Curtain Tracks or Rods: Which Hardware is Right for Your Curtains?

By Sharlene Thompson, Lahood Window Furnishings Published 18 August 2026 · Updated 18 August 2026

Sharlene Thompson is a Design Consultant and Sales Team Lead for Lahood Window Furnishings and has spent almost 25 years with Lahood, helping Auckland homeowners match curtain hardware to their windows, fabrics and lifestyle.

At a Glance

Choosing between curtain tracks and curtain rods comes down to the look you want, how your curtains need to operate and the practical requirements of your windows. Curtain tracks are the discreet option: they can be wall-mounted, ceiling-mounted or fully recessed, can be shaped around bay and corner windows, and are a common choice for motorised curtains. Curtain rods are more decorative, with a visible pole and finials that can become part of the room's design, making them particularly suited to

traditional or classic interiors. Both curtain tracks and rods are available in heavy-duty options for fully lined or heavier curtains. If you want to layer a sheer with a block-out or thermally lined curtain, the usual solution is a double curtain track or double curtain rod.

Curtain Tracks vs Curtain Rods: How do they Differ?

Curtain hardware plays an important role in both the appearance and performance of your window furnishings. The right choice can complement your interior style, make curtains easier to operate and help achieve the level of privacy, light control and warmth you need.

Curtain Tracks (or Rails)

Curtain tracks (also called curtain rails) provide a discreet base for curtains. They can be wall-mounted, ceiling-mounted, or fully recessed into the ceiling for an especially clean architectural finish. Because the hardware is minimal the focus stays on the curtain fabric.

Curtain Rods (or Poles)

Curtain rods (also called curtain poles) are more visible and decorative. Whilst they can be ceiling mounted, they are most commonly wall-mounted above the window and are available in a range of materials, finishes and finial (decorative ends) styles. This makes a curtain rod a design feature in its own right, particularly in traditional, classic or eclectic interiors.

Recessed Curtain Track

Curtain Rod with Decorative Finial (end)

Curtain Tracks or Curtain Rods?

table comparing Curtain Rods with curtain tracks

Attribute	Curtain Track	Curtain Rod
Look	Subtle, low, hidden profile - keep focus on fabric	Visible and decorative; the pole and finials become part of the design
Best Suited to	Contemporary, sleek, discreet aesthetic	More traditional, classic, statement interiors
Mounting	Ceiling, wall or recessed	Wall or Ceiling
Fabric Weight	Varying track and bracket sizes for light sheers to heavy lined fabrics on wide, tall windows	Varying rod styles and bracket sizes for light sheers to heavy lined fabrics on wide, tall windows
Bending	Yes - especially the SG Slim Recess track and the SG D Track	Yes, but with a larger radius than some of the tracks
Motorisation	Yes - The standard choice for motorised curtains	Yes - but less common
Double Tracks	Yes double wall, ceiling or recessed tracks common for a sheer plus block-out or lined curtain	Yes - usually a Wall mounted dual bracket system.
Typical Finishes	White as standard. small premium for black. Custom powder coated colours also available.	White as standard. Premium for black, gunmetal and bronze. Custom powder coated colours also available.

Choosing the Right Track or Rod for Your Project

Your Lahood design consultant will walk you through the factors that determine the best option for tracks and rods in your home. Here are a few considerations:

Project nature / stage - whether it's a new build or a renovation can dictate available options.

Functionality- level of desired privacy, warmth, blackout etc. Dual curtain curtains for day/night options.

Operation - hand, cord, motorised?

Available space - window size, shape, ceiling height, stacking space.

Desired fabric - weight, lining, pattern repeat.

Desired pleat style - space requirements for Wave pleat vs pencil pleat.

Overall aesthetic - clean, discreet or more of a design statement.

Available mounting options are a big determinant of whether tracks or rods can be chosen.

Recessed, curved curtain track

Ceiling-mounted, 'D' shaped track

Wall-mounted 'D' track with matching SmartFix brackets

Rod in Gunmetal colour with Decorative Finial

Which Mounting Option will suit your Project?

Table comparing the various mount options for curtain rods versus tracks

Mounting Option	Best Suited to	Why it works

Mounting Option	Best Suited to	Why it works
Recessed curtain track	New builds, or renovations where you're involved from the planning stage	Enables ceiling cavities to be included prior to lining
Ceiling-mounted curtain track	Renovations or refreshes where the ceiling is already finished	Fixed directly to ceiling with near invisible clamp. Adds the appearance of height to a room with a low stud, without altering the ceiling itself
Celing - mounted curtain rod	Renovations or refreshes where the ceiling is already finished or there is limited space above the window to wall fix	Will hang down from a bracket, but still gives the illusion of a higher stud.
Wall Mounted track or rod	Projects where ceilings that are too high, or can't be fixed to (panelled or sloped ceilings, for example); also work better for smaller	Where space allows, if mounted well above the window and paired with floor-length curtains, it makes the window look taller and adds a sense of sophistication
Double track or double rod	Homes wanting a sheer and a heavier, lined curtain together	Gives year-round flexibility: light and privacy from the sheer by day, warmth and blackout from the lined curtain at night

Taking all these considerations into account, Lahood offer a wider range of track or rod solutions. Here are a few examples:

Example Tracks & Rods from Lahood

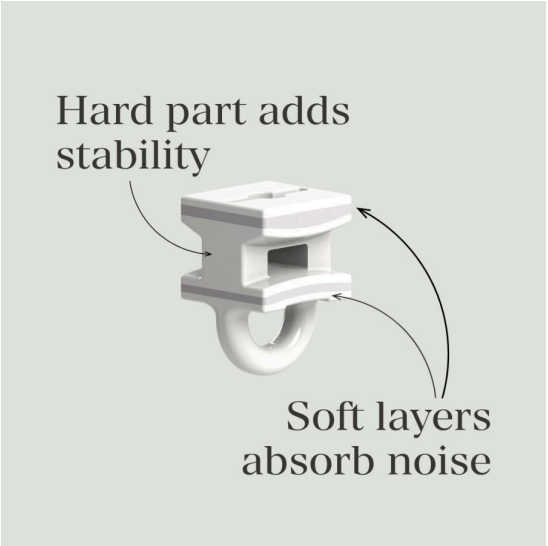
The SG Slim Recess Track (SG6243) : Well suited to a new-builds with space constraints and where ceiling cavities can included at planning stage. It is also a good option tracks that need to be curved around corners.

SG " D' Track (SG6010) -good for ceiling mounting in renovations/ refreshes where recesses not possible. Can also be wall-hung. Good for curving around corners.

Metropole (SG7610) - good option for wall mounting above windows. Range of colours and finial (end) styles to tie in with window frame colour plus interior décor. Matching colours in the discreet, SmartFix brackets.

How Curtain Hardware Affects the Way Your Curtains Move

Good hardware should be felt as much as seen. Having to tug or wiggle a curtain to open or close it is frustrating, and it shouldn't happen. Lahood partners with Silent Gliss, a global leader in curtain tracks for over 70 years, to make sure that doesn't happen. Their patented 2C Glider, available for both tracks and rods, combines stability with noise absorption to deliver an exceptionally smooth, near-silent glide, improving both the sound and the feel of everyday use. Paired with carefully designed, specially coated tracks, this is how Lahood keeps curtains among the smoothest and quietest-moving around, whether they're operated by hand, cord or motor.



Single or Double Curtain Tracks and Rods: Which Do You Need?

A single curtain track or rod is the simplest window furnishing setup. However, if you want greater flexibility throughout the day and across the seasons, a double track or double rod can be a better option.

A double system allows you to combine a sheer with a thicker, lined lined curtain. During the day, the sheer can provide privacy and filter light. At night, the heavier curtain can provide greater privacy, warmth and block-out.

“Double tracks are a very popular option for bedrooms and living rooms in particular,” says Sharlene Thompson, Design Consultant and Sales Team Lead at Lahood. “It gives clients the best of all worlds – light and privacy during the day, block-out and warmth at night.”

How Can Curtain Tracks and Rods Be Operated?

Hand-operated:

The Silent Gliss 2C Glider helps hand-operated curtains glide smoothly and easily.

Cord-drawn:

Cord-drawn curtains can be a useful option for wider or larger curtains where an alternative method of operation is preferred.

Motorised:

For convenience, energy efficiency, home security and child and pet safety, motorised curtain tracks and rods can be a strong option. Lahood offers entry-level systems for lighter curtains, with simple wall-switch or remote operation, through to advanced motorised systems capable of handling curtains weighing up to 65kg and programmable from your phone. The motor is hidden discreetly at the end of the track or rod behind the curtain.

Hand-operated curtain track or rod

Cord-operated Curtain tracks

Motorised Curtain Tracks & Rods

What Type of Curtain Pleat Suits Tracks and Rods?

The curtain pleat style you choose is another important part of the overall look. Lahood's curtain pleat styles can be used with either tracks or rods, although some combinations are particularly popular.

Wave pleat is increasingly popular with ceiling-mounted or recessed curtain tracks.

> “A floor-to-ceiling Wave pleat is now one of our most popular pleat styles, as it adds sophistication and height to a room and can seem as though the curtain is floating, especially when the track is recessed,” says Sharlene. “Lahood can offer both 60mm and 80mm waves within this style.”

For a more traditional, fuller look, a Pinch Pleat in a heavier velvet, cotton or linen can work beautifully on a wall-mounted curtain rod with an ornate finial.

Wave Pleat with recessed track

Pinch Pleat on a Rod

Motorised Wave Pleat Promotion

During August and September 2026, orders of motorised Wave pleat curtains include a free remote control worth over $500.

To get started, book a complimentary in-home consultation

https://lahood.co.nz/book-a-consultation

Frequently Asked Questions About Curtain Tracks and Rods

What is the difference between a curtain track and a curtain rod?

A curtain track is a slim, low-profile or recessed channel that the curtain glides along, giving a clean, discreet finish. They can be ceiling mounted, wall hung or recessed into the ceiling for the completely discreet look. A curtain rod is a visible, decorative pole mounted above the window or from the ceiling and often has decorative finials (ends). Tracks suit modern, minimalist rooms; rods suit traditional or classic interiors where the hardware is meant to be seen.

Can curtain tracks or rods handle heavy curtains?

Yes. Lahood has a range of tracks and rods to suit different weights of curtain application such as the SG Square Heavy track (SG6970) and heavier-gauge Metropole rod (7610) to carry them. Lightweight sheers can be supported by slimmer options like the SG Square Light track (6465) or the rectangular Metroflat rod.

Can curtain tracks and rods be motorised?

Yes. Motorised curtains can run on both rods and tracks, but are most common on tracks. Lahood offers entry-level motorised options for lighter curtains, controlled by a wall switch or remote, through to advanced systems that can lift curtains weighing up to 65kg and be programmed from a smartphone app.

What's the benefit of a double curtain track or double curtain rod?

A double track or double rod lets you hang a sheer on the front hardware and a thicker block-out or thermally lined curtain on a second, separate piece of hardware behind it. This gives day/ night, year-round flexibility, privacy and light from the sheer in the day/ summer and warmth, blockout from the lined curtain at night / winter.

Book a Complimentary Consultation

It is this level of detail, often invisible until you notice it, that Lahood builds into every curtain system we specify. From fabric selection to the final track and glider, we consider how a curtain performs, not just how it hangs. Chat to a Lahood consultant now about your window furnishing needs . Visit our Showroom at 104 Mount Eden Road or Click below to book a complimentary in-home consultation

Book a Complimentary In-home Consultation

https://lahood.co.nz/book-a-consultation