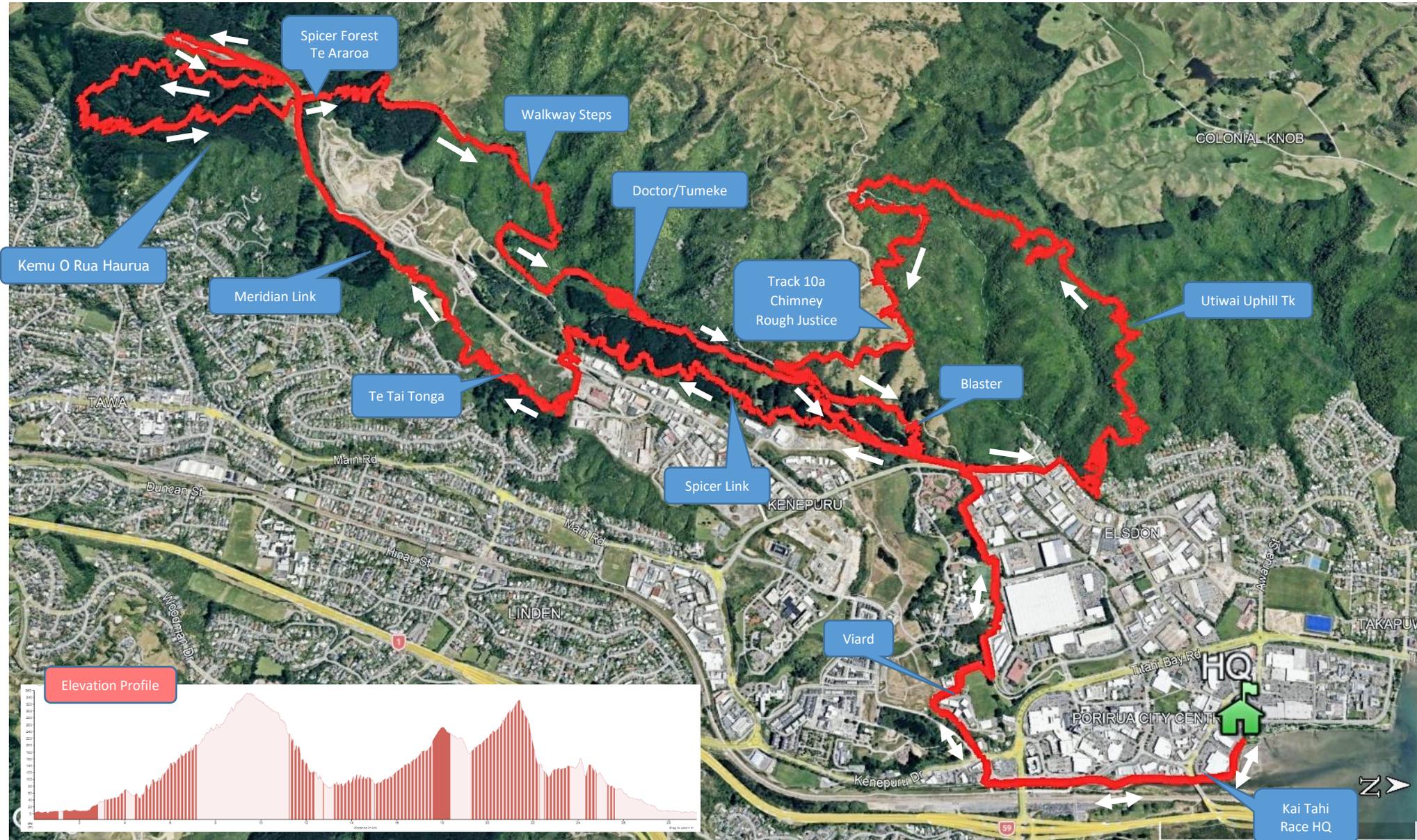


# Mtn Bike Course - 32k

Start/Finish at Kai Tahu waterfront - see full Course Description below.

Summary: The 32k Mtn Bike is made up of four sections:

- First section heads south on the Porirua Stream path & cuts through Viard College to Elsdon entrance of Rangituhi-Colonial Knob.
- Second section is uphill on Utiwai track to the bushline, then downhill via various tracks to the bottom of Rangituhi-Colonial Knob, then south to Spicer Botanical Pk.
- Third section continues south, across Broken Hill Rd for a big loop of Te Tai Tonga track, Meridian Link, Kemu O Rua Haurua, Kiwi Cres Ascent & Seven Pines Descent back to Spicer Botanical Park.
- Fourth section returns north via the Reservoir, Doctor & Tumeke tracks back to Raiha St, & back through Viard College & Porirua Stream paths to Kai Tahu waterfront.



## Full Description

All Mountain Bikers start at Kai Tahu waterfront, approx. 100m south of the Transition area.



**Multisporters (solo & teams)** head out the southern end of transition and head south/east on the Porirua Stream footpath/cyclepath. First Multisporters are expected to start biking from 9:00am.

**Duathletes (solo & teams) and Mountain Bike Only** participants line up together for their 9:15am start, 100m south/east of transition, behind the Pak and Save building. Do not block multisport exit from transition or the footpath (use the grass). Duathletes and Mtn Bike Only participants will have a neutralised start where they will ride behind an official for 1k until Viard College.

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**Note:** There will be traffic controls, 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.

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➤ Follow the footpath/cyclepath south for 1k, following Porirua Stream past the railway station area toward Kenepuru Dve.

**Warning:** The path is not closed to public. Give way to the public at all times. Watch for bollards on the path!

➤ Marshals will direct you from the stream-side path west onto a footpath, past a Mobil Petrol Station to Kenepuru Dve, to a pedestrian crossing into Bishop Viard College.  
➤ Continue west for approx. 1.5k, around the back of Bishop Viard College, across sporting fields onto a single-track pops out onto Raiha St, opposite Rangituhi/Colonial Knob.

**Warning:** Road crossing will have traffic controls. But you must give way to all traffic and all public at all times.

➤ Riders cross Raiha St onto a grass verge and turn right, heading north downhill for 300m toward Elsdon Motor Camp, then turn left through a car park into Rangituhi/Colonial Knob.  
➤ The course turns right here & starts uphill on a bush single track called Utiwai for 5.5k to the top of the Reserve.

**Warning:** Watch out for runners & general public on Utiwai, especially at the top as you exit the track.

➤ Utiwai exits above the bushline. Ride straight ahead back into another track called Track 10, which zig-zags 1.5k downhill to join another track called Chimney Sweep.  
➤ Chimney Sweep continues downhill for 1k and exits onto a downhill 4WD track called Rough Justice. This is very fast with rough off-camber corners and ruts. Watch your speed!  
➤ At the end of Rough Justice slow down for a hard left turn onto the Rangituhi/Colonial Knob access road (called Farm Rd).  
➤ Follow Farm Rd downhill for 250m and then veer left into a 4WD track for 400m to the top of another downhill single track called 'Blaster'.  
➤ Blaster zig-zags down through trees to the bottom of the Rangituhi/Colonial Knob mtb park, where you turn hard right and take the Spicer Link track south.

**Warning:** When heading south on Spicer Link, riders toward the rear of the field may cross riders at the front coming downhill out of Tumeke. Outgoing riders on Spicer Link must give way!

- Follow Spicer Link for approx. 3k of single track all the way to Spicer Botanical Park. As you exit the track into the park, turn hard left and head east to the cycle crossing on Broken Hill Road to access the Te Tai Tonga track.

**Warning:** Road crossing will have traffic controls. But you must give way to all traffic and all public at all times.

- On the Te Tai Tonga track you climb for 3k, heading south into the Meridian Link track and Meridian access road. **The next section in red is new for 2026.**
- **At the top of the Meridian road, you will start a 1.5k loop. Head down the right-hand side of the road for 200m, then veer right into a bridle trail for 500m, and then left across the Meridian Rd to another bridle trail, turning left again and heading back north, but on the opposite side of the road.**
- **You will be turned right here onto a new section of the course for a 3.5k loop, starting with 1.5k downhill on the Kemu O Rua Haurua trail (Game of Two Halves), and then 2k back up the Kiwi Crescent climb back to the Meridian Road.**

**Warning:** The downhill on this section is intermediate level... BUT... is a very good trail and can be taken slowly.

- Back at the top of the Meridian road, cross straight away, heading west into the Spicer Forest Te Araroa Trail, where you turn right and climb 1.5k to the top.
- At the top you continue north along the fenceline (keeping fence on your left) and head downhill into the Scenic Reserve Walkway.
- The Walkway heads downhill steeply for 1k, including several steps. It is compulsory to walk the steps, which will only take 3-4min.

**Warning:** The downhills on this section are all steep and often slippery and rocky. Take them very slowly & give way to all public at all times. It is compulsory to walk the steps!

- The Walkway emerges back at Spicer Botanical Park, but stays in the bush, turning left, crossing a stream and continues west on single track toward the Reservoir.
- The Reservoir track heads uphill steeply for 100m, then veers right past the Reservoir onto a single track called “Doctor”, which climbs for 1.5k.
- The Doctor leads you straight into a track called “Tumeke” for 1.5k of downhill - 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 down to Raiha St.

**Warning:** At the bottom of the Tumeke downhill, riders toward the front of the field may cross riders toward the rear still heading south on Spicer Link. Outgoing riders must give way!

- At Raiha St, riders cross the road again and head back through Bishop Viard College and the Porirua Stream cyclepaths to finish back at the Kai Tahu waterfront.

**Warning:** Returning riders may encounter outgoing runners. Please be alert and give way.

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**Multisport and Duathlon participants** enter transition in the middle, turning right into transition. Team runners wait inside transition and head out the south end.

**Mountain Bike Only** participants finish by turning left and finishing on the grassed area near the Kai Tahu rear entrance.