Top 10 Palmerston North City & Manawatu
www.ManawatuNZ.co.nz

Discover a real kiwi experience in Palmerston North City & Manawatu. Whether you like to explore the great outdoors, admire artworks, or savour a perfectly brewed coffee, Manawatu is ready to show what it’s made of. Feel the wind in your hair on the west coast beaches, or take shelter in the stunning ancient native bush of Te Apiti – Manawatu Gorge, one of the North Island’s most iconic day walks. You can hit the ground running on one of the many cycling, mountain biking or walking tracks, and even the most avid adrenaline junkie will be satisfied with bungee jumping, white water rafting and kite surfing on offer.

For the cultured among us, the region is dotted with galleries and historical collections waiting to be discovered and explored, while country pubs, boutique shops and farm stays offer a relaxed day of meandering and meeting the locals. So, what are you waiting for? Come and discover the playground of Manawatu.

For a few hours of food and indulgence, the city centre has you covered. Head to George Street and Coleman Mall and explore the many boutique stores and award winning cafes and eateries. Take time to wander and you’ll come across various art installations, from sculptures by world-renown artists to locally sourced murals and exhibits, as well as ‘pop-up’ installations such as yarn bombing and colourful street art dotted along the way. The theatre and dining scene rivals that of any city, with international shows touring though, and many a well-known star being born here.

FIVE MUST DO’s

1. Te Apiti - Manawatu Gorge
There are few places in New Zealand where within 12 minutes from a major city you can enjoy one of our country’s most iconic natural playgrounds, Te Apiti – Manawatu Gorge. Whether you explore by foot, horseback or mountain bike, Te Apiti – Manawatu Gorge is a must see on your journey. Covered in ancient bush and home to a variety of wildlife, Te Apiti – Manawatu Gorge is steeped in legend and has many a story to tell. Explore the walking tracks and you’ll come face to face with the sculpture of Whatonga, an ancient warrior who stands guard over the forest, and is well worth the walk.

After your walk, head to local icon Bridge Café. With a cult-like following, this local is tucked away in native bush and alongside the Manawatu River. In the shadow of Te Apiti - Manawatu Gorge, Bridge Cafe is THE place to go after a bush walk to wind down or to fuel up. The milkshakes are famous, and a Pimms on a sunny day goes down a treat with their mouth-watering menu. Friday nights in Summer are Pizza nights, with the wood fired, outdoor pizza oven serving up freshly made pizzas accompanied by live music and a buzzing atmosphere.
2. Manawatu Scenic Route – An alternative to SH1
One of New Zealand’s official touring routes, the Manawatu Scenic Route offers you a wide range of activities, from secret swimming holes, walks and hikes through ancient native bush, horse treks at high altitude as well as gardens and heritage collections galore. You can drive this route in a day easily, but to really make the most of this unique experience we recommend that you plan it over at least two days. That way you’ll have plenty of time to stop off at the many highlights, scenic spots and more along the way. Heading down the Pohangina Valley, this route takes you on an incredible journey through an evolving landscape and offers you an insight into real kiwi backcountry where the journey is as much a part of the adventure as the destination. With plenty of farm stays along the way, and Makoura Lodge, there is plenty to experience, or for something quirkier try Ridge Top Farm’s Glamping on a hill top and enjoy a soak in an outdoor bath, outdoor luxury at it’s best.

3. Feilding on a Friday
On a Friday, the centre of Feilding really comes alive. In Manchester Square, the Feilding Farmers’ Market is humming with local producers offering artisan products, locally grown goods and delicious treats. Just down the road you’ll find one of the largest saleyards in the Southern Hemisphere. Here you can get a guided tour from a local drover who will take you through the live auctions and the many fascinating processes of what is one of New Zealand’s oldest traditions. Feilding itself is a sight to see, with its stunning charming buildings and paved streets, you can see why its won New Zealand’s most beautiful town award no less than 14 times.

4. Two Wheel Adventure
Cycling is in the blood in Palmerston North City & Manawatu, with a wide offering of rides to suit all abilities. The multi-day Manawatu Cycleway is a part of the New Zealand Cycle Way on The Country Road, while the Manawatu River Pathway runs for a cruisy 10km alongside our main river. Arapuke Park gives thrill seekers the perfect domain with mountain biking trails ranging from grade two through to five with a wide array of rocky trails, dirt paths and bush adventures. For downhill adventurers, Te Apiti – Manawatu Gorge is home to a unique 2km downhill trail, Te Ara o Mahurangi, where you’ll fly down 2km of trail surrounded by ancient native bush before ending up at the Bridge Café. Bike hire at the Palmerston North City i-SITE includes retro tandem cruisers and electric-powered bikes, perfect for café hopping and exploring the riverside bush trails and parks.

5. Adventure
Mangaweka Adventure Company offers rafting and kayak adventures through massive canyons and stunning scenic vistas, and Wind Warrior Kite Sports are specialists in stand-up paddle boarding, kite boarding and general saltwater mayhem. EzyRider’s electric bicycles will have you café hopping and cruising alongside the Manawatu River with ease, or head to Ultimate Indoor Paintball for some extreme adrenaline pumping fun on their indoor course, or push your limits with their outdoor obstacle course.
LOCAL TIPS

1. Inner-city Indulgence
For a few hours of food and indulgence, the city centre has you covered. Head to George Street and Coleman Mall and explore the many boutique stores and award winning cafes and eateries. Take time to wander and you’ll come across various art installations, from sculptures by world-renown artists to locally sourced murals and exhibits, as well as ‘pop-up’ installations such as yarn bombing and colourful street art dotted along the way. Te Manawa, Museum of Art, Science and History is well worth a look and is also home to New Zealand’s Rugby Museum,

Alexandre’s Patisserie & Chocolaterie - Cherry Trees adorn the streetscape and chairs line the pavement here, where you’ll almost hear the mouths water as people queue up for real French pastries and an indulgent caffeine fix.

International Cuisine - With more than 100 nationalities living in the City alone, it’s not surprising that the ethnic food offerings here are outstanding. Broadway Ave, by The Square, is home to many tantalising flavours, taking your taste buds on a tour of the world.

Cafe Cuba - Home of the Silk Cake, Cafe Cuba has a cult following here with locals, and passers through. The streetscape is referred to as Little Cuba and is home to artist installations, local festivals and a well-connected community of business owners.

2. Lazy Afternoons
Fish and chips are best enjoyed on Himatangi Beach in a driftwood hut. This rugged West Coast beach has a lego-like collection of driftwood pieces that are used to create bivvys, teepees, and huts. Build your own or move into one of the many existing ones dotted along the coast. On a hot summers day, the collection of swimming holes in rural Manawatu will be welcomed by all, and are best enjoyed with a big bowl of blueberries from Pohangina Valley, an epic sized ice cream from the Cheltenham Store or a tall milkshake from Bridge Café.

3. Motorsport Mayhem
Petrol is in our blood here, with two major tracks each offering something different.

Robertson Holden International Speedway – Since 1929 Palmerston North City has been the home of speedway. A petrol heads paradise, check out an action packed Speedway season of demolition derbies, sidecar and stock car racing. Speedway season runs from October through April and is a culture all of its own. Manfeild Racecourse is known for its world-class motor-racing circuit - the longest with uninterrupted views in the Southern Hemisphere - Manfeild is currently the home of the New Zealand Grand Prix, and is also a popular host venue to a big range of other events, even bull riding and mini bikes racing!
4. Theatre Scene:
Palmerston North’s Centrepoint Theatre is the only professional theatre to operate outside of New Zealand’s four main centres, and locally grown stars Shane Cortese, Alison Quigan and more have performed many a time at this iconic theatre. An offshoot of Centrepoint, The Dark Room hosts live theatre, music and events, with local, national and international work. A platform for new and emerging artists to experiment, develop and showcase their work in a variety of genres, The Dark Room is only in its infancy yet has garnered a strong following and busy calendar already. The Globe Theatre and the Regent on Broadway both host touring shows and home grown productions as well. The Regent on Broadway is renown for its old school charm while The Globe has recently had a complete makeover.

5. Museum Trifecta
For heritage buffs, we have you covered. Explore the one and only New Zealand Rugby Museum where you can experience the journey of the sport that shaped a nation. Discover some of the world’s rarest rugby artifacts, and learn about some of the rugby greats. Get active in the ‘Have A Go’ area and tackle, scrum, jump, sprint and kick like the rugby legends. The Coach House Museum in Feilding is home to an outstanding collection of rural NZ heritage, showcasing over 140 years of history, and taking you through the lives of early settlers and the development of the Region. Te Manawatu, museum of art, science and history is home to national and international touring exhibitions, and is New Zealand’s exclusive venue for the internationally acclaimed Frida Kahlo: Her Photo’s exhibition in 2016.
UNIQUE ACCOMMODATION

Glamping at Ridge Top Farm
Glamping at it’s finest! Nestled into a sheltered spot on a scenic farm, two luxury tents, a camp kitchen and bathroom, and a campfire area create a social and relaxed space. Explore the onsite activities, or just lie back in the outdoor bath with a glass of wine. You can opt for fully catered, or bring your own supplies. You can even hire a chick coop, complete with chickens, for a supply of farm fresh eggs for your breakfast!

Rangitikei Farmstay At over 1560 acres in size, this hill country farm has been in the Stewart family since 1901. With sheep and beef, as well as various pets, this farm takes you into the heart of farming life. Run by a young family, you’ll meet Pepper the pig, Colin the ram, Dude and Beau the miniature ponies, Ratbag the goat and many more friendly animals. Activities range from farm tours, shearing demonstrations where you can have a go, horse and pony rides, glowworm cave adventures, guided hunting, hole in one golf and much more. Your stay can be fully catered with BBQ lunch or dinner and famous campfire pudding worth trying. Salad from the garden and beef from the farm make for the perfect kiwi burger here! Accommodation options range from budget friendly bunkhouse to studio accommodation with a rustic yet modern feel.

Table Flat Farmstay With views of Mt Ruapehu and the mighty Ruahine Ranges as your backdrop you’ll feel like you are on top of the world at this farmstay. This is a biological farm that focuses on using natural resources and sciences to run an effective and sustainable farm environment. Your accommodation is warm and cosy, and there is plenty nearby to explore. Check out the local glowworm caves, hike in native bush or just explore the farm itself. After a busy day of adventure, soak in the spa pool underneath the night sky, and enjoy tasty home cooking.

Brindle Cottages
Brindle Cottages is beautifully appointed accommodation set amongst tranquil gardens in Feilding. Facilities include two bedrooms, a gorgeous bathroom (with bath and shower), a fully equipped kitchen and living room. Four separate dwellings joined by verandahs make this accommodation unique. Set away from the house, the B&B accommodation is private, peaceful and relaxing.

Wharerata Apartments Indulge for a night in one of New Zealand’s heritage buildings, surrounded by stunning gardens within the Massey University Campus. With two apartments, each comprising of a spacious lounge, separate bathroom and a double bedroom with queen size bed, and located on the first floor of the Homestead, you’ll overlook the gardens and have the option of both breakfast and evening meals.

City Accommodation With three major Hotels, serviced apartments and more than 50 motels in and around the City all your accommodation needs are catered for whatever you’re looking.