

Christchurch Coast and Plains

Walks



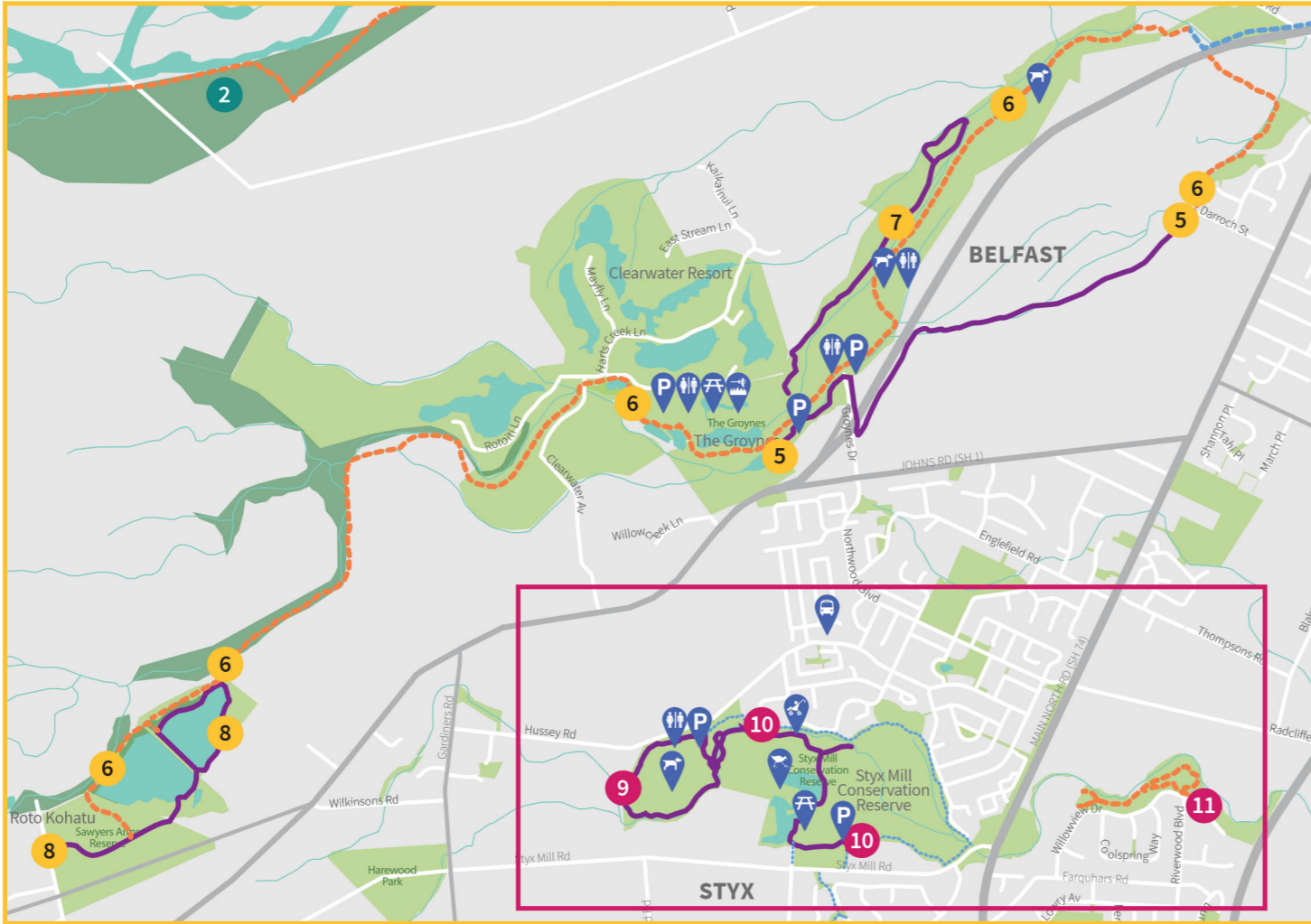
North-west Christchurch

Dogs: Prohibited at Ōtukaikino Living Memorial, effective control everywhere else.

- 1 Mcleans Forest Walk**
Distance: 9-11 km Time: 2.5 hours return
Start/finish: Mcleans Forest car park, Mcleans Island Road
An easy, well-marked track that meanders through pine forest.
- 2 Templars Island Trail**
Distance: 17 km Time: 3.5 hours
Start: Mcleans Forest car park, off Mcleans Island Road
Finish: Whites Crossing picnic area, off Coutts Island Road
A lengthy and enjoyable shared use track along the river.
- 3 Te Raukaaka Trail**
Distance: 5.2 km Time: 1 hour
Start: Whites Crossing picnic area, off Coutts Island Road
Finish: Brooklands Lagoon
A shared use trail on gravel track through wetland habitat. Take care at road crossings.
- 4 Ōtukaikino Living Memorial Walk**
Distance: 1.2 km Time: 35 minutes return
Start/finish: Ōtukaikino Reserve car park, Main North Road
An easy circuit on formed track and grass that passes pools and native plants. Wheelchair accessible to the oak trees. No food allowed past bridges for cultural reasons.



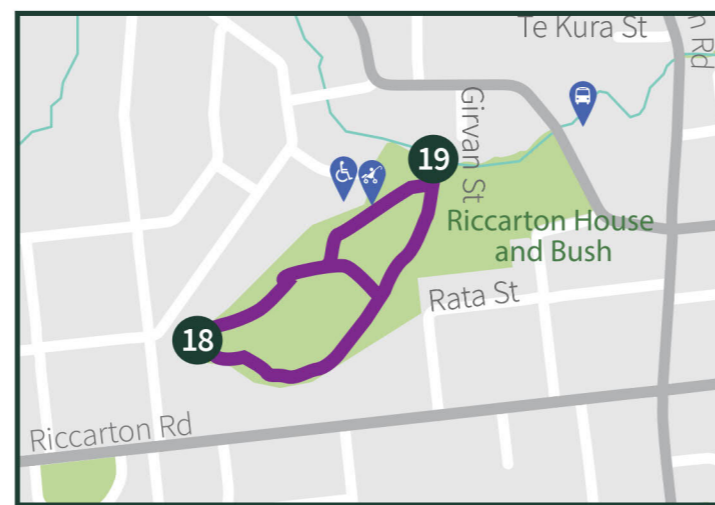
Te Raukaaka Trail (3)



Pūtarīngamotu Riccarton Bush

Dogs: Prohibited in bush, on leash in Riccarton House gardens.

- 18 Te Ara Kahikatea Track**
Distance: 1 km Time: 20 minutes return
Start/finish: Riccarton House, off Kahu Road
A lovely loop walk through native bush and remnant kahikatea forest. Boardwalk slippery when wet. A shorter accessible walk is also available.
- 19 Te Ara Taonga Māori Trail**
Distance: 500 metres Time: 10 minutes return
Start: Riccarton House, off Kahu Road
A tranquil and accessible bush walk through remnant Kahikatea Forest.



Ōtukaikino Track, The Groynes (6)

The Groynes and Roto Kohatu

Dogs: Prohibited in the Groynes except on the Ōtukaikino Track where they can be leashed to pass through. Dedicated dog park also on site. On leash at Roto Kohatu.

- 5 Waimairi Walkway**
Distance: 2 km Time: 30 minutes
Start: Groynes car park, off Johns Road
Finish: Darroch Street Reserve, Belfast
A flat and easy walk through rural and urban features.
- 6 Ōtukaikino Track**
Distance: 9 km Time: 2 hours
Start: Darroch Street Reserve, Belfast
Finish: Roto Kohatu Reserve car park, off Sawyers Arms Road.
An easy but lengthy stroll through countryside. Create your own shorter walk from access points at the Groynes and Clearwater Resort.
- 7 Island River Loop**
Distance: 3 km Time: 40 minutes return
Start/finish: Kimihia campsite access road, the Groynes
An easy loop track along the river through dense bush and revegetation.
- 8 Lake Circuit Walk**
Distance: 2 km Time: 30 minutes return
Start/finish: Roto Kohatu car park, off Sawyers Arms Road
An easy and attractive lakeside stroll.

Styx Mill Conservation Reserve

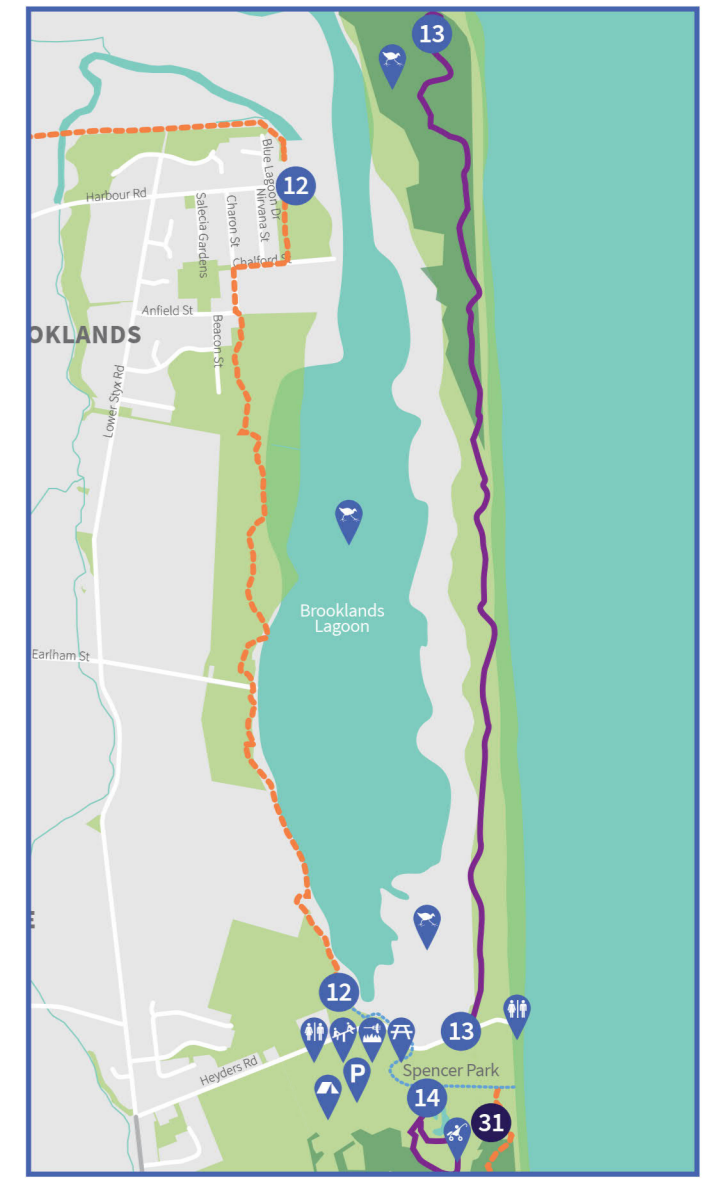
Dogs: On leash in reserve. Dedicated dog park also on site.

- 9 Hussey View Track**
Distance: 1.3 km Time: 20 minutes return
Start/finish: Hussey Road car park
A flat and easy circuit on firm gravel following the Styx River.
- 10 Panako Walkway**
Distance: 1.1 km Time: 20 minutes (one way)
Start: Styx Mill Road car park
Finish: Hussey View Walkway entrance
A wide, easy track that passes wetland ponds and farmland.
- 11 Styx River Esplanade Reserve**
Distance: 800 metres Time: 30 minutes (return)
Start/finish: Willowview Drive car park
A walking track follows along the river's edge from the playground to the springs, past ponds and through native plantings. Dogs under effective control.

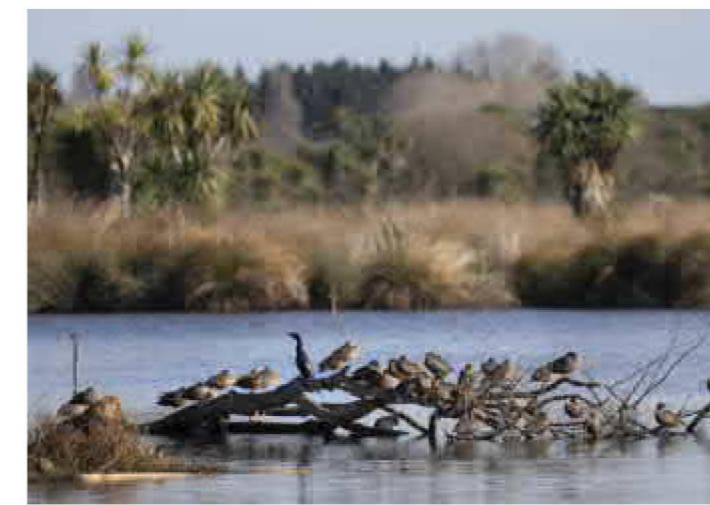
Bottle Lake Forest Park and Spencer Park

Dogs: Effective control in Bottle Lake Forest, on leash in Spencer Park. Prohibited in Brooklands Lagoon and on the beach north of Heyders Road.

- 12 Brooklands Lagoon Walk**
Distance: 3.5 km Time: 40 minutes one way
Start: Seafield Park, off Heyders Road
Finish: Estuary, Brooklands
Easy track following the lagoon to the estuary edge.
- 13 Waimakariri Track**
Distance: 4.5 km Time: 1 hour one way
Start: Heyders Road
Finish: Waimakariri River mouth
A wide well marked trail that is sandy underfoot. Uneven surfaces at river mouth.
- 14 Wetland Loop Walk**
Distance: 1 km Time: 20 minutes return
Start/finish: Spencer Park car park, off Heyders Road
An easy and attractive boardwalk stroll around wetland ponds.
- 15 Blue Track**
Distance: 11.4 km Time: 2 hours return
Start: Bottle Lake Forest car park, Waitikiri Drive
Well marked track with easy terrain. Use the walkways and grid roads to create your own walk. For a change of scenery, try the alternative coastal track that diverges toward the coast before re-joining the main track.
- 16 Green Track**
Distance: 3 km Time: 40 minutes return
Start: Bottle Lake Forest car park, Waitikiri Drive
Well marked, this shorter walk heads into forest before looping back.



Panako Walkway, Styx Mill Conservation Reserve (10)



Travis Wetland Walk (17)

Ōruapaeroa Travis Wetland

Dogs: Prohibited in order to protect wildlife

- 17 Travis Wetland Loop Walk**
Distance: 4 km Time: 1 hour return
Start/finish: Travis Wetland car park, off Beach Road
An easy path that alternates between gravel and boardwalk. Visit the bird hide and observation tower to view native and rare wetland birds.

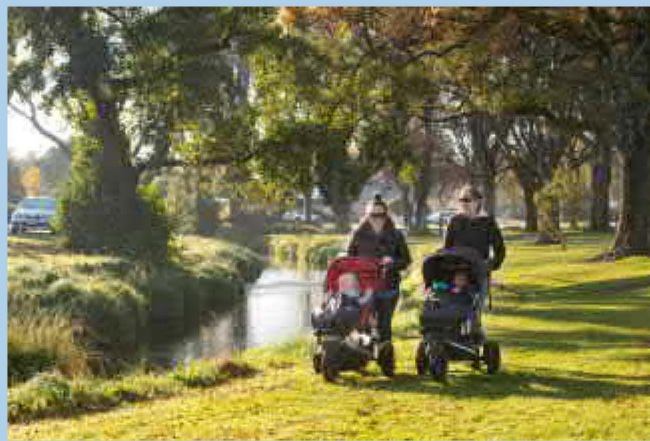


Legend

- Walking tracks
- Connecting path
- Shared use tracks
- DOC track
- ECan track
- Toilets
- Parking
- Dog park/exercise area
- Bus Stop
- Accessibility
- Information
- Café
- BBQ
- Picnic
- Fishing
- Conservation area
- Playground
- Camping Ground
- Family walks

Nature of Christchurch

With the exception of the Port Hills, Christchurch is flat and ideal for easy walking. A unique landscape, you can explore native bush, wetlands, ancient forest and landscaped parks as well as waterways and coastal habitat.



Heathcote River Trail (26)

More Christchurch walks

For Port Hills track information, pick up a Port Hills Walks brochure from your nearest library or service centre. For Banks Peninsula walking tracks, head to: www.bankspeninsulawalks.co.nz/ for detailed track maps.

Accessibility

There are a number of beautiful tracks suitable for wheelchairs and strollers:

- Travis Wetland Walk
- Riccarton Bush: Te Ara Taonga Māori Trail
- North and South Hagley Park Walks
- Sumner Promenade
- Botanic Gardens and Mona Vale

Christchurch 360 Trail

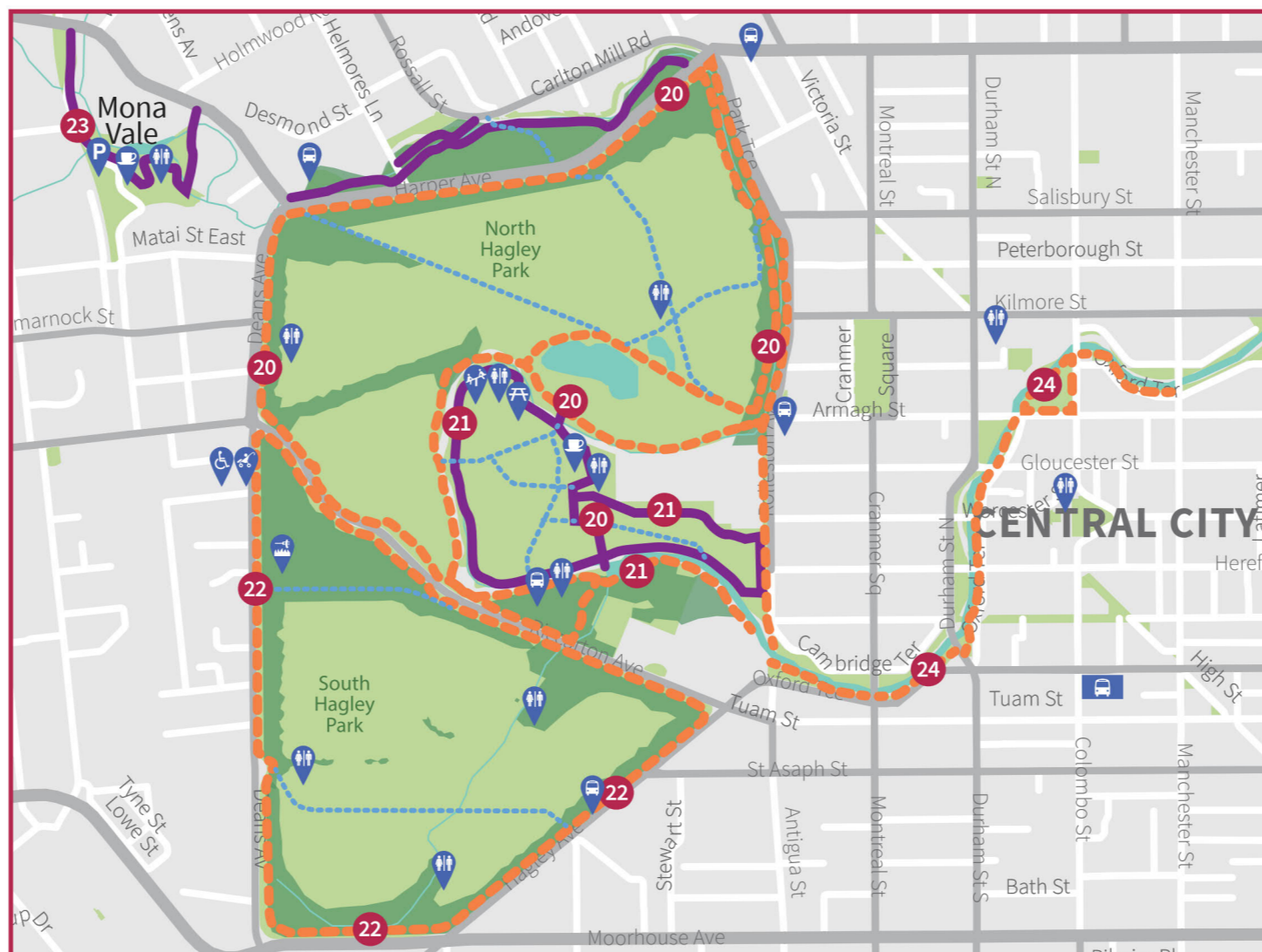
This epic trail encircles the city and covers 130 km. While walking, look out for the 360 symbol for handy links between tracks and parks. Find out more at christchurch360trail.org.nz.



City Centre and Ōtākaro Avon River

Dogs: Prohibited from the Botanic Gardens. On leash on Hagley Park paths and effective control on grassed areas.

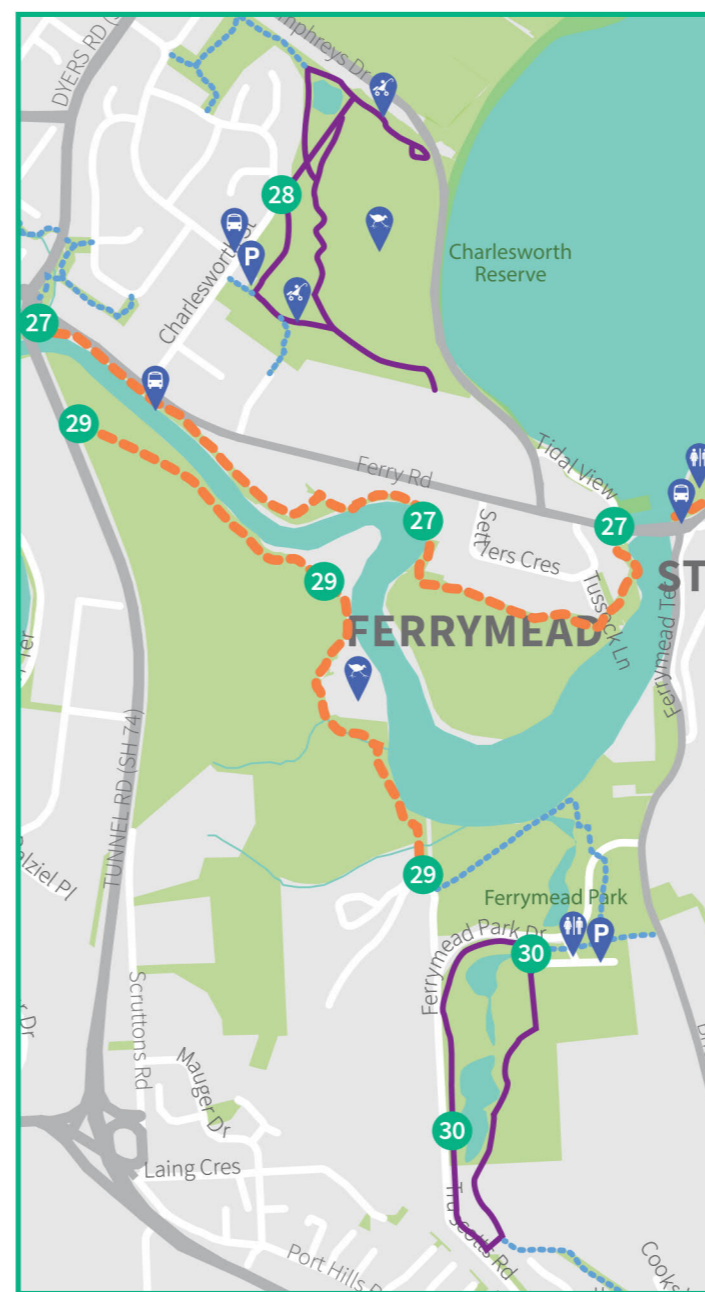
- 20 North Hagley and Botanic Gardens Loop**
Distance: 4.5 km Time: 1-1.5 hours return
Start/finish: Hagley Park car park, off Armagh Street
Enjoy a perimeter walk around North Hagley before cutting back through the Botanic Gardens to see highlights such as the Woodland, Rose Garden and conservatories.
- 21 Hagley and Botanic River Walks**
Distance: 2.8 km Time: 40 minutes return
Start: Hagley Park car park, off Armagh Street
Walk on either side of the river to meander through the stunning collections of Hagley Park or the Botanic Gardens.
- 22 South Hagley Park**
Distance: 3.7 km Time: 45 minutes return
Start: Hagley Oval car park, off Riccarton Ave
A pleasant and easy stroll around the perimeter of South Hagley Park.
- 23 Mona Vale Gardens**
Distance: 1 km Time: 20 minutes
Start: The Gatehouse, off Fendalton Road
Finish: Fendalton Road
An attractive and easy stroll around the grounds of the historic Mona Vale Homestead.
- 24 City Promenade**
Distance: 2 km Time: 30 minutes
Start: Oxford Terrace, near hospital
Finish: Oxford Terrace, near Margaret Mahy playground
A broad, paved path for pedestrians and cyclists. The walk is easy, flat and offers a great way to get to know Christchurch's central city.
- 25 Te Ara Ōtākaro Avon Trail** (see separate map below)
Distance: 11 km Time: 2.5 hours
Start: Corner of Barbadoes Street and Cambridge Terrace
Finish: Pages Road roundabout
A shared use trail on a mix of shingle, open and closed roads. While the track is easy, the ground can be uneven. Take care at road crossings.



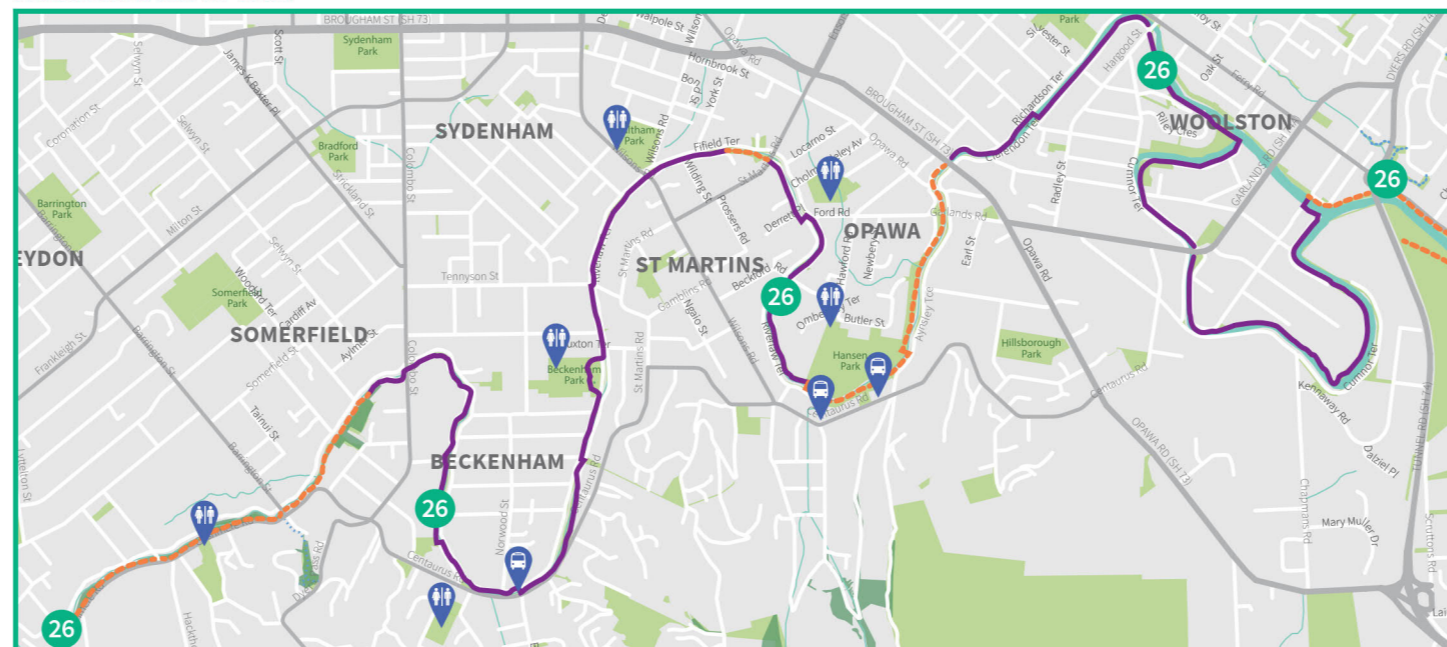
Ferrymead and the Ōpāwaho Heathcote River

Dogs: Prohibited on the Ōpāwaho River Track, on leash everywhere else.

- 26 Heathcote River Trail** (see separate map below)
Distance: 14.5 km Time: 3 hours
Start: Corner of Cashmere and Ferniehurst Street
Finish: Before the Ferry Road roundabout
A flat riverside walk on footpaths, grass verges and walking tracks. Take care crossing roads.
- 27 Heathcote Towpath**
Distance: 4 km Time: 50 minutes
Start: Ferry Road roundabout
Finish: End of Gould Crescent, Heathcote
This walk is on a mix of footpath and grass verges. There is no formal crossing between the Heathcote River Trail and Towpath so take care when crossing.
- 28 Charlesworth Reserve Wetland Edge Walk**
Distance: 1.2 km Time: 15 minutes return
Start: Charlesworth Street car park, Brookhaven
An easy track meandering around the edge of tidal pools and wetland planting.
- 29 Ōpāwaho River Track**
Distance: 1.5 km Time: 20 minutes
Start: Ferrymead Park Drive
Finish: Tunnel Road
A flat and gentle walk along the river with plenty of birds to spot.
- 30 Matuku Lakes Loop Track**
Distance: 1.7 km Time: 20 minutes return
Start: Ferrymead Park Drive
A gentle loop walk around the lake. Can be muddy when wet.



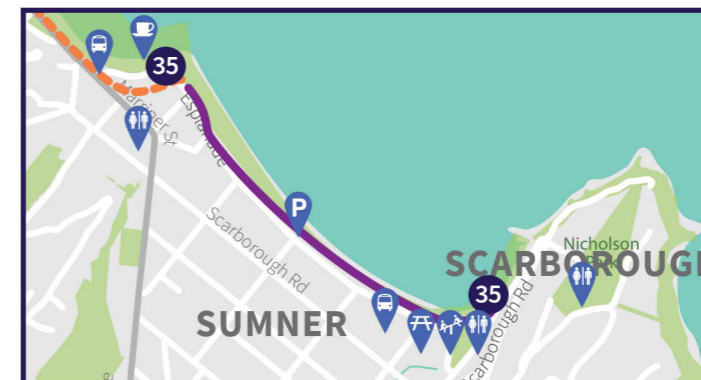
Heathcote River Trail



Coast

Dogs: Prohibited on Southshore Spit, on leash everywhere else.

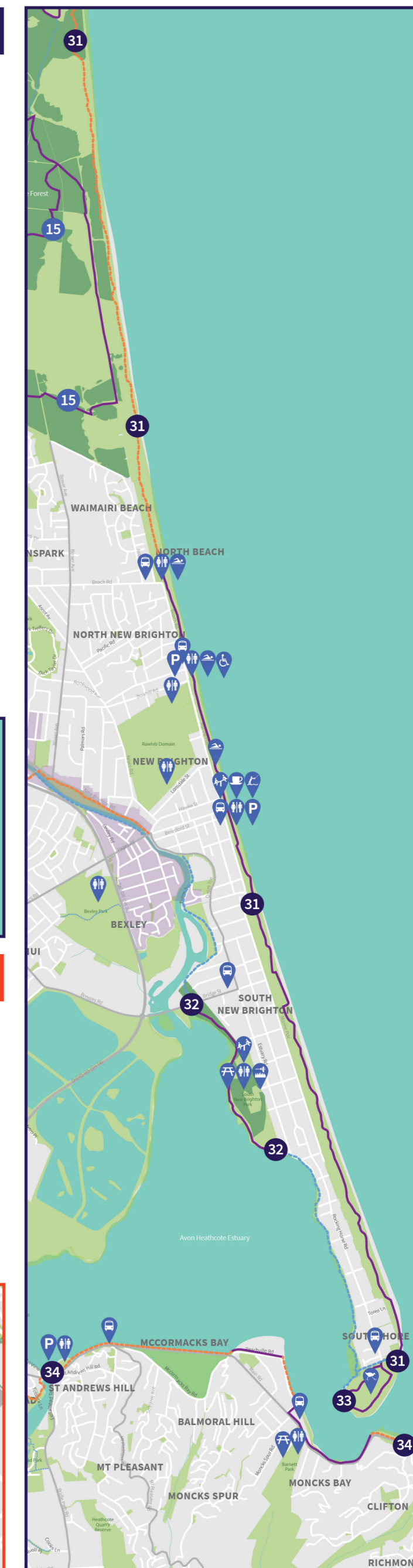
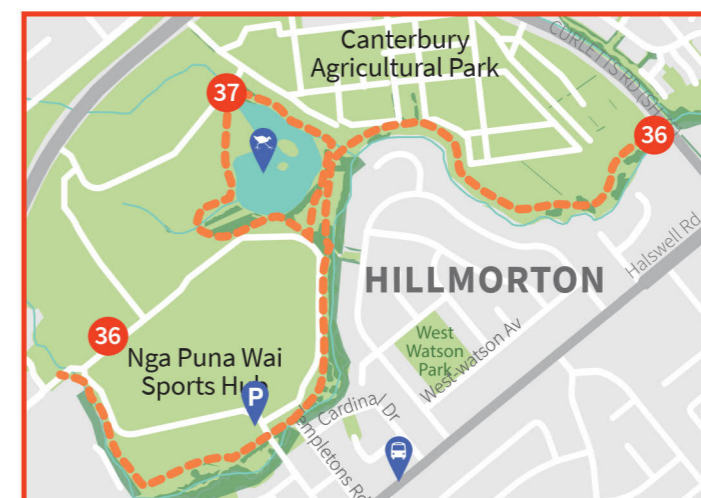
- 31 Southern Pegasus Bay Track**
Distance: 14.5 km Time: 2 hours 40 minutes (one way)
Start: Southshore Spit, off Rockinghorse Road
Finish: Spencer Park Surf Club, off Heyders Road
A lengthy, partially shared use track along the coast. For a shorter alternative, start at Broad Park and head either north through forest trails, or south through dunes.
- 32 Estuary Edge Walk**
Distance: 2 km Time: 30 minutes one way
Start: Junction of Ebbtide Road and Estuary Street
Finish: Bridge Street
An easy boardwalk stroll over salt marsh ending by the estuary.
- 33 Southshore Spit Loop**
Distance: 1.5 km
Time: 20 minutes return
Start: Rockinghorse Road
A peaceful loop walk through dunelands and coastal habitat.
- 34 Christchurch Coastal Path**
Distance: 5 km Time: 1 hour (one way)
Start: Scott Park, Main Road
Finish: Sumner Promenade
A wide, shared use path to Redcliffs that will eventually run all the way to Sumner. Use footpaths and narrow tracks to connect to from Redcliffs to Sumner.
- 35 Sumner Esplanade**
Distance: 1.25 km Time: 15 minutes one way
Start: Near Cave Rock
Finish: Scarborough Park
A paved and wide shared use path along the scenic waterfront.



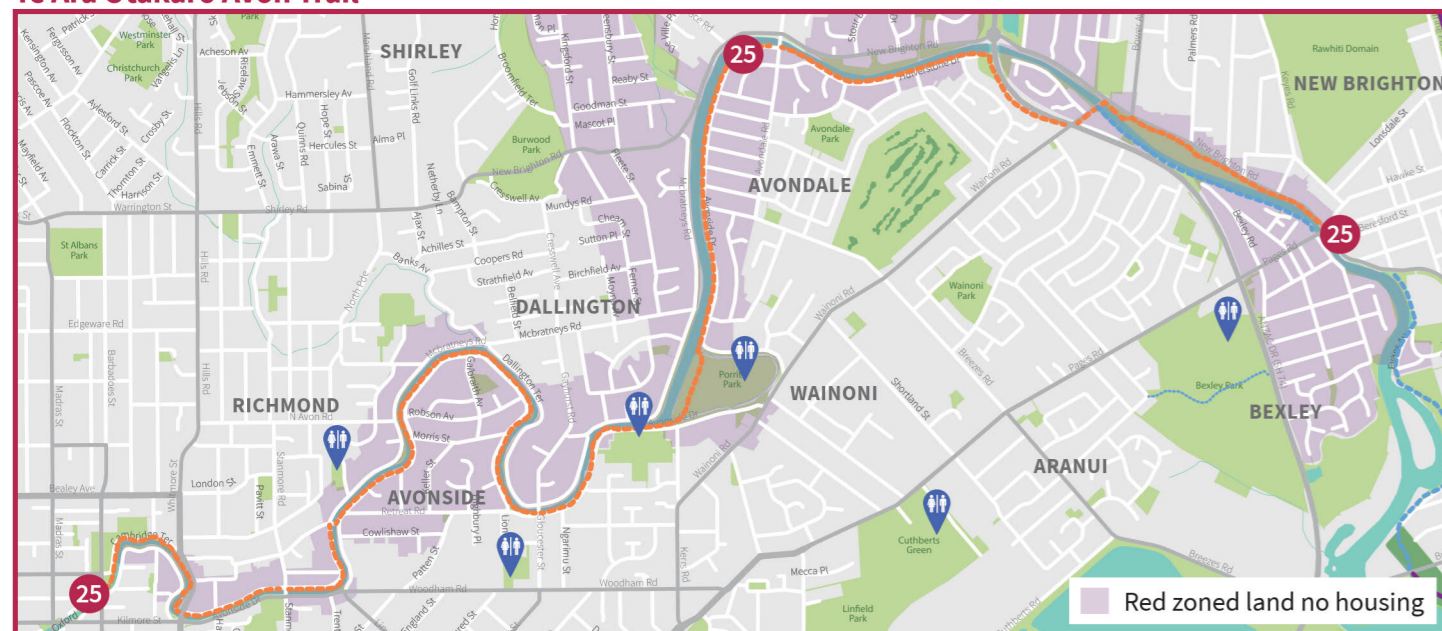
Ngā Puna Wai

Dogs: On leash

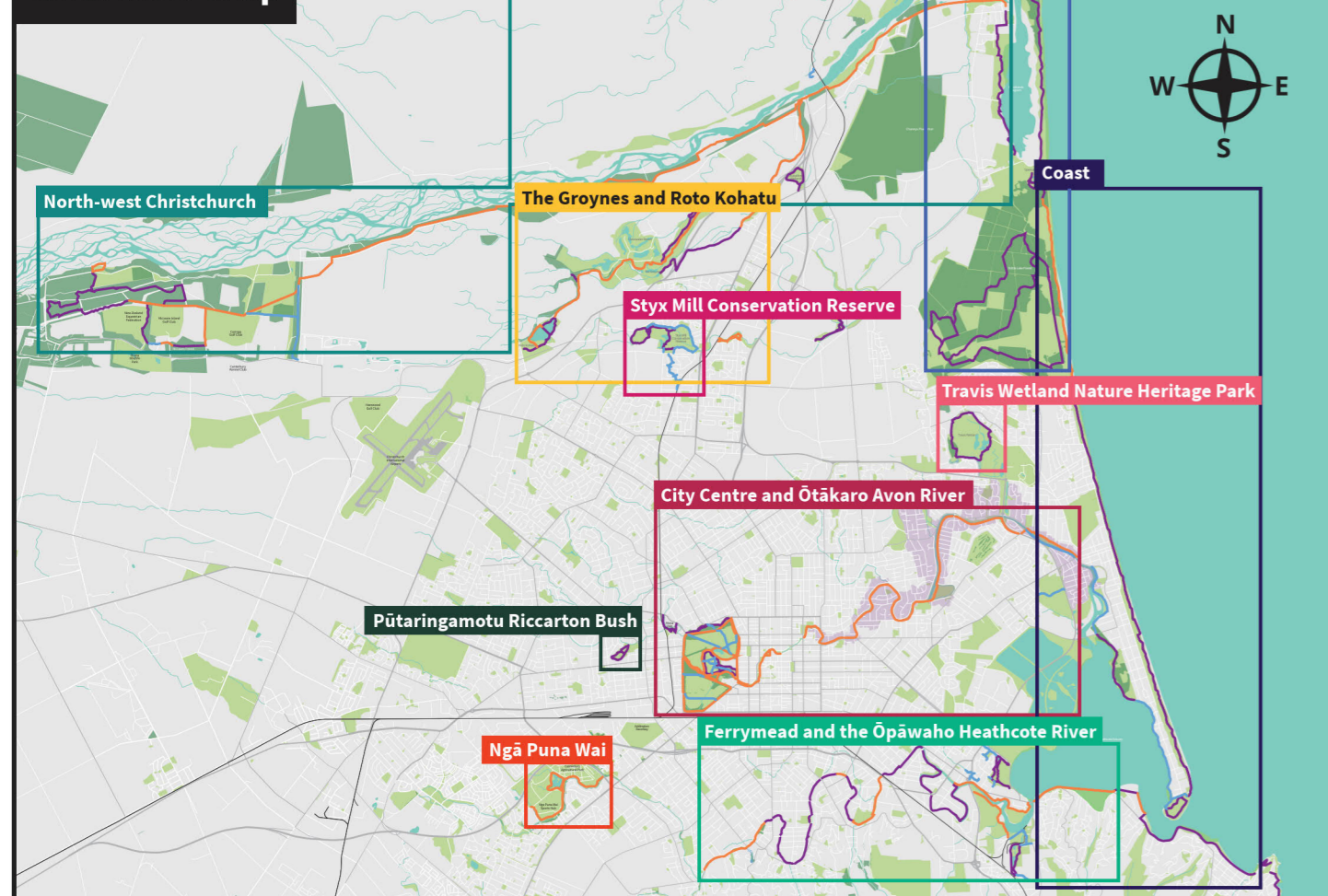
- 36 Ngā Puna Wai Walk**
Distance: 2 km Time: 30 minutes
Start: Car park off Augustine Drive
Finish: Corner of Halswell and Curletts Roads
A partially shared use walk through native forest and on footpath. Use offshoot tracks to create your own walk.
- 37 Ngā Puna Wai Loop Walk**
Distance: 1 km Time: 15 minutes return
Start: Car park on Macfarlane Ave (inside Canterbury Agricultural Park)
An attractive and easy loop around the lake and native wetland plantings.



Te Ara Ōtākaro Avon Trail



Overview map



Legend

- Walking tracks
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