



TAMAKI STRAIT

Onara Beach

Kaiti Bay

Onorangi Regional Park

Cycle course starts and finishes at the Maraetai Beach round about

Maraetai Beach

Bike Course

Try-a-Tri & Try-a Du - 1 lap (out & back)
Sprint Distance do 1 laps (out & back)
Olympic Distance do 2 laps (out & back)

MARAETAI COAST ROAD

Umupuia Beach

Try-A-Tri & Try-A-Du Turn-Around

Duder Regional Park

Sprint & Olympic Turn-Around
Outside Log Cabin
Tea Rooms

NORTH ROAD