



Palmerston North



Walking

Difficulty

Easy

Length

12.5 km

Journey Time

2.5 hours

Region

[Manawatu/Whanganui](#)

Sub-Region

[Palmerston North](#)

Part of Collections

[Te Araroa - New Zealand's Trail](#) , [Te Araroa - North Island](#)

Track maintained by

[Te Araroa Trail Trust](#)

Te Araroa trail section: Heritage collections, art galleries and urban street art go hand in hand with the colourful array of cafes and dining options that will take your taste buds on a tour of the world. The city is bordered by the Tararua and Ruahine mountain ranges, spectacularly divided by the Te Apiti – Manawatū Gorge, making a unique landscape that offers mountains to sea, city to countryside, all in the same day.

Napier Road to Fitzherbert Ave Bridge – 7.5km / 1.5 hours

See [Alert](#) , this section is currently affected by a closure on the Gasworks Drain walkway.

- After crossing the road from the cemetery exit, turn left (east) on Napier Rd and follow the footpath 500m to the start of the shared walkway beside the Gas Works Drain.
- Follow the shared path for 1.5km, from the Napier Road entrance down to the Manawatū River where it connects with the main Manawatū River shared path along the edge of the city.
- Turn right and follow the river path downstream for 5.5km until you reach the Fitzherbert Ave road bridge which crosses the Manawatū River.
- At the Fitzherbert Ave bridge, you can leave the trail and take a 2km diversion north into the city centre.

Fitzherbert Ave Bridge to Old West Road – 6km / 1 - 1.5 hours

- Follow the path downstream from the Fitzherbert Ave bridge for about 1km until you reach He Ara Kotahi pedestrian bridge which crosses the Manawatū River.
- Cross He Ara Kotahi Bridge, turn right and follow the sealed pathway for about 100 metres.
- Turn left and follow the pathway which connects to Dairy Farm Road. Follow the shared path beside the road through the Fitzherbert Science Centres which ends at Tennant Drive.
- The path continues under the Tennant Drive bridge, beside Turitea stream, then enters Bledisloe Park bush at the carpark adjacent to the stream. The Massey University Manawatū Campus lies to the south of the stream.
- The trail then follows the well-formed pathway through the bush before climbing up the stepped terrace with views over the picturesque Massey University Campus.
- Continue following the marked trail through open city parks, small bush reserves, fenced walkways and paddocks, to Old West Rd.
- Cross to the pathway on the other side of Old West Rd via the underpass at the Turitea Stream bridge.

Conditions

Potential Hazards:

- Vehicles on road or track
- Track exposed to sun, wind or cold

How to get here

Northern Start: Fitzherbert Ave Bridge



Southern End: Old West Road (SH57)

Transport

Getting there/away

- [Air New Zealand](#)  – Palmerston North Airport, Airport Drive, Milson P: 0800 737 000
- [InterCity](#)  Buses arrive/leave from The Square

Rail




- [Capital Connection](#)  – Weekday service to/from Wellington
- [Northern Explorer](#)  – Tourist scenic service to/from Auckland or Wellington

Trains Depart from Train Station – Off Tremaine Avenue, Palmerston North

Local transport

[Palmerston North Bus services](#)  – Arrive/depart from Main St, near The Square, Palmerston North

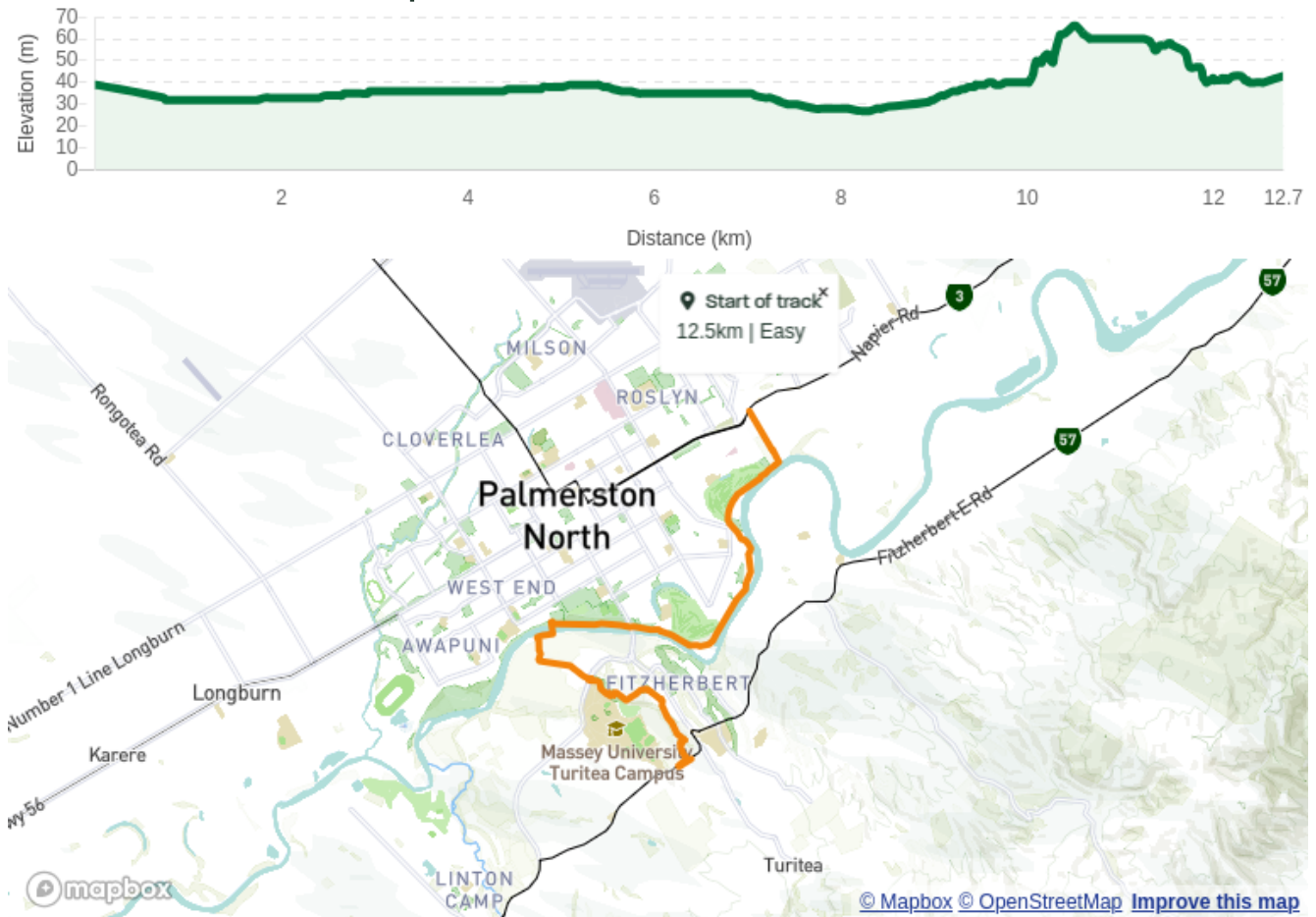
Accommodation

- Te Araroa homestay and camping, just 50m off the trail near the Fitzherbert Bridge over the Manawatū River. Beds available or camping if preferred. Hot shower, use of kitchen, laundry, linen provided, bikes available. Payment by koha/contribution. Hosted by Brian and Paula, Te Araroa Manawatū Trustee P: 027 6900 260 or 027 222 3742
E: degoldiway@gmail.com
- [Whiowhio Hut](#)  - Palmerston North (close to the Manawatū River Shared Path). Please phone or text before arrival. P: 027 470 9829 -
E: whiowhiohut@swampthing.co.nz Urban tramping hut. Kitchen, shower, laundry, bikes and even electricity. Payment by koha (donation). Hosted by Te Araroa walkers, Te Araroa Manawatū Trustees, and Whio (native blue duck) enthusiasts Anthony and Fiona (a.k.a. Whin and Whiona).
- Palmerston North Holiday Park. 133 Dittmer Drive (off Ruha St) Palmerston North. P: 06 358 0349 E: palmerstonnorthholidaypark@xtra.co.nz
<https://palmerstonnorthholidaypark.co.nz/> 
- [Local accommodation businesses](#) 

Food And Supply

- Pak N' Save - 327 Ferguson St, Palmerston North
- Countdown - Cnr Ferguson and Ashley St, in the Plaza
- New World Melody's Supermarket - 299 Broadway Ave
- Bin Inn - 688 Main St
- 4 Four Square - 354 Albert St, Hokowhitu
- New World Aokautere, 198 Ruapehu Drive

Track Elevation and Map



More information

[Te Araroa Manawatū-Whanganui trail notes, including information about accommodation transport and resupplying](#) [↗](#)

- [Map 74](#) [↗](#)
- [Map 75](#) [↗](#)

General information

- [Palmerston North City i-SITE](#) [↗](#) - Te Marae o Hine - The Square, Palmerston North - P: 06 350 1922 or 0800 626 292
- [DOC Te Papaioea/Palmerston North Office](#) [↗](#) - 28 North Street, Palmerston North - P: 06 350 9700

Before starting Te Araroa either as a through-walker of the whole country or a section walker, [please register on Te Araroa website](#) [↗](#). Please also [visit the website](#) [↗](#) or [download the app](#) [↗](#) for detailed maps, trail alerts and other relevant information.

We encourage you to continue gaining the skills and knowledge required for a safe trip. The NZ Mountain Safety Council has lots of free resources and information you can use. These can be accessed via www.mountainsafety.org.nz [↗](#).

We recommend trying these online learning tools:

[Trip Planning](#) [↗](#)

[Tramping/field Skills](#) [↗](#)

[Basic Navigation](#) [↗](#)

[River Safety](#) [↗](#)

Additionally, check out the range of helpful videos available from the NZ Mountain Safety Council [YouTube channel](#) [↗](#).



