

# Kapiti Island Nature Reserve



## Your visit

Before you arrive on the island, you'll receive a biosecurity inspection and a boat safety briefing. Once there, you'll be given an introductory talk about the island's animals, plants and human history. The island will then be yours to explore via walking tracks suited to a range of fitness levels.

## What to bring

There are two visitor shelters and several toilets on the island. You will need to bring your lunch and drinking water, wear sturdy footwear, and bring warm clothing, including a waterproof jacket.

## What you might see

There are lots of birds and animals in different habitats – kākā, tieke / saddleback, hihi / stitchbird and kōkako in the forests; takahē and weka on the flats; and gulls and gannets along the coast. If you're really lucky, you might spot orca, seals and kororā / little blue penguins on the water. Whaling is a big part of Kapiti Island's history, so if visiting Rangatira, make sure you check out the tryptots that were used to boil whale blubber nearly 200 years ago.

## Remember

- Keep to the marked tracks and mowed areas.
- No unauthorised drones.
- Do not light fires – including barbecues and any form of cooking stove.
- Do not smoke or vape anywhere on the island.
- Do not remove or interfere with anything, including plant material, feathers, insects, lizards, birds and shells – everything on the island is protected.
- Do not feed or harass the birds.
- Remove all your litter from the island.
- Be ready to leave at the time announced by your tourism provider.



## Introduced animals and plants

Kapiti Island is a predator-free nature reserve. Ensure mice, rats, ants and other animals do not stow away in your bags.

Weeds and diseases found in the soil are also a threat. Take care that your clothing, footwear and bags are free of soil and plant material, including seeds and leaves.

- To ensure the island remains predator free, you must inspect your bags and footwear for rodents, ants, seeds and soil **before** boarding the boat. Your tourism provider will demonstrate how to do this properly.
- Private boats, kayaks, jetskis, paddleboards, swimmers, etc **must not** land at Kapiti Island Nature Reserve.
- **No one** can land on the island without a permit.

## Further information:

### DOC Wellington Visitor Centre

18 Manners Street, Wellington  
PO Box 10420, Te Aro 6011

**PHONE:** 04 384 7770

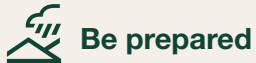
**EMAIL:** wellingtonvc@doc.govt.nz

[www.doc.govt.nz](http://www.doc.govt.nz)

## Care for Aotearoa



**Protect nature**



**Be prepared**



**Keep NZ clean**



**Show respect**



## Take care visiting natural areas

New Zealand is renowned for its changeable weather and rugged terrain. Be prepared for adverse conditions.

If you think there is a safety hazard in a conservation area, call the nearest DOC office or the DOC HOTline.

- Due to high fire risk, smoking and fires are not allowed.
- Help keep Kapiti pest free. Check and clean your gear for animals, ants, weeds, seeds and soil.



This information was accurate at the time of printing. For the latest information on DOC's policies and facilities, visit [www.doc.govt.nz](http://www.doc.govt.nz).

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Front cover: View of Kapiti Island.  
*Photo: Kathrin and Stefan Marks*

**DOC HOTline**  
**0800 362 468**

**Report any safety hazards  
or conservation emergencies**  
For Fire and Search and Rescue Call 111



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## Kapiti Island Nature Reserve

Kapiti Island is one of New Zealand's most significant nature reserves, lying 5 km off the west coast of the lower North Island. The island is home to many native species that are either very rare or absent from the mainland.

At 10 km long and 2 km wide, Kapiti Island is a 1965-ha sanctuary that has been predator free since 1998. To keep the island predator free, you must have a permit to visit. Your tourism provider will obtain the permit for you.

Kapiti Island's full name is Te waewae kapiti o Tara rāua ko Rangitāne, describing the junction of the respective rohe of Tara (Muaūpoko) and Rangitāne, who are descendants of Whātonga. Migrating tribes, under the famous Ngāti Toa chief Te Rauparaha, found Kapiti ideal for managing resources on both sides of Cook Strait.

Kapiti remains an important physical, spiritual and cultural landmark for a number of iwi (tribes). Ngāti Toa Rangitira and Ātiawa ki Whakarongotai work closely with the Department of Conservation (DOC) to guide conservation efforts on Kapiti Island.

## Kapiti Marine Reserve

Kapiti Marine Reserve was established in 1992 and is a special place where people can enjoy swimming, diving or snorkelling. Everything in the marine reserve is protected; **no fishing of any kind is allowed**, including no taking or damaging of natural things such as seaweed, shells or shellfish.

## Getting to Kapiti Island

Two areas of Kapiti Island are open to the public.

- Rangitira, halfway along the eastern shore (maximum of 100 visitors per day)
- North End (maximum of 60 visitors per day)

Overnight stays are not allowed within the DOC-managed area, but can be arranged at Kapiti Island Nature Tours' private lodge at Waiorua Bay.

## Boat departure and parking

Boats depart from Kapiti Boating Club at Paraparaumu Beach, about an hour's drive north of Wellington. Exit the expressway at Kapiti Road, and continue to the roundabout at Paraparaumu Beach. Park at the Kapiti Boating Club or in the nearby car park.

## Pre-visit preparation


### Weather conditions / cancellations

Safe passage of visitors to the island is the responsibility of your tourism provider, who will assess weather conditions on the day. **Passengers must contact the tourism provider between 7.00 and 7.30 am on the morning of the visit to confirm whether the trip will proceed.**



## Walking

### Track guide

 Easy to moderate walking from a few minutes to a day; track mostly well formed, some sections may be steep, rough or muddy.

### Rangitira

Walk through forest to view birds and the historic whare, the oldest building associated with nature conservation in New Zealand. Or climb the track to Tūteremoana, the highest point on Kapiti Island at 521 m above sea level.



### Rangitira Loop Track 1 hr 30 min, 1.8 km (loop)

Starting at the Rangitira shelter, enjoy an easy walk through regenerating forest and coastal shrubland. See whaling tryptots and the historic whare, explore the Rangitira wetland via a boardwalk, and return to the shelter via the coast. An ideal track for all ages and fitness levels.

### Wilkinson Track 2 hr, 3.8 km (one way)

Walk to Tūteremoana along a well-formed track with a steady uphill climb. Pass a picnic area and hihi feeding station a third of the way up.

### Trig Track 2 hr, 2 km (one way)

A more challenging walk to Tūteremoana, with narrow, uneven sections. **Note: This track is considerably steeper than the Wilkinson Track and should only be attempted in an uphill direction by confident trampers with sturdy footwear.**

## North End

Walking tracks pass through grassland, shrubland, regenerating forest and coastal areas, and provide fantastic views of freshwater Ōkupe Lagoon.



### Okupe Valley Loop Track 1 hr 30 min, 4.8 km (loop)

This track follows a gentle gradient to a lookout above the western cliffs (198 m).

### Boulder Bank Loop Track 45 min, 2 km (loop)

This walk follows the coastline around the boulder bank. This track is closed from October to March to avoid disturbing nesting seabirds.

### Boat landing to shelter track 5 min, 185 m (one way)

Start at the beach edge and finish at the junction before the North End Visitor Centre shelter.

## Travelling to the island

To get to the island you must book transport with the following authorised tourism provider. Kapiti is a popular destination all year round, so booking in advance is recommended during the peak summer season.

Kapiti Island Nature Tours  
Mob: 027 726 7525  
Freephone: 0800 527 484  
Email: [bookings@kapitiisland.com](mailto:bookings@kapitiisland.com)  
Web: [www.kapitiisland.com](http://www.kapitiisland.com)



## Birds



Hihi/stitchbird (female)



Hihi/stitchbird (male)



Kākā



Kākārīki/red-crowned parakeet



Kārearea/New Zealand falcon



Kāruhiruhi/pied shag



Kererū/wood pigeon



Kiwi pukupuku/little spotted kiwi



Koekoeā/long-tailed cuckoo



Kōkako



Korimako/bellbird



Kororā/little blue penguin



Kōtare/kingfisher



Kōtuku-ngutupapa/royal spoonbill



Matuku moana/white-faced heron



Miromiro/North Island tomtit



Pāteke/brown teal



Pihoihoi/pipit



Pipīwharau/shining cuckoo



Piwakawaka/fantail



Poaka/pied stilt



Pōpokotea/whitehead



Pūtangitangi/paradise shelduck (female)



Pūtangitangi/paradise shelduck (male)



Ruru/morepork



Takahē



Tākapa/Australasian gannet



Tara/white-fronted tern



Tauhou/silvereye



Tieke/saddleback



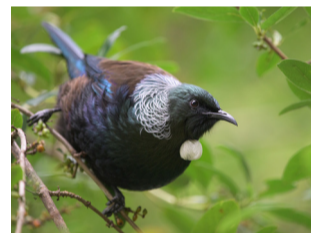
Tōrea pango/variable oystercatcher



Toroa/white-capped mollymawk



Toutouwai/North Island robin



Tūi



Weka

## Invertebrates and lizards



Cave wētā



Common gecko



Copper skink



Kapiti ground wētā



Kihikihi/cicada



Moko/ornate skink



Ngāokeke/peripatus



Pepe para riki/common copper butterfly



Pepe tuna/pūriri moth



Pūngāwerewere/tunnel web spider



Rō/stick insect



Tūwhaipapa/giraffe weevil

## Marine life



Aihe/common dolphin



Kekeno/New Zealand fur seal



Maki/orca



Whai repo/eagle ray



Historic whare



Trypot for rendering whale blubber