

## **VeloGiro**

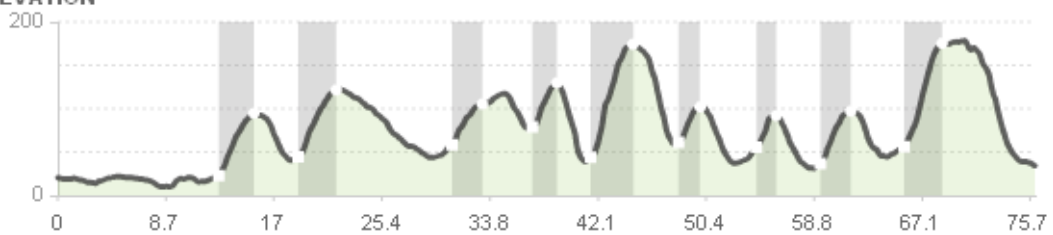
Distance = 76kms

Max Elevation = 196m

Total climbing = 761m

**Brief Description:** Shadbolt Park, R onto Portage Rd, L @ Clark St, R @ Ward St, Onto Veronica St, R @ Delta St, L @ Binsted Rd, R @ Rata St, Onto Ash St, L @ Wairau Ave, R @ Riversdale Rd, L @ Rosebank Rd, Onto Patiki Rd, Onto bike track to Central Park Dr, Onto Triangle Rd, L @ Waimumu Rd, R @ Don Buck Rd, L @ Red Hills Rd, L @ Birdwood Rd, R @ Crows Rd, R @ Sunnyvale Rd, L @ Red Hills Rd, R @ Nixon Rd, L @ Taupaki Rd, L @ Amreins Rd, R @ Mcentee Rd, L @ Township Rd, R @ Waitakere Rd, L @ Bethells Rd, L @ Te Henga Rd, L @ Scenic Dr, Onto Swanson Rd, R @ Christian Rd, L @ O'Neills Rd, R @ Pooks Rd, R @ Candia Rd, R @ Coulter Rd, R @ Vineyard Rd, R @ Candia Rd, L @ Henderson Valley Rd, Onto Pine Ave, R @ Forest Hill Rd, L @ Kellys Rd, L @ West Coast Rd, R @ Shaw Rd, L @ Scenic Dr, R @ Titirangi Rd, R @ Godley Rd, L @ Portage Rd to Shadbolt Park

### ELEVATION



**20.71 m**  
Start Elev

**196.0 m**  
Max Elev

**761.0 m**  
Gain



### Leg Spinner

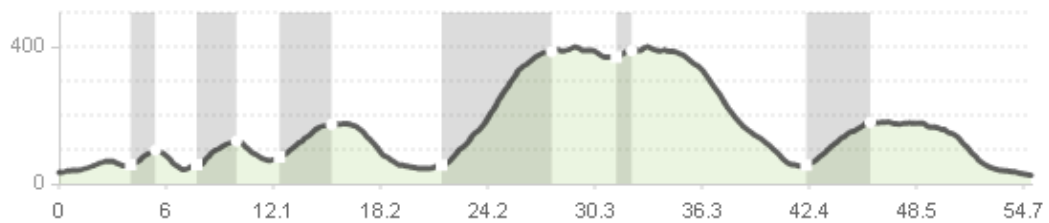
Distance = 55kms

Max Elevation = 434m

Total climbing = 820m

**Brief Description:** Shadbolt Park, L onto Portage Rd, R @ Godley Rd, L @ Avonleigh Rd, L @ Takahe Rd, R @ Wood Bay Rd, R @ Otitori Bay Rd, L @ Park Rd, L @ Titirangi Beach Rd, R @ Paturoa Rd, R @ McEldowney Rd, R @ South Titirangi Rd, L @ Titirangi Rd, R @ Atkinson Rd, L @ Kaurilands Rd, L @ Konini Rd, R @ Scenic Dr, R @ Shaw Rd, L @ West Coast Rd, R @ Scenic Dr to Aerial. Turn around back down Scenic Dr, L @ Forrest Hill Rd, R @ Kellys Rd, L @ West Coast Rd, R @ Carter Rd, R @ Shaw Rd, L @ Scenic Dr, R @ Titirangi Rd, R @ Godley Rd, L @ Portage Rd, R @ Bolton St

#### ELEVATION



**33.8 m**  
Start Elev

**434.0 m**  
Max Elev

**820.0 m**  
Gain



### Aerial Blowout

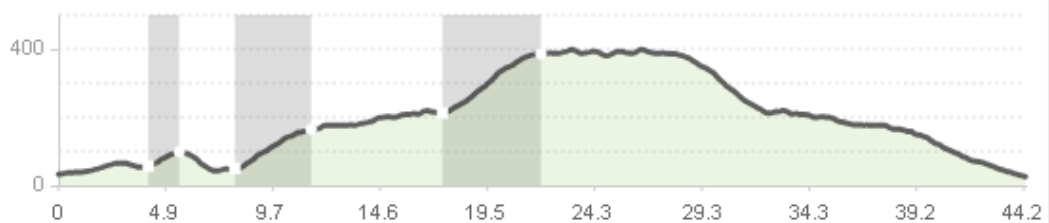
Distance = 55kms

Max Elevation = 434m

Total climbing = 820m

**Brief Description:** Shadbolt Park, L onto Portage Rd, R @ Godley Rd, L @ Avonleigh Rd, L @ Takahe Rd, R @ Wood Bay Rd, R @ Otitori Bay Rd, L @ Park Rd, L @ Titirangi Beach Rd, R @ Paturoa Rd, R @ McEldowney Rd, R @ South Titirangi Rd, L @ Titirangi Rd, L @ Scenic Dr to Aerial. Turn around back down Scenic Dr, R @ Titirangi Rd, R @ Godley Rd, L @ Portage Rd @ Bolton St

#### ELEVATION



33.97 m  
Start Elev

434.0 m  
Max Elev

521.0 m  
Gain



### Mangawhai

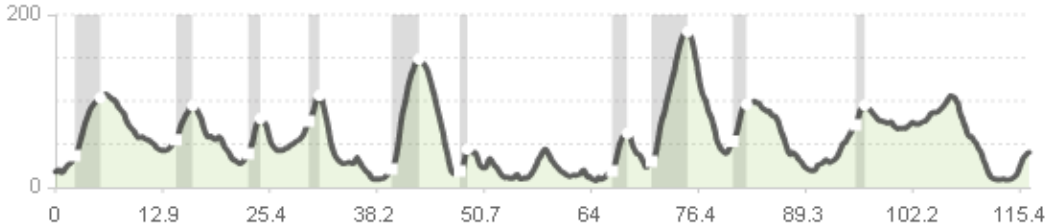
Distance = 116kms

Max Elevation = 204m

Total climbing = 955m

**Brief Description:** Central Park Dr, Onto Triangle Rd, L @ Don Buck Rd, R @ Redhills Rd, Onto Nixon Rd, Onto Taupaki Rd, Onto Old North Rd, R @ Peak Rd, R @ Kaipara Coast Hwy, Onto Port Albert Rd, L SH1 @ Wellsford, R @ Mangawhai Rd continue on to Mangawhai Heads

#### ELEVATION



18.19 m  
Start Elev

204.0 m  
Max Elev

955.0 m  
Gain



## Upper Harbour

Distance = 65kms

Max Elevation = 140m

Total climbing = 420m

**Brief Description:** Bike track to Central Park Dr, Onto Triangle Rd, R @ MAkora Rd, R @ Royal Rd, L @ Moire Rd, R @ Luckens Rd, Onto Marina View Dr, L @ Westpark Dr, R @ Hobsonville Rd, Onto Upper Harbour Dr, R @ Albany HWay, L @ Sunset Rd, L @ East Coast Bays Rd, L @ Lonely Track Rd, Onto Albany Heights Rd, R @ SH17, L @ Coatsville Riverhead HWay, L @ O'Briens Rd, Onto Ridge Rd, L @ Coatsville Riverhead HWay, R @ Riverhead Rd, R @ Deacon Rd, L @ Old North Rd, Onto Taupaki Rd, L @ Amriens Rd, L @ Sunny vale Rd, R @ Crows Rd, R @ Birdwood Rd, R @ Swanson Rd

### ELEVATION



**42.31 m**  
Start Elev

**140.0 m**  
Max Elev

**420.0 m**  
Gain



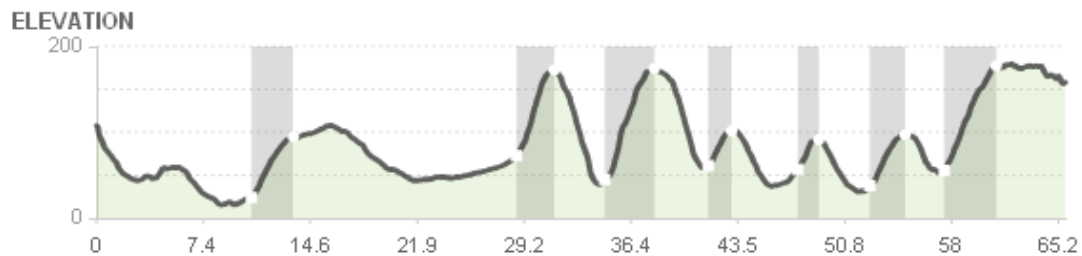
### **ButterChicken**

Distance = 56kms

Max Elevation = 198m

Total climbing = 699m

**Brief Description:** Onto Triangle Rd, L @ Lincoln Park Ave, L @ Lincoln Park Ave, R @ Waimumu Rd, Slight right at Don Buck Rd, Sharp left at Red Hills Rd, Slight left at Nixon Rd, Sharp left at Taupaki Rd, L @ Waitakere Rd, R @ Bethells Rd, L @ Te Henga Rd, L @ Scenic Dr, L @ Scenic Dr, R @ Swanson Rd, R @ Christian Rd, R @ Christian Rd, L @ O'Neills Rd, L @ O'Neills Rd, O'Neills Rd becomes Pooks Rd, R @ Candia Rd, R @ Coulter Rd, R @ Coulter Rd, R @ Vineyard Rd, Slight right at Candia Rd, L @ Henderson Valley Rd, L @ Henderson Valley Rd, R @ Pine Ave, R @ Forest Hill Rd, L @ Kellys Rd, L @ West Coast Rd, R @ Carter Rd, R @ Shaw Rd, L @ Scenic Dr, L @ Kohu Rd & onto Titirangi Rd



**107.89 m**  
Start Elev

**198.0 m**  
Max Elev

**699.0 m**  
Gain



## Helensville

Distance = 84kms

Max Elevation = 142m

Total climbing = 483m

**Brief Description:** Bike track, R @ Central Park Dr, Onto Triangle Rd, L @ Don Buck Rd, R @ Red Hills Rd, L @ Sunnyvale Rd, Onto McEntee Rd, R @ Waitakere Rd, L @ SH16, R @ Oraha Rd, L @ Old North Rd, Onto Wishart Rd, Onto Garfield Rds, L @ Rata St, L @ SH16, R @ Muriwai Rd, L @ School Rd, L @ Foster Rd, R @ Awa Rd, R @ Tawa Rd, L @ Hanham Rd, R @ Waitakere Rd, L @ swanson Rd, L @ Universal Rd, L @ Lincoln Rd, R @ Paramount Dr, L @ central Park Dr, R @ bike track

### ELEVATION



**41.56 m**  
Start Elev

**142.0 m**  
Max Elev

**483.0 m**  
Gain



### **Poo Ponds**

Distance = 66kms

Max Elevation = 110m

Total climbing = 245m

**Brief Description:** Start Mechanics Bay, Right at Vale Rd right at Kildaire Ave, L @ Chesterfield Ave, R @ Rochdale Ave, L @ Riddell Rd, R @ Crossfield Rd, L @ West Tamaki Rd, R @ Taniwha St, Left at Elstree Ave, Left at Point England Rd, R @ Riverside Ave, Onto Dunkirk Rd, Onto Dunkirk Rd, R @ Kings Rd, R @ Kings Rd, L @ Queens Rd, Slight left at Church Cres, Slight left at Lagoon Dr, Onto Pakuranga Rd, R @ Ti Rakau Dr, R @ Te Irirangi Dr, R @ Boundary Rd, R @ Boundary Rd, L @ Reagan Rd, Onto Puhinui Rd, R @ Cambridge Tce, L @ Bridge St, L @ Kenderdine Rd, R @ Puhinui Rd, R @ Tom Pearce Dr, R @ fast foods and left at John Goulter Dr, R @ George Bolt Memorial Dr, L @ Ihumatao Rd, R @ Oruarangi Rd, Slight right at Ascot Rd, L @ Greenwood Rd, L @ Greenwood Rd, Greenwood Rd turns right and becomes Creamery Rd, L @ Wallace Rd, L @ Muir Ave, L @ Ambury Rd, R @ Muir Ave, L @ Andes Ave, R @ Kiwi Esp, Turn left to stay on Kiwi Esp, Onto Waterfront Rd & over Mangere bridge, R @ Onehunga Harbour Rd and continue onto Onehunga Mall, Continue onto Grand Dr through Cronwall Park, R @ Campbell Cres, R @ Manukau Rd, Onto Broadway, L @ Teed St

#### **ELEVATION**



**64.63 m**  
Start Elev

**111.0 m**  
Max Elev

**245.0 m**  
Gain



### **Western Tours**

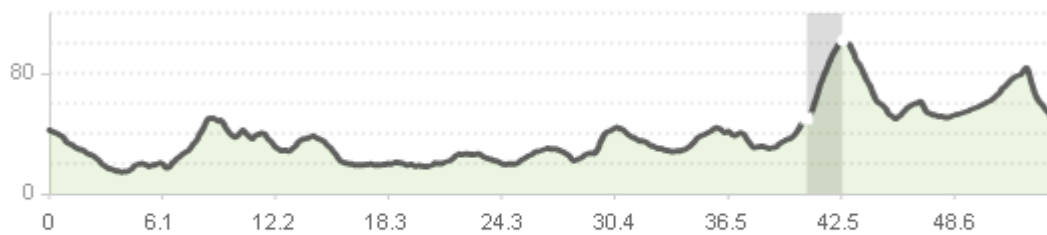
Distance = 49kms

Max Elevation = 117m

Total climbing = 249m

**Brief Description:** L @ Carrington Rd & along bike track, R @ Central Park Dr, Onto Triangle Rd, R @ Makora Rd, R @ Royal Rd, L @ Moire Rd, R @ West Harbour Dr, R @ Luckens Rd, Onto Marina View Dr, R @ Wiseley Rd, L @ Hobsonville Rd, Slight right at Brigham Creek Rd, R @ Kauri Rd, L @ Puriri Rd, R @ Waimarie Rd, L @ Totara Rd, R @ Riverlea Rd, L @ Bristol Rd, L @ Dale Rd, R @ Totara Rd, R @ Brigham Creek Rd, R @ SH 16, Onto Main Rd, L @ Trigg Rd, L @ Foster Rd, Onto Awa Rd, R @ Tawa Rd, R @ Waitakere Rd, Onto Swanson Rd

#### **ELEVATION**



**42.23 m**  
Start Elev

**117.0 m**  
Max Elev

**249.0 m**  
Gain



### **Panmure - Waterfront**

Distance = 50kms

Max Elevation = 132m

Total climbing = 245m

**Brief Description:** Pt Chev Gt North Rd, K Rd, L @ Symonds St, R @ Grafton Rd, L @ Stanley St, Onto Grafton Mews and Lower Domain Dr, L @ Domain Dr, R @ Parnell Rd, Onto Broadway, L @ Remuera Rd, Onto St Johns Rd, R @ College Rd, L @ Merton Rd, R @ Morrin Rd, R @ Jellicoe Rd, L @ Lagoon Dr, L @ Church Cres, R @ Sunset View Rd, R @ Allenby Rd, L @ Riverview Rd, R @ Kings Rd, L @ Dunkirk Rd, Onto Riverside Ave, L @ Point England Rd, R @ Elstree Ave, R @ Taniwha St, R @ West Tamaki Rd, L @ Roberta Ave, R @ Riddell Rd, Onto Glover Rd, L @ Cliff Rd, R @ Tamaki Dr, Onto Quay St, Onto Customs St West, R @ Viaduct Harbour Ave, Onto Gaunt St, R @ Beaumont St, L @ Westhaven Dr, L @ Curran St, R @ Sarfield St, L @ Hamilton Rd, R @ Jervious Rd, L @ West End Rd, L @ Garnet Rd, R @ Old Mill Rd, L @ Motions Rd, R @ Great North Rd, Coffee @ Pt Chev

#### ELEVATION



**25.85 m**  
Start Elev

**132.0 m**  
Max Elev

**245.0 m**  
Gain



### **Western Combo**

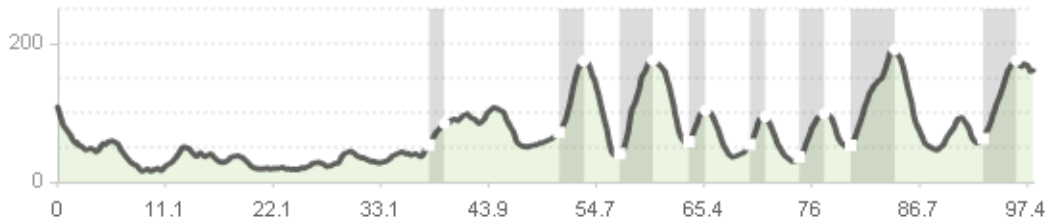
Distance = 88kms

Max Elevation = 220m

Total climbing = 980m

**Brief Description:** Central Park Dr, Onto Triangle Rd, R @ Makora Rd, R @ Royal Rd, L @ Moire Rd, R @ West Harbour Dr, R @ Luckens Rd, Onto Marina View Dr, R @ Wiseley Rd, L @ Hobsonville Rd, R @ Brigham Creek Rd, R @ Kauri Rd, L @ Puriri Rd, R @ Waimarie Rd, L @ Totara Rd, R @ Riverlea Rd, L @ Bristol Rd, L @ Dale Rd, R @ Totara Rd, R @ Brigham Creek Rd, R @ SH 16, Onto Main Rd, L @ Trigg Rd, L @ Foster Rd, Onto Awa Rd, R @ Tawa Rd, R @ Waitakere Rd, R @ Bethells Rd, L @ Te Henga Rd, L @ Scenic Dr, L @ Scenic Dr, R @ Swanson Rd, R @ Christian Rd, R @ Christian Rd, L @ O'Neills Rd, L @ O'Neills Rd, O'Neills Rd becomes Pooks Rd, R @ Candia Rd, R @ Coulter Rd, R @ Coulter Rd, R @ Vineyard Rd, Slight right at Candia Rd, L @ Henderson Valley Rd, L @ Henderson Valley Rd, R @ Pine Ave, R @ Forest Hill Rd, L @ Kellys Rd, L @ West Coast Rd, R @ Carter Rd, R @ Shaw Rd, L @ Scenic Dr, L @ Kohu Rd & onto Titirangi Rd

#### ELEVATION



**108.48 m**  
Start Elev

**220.0 m**  
Max Elev

**980.0 m**  
Gain



### **Waterfront via Southern Cycleway**

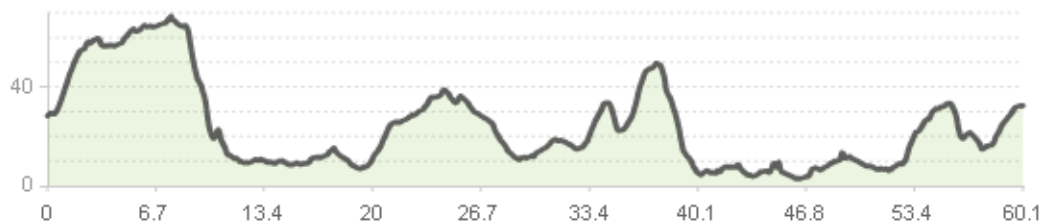
Distance = 54kms

Max Elevation = 84m

Total climbing = 240m

**Brief Description:** Sth bike track, R @ Hillsborough Rd, L @ Carlton St, L @ Frederick St, R @ Rendcomb Pl, Onto Seacliffe Rd, Onto O'Rorke Rd, R @ Station Rd, R @ Great South Rd, L @ Penrose Rd, L @ Barrack Rd, R @ Ellerslie Panmure Hwy, Onto Kings Rd, L @ Dunkirk Rd, Onto Riverside Ave, L @ Point England Rd, R @ Taniwha St, R @ West Tamaki Rd, L @ Roberta Ave, R @ Riddell Rd, Onto Glover Rd, L @ Springcombe Rd, L @ Cliff Rd, Onto Tamaki Dr, Onto Quay St, L @ Hobson St, R @ Customs St, R @ Viaduct Harbour Ave, Onto Gaunt St, R @ Beaumont St, L @ Westhaven Dr, Onto Curran St, R @ Sarsfield St, L @ Wallace St, R @ Argyle St, R @ Herne Bay Rd, L @ Marine Pde, L @ Jervois Rd, R @ West, End Rd, L @ Garnet Rd, R @ Meola Rd, L @ Point Chevalier Rd, L @ Great North Rd

#### **ELEVATION**



**28.37 m**  
Start Elev

**84.0 m**  
Max Elev

**240.0 m**  
Gain



## **Huff N Puff**

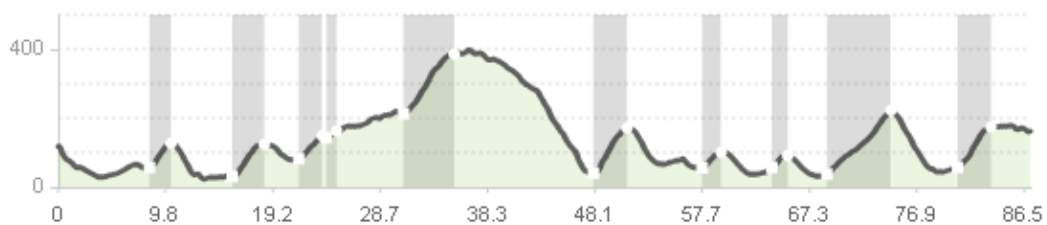
Distance = 83kms

Max Elevation = 434m

Total climbing = 1176m

**Brief Description:** Shadbolt Park, L @ Portage Rd, R @ Godley Rd, L @ Avonleigh Rd, L @ Takahe Rd, R @ Otitori Bay Rd, L @ Park Rd, R @ South Titirangi Rd, L @ Titirangi Rd, L @ Huia Rd, L @ Laingholm Dr, L @ Warner Park Ave, Onto Sandys Pde, R @ Victory Rd, R @ Huia Rd, L @ Woodlands Park Rd, Onto Kohu Rd, L @ Kopiko Rd, L @ Konini Rd, R @ Scenic Dr, L @ Te Henga Rd, R @ Bethells Rd, L @ Duffy Rd, R @ Wairere Rd, Onto Bethells Rd, R @ Waitakere Rd, R @ Christian Rd, L @ O'Neills Rd, Onto Pooks Rd, R @ Coulter Rd, R @ Vineyard, Rd, R @ Candia Rd, L @ Henderson Valley Rd, Onto Pine Ave, R @ Forest Hill Rd, L @ West Coast Rd, R @ Shaw Rd, L @ Scenic Dr, R @ Titirangi Rd

### ELEVATION



**118.48 m**

Start Elev

**434.0 m**

Max Elev

**1176.0 m**

Gain

