



## BEGINNER RIDES

IDEAS FOR KIDS AND BEGINNER RIDES IN THE WELLINGTON AREA

### **WELLINGTON**

**MAKARA PEAK** – Grades 2 to 5

Visit the Makara Peak website – <http://www.mountainbike.co.nz/places/makarapeak/>

Check out the first timers guide, print yourself off a map

There are no flat tracks

KORU – Grade 2

SALLY ALLEY – Grade 2 to 3

MAGIC CARPET – Grade 2

LAZY FERN – Grade 2 to 3 Downhill

Try the skills area at the top of Koru

**MOUNT VICTORIA** – Grades 2 to 5

Only small parts suitable for beginners

Majoribanks Street to Pirie Street

Around the Velodrome and the track off south end

**RED ROCKS** – Grade 2

Visit the seals at Sinclair Head

Closed to motor vehicles on Sundays – so a good day for a ride

Some soft sand sections, normally require some walking

**QUEENS WHARF to ORIENTAL BAY** – Grade 1

An interesting area for a flat ride, lots of things to see and places to stop

Very sheltered in a southerly

**SALVATION** – Grade 2 to 3

Try this one as downhill, starting at the western car park on Wrights Hill with a pick up at Fitzgerald Avenue in South Karori. Nearly 4 km of downhill track. Fairly narrow.

Watch out for uphill riders

## ***HUTT VALLEY***

### **HUTT RIVER TRAIL – Grade 1 to 2**

On the eastern side you can go from the sea to Harcourt Park in Upper Hutt – there is also a section from Akatarawa Bridge to Te Marua. Some areas you can choose the top of the stop bank or a path nearer the river.

On the western side it stops and starts – you can get from the sea to Manor Park, but can not get to Silverstream Bridge without traveling on SH2 - Silverstream Bridge to Moonshine Bridge is good - there is no access between Moonshine and Totara Park Bridges – From Totara Park Bridge you can ride to the Akatarawa Bridge.

Crossing the Ava Rail Bridge is fun – especially when the train comes – the other rail bridges don't have walkways.

### **TUNNEL GULLY – Grade 1 to 2**

Ride the railway incline both ways from the top car park

Take a torch for the Tunnel

If you are a bit more adventurous go through the tunnel – follow the 4WD track for about 600 metres turn left into a 4WD track heading up the hill – follow this to a four way intersection – go straight ahead down the graveled single track back to the top car park – This part is Grade 3

### **RIMUTUKA INCLINE – Grade 1 to 2**

Up and back on the Upper Hutt side is fairly gentle

The Wairarapa side is steep

Take a torch for the Summit Tunnel

### **BARTONS BUSH – Grade 1**

Short – do some river trail as well

### **PENCARROW LIGHTHOUSE – Grade 1**

If it is a Northerly wind it is easy to get there but hard work on the way back.

### **BELMONT REGIONAL PARK – OLD COACH ROAD – Grade 2**

A bit of uphill in this one

Start at the very top of Normandale Road – Follow the 4WD road up onto the farm – great views.

Return the same way.

### **GUM TREE LOOP – Grade 1 to 2**

Park at the end of Hine Road, Wainuiomata – ride across the park, follow the track up the valley.

Return the same way or via the waterworks road.

### **PETONE FORESHORE – Grade 1**

Include a ride to the end of the wharf.

Check out the boat sheds at the mouth of the Hutt River

Links on to the Hutt River Trail with a walkway under the Waione Street Bridge

### **KARAPOTI GORGE – Grade 2 to 3**

The easy part of the Karapoti Classic Race course.

You are likely to get wet feet soon after the carpark

Listen for motorbikes – they are normally fairly considerate

## ***PORIRUA***

### **CAMBORNE WALKWAY – Grade 1**

From the beach beside the Paremata Bridge to the Water Ski Club on Grays Road  
Neat collection of boatsheds

### **ARA HARAKEKE PATHWAY – Grade 1**

Plimmerton to Pukerua Bay past Taupo swamp  
A good climb to the ice cream shop at the Pukerua Bay end

### **WHITBY WALKWAYS – Grade 1**

Wide sealed walkways with a few gentle slopes  
Ride around the lake beside the shopping centre – the upper lake is a bit harder

### **BOTHAMLEY PATHWAY – Grade 1 & 2**

From the Porirua Railway station through Porirua East to Waitangirua and Ascot Park

### **WHITIREIA PARK – Grade 1 & 2**

Around the coast on the west side of Porirua Harbour

## ***KAPITI***

### **WAITARERE FOREST – Grade 1 to 3**

Forestry Roads and single tracks through Pine Forest

### **WAIKANAE RIVER – Grade 1 & 2**

Start at Otaihanga Domain  
Explore both sides of the river bank

### **QUEEN ELIZABETH PARK – Grade 1 to 3**

A network of tracks with a surprising number of hills

### ***Useful Information:***

- Porirua City Council Brochure – Walking and Cycling Tracks in Porirua City
- Hutt City Council Brochure – Hutt City Tracks & Trails
- Classic New Zealand Mountain Bike Rides by Paul, Simon & Jonathan Kennett.
- Greater Wellington Regional Council - Regional Cycling Maps
- W.C.C. Mountain Bike Brochure – available on line via [www.feelinggreat.co.nz](http://www.feelinggreat.co.nz)

### ***When taking kids for a ride***

Always consider the wind – ride with it where possible.

One way rides with pickups often work well.

Give intermediate goals (i.e. We will stop at the next bridge or we will have a lolly at the top of the hill)

Start with shorter, easier rides and work up to the epics.

Have plenty of stops.

Be prepared to walk some bits.

Take food and drink – a few lollies or mini chocolate bars are good