



THE EAST COASTER

AUCKLAND

Opahi Bay

Mahurangi West

Otuawaea Bay

1

2

Mahurangi Regional Park

START & FINISH

3

7

Sullivans Bay

Te Muri Regional Park

7.5 KM

ELEVATION GAIN: 189m

Cudlip Point

4

5

6

Te Muri Beach

aramex

