

## Mountain Bike (28km)

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

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- ⇒ 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 35min
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Multisporters start from inside transition. Duathletes start 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.

**GIVE WAY TO GENERAL PUBLIC AT ALL TIMES !**

Just before the new 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! 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, 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 3k - 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 on to Hill Road, which you follow downhill on a mixed gravel & sealed road (called Hill Rd) for 800m where another marshal, where you turn right, through a farm gate onto 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 (care needed when wet).

Naked Flame 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 2.5-3hrs non-stop over hilly terrain.
  - ⇒ Competitors must wear hard shell helmets, carry windbreaker or long sleeve thermal top, food, drink, spare tubes and bike tool.
  - ⇒ 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).
  - ⇒ 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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