

About the Kāpiti line

Some morning and evening peak services do not allow bikes on board. Some morning and evening peak trips run shortened or express services.

When buses replace trains, arrival times and bus stop locations are different to the regular train timetable. Please see www.metlink.org.nz/BRT for more details.

Transfer Points

Wellington Station	HVL	MEL	KPL	JVL	WRL	AX	HX
	1	3	7	22	14	17	20
	23	24	25	27	29	52	83
Porirua Station	KPL	220	60	210	226	230	236
Paraparaumu Station	KPL	250	260	261	262		
Waikanae Station	KPL	280	281	290			

Thanks for travelling with Metlink.

Connect with Metlink for information about bus, train and ferry services in the Wellington region.

metlink.org.nz

0800 801 700

info@metlink.org.nz



Kapiti Line (Waikanae - Wellington)

Valid from 16 May 2025

Frequent metro train line serving Tawa, Porirua and the Kāpiti Coast 7 days a week.





Key

○	Stops
●	Transfer points

Monday to Friday

AM

C

C

C

C

C

C

C

C

C

C

At these times
each hour

PM

F

F

AM

F

F

5:00	5:06	5:14	5:24	5:31	5:33	5:35	5:39	5:41	5:43	5:45	5:46	5:48	6:00
5:30	5:36	5:44	5:54	6:01	6:03	6:05	6:09	6:11	6:13	6:15	6:16	6:18	6:30
6:00	6:06	6:14	6:24	6:31	6:33	6:35	6:39	-	-	-	-	-	6:57
-	-	-	-	6:13	6:16	6:18	6:22	6:24	6:26	6:28	6:29	6:31	6:43
6:28	6:34	6:42	6:52	6:59	7:01	7:03	7:07	-	-	-	-	-	7:25
-	-	-	-	6:45	6:48	6:50	6:54	6:56	6:58	7:00	7:01	7:03	7:15
6:46	6:52	7:00	7:10	7:17	7:19	7:21	7:25	-	-	-	-	-	7:43
6:58	7:04	7:12	7:22	7:29	7:31	7:33	7:37	-	-	-	-	-	7:55
-	-	-	-	7:09	7:12	7:14	7:18	7:20	7:22	7:24	7:25	7:27	7:39
-	-	-	-	-	-	-	7:11	7:13	7:15	7:17	7:18	7:20	7:32
7:18	7:24	7:32	7:42	7:49	7:51	7:53	7:57	-	-	-	-	-	8:15
-	-	-	-	-	-	-	7:29	7:32	7:34	7:36	7:37	7:39	7:51
-	-	-	-	7:35	7:38	7:40	7:46	7:48	7:50	7:52	7:53	7:55	8:07
7:38	7:44	7:52	8:02	8:09	8:11	8:13	8:17	-	-	-	-	-	8:35
-	-	-	-	-	-	-	7:42	7:45	7:47	7:49	7:50	7:52	8:04
7:58	8:04	8:12	8:22	8:29	8:31	8:33	8:37	-	-	-	-	-	8:55
-	-	-	-	-	-	-	8:05	8:08	8:10	8:12	8:13	8:15	8:27
-	-	-	-	-	-	-	8:25	8:28	8:30	8:32	8:33	8:35	8:47
8:25	8:31	8:39	8:49	8:56	8:58	9:00	9:04	9:06	9:08	9:10	9:11	9:13	9:25
-	-	-	-	8:36	8:39	8:41	8:45	8:47	8:49	8:51	8:52	8:54	9:06
8:45	8:51	8:59	9:09	9:16	9:18	9:20	9:24	9:26	9:28	9:30	9:31	9:33	9:45
9:05	9:11	9:19	9:29	9:36	9:38	9:40	9:44	9:46	9:48	9:50	9:51	9:53	10:05
9:20	9:26	9:34	9:44	9:51	9:53	9:55	9:59	10:01	10:03	10:05	10:06	10:08	10:20
9:40	9:46	9:54	10:04	10:11	10:13	10:15	10:19	10:21	10:23	10:25	10:26	10:28	10:40
:00	:06	:14	:24	:31	:33	:35	:39	:41	:43	:45	:46	:48	:00
:20	:26	:34	:44	:51	:53	:55	:59	:01	:03	:05	:06	:08	:20
:40	:46	:54	:04	:11	:13	:15	:19	:21	:23	:25	:26	:28	:40
3:02	3:08	3:16	3:26	3:33	3:35	3:37	3:41	3:43	3:45	3:47	3:48	3:50	4:02
3:20	3:26	3:34	3:44	3:51	3:53	3:55	3:59	4:01	4:03	4:05	4:06	4:08	4:20
-	-	-	-	-	-	-	3:28	3:31	3:33	3:35	3:36	3:38	3:50
3:42	3:48	3:56	4:06	4:13	4:15	4:17	4:21	4:23	4:25	4:27	4:28	4:30	4:42
4:05	4:11	4:19	4:29	4:36	4:38	4:40	4:44	4:46	4:48	4:50	4:51	4:53	5:05
4:20	4:26	4:34	4:44	4:51	4:53	4:55	4:59	5:01	5:03	5:05	5:06	5:08	5:20
-	-	-	-	-	-	-	4:27	4:30	4:32	4:34	4:35	4:37	4:49
4:40	4:46	4:54	5:04	5:11	5:13	5:15	5:19	5:21	5:23	5:25	5:26	5:28	5:40
5:00	5:06	5:14	5:24	5:31	5:33	5:35	5:39	5:41	5:43	5:45	5:46	5:48	6:00
5:20	5:26	5:34	5:44	5:51	5:53	5:55	5:59	6:01	6:03	6:05	6:06	6:08	6:20
5:41	5:47	5:55	6:05	6:12	6:14	6:16	6:20	6:22	6:24	6:26	6:27	6:29	6:41
6:05	6:11	6:19	6:29	6:36	6:38	6:40	6:44	6:46	6:48	6:50	6:51	6:53	7:05
-	-	-	-	-	-	-	6:28	6:31	6:33	6:35	6:36	6:38	6:50
6:41	6:47	6:55	7:05	7:12	7:14	7:16	7:20	7:22	7:24	7:26	7:27	7:29	7:41
7:00	7:06	7:14	7:24	7:31	7:33	7:35	7:39	7:41	7:43	7:45	7:46	7:48	8:00
7:30	7:36	7:44	7:54	8:01	8:03	8:05	8:09	8:11	8:13	8:15	8:16	8:18	8:30
8:00	8:06	8:14	8:24	8:31	8:33	8:35	8:39	8:41	8:43	8:45	8:46	8:48	9:00
8:30	8:36	8:44	8:54	9:01	9:03	9:05	9:09	9:11	9:13	9:15	9:16	9:18	9:30
9:00	9:06	9:14	9:24	9:31	9:33	9:35	9:39	9:41	9:43	9:45	9:46	9:48	10:00
10:00	10:06	10:14	10:24	10:31	10:33	10:35	10:39	10:41	10:43	10:45	10:46	10:48	11:00
11:00	11:06	11:14	11:24	11:31	11:33	11:35	11:39	11:41	11:43	11:45	11:46	11:48	12:00
12:00	12:06	12:14	12:24	12:31	12:33	12:35	12:39	12:41	12:43	12:45	12:46	12:48	1:00

C: Cycles are excluded from this service F: Operates Fridays only
M/Tu/W/Th/F: Indicates weekdays these services run

		Waikanae Station Paraparaumu Station Paekākāriki Station Pukerua Bay Station Plimmerton Station Mana Station Paremata Station Porirua Station Kenepuru Station Linden Station Tawa Station Redwood Station Takapu Road Station Wellington Station													
Saturday	AM	5:00	5:06	5:14	5:24	5:31	5:33	5:35	5:39	5:41	5:43	5:45	5:46	5:48	6:00
		6:00	6:06	6:14	6:24	6:31	6:33	6:35	6:39	6:41	6:43	6:45	6:46	6:48	7:00
	At these times each hour	:00	:06	:14	:24	:31	:33	:35	:39	:41	:43	:45	:46	:48	:00
		:30	:36	:44	:54	:01	:03	:05	:09	:11	:13	:15	:16	:18	:30
	PM	8:00	8:06	8:14	8:24	8:31	8:33	8:35	8:39	8:41	8:43	8:45	8:46	8:48	9:00
Sunday		9:00	9:06	9:14	9:24	9:31	9:33	9:35	9:39	9:41	9:43	9:45	9:46	9:48	10:00
		10:00	10:06	10:14	10:24	10:31	10:33	10:35	10:39	10:41	10:43	10:45	10:46	10:48	11:00
		11:00	11:06	11:14	11:24	11:31	11:33	11:35	11:39	11:41	11:43	11:45	11:46	11:48	12:00
	AM	12:01	12:07	12:15	12:25	12:32	12:34	12:36	12:40	12:42	12:44	12:46	12:47	12:49	1:01

Key

○ Stops

● Transfer points

		Waikanae Station Paraparaumu Station Paekākāriki Station Pukerua Bay Station Plimmerton Station Mana Station Paremata Station Porirua Station Kenepuru Station Linden Station Tawa Station Redwood Station Takapu Road Station Wellington Station													
Saturday	AM	6:00	6:06	6:14	6:24	6:31	6:33	6:35	6:39	6:41	6:43	6:45	6:46	6:48	7:00
		7:00	7:06	7:14	7:24	7:31	7:33	7:35	7:39	7:41	7:43	7:45	7:46	7:48	8:00
	At these times each hour	:00	:06	:14	:24	:31	:33	:35	:39	:41	:43	:45	:46	:48	:00
		:30	:36	:44	:54	:01	:03	:05	:09	:11	:13	:15	:16	:18	:30
	PM	7:00	7:06	7:14	7:24	7:31	7:33	7:35	7:39	7:41	7:43	7:45	7:46	7:48	8:00
Sunday		8:00	8:06	8:14	8:24	8:31	8:33	8:35	8:39	8:41	8:43	8:45	8:46	8:48	9:00
		9:00	9:06	9:14	9:24	9:31	9:33	9:35	9:39	9:41	9:43	9:45	9:46	9:48	10:00
		10:00	10:06	10:14	10:24	10:31	10:33	10:35	10:39	10:41	10:43	10:45	10:46	10:48	11:00
		11:00	11:06	11:14	11:24	11:31	11:33	11:35	11:39	11:41	11:43	11:45	11:46	11:48	12:00

Key

○ Stops

● Transfer points

i

On public holidays, use the Sunday timetable. When Waitangi Day or Anzac day falls on a Saturday, use the Saturday timetable.



Key

○	Stops
●	Transfer points

Monday to Friday

AM

5:52	6:04	6:06	6:07	6:09	6:11	6:13	6:17	6:19	6:21	6:28	6:38	6:46	6:52
6:20	6:32	6:34	6:35	6:37	6:39	6:41	6:45	6:47	6:49	6:56	7:06	7:14	7:20
6:50	7:02	7:04	7:05	7:07	7:09	7:11	7:15	7:17	7:19	7:26	7:36	7:44	7:50
7:03	7:15	7:17	7:18	7:20	7:22	7:24	-	-	-	-	-	-	-
7:10	7:22	7:24	7:25	7:27	7:29	7:31	7:35	7:37	7:39	7:46	7:56	8:04	8:10
7:31	7:43	7:45	7:46	7:48	7:50	7:52	7:56	7:58	8:00	8:07	8:17	8:25	8:31
7:58	8:10	8:12	8:13	8:15	8:17	8:19	8:23	8:25	8:27	8:34	8:44	8:52	8:58

At these times
each hour

:13	:25	:27	:28	:30	:32	:34	:38	:40	:42	:49	:59	:07	:13
:33	:45	:47	:48	:50	:52	:54	:58	:00	:02	:09	:19	:27	:33
:53	:05	:07	:08	:10	:12	:14	:18	:20	:22	:29	:39	:47	:53

PM

3:01	3:13	3:15	3:16	3:18	3:20	3:22	-	-	-	-	-	-	-
3:13	3:25	3:27	3:28	3:30	3:32	3:34	3:38	3:40	3:42	3:49	3:59	4:07	4:13
3:21	3:33	3:35	3:36	3:38	3:40	3:42	-	-	-	-	-	-	-
3:35	-	-	-	-	-	3:52	3:56	3:58	4:00	4:07	4:17	4:24	4:30
3:41	3:53	3:55	3:56	3:58	4:00	4:02	-	-	-	-	-	-	-
3:55	-	-	-	-	-	4:12	4:16	4:18	4:20	4:27	4:37	4:44	4:50
4:01	4:13	4:15	4:16	4:18	4:20	4:22	-	-	-	-	-	-	-
4:15	-	-	-	-	-	4:32	4:36	4:38	4:40	4:47	4:57	5:04	5:10
C	4:21	4:33	4:35	4:36	4:38	4:40	4:42	-	-	-	-	-	-
C	4:35	-	-	-	-	-	4:52	4:56	4:58	5:00	5:07	5:17	5:24
C	4:41	4:53	4:55	4:56	4:58	5:00	5:03	-	-	-	-	-	-
	4:55	-	-	-	-	-	5:12	5:16	5:18	5:20	5:27	5:37	5:44
C	5:01	5:13	5:15	5:16	5:18	5:20	5:23	-	-	-	-	-	-
C	5:18	-	-	-	-	-	5:35	5:39	5:41	5:43	5:50	6:00	6:07
C	5:21	5:33	5:35	5:36	5:38	5:40	5:43	-	-	-	-	-	-
C	5:35	-	-	-	-	-	5:52	5:56	5:58	6:00	6:07	6:17	6:24
C	5:41	5:53	5:55	5:56	5:58	6:00	6:02	-	-	-	-	-	-
C	5:55	-	-	-	-	-	6:12	6:16	6:18	6:20	6:27	6:37	6:44
	6:01	6:13	6:15	6:16	6:18	6:20	6:22	-	-	-	-	-	-

At these times
each hour

:14	:26	:28	:29	:31	:33	:35	:39	:41	:43	:50	:00	:08	:14
:44	:56	:58	:59	:01	:03	:05	:09	:11	:13	:20	:30	:38	:44

AM

F F
F F

11:14	11:26	11:28	11:29	11:31	11:33	11:35	11:39	11:41	11:43	11:50	12:00	12:08	12:14
12:14	12:26	12:28	12:29	12:31	12:33	12:35	12:39	12:41	12:43	12:50	1:00	1:08	1:14
1:14	1:26	1:28	1:29	1:31	1:33	1:35	1:39	1:41	1:43	1:50	2:00	2:08	2:14

C: Cycles are excluded from this service F: Operates Fridays only
M/Tu/W/Th/F: Indicates weekdays these services run

Saturday		Wellington Station Takapu Road Station Redwood Station Tawa Station Linden Station Kenepuru Station Porirua Station Paremata Station Mana Station Plimmerton Station Pukerua Bay Station Paekākāriki Station Paraparaumu Station Waikanae Station													
	AM	6:14	6:26	6:28	6:29	6:31	6:33	6:35	6:39	6:41	6:43	6:50	7:00	7:08	7:14
	At these times each hour	:14	:26	:28	:29	:31	:33	:35	:39	:41	:43	:50	:00	:08	:14
		:44	:56	:58	:59	:01	:03	:05	:09	:11	:13	:20	:30	:38	:44
	PM	7:14	7:26	7:28	7:29	7:31	7:33	7:35	7:39	7:41	7:43	7:50	8:00	8:08	8:14
		8:14	8:26	8:28	8:29	8:31	8:33	8:35	8:39	8:41	8:43	8:50	9:00	9:08	9:14
		9:14	9:26	9:28	9:29	9:31	9:33	9:35	9:39	9:41	9:43	9:50	10:00	10:08	10:14
		10:14	10:26	10:28	10:29	10:31	10:33	10:35	10:39	10:41	10:43	10:50	11:00	11:08	11:14
	AM	11:14	11:26	11:28	11:29	11:31	11:33	11:35	11:39	11:41	11:43	11:50	12:00	12:08	12:14
		12:14	12:26	12:28	12:29	12:31	12:33	12:35	12:39	12:41	12:43	12:50	1:00	1:08	1:14
		1:14	1:26	1:28	1:29	1:31	1:33	1:35	1:39	1:41	1:43	1:50	2:00	2:08	2:14

Key

○ Stops

● Transfer points

Sunday		Wellington Station Takapu Road Station Redwood Station Tawa Station Linden Station Kenepuru Station Porirua Station Paremata Station Mana Station Plimmerton Station Pukerua Bay Station Paekākāriki Station Paraparaumu Station Waikanae Station													
	AM	7:14	7:26	7:28	7:29	7:31	7:33	7:35	7:39	7:41	7:43	7:50	8:00	8:08	8:14
	At these times each hour	7:44	7:56	7:58	7:59	8:01	8:03	8:05	8:09	8:11	8:13	8:20	8:30	8:38	8:44
		:14	:26	:28	:29	:31	:33	:35	:39	:41	:43	:50	:00	:08	:14
	PM	:44	:56	:58	:59	:01	:03	:05	:09	:11	:13	:20	:30	:38	:44
		7:14	7:26	7:28	7:29	7:31	7:33	7:35	7:39	7:41	7:43	7:50	8:00	8:08	8:14
		8:14	8:26	8:28	8:29	8:31	8:33	8:35	8:39	8:41	8:43	8:50	9:00	9:08	9:14
		9:14	9:26	9:28	9:29	9:31	9:33	9:35	9:39	9:41	9:43	9:50	10:00	10:08	10:14
		10:14	10:26	10:28	10:29	10:31	10:33	10:35	10:39	10:41	10:43	10:50	11:00	11:08	11:14
		11:14	11:26	11:28	11:29	11:31	11:33	11:35	11:39	11:41	11:43	11:50	12:00	12:08	12:14

Key

○ Stops

● Transfer points

i On public holidays, use the Sunday timetable. When Waitangi Day or Anzac day falls on a Saturday, use the Saturday timetable.

