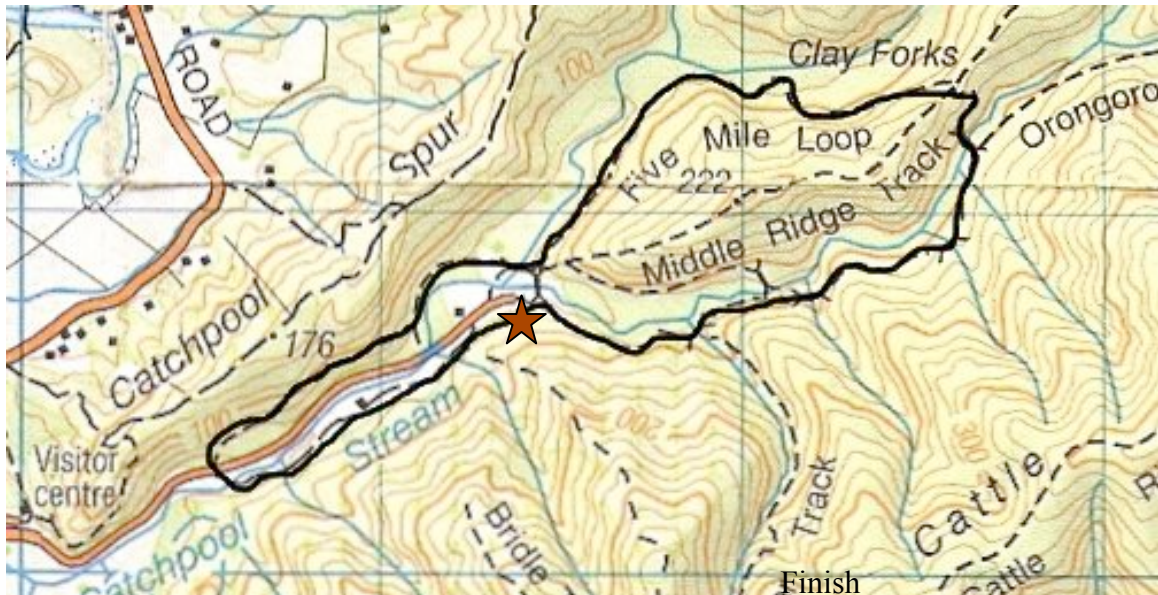


XTERRA The Orongorongos – Rimutaka Forest Park

Short Course



Description:

About 7km – 35 to 50 minutes – Mostly flat easy running with one climb up to 5 Mile Loop, and a few lumps around the Nature Trail.

Start at the Catchpool Loop carpark and run into the Orongorongo Track. A couple of km in take a left onto Five Mile Loop and follow around until it connects with the Nature Trail. Follow Nature trail through the bush until it pops out onto the road. Turn left and follow the road for about 100m then take a left and cross the stream. Back through the camp ground to the finish.

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