

## **Four Cones**

**Distance = 45 K**

**Max Elevation= 181 M**

**Total Climbing= 377 M**

**Brief Description:** - Gt North Rd, L @ Motions Rd, R @ Old Mill Rd, L @ Garnet Rd, R @ West End Rd, L @ Jervois Rd, R @ Marine Prd, L @ Argyle St, L @ Cremorne St, R @ Stack St onto Sarsfield St, L @ Curran St onto Westhaven Dr, R @ Beaumont St, R @ College Hill, L @ Ponsonby Rd, L @ K Rd, onto Grafton Bridge, L @ Grafton Rd, R @ Grafton Mews, R Lower Domain Rd go through domain, L @ Parnell Rd, R @ Ayr St, R @ Arney Rd, L @ Bassett Rd, L @ Remuera Rd, R @ Market Rd, L @ Campbell Cres, L @ Puriri Dr and head through One Tree Hill domain and to the top, Head down One Tree Hill L @ bottom and R @ Manukau Rd, L @ Onslow Rd, R @ St Andrews Rd, L @ Balmoral Rd, R @ Mt Eden Rd and proceed to top of Mt Eden, Head down L @ bottom then R @ Mt Eden Rd, L @ View Rd, R @ Wynyard Rd, onto Porters Ave, L @ New North Rd, L @ Kitinui Ave, L @ Mt Albert Rd, R @ Summit Dr head up to top of Mt Albert, Head down L @ Stillwell Rd, L @ Allendale Rd, R @ McLean St, L @ New North Rd, R @ Woodward Rd, L @ Carrington Rd, Onto Pt Chev Rd to beach for coffee

