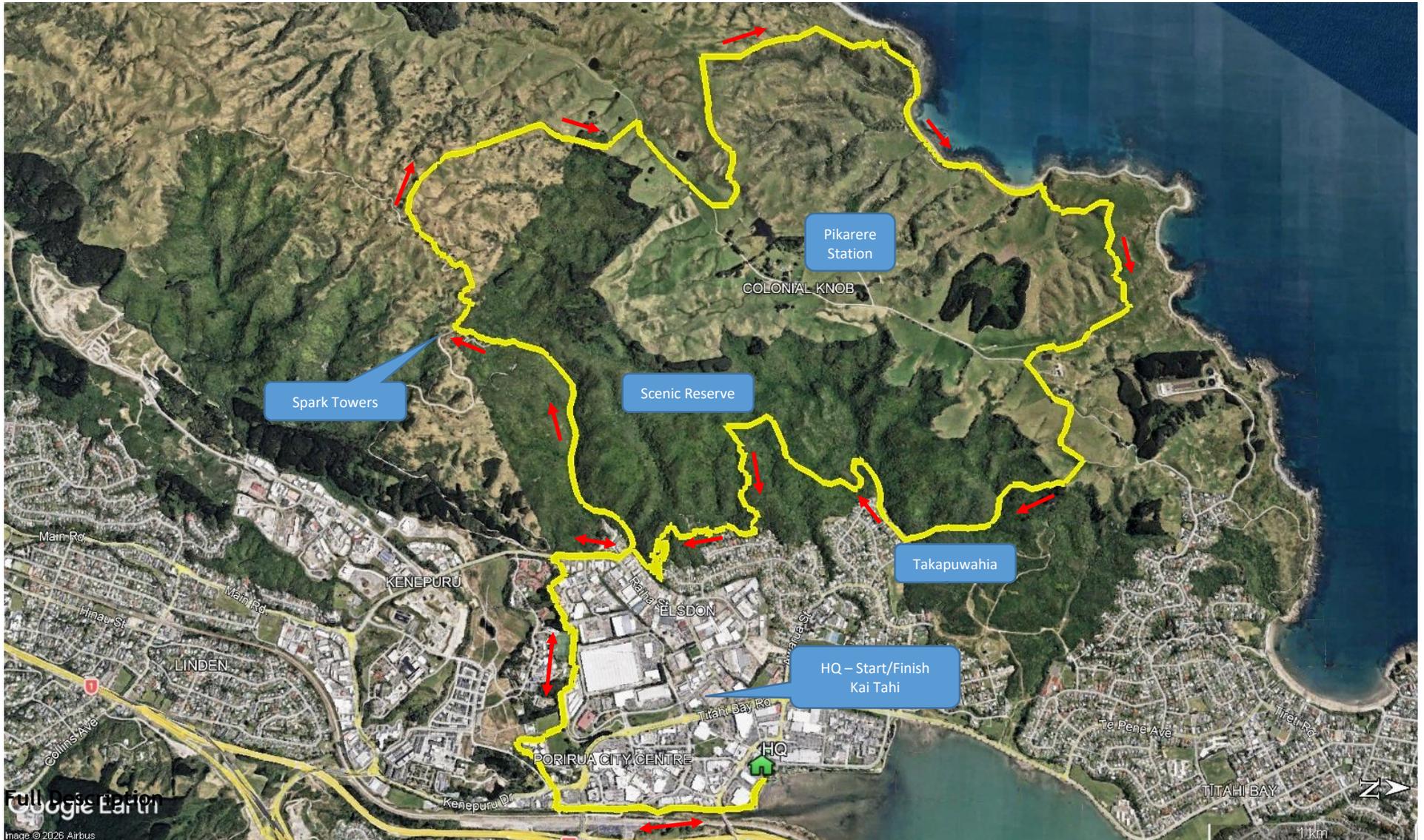


Mountain Run Map & Description - 21k



ALL AGES
ALL ABILITIES
ALL AMAZING

Summary: From Kaitahi waterfront, the mountain run south/east on the Porirua Stream shared path before crossing Kenepuru Drive into Viard College headed toward the bush tracks up Rangatuhi/Colonial Knob Scenic Reserve. The route heads up Rangituhi steps and then west over into Pikarere Farm station to the western coastline. It follows the coastline north before turning east, back up across Pikarere Farm and down through Takapuwhia and back around Rangituhi Scenic Reserve before finishing back through Viard College and Porirua Stream to the Kaitahi waterfront.



All Mountain Runners start at Kaitahi waterfront on the south side of the Transition area.

Multisporters & Duathletes (solo & teams) start the run straight after they have finished the mountain bike by exiting the southern end of transition and heading south/east on the Porirua Stream shared path.

The first multisport or duathlon runner (solo or team) is expected to begin running at approx. 10:45am.

Mountain Run Only participants line up for their 10:30am start, 100m south/east of transition, behind the Pak and Save building. Do not block multisporters returning to transition.

Warning: All road crossings have controls. But no road is closed. Obey marshals and take responsibility when crossings. Give way to traffic at all times.

➤ All Mountain Runners begin by heading south on the footpath/cyclepath 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! Watch for Mountain bikers finishing!

➤ Marshals will direct you from the stream-side path west onto a footpath past a Petrol Station to Kenepuru Dve, then across 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 that will eventually pop 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. Watch for mountain bikers going opposite way.

➤ Runners 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 Scenic Reserve.

➤ Cross the bridge into the bush and turns **LEFT**, following the Scenic Reserve walkway uphill for approx 1.5k to the bushline. This track include long sections of steps.

➤ Continue straight for 100m to the gravel road, turn right and continuing uphill for 1k.

➤ 50m before the Spark cell towers (above you to your left) you will be directed west (to your right), into Pikarere Farm Station (cross the fence on a stile beside a large blue post on your right).

➤ Jump the stile and keeping the fenceline on your left, follow it over a small hill and then downhill for 1k to a gate under pine trees. Go through the gate, veer right & keeping the fence on your right now, continue downhill to the Pikarere farm valley gravel road.

➤ Turn right and follow the farm road north for 500m and then veer left (west) for 200m across a paddock to a gate leading to an uphill 4WD track.

➤ Follow the 4WD track for 400m up to the ridge and continue south along the ridge for 500m to a fenceline.

- Turn right and follow the fenceline for approx. 1k downhill, almost to the coastline. Above the coastline you'll be directed down an almost hidden gully, which leads straight down to the beach. This is the halfway mark.
- Running on the coastline now, follow the beach-front tracks for approx. 1k to an obvious 4WD track leading uphill back into the farm.
- Turn right off the beach and follow the track uphill for 1.5k, initially on a 4WD track that turns to a grass track, to meet the Pikarere farm road again.
- Turn left, cross a cattle-stop, and follow the farm road north for 300m. Turn right here, crossing another cattle-stop, and into a farm track headed east around the back of a small hill to another cattle-grate.
- Continue east, across this third cattle-grate, for 150m to a fenceline and gate under pine trees. You are now at the top of Takapuwahia area in Porirua.
- Cross the fenceline and veer right, following a grass gully for 100m, then veering left into the bush and continuing for 1k down a steep bush gully to emerge on Rangituhi Crescent.
- Turn right onto the footpath on Rangatuhi Crescent. Stay on the footpath for 300m to a small grass reserve (15k mark). Turn right and cross the reserve into a bush track that is another entrance for the Scenic Reserve Walkway.
- Follow the main trail for approx. 2k, through some creek crossings, up a short set of steps, then straight through two side trails on your left, taking the high options, until you find a third lefthand option into a steep, technical downhill mountain bike track (clue: if you reach a T-intersection at the well-maintained Utiwai track, then you have gone approx 1min past the left turn).
- Turn left down the steep, technical downhill mountain bike track for approx 600m to emerge in a grass reserve. Veer right and follow the reserve for approx 200m, then veer left back into a bush track, uphill for approx 400m to emerge toward the bottom of the well-maintained Utiwai track.
- Turn left and follow Utiwai approx 800m downhill back to the Elsdon Camp, turning left across the bridge out to Raiha St.
- Turn right onto the grass verge of Raiha St and head uphill for 300m to the road crossing, turning left back through Bishop Viard College and the Porirua Stream paths to finish back at the Kai Tahu waterfront.
- **All runners finish** by turning left and finishing on the grassed area near the Kai Tahu rear entrance.

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