

TRAIL RUNNING ROTORUA



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ALL PHOTOGRAPHY COURTESY OF NZ TRAIL RUNS:
THE TARAWERA ULTRAMARATHON | TARAWERA TRAIL MARATHON AND 50KM



WELCOME TO ROTORUA!

Lets GO Run!

The 56 hectare Whakarewarewa Forest has long been a favoured playground for horse riders, mountain bikers, walkers and hikers drawn to its magnificent stands of towering native and exotic trees, especially its Californian Coastal Redwoods.



We highly recommend that visitors purchase a map from the Redwoods Information Center on Longmile Road. This will be your guide - there are maps in the forest at various locations, however having a map with you will greatly help.

Dogs should be on leashes while on popular Redwoods tracks.

Good luck and if you need any help or support at all please feel free to ask by contacting The Trust at rotoruatrailstrust.co.nz



TRAIL RUNNING ROTORUA BEFORE YOU GO!

- Plan your trip.
- Seek local knowledge, plan the route you will take and the amount of time you can reasonably expect it to take.
- Tell someone your plans and leave a date for when to raise the alarm if you haven't returned.
- Be aware of the weather.
- New Zealand's weather can be highly unpredictable. Check the forecast and expect weather changes.
- Know your limits.
- Challenge yourself within your physical limits and experience.
- Take sufficient supplies.
- Make sure you have enough food, equipment and emergency rations for the worst-case scenario. Take an appropriate means of communication.
- These safety points have been created through expert consultation and are the core to all outdoor safety practices. They can be found on the Mountain Safety Council website.

FROM - WWW.MOUNTAINSAFETY.ORG.NZ/SAFETY-TIPS/



THE REDWOODS GETTING STARTED

The Redwoods Information Center, located on Long Mile Road, is the starting point for most forest access.

If you're in the city there are a few ways to get there -

- 1. Sulphur Point trails.** The trail starts behind the Sudima Hotel (opposite Pak N Save supermarket). You can follow the trail through to Te Ngae Road, follow the path that runs alongside the stream and you will eventually end up at SCION. There is a dual use trail that follows the fenceline around the back of SCION and leads through to the Visitor Information Center.
- 2. Tarawera Road.** Follow Te Ngae Road (heading towards Tauranga or Whakatane), turn right at the intersection into Tarawera Road, turn right a few hundred meters up the road into Long Mile Road.
- 3. Hemo Gorge.** Make your way to Te Puia, go through the car park and join the trail under the Waharoa (entrance way), then pass through Hemo Gorge and to the Waipa MTB car park. There are toilets, showers and a cafe situated here.



COLOUR TRACKS: REDWOODS

Quarry lookout track

4.8km (Green Track)

The Quarry Lookout Track is a variation on the Waitawa walk and ventures a bit further into the forest. A stroll through the Redwoods leads you to a short climb through mature douglas fir, European larch, walnut and various species of eucalypts. The lookout point above the old rhyolite quarry gives a wonderful view over the Redwood Grove, out to Lake Rotorua and the main city centre.

Once you have descended the steps into the Quarry basin you can follow Quarry Rd back down to the Redwoods car park. Follow the green arrows to continue for the full trail.



Pohaturoa track

7.5km (Yellow Track)

Setting off towards the western side of Whakarewarewa, this track goes over varied terrain and takes in different aspects of the forest, initially passing through The Redwoods and then through stands of mature radiata pine, mexican pine, japanese larch and douglas fir. Once through the Redwood Grove you will take a short sealed road section up Nursery Hill before heading back into the forest.



COLOUR TRACKS: REDWOODS

Tokorangi Pa track 11.5km (Purple Track)

The Tokorangi Pa Track takes you through the tranquil Redwoods before a steady climb eastward to 500 metres above sea level.

This is a very beautiful walk with views of Mt. Ngongotaha, Rotorua City, the lake, airport and countryside.

The trip through douglas fir, European Larch, walnut and various eucalypts leads to the site of an ancient Maori pa (fortified village). This was once a small Maori village although nothing remains today. The track then continues down to the valley floor along 'The Wash'. Watch for bikes on the Water Reservoir and Lynmore Link sections as these are dual-use tracks. 'Cardiac Steps' brings you back up past the wastewater treatment ponds to return via Katore and Nursery Roads.



Whakarewarewa Circuit 34km (Black Track)

Run on a mixture of forestry roads and forest trails, the Whakarewarewa circuit gives you the opportunity to discover all the beauty and wonders of the Whakarewarewa Forest. See spectacular panoramic views of Rotorua and walk the shores of the beautiful lakes Tikitapu and Rotokakahi.



FAMILY FRIENDLY

Mokopuna Trail

The Mokopuna track is 3.6kms long and is the only track in the heart of the Redwoods that is designed for both easy walking and biking. The track was originally designed for families to take their children while they were learning how to ride 'balance bikes' while their parents walk or run beside them. There are no steep hills or sharp corners like many of the other tracks in the Redwoods.



Puarenga Stream

The stream track is one of the crown jewels in the forest. The beautiful Puarenga Track is dual- use meaning it is open for MTB riders and people on foot. Weaving over the stream via several short bridge crossings, take in views of the big pongas and carvings along the way.

SCION and the Dog Park

This park can be accessed from Long Mile Road, on the opposite side to The Redwoods. This area is private land made available by SCION for the public to use as an off-lead dog exercise area. Like a public area, all Rotorua Lakes Council dog control and registration bylaws apply.



AROUND TOWN

Jubilee Track

2.4 km return via same track.

The first part of the walk follows an easy grade through unlogged native bush, which features a large rata tree (40 m tall with a 1.8 m girth) with a viewing platform. It continues on the Mt Ngongotaha Nature Loop Track.

When you reach the Jubilee Track the walk becomes moderately steep until near the summit. Once Mountain Rd is reached it is a short walk to the summit. Runners can return down the Jubilee Track or follow Mountain Road down and back around to the start for a distance of about 10kms.



Sulphur Point

2kms.

Sulphur Point (Te Kauanga) can be used as a link track to get to the Redwoods Forest via Sala Street. The path starts at the rear of the Sudima Hotel near the Polynesian Spa. Sulphur Point contains many active geothermal features including mud pools and sulphur vents. The trail eventually intersects with Te Ngae Road. To get across the road there is an underpass beneath the bridge that links two ways - to the right - a footpath that links up with Tarawera Road straight ahead - the trail follows the stream along Sala Street.



LAKES: OUTBACK

Tikitapu (Blue Lake) loop track 5.5kms.

Going in a clockwise direction, the track begins at the north-east end of the Lake. Head along the shore and follow the path south. Along the path the track enters the bush, following the lake until coming to a secluded beach at the southern end. Head up the stairs to the car park and take a right to continue around the lake.



Tarawera Trail - Hot Water Beach Te Wairoa car park to Hot Water Beach: 15 km.

A marked track that is for fit, experienced and adequately equipped people. Hot Water Beach is a natural geothermal area at Te Rātā Bay on the southern shores of Lake Tarawera, popular with visitors and locals.

Natural hot springs under the sand provide a relaxing, warm swim.



HILLS: OUTBACK

Some recommendations for a good 20k hilly run -

Start at Redwoods Information Centre on Longmile Road

Follow the yellow track markers - the yellow track route is 7.5kms in total and has some great views plus hills! Then follow the purple track markers - the purple track is 11.5kms. This also has some good hills and starts and finishes at the Info Centre.

Other options -

Blue Lake and return. Start at the Info Centre, make your way to Tarawera Road (this is the main road to Blue lake), run on the grass heading away from Lake Rotorua (or uphill), then when you get to the top of the road at the water tower follow the trail down the other side of the hill. Turn left just after you cross the bridge and then run out to the Blue Lake. It is about 8kms to the Blue Lake one way. So if you run around the Blue Lake and then back to the Information Centre following the same route this is about 20kms.

Tuhoto Ariki. This is the MOST beautiful section of technical trail and is uphill! Start at the information centre. Follow the purple track markers until you get to the intersection of Direct Road and Red Tank Road. Go up Direct Road, then go up the dual use MTB track called Frontal Lobotomy, then go up to the very top of the hill (staying on the road) until you get to the track entry. Then at the other end of Tuhoto Ariki - run down Hill Road and then find your way back to the Info Centre (which is quite straight forward from here).



HILLS: OUT OF TOWN

Rainbow Mountain

(distance options between 6kms and 10kms)

Rainbow Mountain lies 26 km south-east of Rotorua, beside SH 5 (the Rotorua-Taupo highway). Approaching from Rotorua the carpark is situated just past the turnoff for SH 38 (the Murupara/Waikeremoana highway), on the left-hand side of the road.

On a clear day at the summit, you can see Mt Tarawera in the north, Paeroa Range to the west and the volcanic peaks of Tongariro National Park to the south.



Follow the trail from the car park up to the top of the mountain. This is a GOOD solid climb! The trail is 2.5kms from bottom to top. From the top you have three options to come back down again:

1. Go back down the same trail you came up
2. The Te Ranga mountain biking track (3.2kms) is dual use, very technical and a lot of fun!
3. Follow the gravel road down around the back of the mountain and then join up with the trail that runs alongside the highway and loops back to the car park.

When you're finished Kerosene Creek is located a kilometer from the car park. You can swim and relax in the thermal stream that is warm all year round.



RAINBOW RUN: ULTRA

The Rainbow Run is a challenge set in the Whakarewarewa Forest of Rotorua. The Rainbow Run requires the runner to complete every colour track in any order they wish but the tracks must be done in the signposted direction.

The tracks are:

- Red Track
- Blue Track
- Green Track
- Yellow Track
- Purple Track
- Black Track

Total distance - 61.2 kms or - 38 miles.



So far three runners have completed the challenge (that we know of):

Mike Leopard - 6.15.19 (time moving)

- Rotorua Trail Running Club

Dean Muggeridge - 8.05.36

- Rotorua Trail Running Club

Clive Start - 8.52.58

- Rotorua Trail Running Club

These runs were self supported with a central start point which became a base for which all the running loops veer off.



THE ROLE OF ROTORUA TRAILS TRUST

The work of the Trust continues the achievements of the Rotorua Mountain Bike Club. The Club has already developed such a superb range and quality of trails in the Whakarewarewa forest as to make Rotorua the world's best all-year-round mountain biking centre. The Trust has accepted the challenge of extending these trails and improving the network.

User groups: As well as extending trails in the Rotorua District for mountain biking, the Trust will develop trails that are suitable for walkers, trampers, runners, cyclists, and horse riders. Some trails will be multipurpose; others primarily for one or other of these users.

The Trust will work to enhance the value of existing trails by linking them together and improving them, for multi-use where possible.

This includes better links with trails in the surrounding districts and with national networks. The Trust will work with iwi and other landowners, RLC, BOPRC, DOC and other government agencies, and recreational and environmental groups.

The Trust will be an advocate for new and better trails and new uses of trails.

The Trust will develop and manage trails. It will seek funding, sponsorships and contracts to do so. The Trust will not seek a marketing role itself but will cooperate and assist others in marketing.

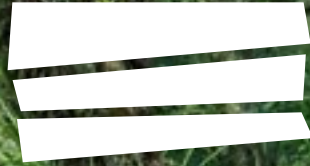
Join and Donate

Rotorua Trails Trust is a New Zealand based non-profit organisation. Your membership subscription and/or donation will contribute to the continued development of new trails and the ongoing maintenance of existing trails:

rotoruatrailstrust.co.nz/join



ROTORUA TRAILS TRUST



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