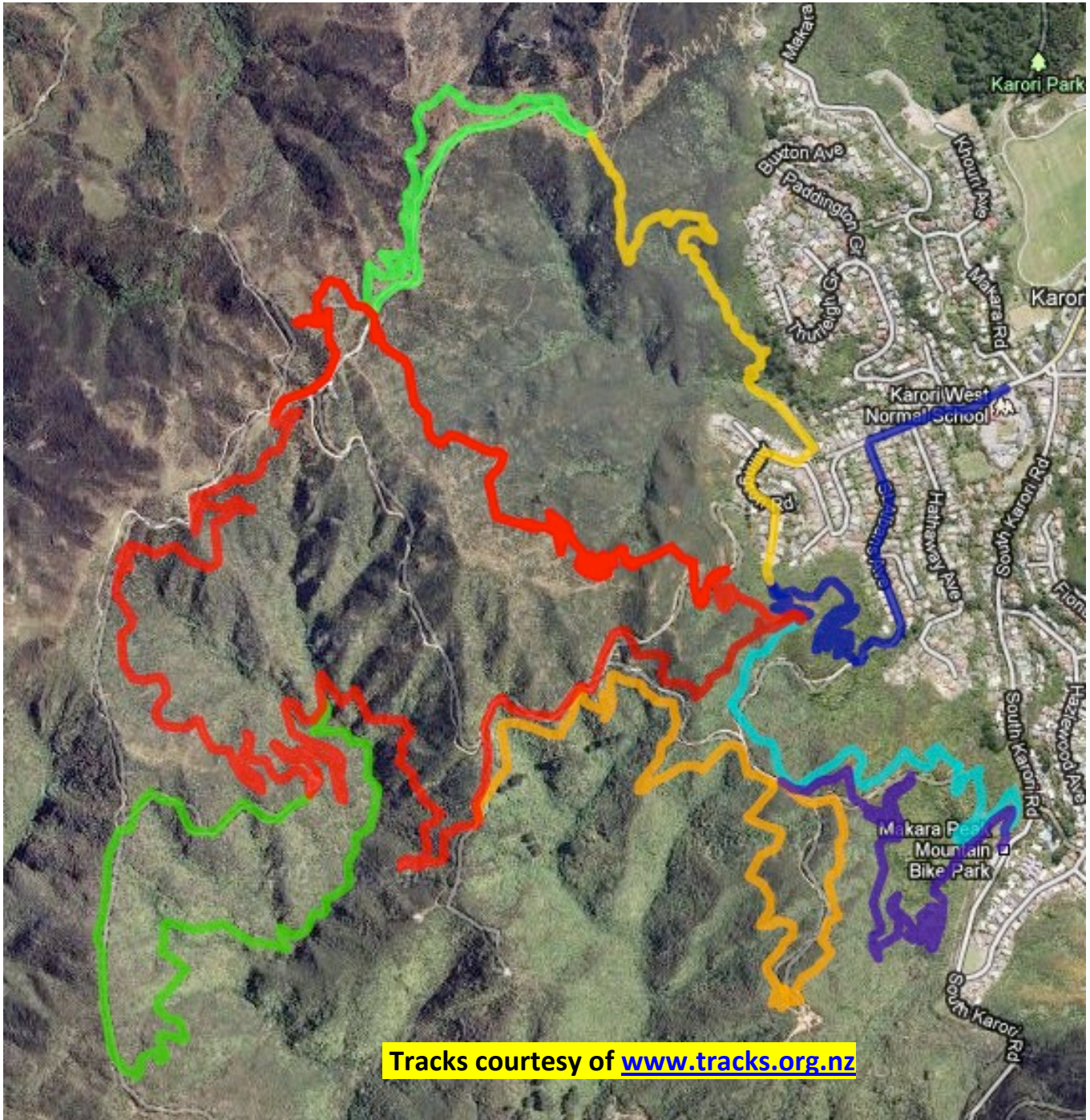




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Round 5 – Sunday, 14th November 2010 – Makara Peak



A Course: Start Section, 2 x Hard Loop, Hard Finish	B Course: Start Section, Hard Loop, Main Loop, Main Exit
C Course: Start Section, 2 x Main Loop, Main Finish	D Course: Start Section, 2 x Easy Loop, Easy Finish

Course Description

Start outside Karori West Normal School (Allington Road)

Up Allington Road, turn left into St Albans Ave

Into Makara Peak Park, up 4WD

Turn right into Rimu, continue up

Turn hard right into AMP Connector

Exit at Ridgeline Extension

Main Loop (Red line)

Turn up Smokin (riding in reverse)

Exit Smokin, turn left continue up 4WD towards Northface

Climb up Northface (riding in reverse)

At top of Northface, cross 4WD into top half of Zac's Track

Climb Zac's Track to the summit

Cross Summit, heading right towards Aratahi

Descend Aratahi

At Exit of Aratahi turn left, under Pylon and into Missing Link

Continue along Missing Link

Exit Missing Link, turn left and up 4WD

At top of 4WD at intersection with Snake Charmer, turn right descending down

Take next left up towards Ridgeline Extension

Turn right into Ridgeline Extension

Back to start of loop by junction of Ridgeline Extension, Smokin and AMP connector

Hard Loop (Green lines)

Same as main loop, except for the following detours

1 – At top of Northface, turn right heading down 4WD.

Turn left into Zac's Track, climbing back up towards the summit rejoining the main loop

2 – At bottom of Aratahi, turn right heading up 4WD

Climb 4WD to start of Lower Leaping Lizard

Descend Leaping Lizard, but take first left heading down Nikau Valley

Continue along Nikau Valley, rejoining the main loop at Missing Link turning right at exit

Easy Loop (Orange Line)

At end of start section, turn left heading down Ridgeline Extension

Cross 4WD into Big Tom's Wheelie

Exit Big Tom's Wheelie, heading along 4WD towards Skills Area

Turn left into Magic Carpet

Continue along Magic Carpet taking the easy exit

Turn left at end of Magic Carpet, then right just before Skills Area heading into top section of Koru

Continue along Koru, eventually joining Sally Alley

Continue along Sally Alley, at exit turn right up 4WD

Up 4WD to Snake Charmer intersection, turn right and down

Take next left up towards Ridgeline Extension

Turn right into Ridgeline Extension

Back to start of loop by junction of Ridgeline Extension, Smokin and AMP connector

Hard Exit (Yellow line)

Continue on hard loop until intersection with Zac's Track turning right instead of left this time

Continue along wide track heading towards Vertigo

Down Vertigo, continuing along track to exit at playground

At exit, turn right heading past playground and onto Allington Road

Climb Allington Road, into Rimu

Up AMP Connector towards Ridgeline Extension

At Ridgeline Extension, turn left and onto Medium Exit (Light Blue line)

Main Exit (Light Blue line)

At loop junction, continue down Ridgeline Extension

At exit, cross 4WD into Big Tom's Wheelie

Onto SWIGG, Starfish and exit into carpark

At carpark, turn left onto road and back to finish at Karori West Normal School

Easy Exit (Purple line)

At loop junction, continue down Ridgeline Extension

At exit, cross 4WD into Big Tom's Wheelie

Exit Big Tom's Wheelie and into Lazy Fern

Descend Lazy Fern exiting at carpark

At carpark, turn left onto road and back to finish at Karori West Normal School