

Mountain Bike (30km)

Petone, Hutt River Trail, Belmont Regional Park

- ⇒ The mountain bike section starts from Sladden Park, Bracken St, Petone. The course is 99% off-road and rideable.
 - ⇒ This is also the start of the Duathlon option at 9:00am. Duathlon briefing is 8:30am.
 - ⇒ Fastest Time - 1hr 18min / Average Time - 2hrs / Slowest Time - 2hrs 45min
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Multisporters start from inside transition. Duathletes line up enmass on the northern side of the transition.

All mountain bikers ride north on western bank of the Hutt River Trail for approx. 10k, passing under Ava Rail Bridge, Ewen Bridge, Melling Bridge and Kennedy Good Bridge to the south end of Manor Park near Haywards interchange. **Giveway to other users at all times!**

Just before the Manor Park Interchange, 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 Dry Creek Regional Park.

Do not ride into the park gates! Follow the left-hand 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). **Watch for traffic and give way at all times!**

The 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, Wellington Harbour, Porirua Harbour and out to the Tasman Sea.

From the top of Boulder Hill you now head west, mostly downhill for 2k on farmland to Belmont Road (4WD farm track), which is Wellington's oldest stock route. Marshals will be at top of Boulder Hill and at Belmont Rd.

Turn left onto the Belmont Road track and follow it south/west for 2.5k, past several World War II concrete ammunition bunkers to a large 4-way gravel intersection (you will see a gas substation on your right).

At the intersection a marshal will direct you straight ahead onto Hill Road for 2.5k downhill on a mixture of gravel & seal to the Hill Road gate/car park. **Watch your speed on the gravel and give way to other users at all times!**

Use the public stile on your left to get through the gate, then turn hard right into a new, and as yet un-named, uphill single track. This is 2.5k long and ends at an intersection in the bush above Old Coach Road.

At the top of the singletrack, turn hard left & head around the Sweetacres Loop, which is a 1k singletrack that heads clockwise around to Old Coach Road, which is the historic original route from the Hutt Valley to Porirua Harbour.

At Old Coach Road, turn right and ride west for 50m, then turn left into a singletrack downhill called Electric Avenue. This is the start of a 2k downhill to the finish at the historic Woolshed building at the end of Stratton Street.

Head down Electric Avenue. After approx. 1k you cross a 4WD track into another downhill singletrack called Weta. These are tight, twisting, lumpy tracks. They are not overly technical, but speed will catch you out. Be conservative!

At the bottom you come out behind the Woolshed building. Veer right to drop into a short single track around the right-hand side of the Woolshed into a taped off transition area on the grassed area in front of the building.

Team runners and support crew must stand to the side of the transition area. All runners then head straight out the other end of transition heading east.

Notes:

- ⇒ This ride is achievable for any mtn bikers able to ride 2-3hrs non-stop over hilly terrain.
 - ⇒ Competitors must wear hard shell helmets, carry windbreaker or long sleeve thermal top, food, drink, spare tubes, pump or CO2 and bike tool. Take your cell phone in case of emergency.
 - ⇒ Marshals are situated at points of concern. Signage will warn changes in direction and downhills/drops.
 - ⇒ There will be first aid officials on the course at points of concern or remoteness. Please assist anyone in serious difficulty by making another rider stay with them while you continue to the next official.
 - ⇒ Parking in Stratton Street is limited. Park where directed and only on the southern side of the road (creek side).
 - ⇒ Don't block resident driveways.
 - ⇒ To leave Stratton Street you must drive to the end of the road and use the turning bay.
 - ⇒ 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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⇒ **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.**

⇒ **ALL DOWNHILLS ON THIS COURSE DESERVE CARE. BE CONSERVATIVE.**
