-swimming, family-friendly facilities and easy access.



### Something for Everyone

**Waikanae Beach**  
Tutere Street, Waikanae Beach

A popular destination for swimming, fishing, kayaking, kite surfing and sand sailing Waikanae Beach has something to offer the whole family.



### The Perfect Escape

**Te Horo Beach**  
Te Horo Beach Road, Te Horo

Tucked away off the beaten track just south of Ōtaki, Te Horo Beach is the perfect escape for those looking for some peace and solitude.



### Easy living

**Ōtaki Beach**  
Marine Parade, Ōtaki Beach

Located at the northern tip of the Kāpiti Coast, Ōtaki Beach is an authentic Kiwi coastal destination known for its laid-back beach-bach vibes.



**Cycle along the coastline in Queen Elizabeth II Park**

Make a day of it and find the perfect activity pairing for your lunch stop at [visitkapiti.co.nz](http://visitkapiti.co.nz)

# Community and Culture Here, the heart beats louder.

Toi MAHARA Gallery Waikanae

Below image:  
The Ōtaki Kite Festival has  
something for everyone



Soak up the scene, from local  
events to arts and crafts and the  
spirit that brings us together.



Kāpiti's vibrant community and rich cultural scene are the heart and soul of the region. From local events to arts and crafts, there's always something happening that celebrates the spirit and creativity of Kāpiti.

Kick things off with a stop at Toi MAHARA Gallery in Waikanae, the district's public art hub buzzing with creativity. From contemporary gems to traditional treasures, exhibitions spotlight both local legends and national talent. Whether you're an art buff or just curious, it's the perfect place to tap into Kāpiti's cultural pulse.

**Toi MAHARA Gallery**  
20 Mahara Place Waikanae  
[toimahara.nz](http://toimahara.nz)

The Māoriland Hub is Ōtaki's beating heart, where film, visual arts, music, performance, tech, and stories all come together under one roof. Step into Toi Matarau Gallery to see powerful Māori art that bridges tradition and innovation, and feel the energy during the Māoriland Film Festival, where Indigenous voices from around Aotearoa and abroad take centre stage.

**Māoriland Film Festival**  
Held every March in Ōtaki  
[mff.maorilandfilm.co.nz](http://mff.maorilandfilm.co.nz)

Top image:  
The Māoriland Hub is a place where stories come together under one roof  
Bottom image:  
Beautiful objects on display at Toi MAHARA Gallery Waikanae



## Kāpiti Classic

**Kāpiti Classic**  
Hosted in March  
[facebook.com/KapitiClassic](https://facebook.com/KapitiClassic)

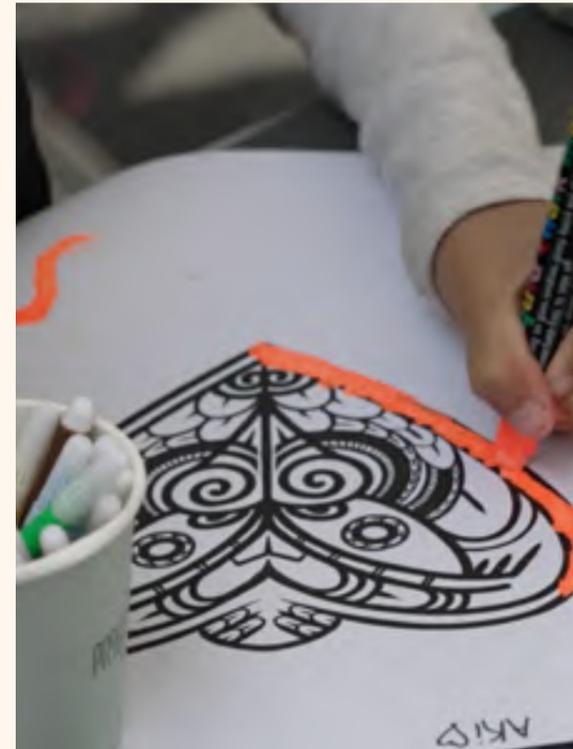
Kāpiti's music scene is alive and kicking with the Kāpiti Classic. Set at the outdoor amphitheatre in the Southward Car Museum, this one-day music blowout promises sun, sound, and serious vibes. Pack your picnic blanket, rally your crew, and settle in for live tunes, cold drinks, and a festival energy that's pure Kāpiti coast magic.



## Kāpiti Coast Art Trail

**Kāpiti Arts Trail**  
Held every November  
[kapiticoastarttrail.co.nz](https://kapiticoastarttrail.co.nz)

For those who appreciate the finer things, the Kāpiti Arts Trail is an annual event. Across two weekends, local artists fling open their studio doors so you can peek behind the scenes, chat about their craft, and maybe even take home an original. It's a rare chance to see creativity in action, and trust us, the talent here is seriously inspiring.



## Matariki on Moana Festival

**Matariki on Moana**  
Held mid-year in Ōtaki

Matariki on Moana will once again light up the heart of Ōtaki with live music, sweet, savoury and specialty food trucks, bouncy castles, market stalls, and art displays. There will be something for everyone, from tamariki to kaumātua!



## Community Markets

**Waikanae Community Market**  
Held every Saturday morning  
Park Avenue, Waikanae

Community markets are Kāpiti's beating heart. From Paraparaumu Beach to Waikanae, you'll find stalls piled high with fresh produce, handmade goodies, and plenty of local charm. But these markets are more than just a shopping trip, they're a social hangout where locals and visitors mingle, munch, and soak up the buzz.

## Arotake Toi Mahara Arts Review



**Local tip: Step inside  
Toi MAHARA, Waikanae's  
creative heart, and home  
to Kāpiti's art scene**

**Kāpiti's community is as warm and vibrant as they come, packed with creativity, diversity, and a whole lot of heart. From local events to artsy adventures (or just soaking up the friendly vibe), you'll feel right at home the moment you arrive.**

**The Kāpiti Food Fair offers an exciting, delectable, and indulgent day out**

Looking for a creative weekend getaway? Find itineraries and inspiration at [visitkapiti.co.nz](https://visitkapiti.co.nz)



# Tracks and Trails

## Here, nature is unrivalled.

Enjoy stunning views above  
Kāpiti on the Paekākāriki  
Escarpment Track

Below image:  
Uninterrupted alpine views  
from the Tararua Forest Park



If adventure moves you, Kāpiti  
is where you'll feel alive.



Our most popular walk:  
The Escarpment Track



The swing bridges on the Paekākāriki Escarpment Track are a popular feature of the walk

Kāpiti's charm lies in its ability to offer both adventure and tranquillity. It's a place where you can hike up the verdant hills in the morning and unwind on the sandy shores by afternoon. Prepare for sunshine and unforgettable experiences – Kāpiti is waiting to be discovered!

If you're the kind of person who feels most alive with the crunch of gravel underfoot, the swoosh of tyres on a trail, or the sway of a swing bridge high above the sea, Kāpiti is your kind of place. With landscapes that range from wild coastlines to lush native bush, every track is a fresh chance to slow down, breathe deep, and let nature set the pace.

Kick things off with the iconic Paekākāriki Escarpment Track, aka the Stairway to Heaven. This heart-pumping hike packs in 1,200 steps, skinny ridgelines, and two swing bridges, all before rewarding you with jaw-dropping views over Kāpiti Island and the Tasman Sea. Totally worth every step (and bead of sweat).

**Paekākāriki Escarpment Track**  
Access from either Paekākāriki or Pukerua Bay  
Walking time: 3-4 hours  
Length: 9.1km



Great for walking



## Go with the Flow

### Waikanae River Trail

Begin at the Otaihanga Domain on Makora Road  
Walking time: 2.5 hours | Length: 9.6km

For something more laid-back, the Waikanae River Trail is pure riverside bliss. Perfect for families, cyclists, or anyone just wanting fresh air, it meanders from the foothills out to the estuary, with plenty of shady picnic spots and swimming holes along the way.



Horse Friendly

Great for walking

Perfect Biking

## Ride the Coast

### Coast 35

Access from Paekākāriki or Raumati South  
Walking time: 2 hours  
Length: 5.4km

Cyclists, you're spoiled for choice in Kāpiti. For a chilled, family-friendly ride, Te Ara o Whareroa winds through Queen Elizabeth Park's dunes with beautiful ocean views. Feeling brave? Coast 35 is the ultimate playground for thrill-seekers, linking dunes, wetlands, tunnels, and farmland in one epic adventure.



Horse Friendly

Great for walking

Perfect Biking

## Into the Green

### Hemi Matenga Scenic Reserve

Access via Kakariki Grove  
Walking time: 2-3 hours  
Length: 1km-2.8km

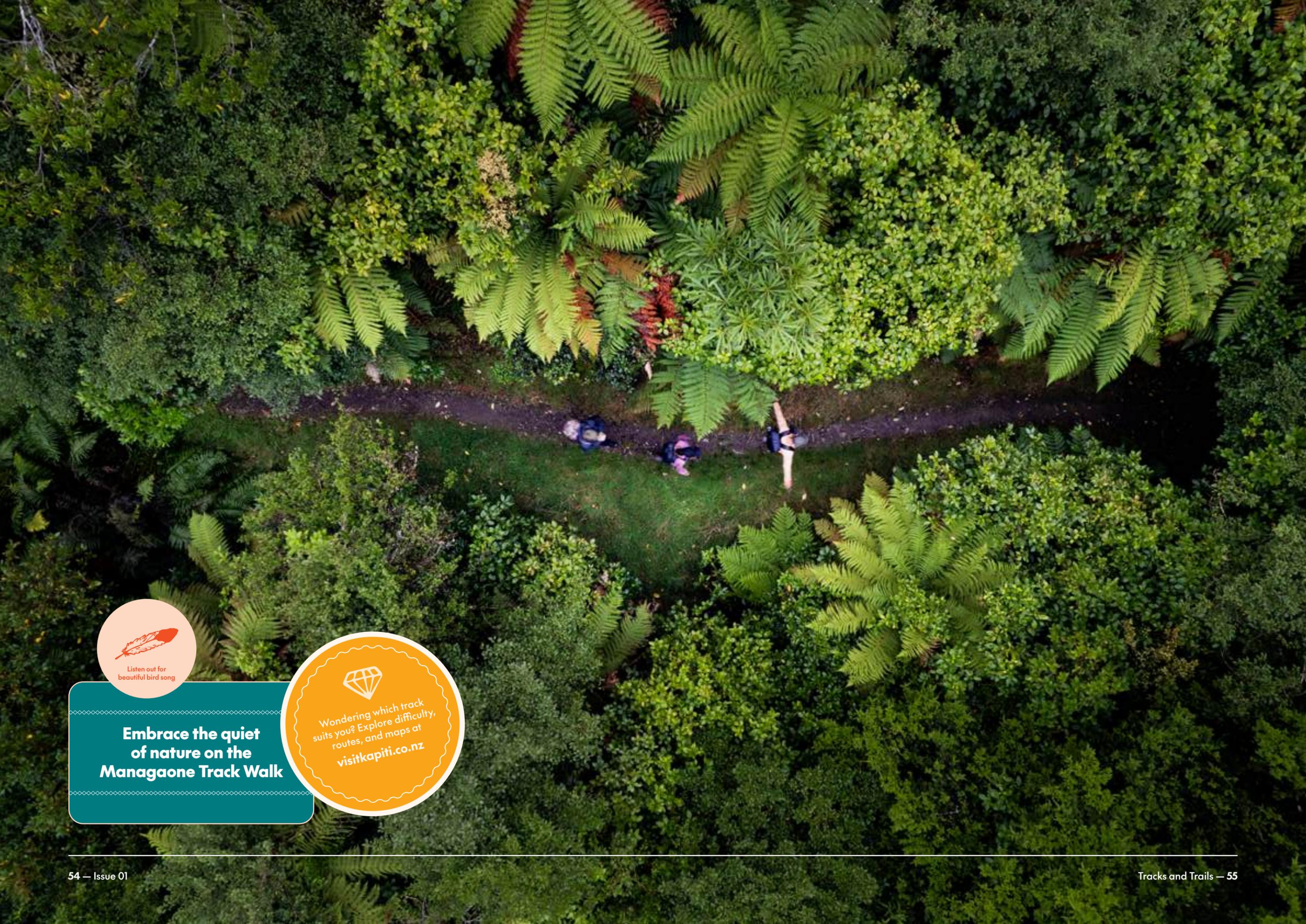


Great for walking



Need a dose of forest therapy? Hemi Matenga Scenic Reserve has you covered. Take the short kohekohe loop for a leisurely afternoon wander,

or tackle the steeper Parata and Te Au tracks for summit views that stretch across the entire Coast, totally worth the climb.



**Embrace the quiet  
of nature on the  
Managaone Track Walk**



## Top 5 Picks

### 1. Best for a Challenge

Paekākāriki Escarpment Track:  
Steep, spectacular, unforgettable.

### 2. Best for Families

Waikanae River Trail:  
Flat, fun, and full of picnic spots.

### 3. Best for Cyclists

Te Ara o Whareroa:  
Seaside riding at its most scenic.

### 4. Best for Epic Views

Taraura Forest Park:  
One of the best lookouts in  
the Tararua Range

### 5. Best for All Modes

Coast 35: Dunes, wetlands, tunnels, and trails,  
an unforgettable adventure whether you're  
horse riding, cycling, or walking.



Hemi Matenga Scenic Reserve

On the Kāpiti Coast, the only question is:  
how far do you want to go today?

# Dreamy Escapes

## Here, the days are golden.

Golden hour at The Round House in Waikanae

Below image:  
Spend a night on Kapiti Island  
with Kapiti Island Nature Tours



From cosy boutique escapes to beach baches and glamping under the stars.



Slow down and watch the sunset at Tunapo Escape

Nights on the Kāpiti Coast are every bit as magical as the days. Whether you're curling up in a beachside bach with the sound of waves in the background, soaking in a hot tub under a sky full of stars, or waking to birdsong in a luxury glass pod, Kāpiti's stays are designed to make you slow down and savour the moment.

For those chasing romance and seclusion, boutique hideaways like Tunapo Escape, Kokomea PurePods, and Falcon Ridge set the bar high. Think sweeping coastal views and sunsets that feel like they've been put on just for you.

**Tunapo Escape**  
1227 Paekakariki Hill Road  
Paekākāriki Hill  
[tunapoescape.co.nz](http://tunapoescape.co.nz)



## Coastal Glamping

**Dreamscape Glamping**  
Waikanae  
[dreamscapeglamping.co.nz](http://dreamscapeglamping.co.nz)

If glamping is more your style, you'll find no shortage of dreamy escapes. Dreamscape Glamping above Waikanae, Te Hapua Coastal with its private hot tub, or Dirt Farm's Yurts tucked into the Tararua foothills, all serve up the perfect blend of adventure and indulgence.



## Beachside Baches

**The Big Bach**  
Raumati South  
[thebigbach.co.nz](http://thebigbach.co.nz)

Families and groups can keep things classic with a Kiwi bach. From the retro charm of Te One in Paekākāriki to the sprawling Big Bach in Raumati, these coastal retreats are built for BBQs, sandy feet, and long afternoons that roll into golden evenings.



## Unique Stays

**Classic Airstream Getaway Experience**  
Paekākāriki  
[paekakariki.nz](http://paekakariki.nz)

Looking for something different? You'll find it here too, from sleeping in a restored 1920s brick Stables cottage in Ōtaki, to a retro Airstream in Paekākāriki, to staying right inside Ngā Manu Nature Reserve at Theo's Nature Stay. Each one is uniquely Kāpiti, and each one guarantees you'll leave feeling reset.

Below image:  
Stay in the tranquil hills of Te Horo at Blackwood luxury hideaway. A place to rest, reconnect and unwind



On the Kāpiti Coast, every stay has its own kind of magic, the kind you'll want to come back for.

## Top 5 Picks

### 1. Best for Romance

Tunapo Escape

### 2. Best for Stargazing

Kokomea PurePods

### 3. Best Luxury Retreat

Rest, reconnect and unwind at Blackwood Luxury Hideaway, set in the tranquil hills of Te Horo

### 4. Best for Unique Escapes

Paekākāriki Classic Airstream

### 5. Best Close-to-Nature Stay

Kapiti Island Glamping

Relax and enjoy  
the starry views at  
Kokomea PurePods



Views to Kapiti Island



Found your stay? Plan the  
rest of your coastal escape  
with our itineraries on  
[visitkapiti.co.nz](http://visitkapiti.co.nz)

# Wellness and Relaxation Here, calm is second nature.

Find fresh air and views  
for days in Kāpiti

Image below:  
Bask under the stars in  
the outdoor hot tub at The  
Round House in Waikanae



Breathe deep, unwind,  
and soak up Kāpiti.



When it's time to slow down and refill your cup, the Kāpiti Coast is the place to do it. With golden beaches, tranquil rivers, and boutique wellness retreats, this is where busy minds switch off and tired bodies recharge.

Start your day with a quiet stroll at the Waikanae Estuary, where the morning light glows over the water and birdsong fills the air. It's the perfect setting for mindfulness and gentle movement. For something more active but equally restorative, try paddleboarding on the calm waters of Paraparaumu Beach, a workout for the body, therapy for the soul.

**The Sauna Project Kāpiti**  
Field Way, Waikanae Beach  
[thesaunaproject.co.nz/kapiti](https://thesaunaproject.co.nz/kapiti)

Enjoy an immersive wellness experience with The Sauna Project Kāpiti



Set in a lush,  
green setting

**Summer Favourite:  
Beat the heat  
with a dip at the  
Waikanae Pools**



Find your calm on the coast.  
Start planning at  
[visitkapiti.co.nz](http://visitkapiti.co.nz)



Image opposite:  
Enjoy sunny walks along  
the Waikanae River Trail



## Boutique spas and retreats

**Simplicitè**  
5 Aputa Place, Waikanae  
[simpliciteskinclinic.co.nz](http://simpliciteskinclinic.co.nz)

Boutique spas and retreats along the coast serve up everything from hot stone massages and botanical facials to full-on wellness packages with yoga, meditation, and delicious local food. Pamper at **Simplicitè Skin Health & Beauty**, recharge at **Lotus Yoga Centre & Retreat**, or unwind at **Te Awa Journey Retreat** on Kāpiti Island. Prefer your pampering with a view? Many luxury stays from **Tunapo Escape** to **Te Hapua Coastal Glamping** offer private hot tubs for soaking under the stars.



## Unwind with Pilates

**Soul Reformer Pilates**  
Unit 1, 55 Maclean Street, Paraparaumu  
[soulpilatesnz.co.nz](http://soulpilatesnz.co.nz)

**Soul Pilates** brings a fresh energy to the Kāpiti Coast, a studio where feel-good vibes meet seriously strong movement. Born from one local's love for reformer Pilates in the city, the dream has come full circle: now a thriving space where the community is hooked on its uplifting atmosphere and empowering workouts.

## Top 5 Picks

### 1. Best for Mindfulness

Waikanae Estuary:  
Peaceful trails with birdlife all around.

### 2. Best on the Water

Paddleboarding at Paraparaumu Beach:  
Calm seas, clear head.

### 3. Best Spa Escape

Local boutique day spas:  
Massages, facials, and total pampering.

### 4. Best Hot Tub Stay

Te Hapua Coastal Glamping:  
Sunsets, stars, and a private tub.

### 5. Best Sunset Ritual

Any Kāpiti beach:  
Nature's daily show, best enjoyed barefoot.



Paraparaumu Beach is  
the perfect spot to relax  
with friends and family

Sometimes wellness is as simple as sitting on the sand with fish and chips, watching the sun sink into the horizon. On the Kāpiti Coast, slowing down comes naturally.

# Spotlight Stories.



The iconic Holtom's Building in Paekākāriki is home to local cafes and eateries

Image below:  
Enjoy delicious Dutch  
Stroopwafels at Montfoort  
in Sheffield Street



Uncover the hidden gems  
of Kāpiti life.

## Spotlight Stories



### Boutiques by the Beach

**Raumati South Village**  
Margaret Road, Raumati Beach

The delightful shops at Raumati Beach offer more than just coastal charm. Set in a laid-back seaside setting, they're home to world-class finds. With a relaxed atmosphere that encourages slow browsing, you're bound to come across something special.



### A day at Waikanae Beach

**Waikanae Beach**  
Enter via Tutere Street

Spend a day at Waikanae Beach and soak up the real Kāpiti vibe. Dotted with Pohutukawa trees, the long stretch of sand showcases expansive views of the island. Pop across the road to the local cafés for a flat white or woodfired pizza, or grab delicious ice-cream and some goodies from the local Four Square for an iconic picnic on the beach while the tide rolls in, it's laid-back coastal life at its finest.



### A beachside weekend away

**Paekākāriki Holiday Park**  
180 Wellington Road, Paekākāriki  
[paekakarikiholidaypark.co.nz](http://paekakarikiholidaypark.co.nz)

Pack light, dream big, and don't forget your sunhat for a weekend at Paekākāriki Holiday Park. Just steps from the sand, you can wake up to the sound of the waves, stroll along the beach, or watch the sun dip behind Kapiti Island. Whether you're pitching a tent, parking your camper, or staying in a cosy cabin, it's the perfect mix of chill vibes, seaside adventure, and classic Kāpiti charm.



### Sweet dreams start here

**Kāpiti Chocolate Factory**  
5 Lorien Court, Raumati Beach  
[kapitichocolatefactory.co.nz](http://kapitichocolatefactory.co.nz)

Got a sweet tooth? Kāpiti Chocolate Factory has your back. Dive into handcrafted chocolates, gooey fudges, creamy fudges, and delectable truffles that are made with passion and creativity. It's a chocoholic's paradise!

## Spotlight Stories



### Sheffield Street on a Saturday Morning

**Sheffield Street Market**  
4a Sheffield Street, Paraparaumu

Saturday mornings on Sheffield Street are a proper Kāpiti treat. Grab a cup of Dark Horse Coffee, tuck into a fluffy Montfoort Dutch pancake, as the street buzzes with locals and visitors alike. With the smell of fresh coffee in the air and the friendly chatter all around, it's a morning that perfectly captures Paraparaumu's laid-back, sunny-side-up vibe.



### Savour the Flavour at Seriously Pickled

**Seriously Pickled**  
43 Seaview Road, Paraparaumu Beach  
[seriouslypickled.nz](http://seriouslypickled.nz)

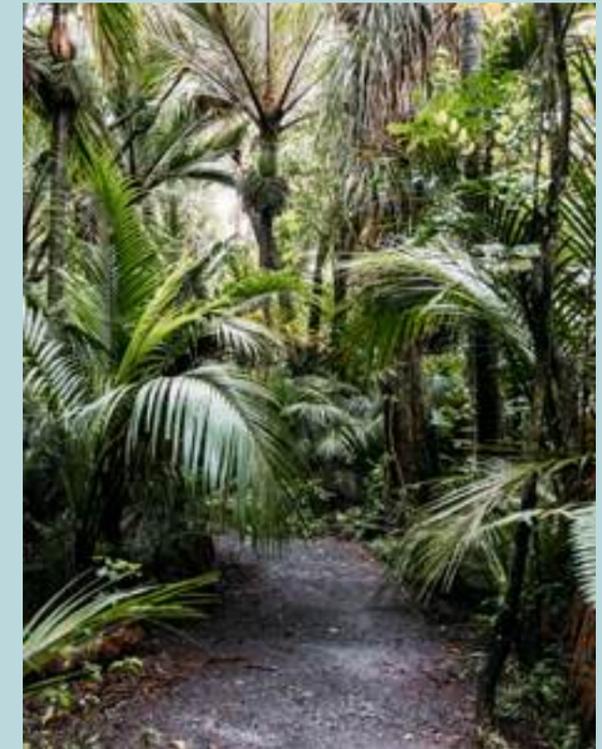
At Seriously Pickled, Lucinda Caldwell brings her culinary expertise and passion for fresh, local ingredients to every dish. Located in Paraparaumu Beach, this charming deli offers a rotating menu of wholesome, gluten-free meals, including their renowned cheese scones, voted second-best in the Wellington region.



### Taste of America at Salty's Diner

**Salty's Diner**  
44 Seaview Rd, Paraparaumu Beach  
[foodfolk.co.nz/saltys-tavern](http://foodfolk.co.nz/saltys-tavern)

Salty's is a laid-back tavern blending great food, craft beer, and beachside vibes. Known for Detroit-style deep-dish pizza, deli sandwiches, and fresh ingredients from its own gardens, it's a go-to for locals and visitors alike. Step through the stripe-painted alley to find a 1970s Airstream, seven taps of North End beer, and a lively space with music, pinball, pool, and live gigs. With its sunny courtyard by day and candlelit buzz by night, Salty's is casual, welcoming, and all about good times.



### Discover Nikau Reserve

**Barry Hadfield Nikau Reserve**  
State Highway 1, Paraparaumu  
[kapiticoast.govt.nz](http://kapiticoast.govt.nz)

Tucked just north of Paraparaumu, Barry Hadfield Nikau Reserve is your perfect dose of bush-therapy. Fifteen minutes (give or take) up the trail will take you through 11 hectares of pristine native nikau palms, kohekohe trees, and plenty of leafy green privacy. You'll earn a lookout that spills views across the coast, Kapiti Island, and even Mt Taranaki on a clear day.



  
From quick bites to foodie delights. Discover menus from a world of flavour at [visitkapiti.co.nz](http://visitkapiti.co.nz)

**Recharge at  
Hey Coastie Eatery  
in Waikanae Beach**

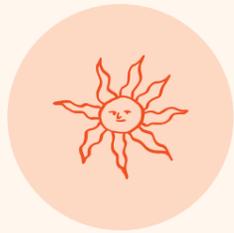
  
A stone's throw  
from Waikanae Beach

# Seasonal Tips and the Local Scoop

Local tips for making the most  
of Kāpiti year-round.



Feasting at Hey Coastie



## Summer (Dec–Feb):

Long days, golden beaches, and festival season. Perfect for swimming, surfing, and late-night gelato on the waterfront.

### Insider tip:

Head to Ōtaki Beach in the evening — it's one of the locals' favourite sunset spots.

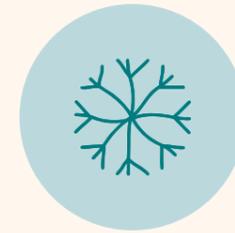


## Autumn (Mar–May):

Crisp mornings and calm seas make it the best time for hiking and cycling. The Escarpment Track is spectacular with cooler air and fewer crowds.

### Insider tip:

Pack a jacket for those breezy ridgelines.



## Winter (Jun–Aug):

Cool days call for cosy escapes. Soak in a hot tub at Tunapo Escape, warm up with small-batch craft beer at North End Brewery, or cruise through Toi MAHARA to see what's on display.

### Insider tip:

Winter is when you'll find the clearest views of Kapiti Island from the shore.



## Spring (Sep–Nov):

Wildflowers bloom, native birds get busy, and the whole coast comes alive. Perfect for birdwatching at the Waikanae Estuary or seeing ducklings at Ngā Manu Nature Reserve.

### Insider tip:

Spring swells are a surfer's dream at Peka Peka Beach.

# Inside Scoop

## Markets first:

Saturday mornings start at the Paraparaumu Beach Market — grab coffee, stock up on treats, then hit the beach.

## Take the ferry:

A trip to Kapiti Island needs to be booked in advance to secure your spot.

## Pack layers:

Even on the sunniest day, a coastal breeze can sneak up. A light jacket is always a good call.

## Slow down:

Trains and buses run, but the best way to see Kāpiti is at a local pace — walking, cycling, horse riding or cruising along the expressway with time to pull over at the lookouts.

## Stay for sunset:

No matter the season, locals never miss the show. Grab fish and chips, head to the sand, and let the sky do its thing.

## Sweet relief:

You're never more than 10km away from an icecream shop.



Horse Riding down Waikanae River



A Summer Like  
No other



Peddalling along the  
Waikanae River Track



Summer evenings at Raumati Beach



Kapiti Island's lagoon  
from above

# Helpful Tips

Little details to help you plan  
your Kāpiti adventure.

# Your Adventure Starts Here



Kapiti Island

## Ōtaki

## Peka Peka

## Te Horo

## Raumati

## Waikanae

## Paraparaumu

## Paekākāriki



Kapiti Island Nature Tours



Māoriland Hub

Great horse riding beach



Long Beach Hey Coastie  
Pizza, Cocktails, Eateries



Penray Gardens



Tate Modern Gallery



Toi MAHARA



Ngā Manu



Waikanae Estuary



Waikanae Golf Course



Paraparaumu Beach Golf Course



Montfort The Roastery  
Dark Horse Coffee

Sheffield Street



Duncan's Brewery



Maclean Street



Kāpiti Chocolate Factory



Raumati Sands Resort



Wellington Tramway



Coastlands Mall



Southward Car Museum



Hemi Matenga Walk



Great cafes



Paekākāriki Holiday Park



Queen Elizabeth II Park



The Escarpment Track

# Transport Options

## Just 35 minutes from Wellington



**By Car**  
Just 35 minutes from Wellington City.



**By Plane**  
Fly with Sounds Air and Air Chathams into Kāpiti Coast Airport.



**By Train**  
Travel by train with Wellington, Palmerston North and Auckland connections.

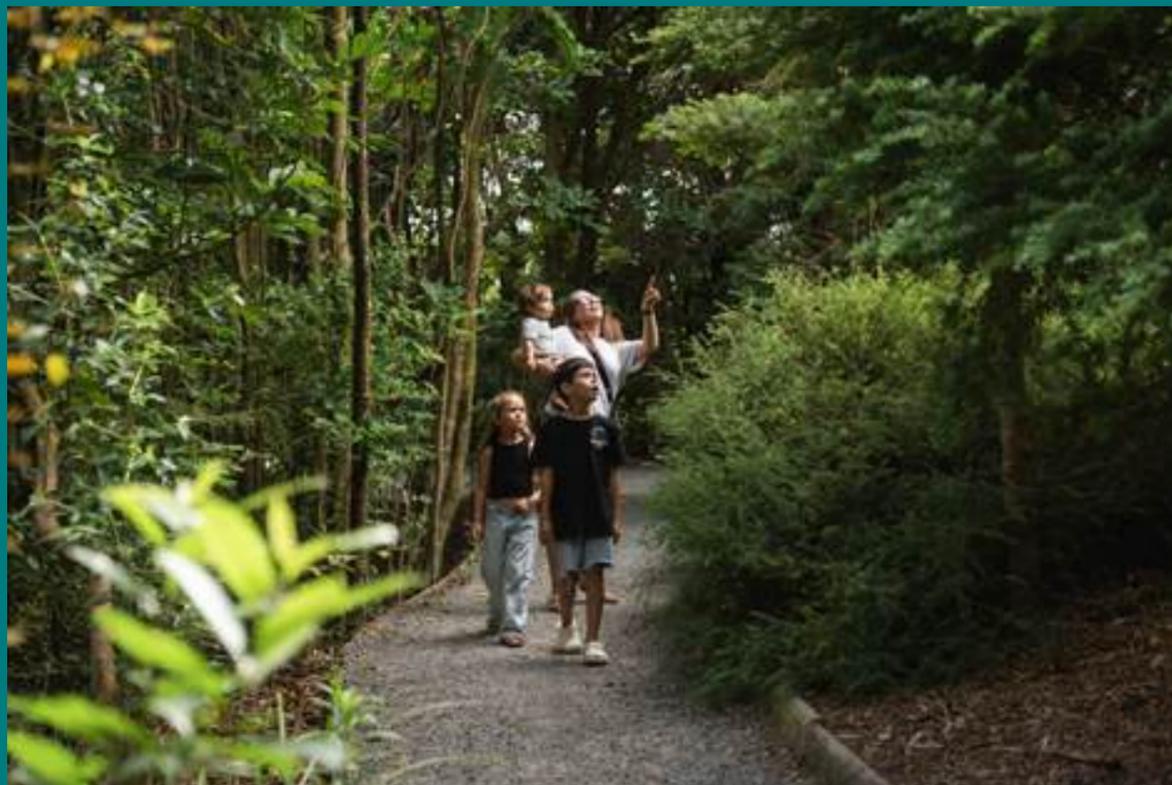


**By Boat**  
Cruise into Wellington and connect by train or private car.



En route to Kapiti Island





A family day out at Ngā Manu

## Visitor Essentials

### Visitor Centre:

Paraparaumu, Coastlands Mall – maps, bookings, local tips.

### Emergency:

Dial 111. Nearest hospital: Kāpiti Health Centre (Paraparaumu).

### Wi-Fi:

Free in libraries, Coastlands, many cafés.

### Weather guide:

Summers average 22°C, winters mild at 12°C, with some coastal wind — pack layers.

### Currency and payments:

NZD. Cards widely accepted; markets often cash-friendly.

## Accessibility & Family

### Accessible attractions:

Waikanae River Trail, Te Ara o Whareroa, Southward Car Museum.

### Family favourites:

Marine Gardens + miniature railway, Waikanae Pools, Ōtaki splash pad.

### Dog-friendly:

Many beaches and trails allow dogs (on lead, check signage).

## Local Know-How

### Markets:

Paraparaumu Beach Market (Sat AM), Waikanae Market (Sat AM), Ōtaki Market (Sun AM).

### Seasonal events:

Ōtaki Kite Festival (Feb), Māoriland Film Festival (Mar), Kāpiti Classic (Mar), Matariki on Moana (June), Kāpiti Arts Trail (Nov), Kāpiti Food Fair (Dec).

### Etiquette:

Respect Māori cultural sites and kaitiakitanga on Kapiti Island. Always take rubbish with you.

### Transport hacks:

Snapper card works on trains and buses. Park & ride available at Waikanae and Paraparaumu stations.

## Handy Extras

### Packing tips:

Layers, sunnies, sunscreen, insect repellent.

### Best photo spots:

Escarpment Track lookouts, Waikanae Estuary, Raumati sunsets.

### Local apps & radio:

Surf forecasts (Surf2Surf), MetService for weather, Coast Access Radio (104.7FM).



Beach picnics with endless views at Raumatī Beach

**Grab your sunnies and  
your sense of freedom,  
because it's time to escape  
to a world where every day  
feels like a holiday.**

[visitkapiti.co.nz](http://visitkapiti.co.nz)



**kāpiti**®