

Paddle Course - 12k

Summary: Starting from the Wi Neera Drive boat ramp, the course heads north to Onepoto and along the coastline, then across the harbour mouth to Paramata and into Puatahanui Inlet and around to Browns Bay. Paddlers then turn here and return the same way, before finishing with a 300m run to the Kai Tahi HQ finish line. See full description below.



Full Course Description (12k)

- All paddlers start at 8:00am from the Wi Neera Drive Boat Ramp, by the Waka Shed (approx 300m from Kai Tahi HQ).
- All paddlers line up together, lined up between the boat ramp & the jetty. Waka paddlers will start 1min after kayakers.



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- From the start line, head north toward Onepoto & a buoy (Buoy 1) near the Onepoto jetty.
 - Turn right around the buoy & follow the coastline north, past the mooring poles (keeping then on your right) to another large buoy (Buoy 2).
 - Turn right around the buoy & head east across the Porirua Harbour-mouth and the under Paremata Bridges.
 - Continue past the Paramata boat sheds for 1k, staying in the deep-water channel near the righthand coastline, to a green triangle warning sign out from Moorehouse Point.
 - Turn right around the green triangle sign and continue for 1k (staying 100m out from the rocky coastline) into Browns Bay to the Turn-around buoy (Buoy 3) approx. 100m from the Browns Bay shoreline.
 - Turn here and return exactly the same way to the Wi Neera Drive Boat Ramp.
 - All paddlers then finish by exiting their boats & running approx 300m south on Wi Neera Drive to the transition/finish line on the waterfront reserve behind Kai Tahi HQ.
 - **Multisport Paddlers (solo & team)** will be turned left into the transition area to their mtn bikes or mtn bike team member.
 - **Paddle-only** participants will be turned right into the finish chute.
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Important Notes:

- The lead kayaker is expected from 9.00am.
 - Kayakers or support crews must carry boats away from the boat ramp, placing then on the grass out of the way.
 - Team mtn bikers must wait in the Transition area until kayakers run to them. One supporter per participant is allowed to assist in transition.
 - Water conditions across the Harbour-mouth & at Moorehouse Point can be rough. Be aware.
 - In winds exceeding 25k per hour, the course may be altered to a more sheltered option, as below.
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Alternative Kayak Route (10k):

- Any decision to change to the alternative course would be made 24hrs prior, based on the forecast:
- Start Time would be delayed by 15min to 8:15am.
- From the Boat Ramp start line, head north toward Onepoto & a buoy (Buoy 1) out from the Onepoto jetty.
- Turn right around buoy & follow the coastline north, past the mooring poles (keeping then on your right) to another buoy (Buoy 2) near Porirua Harbour-mouth.
- Turn around at this buoy and return to Onepoto.
- At Onepoto, turn around at Buoy 1 and paddle out to Buoy 2 and back to Onepoto again.
- Then return south back to the Boat Ramp. The finish and transition would be as per normal, above.