



- Start at Mt John Road entrance to the Waimate Showgrounds, run along to Hunter Crescent, then onto Naylor, then Garlands Track.
- Turn left onto Garlands Rd, continuing up to Te Kiteroa car park (on race day you will run through the Vines here).
- Follow the signs for the Big Easy and run approx. 5km until you are near the top, then follow the signs for the Rosewood Loop.
- Follow the track zig zagging your way towards and passed the Whitehorse Monument, then follow the link track towards the top of the Ngaio track.
- Once through the gate turn right and continue to the Bell Bird track, then turn right back up the hill and follow to the start of the Waterfall Track.
- Turn left down the hill to the old railway line and continue back to the Studholme Bush car park.
- You will have to then follow the road back to Hodges then Mt John Road back to the Waimate Showgrounds.
- Turn left down Walking Track at around the 9km mark on 18km course.
- Turn left Naylor's Rd and head back toward Showgrounds.

18KM RUN

12KM RUN

5KM RUN



A&P SHOWGROUNDS

18KM

12KM

5KM