

## Swingbridge - Terrace KiwiWalk



# KAITOKE REGIONAL PARK



**KiwiWalks** are being hailed as one of the cheapest and easiest ways for people to keep fit and stay healthy. KiwiWalks are part of the national Push Play initiative to get people off the couch and into 30 minutes of moderate physical activity a day as recommended by the US Surgeon General. Sport and Recreation New Zealand (formerly the Hillary Commission) and Sport Wellington Region have been working with local and regional authorities to identify existing walkways that can be designated KiwiWalks. They are easily accessible, suitable for most ages and fitness levels, maintained by the regional or local council, free to public use and can be completed in an hour or less.

### Kaitoke Regional Park

Kaitoke Regional Park nestles in the foothills of the Tararua Ranges north of Upper Hutt. The Park contains some 2500 ha of mature native forest and is popular for picnics, swimming and walking.

### How to Get There

The Park's main entrance is at Kaitoke 12 km north of Upper Hutt. Follow State Highway 2 to Waterworks Road and turn left. The Park entrance is 1 km from the highway. The Swingbridge Track starts near the Pakuratahi Forks car park.

### Swingbridge Track



The Swingbridge Track is a moderately graded, 1 hour return loop track starting from the carpark at the junction of the Pakuratahi and the Hutt River. The



Terrace Walk and the sealed access road are wheelchair accessible but you may need help with the slope to the strainer building.



Beyond here the track is metalled and undulating. People with wheelchairs will need assistance. (The swingbridge is too narrow for wheelchairs).

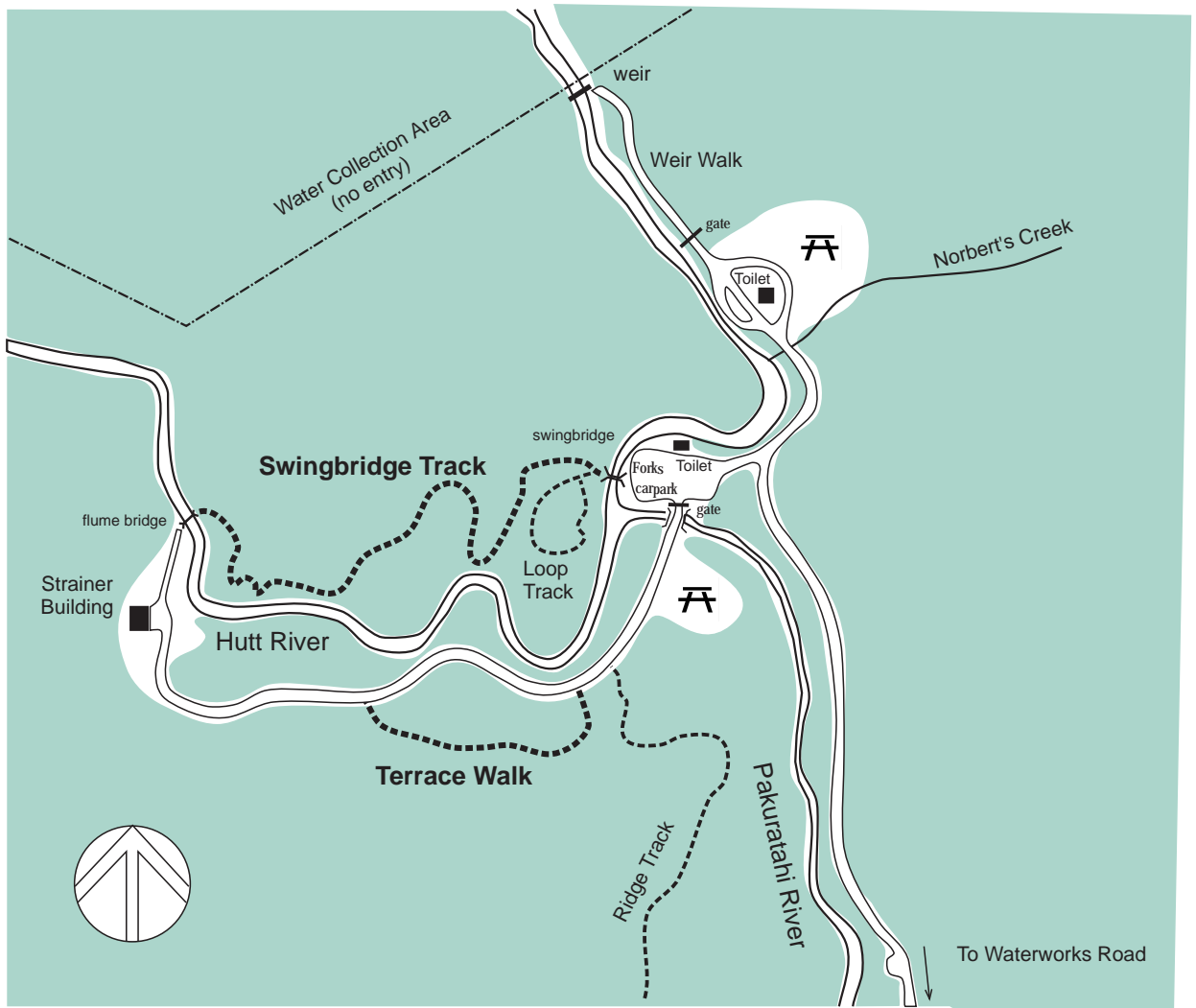
Starting from the carpark, cross the concrete bridge over the Pakuratahi River and follow the sealed road. About 300 metres along the road a short side track, the Terrace Walk, parallels the roadway and gives a closer look at the rimu and kahikatea forest. Continue along the road to the water supply strainer building. Cross the flume bridge over the Hutt River and follow the track upstream through native rainforest - podocarps such as rimu, kahikatea, miro, matai; and broadleaf/hardwoods beech and northern rata. Return to the carpark over the swingbridge.

### Ecology

The Park contains four main plant communities. Rimu-rata/hinau/kamaha forest is found on the more fertile river flats, ascending into the red beech/rimu/kamaha forest on the lower slopes. Black beech forest tends to be restricted to the dry spurs, ridge tops and poor soils of the area. Hard beech is found throughout the other forest types, however an unusually pure stand exists on the terrace above the junction of Farm Creek and the Pakuratahi River.

The rivers and variety of bush habitats provide an abundance of food for a range of birds. The tui, kereru (New Zealand pigeon), fantail, tomtit, grey warbler and silvereye are often seen.





Protect plants and animals.

Remove rubbish.

Bury toilet waste.

Keep streams and lakes clean.

Take care with fires.

Camp carefully.

Keep to the track.

Consider others.

Respect our cultural heritage.

Enjoy your visit.

*Toitu te whenua* (Leave the land undisturbed)

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## More Information

For more information about KiwiWalks near you, log into [www.sport.org.nz/kiwiwalks/](http://www.sport.org.nz/kiwiwalks/) and click on the map or one of the regions. Or contact:

Sport Wellington Region  
Level 2, 113 Adelaide Road  
Newtown  
WELLINGTON  
Telephone: 04-380 0142  
Facsimile: 04-801 8976  
Website: [www.sportwellington.org.nz](http://www.sportwellington.org.nz)

Parks and Forests (Operations)  
Wellington Regional Council  
1056 Fergusson Drive  
UPPER HUTT  
Telephone: 04-526 4133  
Facsimile: 04-526 4171

## Park Code

We share the outdoors with many other users. To help protect the environment for everyone to enjoy, please observe the following code:



Please take your rubbish home.



Keep **motor vehicles** to formed roads and car parks.



Keep **dogs** on a leash and under control at all times.



Do not disturb wildlife or damage plants.



Use portable gas-fired barbecues or cookers only. Fire restrictions apply - **no open fires** without a permit.

