

# Mountain Bike – 30k

## Course Description



ALL AGES  
ALL ABILITIES  
ALL AMAZING

All Mountain Bikers start at Whitireia Polytech on south side of Transition area, facing west.

**Multisporters (solo & teams)** exit Transition to the south and turn right to head west on a service road around the back of Whitireia Polytechnic.

**Duathletes (solo & teams) and Mountain Bike Only** participants line up together at 9:00am on the south side of transition, in the entrance to Polytech service road, facing west.

- Do not block multisport exit from transition.
  - Do not line up on Wi Neera Dve.
  - Duathletes and Mtn Bike Only participants will have a neutralised start where they will ride behind an official across Titahi Bay Rd before being released on Takapuwahia Reserve.
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- All Mountain Bikers head west along the back of Whitireia Polytech, then veer right onto a wide grass verge leading to the traffic lights at the corner of Titahi Bay Rd and Wi Neera Dve.

**Warning:** The traffic lights will be controlled by traffic management, but riders must take responsibility for their own safety by checking for traffic, being aware and following marshal instructions.

- Mountain bikers cross Titahi Bay Rd, to the corner of Te Hiko St and Titahi Bay Rd where they will ride onto Takapuwahia Reserve headed north.
- Continue north, staying on the grass, for 500m to the far left hand corner of Takapuwahia Reserve (end of Tangare Dve) and through a gate onto a grass track.
- You are now on private land open to us thanks to the goodwill of local Ngati Toha families.
- Turn left and ride 100m to the second track on your left, which takes you over a series of steep humps onto a long uphill section.

**Warning:** Outgoing riders may meet faster returning riders in the first 50m of this track. Both parties keep hard left. Be aware and follow marshal instructions. Outgoing riders must give way at all times.

- The climb is initially on grass. After the first steepest section, veer left alongside the top of Takapuwahia Cemetery, then turn right, heading west toward an intersection of two 4WD tracks.
- Continue uphill, crossing one 4WD track and continuing uphill into the other 4WD track.

**Warning:** Watch for returning riders on your left hand side. You must give way. Be aware, follow marshal instructions and give way to returning riders at all times.

- Continue uphill, still heading west. After 500m you will see a track to your left and cones on the track ahead. Continue straight ahead uphill, riding on the right hand side of the cones.

**Warning:** The next 200m has riders going both ways. Uphill riders must stay hard right. Be aware, follow marshal instructions and give way to returning riders at all times.

- After the cones continue uphill for another 250m to the top of the 4WD track, then turn left into a downhill single track that brings you back to the coned section of 4WD track. Be aware; this downhill single track is steep and is slippery, especially when wet. Start it slowly and keep speed down.
- Back on the 4WD track, keep to right hand side of cones and restrict speed ready for a tight right hand turn.

- At the end of the cones turn right and continue downhill on a very wide 4WD track that back around to the 4WD intersection above Takapuwahia Cemetery. Be aware; the best line around this track is on the right hand side. The left side has large ruts.
- At the 4WD intersection keep going straight on your 4WD track, headed north now.

**Warning:** Watch for outgoing riders crossing from your right. Be aware and follow marshal instructions.

- Continue north on your 4WD track, which veers right to the end of Mawhare St. But do not exit into the street.
- Continue to your right, headed east now along the back of a school, then turn right down a short, steep downhill, over a small bridge, then left onto a track that leads back to Takapuwahia Reserve at gate to Tangare St.

**Warning:** On the final 50m back to Takapuwahia Reserve returning riders may meet outgoing riders. Both parties should stay hard left. Be aware and follow marshal instructions.

- At the gate to Tangare St, turn left and follow markers on the grass for 500m back through Takapuwahia Reserve to the traffic lights on the corner of Titahi Bay Rd and Te Hiko St.

**Warning:** The traffic lights will be controlled by traffic management. But riders must take responsibility for their own safety by checking for traffic, being aware and following marshal instructions.

- From the traffic lights, follow the normal traffic flow across Titahi Bay Rd and then left into Wi Neera Dve.
- Heading east now, ride on the normal left hand road lane around Wi Neera Dve, continuing south past transition.
- Immediately after the Transition area, turn left onto a concrete footpath/cyclepath beside the water.

**Warning:** This is a public footpath/cyclepath. Give way to the public at all times. Watch for bollards on the path!

- Follow the path south for 1.5k, past the railway station area toward Kenepuru Dve.
- Marshals will direct you out of the cyclepath onto a footpath beside Station Rd to Kenepuru Dve, where you will be directed across a pedestrian crossing into Bishop Viard College.
- Riders are heading west now for approx. 1.5k, around the back of Bishop Viard College, across sporting fields onto a single track that continues west to pop out onto Raiha St opposite Rangituhi/Colonial Knob.

**Warning:** During this 1.5k outgoing section, riders may encounter returning riders. Outgoing riders must keep to the left hand side of the track and give way to returning riders and the public at all times.

- Riders cross Raiha St onto a grass verge and head north, downhill toward Elsdon Motor Camp and left through a car park into Rangituhi/Colonial Knob as directed.
- The course heads uphill on a new single track called Utiwai for 5.5k. Watch for runners coming down.
- The course climbs up Utiwai to the top of the Reserve, exiting onto the gravel Farm Road, which you follow uphill for another 1k almost to the top of Rangituhi/Colonial Knob.

**Warning:** Going up Farm Rd outgoing riders may encounter returning riders. Outgoing riders must keep to the left-hand side and give way to returning riders and the public at all times.

- Just before the Spark Towers (2<sup>nd</sup> set of towers up Colonial Knob) the course turns left up a steep farm track for 100m and then follows a 4WD track on a 2k loop back to the Farm Road about 1k below where it went in.
- The route then goes back down the Farm Rd for 1k and then turns sharp left into a single-track downhill called Chimney Sweep.

**Warning:** During the 1k back down Farm Rd, returning riders may encounter outgoing riders and runners. Returning riders must keep to the left-hand side and give way to outgoing riders, runners and the public at all times.

- Chimney Sweep starts as narrow single track and opens up to a 4WD track called Rough Justice.
- At the end of Rough Justice you are back on the gravel Farm Rd. Turn left and head downhill on Farm Rd for 350m and then turn hard right into an unofficial entrance halfway down the Tumeke single track.
- In Tumeke, turn hard left, following the left-hand fork to bottom of Rangituhi/Colonial Knob.

- At the bottom of the Tumeke, turn hard right onto Spicer Link single-track, which heads south for 2k to Spicer Botanical Reserve.

**Warning:** When heading south on Spicer Link, riders toward the rear of the field may cross riders at the front coming down Tumeke for the last time. Uphill riders on Spicer Link must give way! All riders be patient and polite.

- At the Botanical Reserve continue south over a concrete forde, then veer right into the Reservoir single-track.
- The Reservoir track heads uphill steeply for 100m, then veers right past the Reservoir onto a track called "Doctor".
- Follow Doctor for approx. 1.5k to its natural end, and then cross a 4WD track straight into the top of the Tumeke, single track.
- Follow Tumeke downhill for 1.5k - taking right hand options at all times - to the bottom of Rangituhi/Colonial Knob.
- At the bottom of Tumeke you veer right off the single track onto a 4WD track and head north for 200m to a short single track back to Raiha St.

**Warning:** At the bottom of the Tumeke downhill for the last time, riders toward the front of the field will cross riders toward the rear of the field heading south on Spicer Link. Uphill riders on Spicer Link must give way! All riders be patient and polite.

- At Raiha St, riders cross the road again and head back through Bishop Viard College and the cyclepaths to finish back at Whitireia Polytechnic.

**Note:** There will be traffic controls on the course, but riders must take responsibility for their own safety by obeying all road rules, giving way to all traffic and public, and following marshal instructions.

**Multisport and Duathlon solo participants** change to running gear and then head out of transition to the south, crossing the timing mats, to start the run along the same service road around the back of Whitireia Polytech.

**Mountain Bike Only** participants ride - slowly! - past transition to the finish line inside the main quad.