

## Mountain Bike (28km)

### *Petone, Hutt River Trail, Belmont Regional Park*

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- ⇒ The mountain bike section starts from Sladden Park in Petone. This is also the start of the Duathlon option at 9:00am. The course is 99.9% off-road and rideable.
  - ⇒ Fastest Time - 1hr 30min / Average Time - 2hrs / Slowest Time - 2hrs 45min
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Multisporters start from transition and ride north for 300m, passing under Ava Rail Bridge and continuing north on the western side of the Hutt River Trail.

Duathletes will be briefed at Sladden Park at 8:30am and start at 9:00am beside the Sladden Park transition in the same way as Multisporters.

All mountain bikers follow the western side of the Hutt River Trail north for approx 10k, passing under Ewen Bridge, Melling Bridge and Kennedy Good Bridge to the southern end of Manor Park near Haywards Hill junction.

**WATCH FOR PUBLIC USERS AT ALL TIMES !**

Approx 500m before Manor Park riders will be directed left down a grassy bank and into a stream that leads to a large culvert under the Hutt Motorway to Hebden Crescent in front of the main entrance to Dry Creek Regional Park.

Do not ride into the park gates! Turn left and follow the road edge south for 250m, then cross the road into the Boulder Hill track (maps call it Buchanan Rd, but it is a 4WD track).

The Boulder Hill track climbs west for approx 4k to the top of Boulder Hill at 442m above sea level with awesome 360-degree views over the Hutt Valley and out to the Tasman Sea.

At the top of Boulder Hill the 2016 mtn bike route changes. The finish is still at Stratton St, but the route to get there changes significantly.

From the top of Boulder Hill you now head west, downhill, for 2k on farmland to Belmont Road (4WD farm track).

Turn left onto Belmont Road and follow it south/west for 3k - past several World War II concrete ammunition bunkers and a gas substation - to Belmont Park Airstrip. Marshals will direct you off Belmont Road onto the grassed airstrip.

Follow the Airstrip for 200m west, then turn left and follow a farm track for 1k past more ammunition bunkers to Hill Road, which is a gravel farm road.

Follow Hill Road downhill for 1k where marshals will direct you into Old Coach Road, a historic horse and cart track.

Follow Old Coach Road uphill for 1k on farm tracks to the highest pylon, which leads into a short, steep singletrack downhill called Naked Flame. This continues straight ahead into the Sweetacres Loop, which is a 1k singletrack that heads clockwise back around to Old Coach Road. Turn right and ride north for approx. 50m, then left into a track called 4-Degrees.

4-Degrees is a new singletrack, descending 4k through native bush to the finish at the Regional Council Woolshed at the end of Stratton Street in Mangauraki.

Mountain bikers will come into transition from behind the Woolshed building on the southern side of the grassed area. Team runners and support crews wait in transition, standing to the side of the mtn bike finish chute.

Runners then head straight out the other end of transition heading east.

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#### *Notes:*

- ⇒ ALL ROADS AND TRAILS ARE ALSO OPEN TO THE PUBLIC. COMPETITORS MUST OBEY ROAD RULES AND GIVE WAY TO TRAFFIC AND PEDESTRIANS AT ALL TIMES.
- ⇒ This ride is achievable for any cyclist able to ride 3hrs non-stop over hilly terrain.
- ⇒ Competitors must wear hard shell helmets, carry windbreaker or long sleeve thermal top, food, drink, spare tubes and fix-it equipment.
- ⇒ Marshals are situated at points of concern. Signage will warn changes in direction and technical terrain.
- ⇒ There will be first aid officials on the course at points of concern or remoteness. Please assist anyone in difficulty by continuing on to the next official.

- ⇒ Parking is limited in Stratton Street. Park where directed and only on the southern side of the road (creek side).
  - ⇒ To leave Stratton Street you must drive to the end of the road and use the natural turning bay.
  - ⇒ Don't block resident driveways.
  - ⇒ Transition is at the end of Stratton St, approx. 200m walk down a gravel track. There are toilets and running water.
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