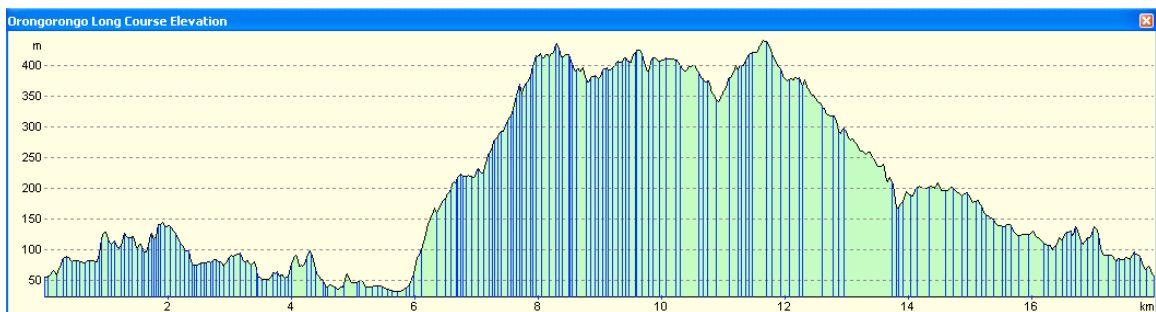
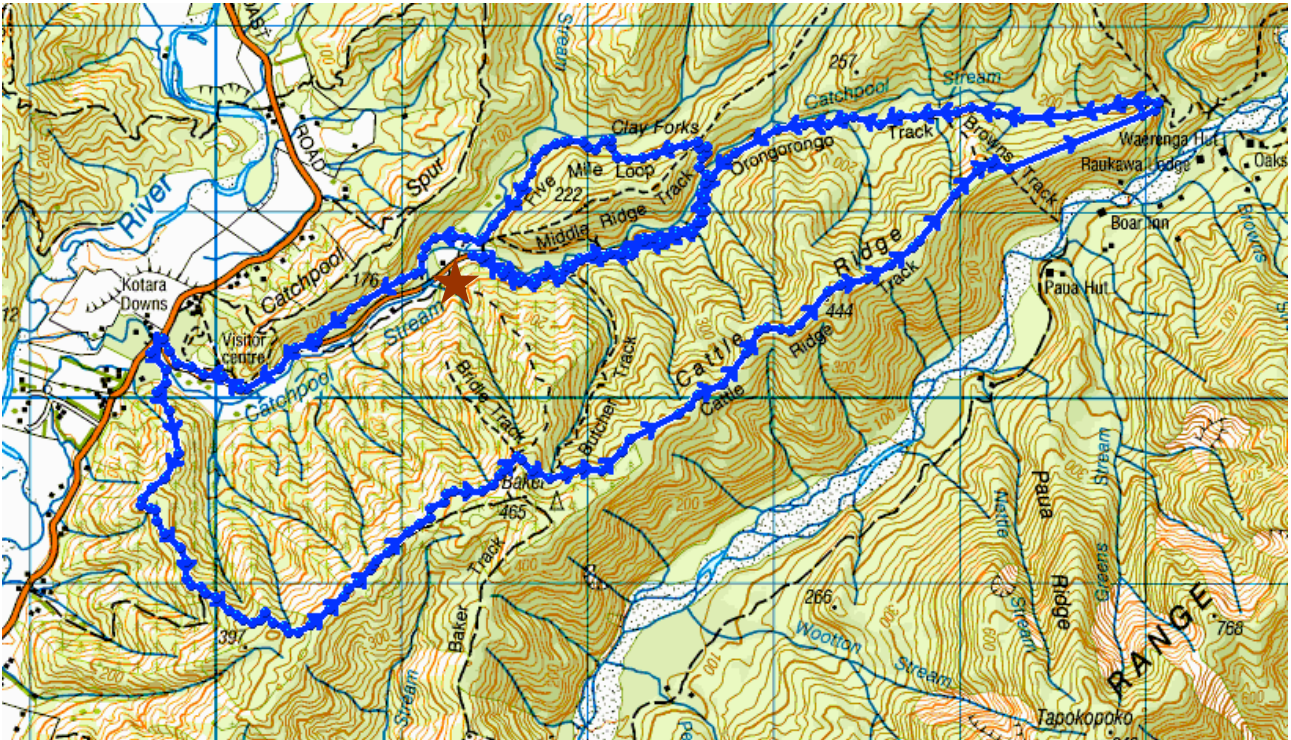


# XTERRA The Orongorongos – Rimutaka Forest Park

## Long Course



### Description:

About 20km – 1.45 hours to 3 hours. Great Views on the Ridgeline, great bush in the valleys. Bit of a warm up then into a big climb, then all down hill from there. Climb is on 4WD Tracks, almost everything else in the bush. Could be cold on the ridgelines, come prepared. Probably quite a fast run if your fit, keep your sense of humour and enjoy it if your not.

Start in the Catchpool Loop carpark and head into the Orongorongo Track. Take a left onto the Five Mile Loop Track and follow onto the Nature Trail. Pop out of the Nature Trail onto the road and turn right and follow road to the Park Gates. Exit the gate and turn left, cross the bridge (keep off the road) and turn left again onto the 4WD Track. Stay on the 4WD track for the climb and follow markers to connect with Butchers Track and Cattle Ridge. Follow Cattle Ridge all the way down until it hits The Orongorongo Track. Take a left and head back to the carpark. The descent on the last km of Cattle Ridge is a little technical so take care at this point.

Course is subject to weather and track conditions on the day.