

# Mountain Run – 18k

The first section of the course heads from Whitireia into the Porirua Scenic Reserve and up Rangituhi-Colonial Knob, to 200m past the Spark Tower.

The second section heads west, dropping down into Pikarere Station and then over to the west coast, north along the coastline, then back over Takapuwhia to finish at Whitireia.

