

# Two Day Individual







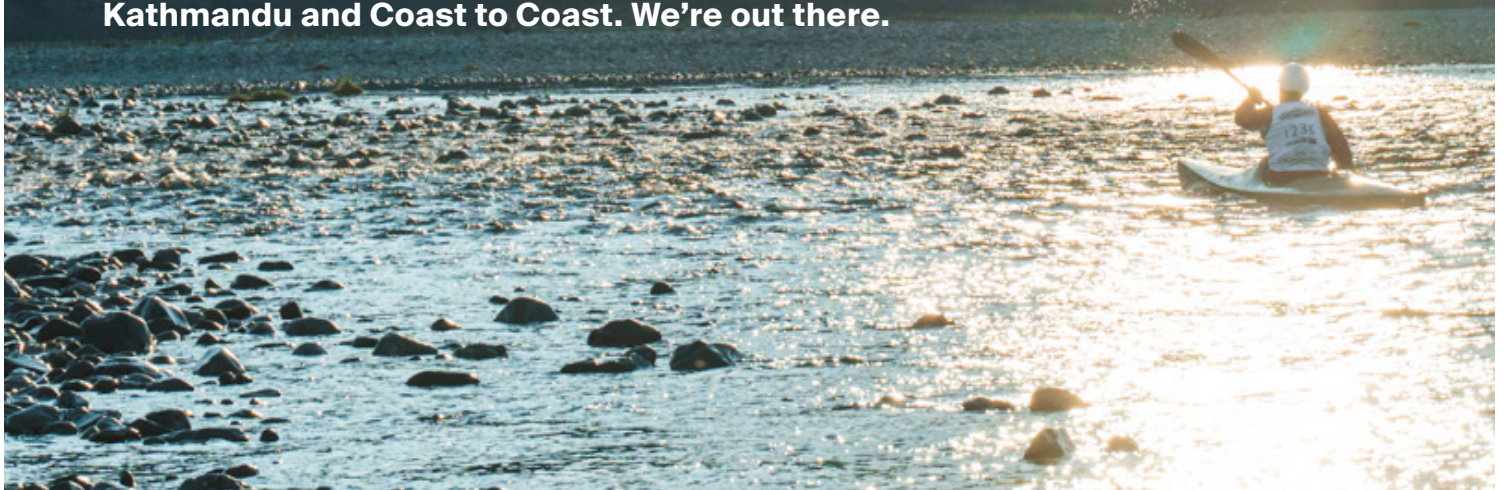
# 10 Years Strong: Kathmandu x Coast to Coast

Ten years ago, Kathmandu joined Coast to Coast on a journey to transform New Zealand's most iconic multisport race, from a gritty test of endurance for the elite to a celebration of adventure for all.

Since 2016, we've braved winter's bite, sprinted off Kumara's rugged shore, scrambled up Dudley's Knob, navigated Salmon Rapid and toiled down Old West Coast Road, helping carry every stone and every dream to New Brighton's finish line. All with one unwavering purpose: to make the outdoors more accessible.

As we reflect on the decade gone and look forward to the one ahead, we celebrate our shared South Island heritage and all that we stand for together: community, challenge, and deep connection to the outdoors.

**Kathmandu and Coast to Coast. We're out there.**



Thanks to all the sponsors and supporters of the  
Kathmandu Coast to Coast

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# Timetable Overview

PLAN B TIMES MAY VARY

## THURSDAY

- 9am-4pm** Registration & Sponsor Expo - *Westland Rec Centre, 83 High Street, Greymouth*
- 4:30pm** Athlete Panel - *Westurf Hockey Ground (next to Rec Centre)*
- 5pm** Race Briefing - *Westurf Hockey Ground*

## FRIDAY

- 5.00am** Kumara Bike Transition opens - *32 Otira Highway, Kumara*
- 6:30am** Kumara Bike Transition closes
- 6:45am** Pre-start race briefing - *Kumara Beach*
- 7am** **Race Start – Individuals** - *Kumara Beach*
- 7:15am** Race Start – Teams - *Kumara Beach*
- 2pm** Mountain Run cut-off - *Doreen Creek*
- 4pm** Mountain Run cut-off - *Goat Pass*
- 7:30pm** Mountain Run cut-off - *Klondyke Corner*

## SATURDAY

- 4:00am** Mt White transition carpark opens - *Mt White Bridge*
- 4:45am** Support crews must have departed Klondyke Corner for Mt White
- 6:30am\*** Day 2 Race Start (early group) - *Klondyke Corner*
- 6:35am** Support Crew briefing - *Mt White Bridge*
- 6:45am** **Day 2 Race Starts** - *Klondyke Corner*
- 9:05am** Athletes must be on river - *Mt White*
- 4:30pm** Kayak cut-off - *Gooseberry Checkpoint*
- 7pm** Kayak cut-off - *Woodstock Checkpoint*
- 8:15pm** Kayak cut-off - *Gorge Bridge (off river)*
- 8:30pm** Athlete must be on final cycle stage
- Midnight** Course closes

## SUNDAY

- 10-11:30am** Prizegiving - *Addington Raceway*
- 12pm** Monteith's post-event yarn - *Morrell & Co Bar*

*\*there is an early start offered for those who finished Day 1 after 6pm or other special circumstances. Anyone in this start wave will be unranked. See Info Point at Klondyke Corner if you wish to be considered for this start time.*



# Compulsory Competitor Gear

Use the following checklists when packing to make sure you have all the compulsory items.

A helpful hint: Pack your gear by stage into containers and tape the checklist to each one so you and your support crew always know what is needed and when.

These items are the minimum requirement while competing. If you're injured and forced to stay in one place, especially in poor conditions, you'll need every item.

On race day specialist support will be available on course, but during training you must be fully self-sufficient, with gear suitable for all weather and conditions.



# Cycle Compulsory Gear List

STAGES 1B, 3 & 5

Cycle checks open three weeks before the event at selected NZ bike retailers ([see website](#)) or can be completed at registration.

**Please note:** The bike check provides a basic check at that point in time. Not everything can realistically be picked up or visible at the time of inspection. An inherent risk of cycling is a failure during the ride due to a number of factors including breakage or malfunction and injury to the rider and others is a possibility. Neither the Coast to Coast or any Bike store or staff, are in any way liable for the condition of your bicycle at the event or other point in time. The bike check is not a complimentary bike service; competitors are solely responsible for the maintenance and safety of your bicycling equipment and ensure your bike is in good working order for the event. Any work required to bring your bike up to standard will incur normal costs. It is recommended that you have your bike serviced prior to the event and that you check it after transit.



## Bicycle

All cycling is on sealed roads, so a mountain bike is not recommended. Your bike must have either standard drop style or flat handlebars. Aerobars, clip-ons, bar-ends, bullhorn style bars, or time trial bikes are **NOT** permitted.



## Cycle helmet

Must meet NZ/AUS standards, fit correctly, and be free of cracks or damage. Any visible damage will result in a failure.



## Front & rear cycle lights

Required on all cycle stages. Must be working and switched on during hours of darkness and comply with NZTA requirements. Battery to be fully charged or new batteries.



## Reflective ankle bands

One for each ankle - must be worn if cycling during hours of darkness. You will need these on the first cycle stage.

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### PRODUCT SUGGESTION:

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KATHMANDU C2C SOCKS WITH BUILT-IN REFLECTIVE BAND



## Reflective vest

Only required if leaving Gorge Bridge on the final cycle stage after 6pm. Must have significant reflective material and be hi-vis base colour.



## Any competitor specific medication

This must also be recorded in your entry form so race medical staff are aware of any potential conditions or issues.

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### RECOMMENDED ITEMS



## Cycle tool kit

Including pump, spare tube / tubular, tools to enable completion of road side tyre change.



## Drink bottles

# Mountain Run

## Compulsory Gear List

### STAGE 2

**All gear must be correctly sized for the competitor.** Gear checks are available from three weeks before the event at select Kathmandu stores or at registration.

The compulsory clothing listed is **in addition to** what you are wearing when starting the mountain run stage (excluding jacket). Synthetic, natural, or composite thermal fabrics are accepted. Cotton is not permitted. Compression garments do not count as thermals. Experiment with your gear in training to see what works best.

Gear may be spot checked at any time during the event.



#### Footwear

**Running shoes:** Must cope with rocky terrain and multiple river crossings. Look for good surface contact and drainage (avoid shoes with deep lugs as they slip on rocks). Socks are highly recommended also.

##### PRODUCT SUGGESTIONS:

OBOZ KATABATIC LT LOW  
SALOMON GENESIS



#### Backpack

Must fit all compulsory gear and food (12L+ recommended). Recommend putting clothing into zip-lock bags to keep dry. Do not vacuum-pack gear.

##### PRODUCT SUGGESTION:

KATHMANDU VEOS TRAIL RUNNING VEST 12L



#### Hydration

Carry bottles, bladder, or cup.

##### PRODUCT SUGGESTION:

SALOMON SOFT FLASK 500ML  
CAMELBAK 1.5L CRUX RESERVOIR BLUE



#### Whistle

Attached to outside of pack or bib.



#### Survival bag

Foil survival **BAG** (blankets **NOT** accepted).

##### PRODUCT SUGGESTION:

LIFESYSTEMS SURVIVAL BAG







### First aid kit

Minimum:

- 1.5m roll of 5cm crepe bandage
- 2.5m roll of 2cm strapping tape
- 10 Band-Aids
- 1 x triangular bandage
- Scissors
- 4 x pain relief tablets (that can be used to treat pain in case of injury while help arrives - always follow the directions for taking medications).
- Any competitor specific medication (must also be recorded in your entry form)

PRODUCT SUGGESTION:

LIFESYSTEMS LIGHT & DRY NANO FIRST AID KIT



### Long-sleeve thermal base layer top

Next-to-skin layer.

PRODUCT SUGGESTIONS:

KATHMANDU K-MERINO 125  
BASELAYER TOP

KMDACTION BASELAYER TOP



### Long-sleeved mid layer top

Fabric must have insulation properties i.e. fleece or similar (220gsm+).

PRODUCT SUGGESTIONS:

KATHMANDU SEEKER FLEECE JACKET

KATHMANDU K-MERINO 250 TOP



### Waterproof jacket with hood

Seam-sealed and durable, 10,000mm+ waterproof rating.

PRODUCT SUGGESTIONS:

KATHMANDU SEEKER 2.5L RAIN JACKET



### Thermal gloves

No weight requirement.

PRODUCT SUGGESTION:

KATHMANDU POLYPRO GLOVES



### Waterproof pants

Seam-sealed and durable.

PRODUCT SUGGESTION:

KATHMANDU TRAILHEAD STRETCH  
2.5-LAYER RAIN PANTS

KATHMANDU POCKET-IT TWO LAYER  
RAIN PANTS<sup>1</sup>



### Full-length thermal base layer pants

Next-to-skin layer.

PRODUCT SUGGESTIONS:

K-MERINO 125 BASELAYER LEGGINGS

KMDACTION BASELAYER LEGGINGS



### Thermal hat or balaclava

No weight requirement.

PRODUCT SUGGESTION:

KATHMANDU CORE SPUN 165 BEANIE

<sup>1</sup> Earlier versions are water resistant due to non-waterproof pockets – acceptable for C2C.

# Kayak

## Compulsory Gear List

### STAGE 4

Kayak gear is scrutineered on Saturday morning at Mt White. Items marked with an asterisk can be pre-checked on Friday (1–6pm) at Klondyke Corner.

All gear must be **dry**, correctly sized, and packed into your dry bag before leaving Mt White. Clothing (except the paddle jacket) must be in addition to what you are wearing. Compression garments are not thermals. Back-up gear is required if your mountain run equipment is used and becomes wet.

Buoyancy vests (PFDs) may be tested at scrutineering – ensure your vest meets standards before the event.

#### Kayak<sup>1</sup>

Must suit paddler's ability (first-timers must use same grade of boat as assessed for Grade 2 certificate).

- Must have a grab loop/toggle at the nose of the kayak.
- Any restraints/leashes that restricts exit from the kayak are prohibited (excludes back band and thigh braces).
- Foot straps are not encouraged.
- Waveriders, inflatables or sit on kayaks not permitted.
- Pods are not allowed on kayaks.

River-specific surf skis may be allowed with prior clearance (2+ weeks).<sup>1</sup>

#### ☐ Floatation / air bags

Floatation/air bags or extensive watertight sealed compartments that are drainable. The minimum requirement is two rear floatation/ air bags of 20 litres each – correctly inflated secured in the kayak. Wine bladders are not acceptable! Kayaks using storage bulkheads as floatation **MUST HAVE** waterproof hatch cover **FITTED** before entering the river.

#### ☐ Paddle

Wing, whitewater or touring paddles accepted

#### ☐ Spray skirt

Neoprene / Waterproof and sized for kayak being paddled.

#### PRODUCT SUGGESTION:

CHOOSE FROM THE RASDEX RANGE

#### ☐ Buoyancy vest (PFD)

Securely fitting, free of defects and of 50N minimum buoyancy (type 406 specialist PFD that complies with NZS standard) – must have a webbing cinch strap below ribcage.

#### PRODUCT SUGGESTION:

RASDEX MULTSPORTER PFD

#### ☐ Kayak helmet

Must be designed for paddle sports (bike helmets not permitted).

#### ☐ Repair / duct tape\*

10m minimum. Cloth recommended to dry kayak before taping.

<sup>1</sup>River specific surf skis may be used but must gain clearance from the River Safety team at least two weeks prior to the race to ensure suitability. Surf skis must satisfy the following criteria to be considered;

- Dedicated over-stern rudder.
- River specific, single skin construction on hull.
- River specific venturis – highly recommended to have bailer style drain (venturis must have bungs for venture ports in case cowlings are damaged in shallows).
- Competitor must also have an extra lower body layer – either dry-pants, wetsuit, Sharkskin or similar.



**Dry-bag\***

Seam-sealed, waterproof, able to keep gear dry when immersed in water.

**PRODUCT SUGGESTION:**

CHOOSE FROM KMD DRY SACK RANGE

**Survival bag**

Foil Survival BAG (blankets not accepted, must be secured in PFD during kayak stage).

**PRODUCT SUGGESTION:**

LIFESYSTEMS SURVIVAL BAG

**Whistle**

Attached to outside of PFD or bib.

**First aid kit\***

Minimum:

- 1.5m roll of 5cm crepe bandage
- 2.5m roll of 2cm strapping tape
- 10 Band-Aids
- 1 x triangular bandage
- Scissors
- 4 x pain relief tablets (that can be used to treat pain in case of injury while help arrives - always follow the directions for taking medications).
- Any competitor specific medication (must also be recorded in your entry form)

**PRODUCT SUGGESTION:**

LIFESYSTEMS LIGHT & DRY NANO FIRST AID KIT

**Long-sleeve thermal base layer top\***

No weight requirement. Next-to-skin layer.

**PRODUCT SUGGESTIONS:**

KATHMANDU K-MERINO 125  
BASELAYER TOP

KMDACTION BASELAYER TOP

**Long-sleeved mid layer top\***

This is your mid layer - can be lightweight fleece or similar. Insulation properties approx. 220gsm or greater.

**PRODUCT SUGGESTIONS:**

KATHMANDU SEEKER FLEECE JACKET  
KATHMANDU K-MERINO 250 TOP

**Waterproof long-sleeved paddle specific jacket\***

Seam-sealed and durable. Minimum of neoprene (or equivalent) cuffs & neck. Must be in good condition (not delaminating).

**PRODUCT SUGGESTIONS:**

CHOOSE FROM THE RASDEX RANGE

**Thermal gloves\***

No weight requirement.

**PRODUCT SUGGESTION:**

KATHMANDU POLYPRO GLOVES

**Full-length thermal base layer pants\***

No weight requirement. Next-to-skin layer.

**PRODUCT SUGGESTIONS:**

K-MERINO 125 BASELAYER LEGGINGS

KMDACTION BASELAYER LEGGINGS

**Waterproof pants\***

Seam-sealed and durable.

**PRODUCT SUGGESTION:**

KATHMANDU TRAILHEAD STRETCH  
2.5-LAYER RAIN PANTS

KATHMANDU POCKET-IT TWO LAYER RAIN  
PANTS<sup>2</sup>

**Thermal hat\***

No weight requirement.

**PRODUCT SUGGESTION:**

KATHMANDU CORE SPUN 165 BEANIE

**Thermal socks\***

Synthetic, neoprene, merino or similar - for if you have to spend a period of time on the river bank.

**PRODUCT SUGGESTION:**

KATHMANDU NUYARN ERGONOMICAL  
HIKE SOCK

<sup>2</sup> Earlier versions are water resistant due to non-waterproof pockets - acceptable for C2C.





# Camping

## Suggested items



### Tent

PRODUCT SUGGESTION:

CHOOSE FROM THE KATHMANDU RANGE



### Sleeping bag

Suggest comfort of around 0°C.

PRODUCT SUGGESTION:

CHOOSE FROM THE KATHMANDU RANGE



### Camping gear

Check out all your camping gear and clothing at Kathmandu online or instore

- Camp chair
- Cooking equipment
- Sleeping mat

PRODUCT SUGGESTION:

CHOOSE FROM THE KATHMANDU RANGE



### Extra items

- Drinks
- Food
- Cash
- Rubbish bags
- Toilet paper
- Cellphone & car charger
- Torch/headlamp
- Keep cup for coffee
- Water containers
- Sand-fly repellent
- Sunscreen
- Sun hat
- Towels
- Down jacket
- Rain jacket
- Crew notes



# General

This Handbook is subject to change. Any updates will be communicated via the event newsletter, website, Facebook and App.

All athletes must read the full [event rules](#) and [course descriptions](#) on the website. This Handbook provides key stage rules and high-level course notes only.

Download the latest Handbook version before the race day as updates may occur.

The Race Director, staff, volunteers, and sponsors take no responsibility for loss or damage to competitor or crew property. Ensure you and your crew have personal property insurance.

Officials are a vital part of event safety. Their instructions must be followed at all times. Failure to comply may result in time penalties or disqualification.

## Race Bibs

- Each individual receives one bib and a timing transponder.
- Bibs must not be altered and must be worn for the entire event.
- Bibs must be the outermost garment (over thermals, jackets, PFD, etc).
- If worn under a running backpack, attach the supplied number to the back of your pack so it's visible.
- Failure to display your number correctly will result in being stopped until your bib can be identified.



## Medical Services

Medical teams are stationed at every transition and on cycle stages, providing general medical support and emergency response. They work alongside river and mountain safety teams to ensure comprehensive coverage.

## Support Crew

- Support crew play a critical role and should be fully briefed by their athlete. Only two official support crew are allowed per athlete identified via supplied wristbands (wristbands cannot be swapped).
- Support crew must be ready to manage the athlete's equipment at the end of each Stage. Timely removal of equipment is crucial due to space constraints.
- Support crew may only assist in transitions, not on course. They cannot follow athlete or enter the run/kayak stages.
- Support crew are advised to study the transition areas and prepare their athletes equipment, clothing, food and drink well in advance.
- Transitions sometimes take place in paddocks and in the dark, support crew should wear sturdy footwear and bring a torch or headlamp. Be prepared to walk up to a kilometre from your car with athlete gear.
- Treat officials with respect. Most are volunteers - a smile and patience go a long way.

## Toilets

Portable and permanent toilets are provided at key locations along the course. We aim to meet demand, but queues may occur. Toilets are regularly serviced for cleanliness and may occasionally be temporarily unavailable.



### KEY LOCATIONS:

**Kumara Racecourse** - permanent toilets, adjacent to the kitchen.

**Kumara Town** - permanent toilets located at the rugby field.

**Kumara Bike Transition** - portable toilets

**Kumara Bike Transition to Kumara Beach** - portable toilets at various locations on the way to the beach and at the beach.

**Aickens Corner transition** - portable toilets. You pass them on your left as you drive to the car park. There are also toilets in the car park. Please do not 'go' in the trees.

**Klondyke corner** - portable toilets located across the shingle road on the grass (south of the finish chute) as well as a permanent Department of Conservation toilet on the edge of the bush.

**Klondyke Corner camping** - portable toilets placed around the camping area.

**Mt White turn-off** - portable toilet placed near the highway. Support crews must not stop to use it as you drive down to Mt White Bridge.

**Mt White Bridge** - portable toilets located just over the bridge on the left hand side.

**Mt White Bridge catering** - portable toilets located between the parking area and the bridge, near the catering.

**Woodstock checkpoint** - toilet located on river left, where marshal and timing point will be positioned.

**Waimakariri River Gorge Bridge** - portable toilets located in the riverbed, bike transition and car park. There are permanent Selwyn District Council toilets on the left hand side of the shingle road down to the river.

**Waimakariri River Gorge Bridge cycle stands** - portable toilet for competitors only, adjacent to the cycle stands.

**Finish** - portable toilets under the south ramp of the pier, and at various points around the finish area.

## Temporary Traffic Management

An extensive approved traffic management plan is in operation and is updated annually. A variety of signs are used along the course. Please obey all signage and directions.





# Registration

## LOCATION:

**Westland Recreation Centre,**  
83 High Street, Greymouth,  
West Coast, South Island, NZ

### THURSDAY SCHEDULE:

9am-4pm	Registration and Sponsor Expo at Westland Recreation Centre.
5pm	Race Briefing at Westurf Hockey Ground (next to Rec Centre)

### What competitors receive at registration:

- Kathmandu race bag (doubles as gear bag)
- Race bib
- Timing transponder
- Race stickers for bike and kayak. (Remove all old stickers before applying)
- Run number for Mountain Run (attach to back of the backpack)
- Competitor wristband (must be worn at all times)
- Kathmandu Coast to Coast t-shirt
- Support crew vehicle sticker (1)
- Support crew wristbands (2) (must be worn to allow access into transitions and to collect competitors equipment. No wristband = no gear collection).
- GPS tracker (if pre-ordered)

### Compulsory checks

We recommend completing your gear and bike checks before registration if possible. There will be checks available at registration, however these will be busy. Please ensure you complete your checks prior to collecting your race pack.

**NOTE:** kayak equipment will be scrutineered on Saturday morning at Mt White kayak transition. Some kayak items can be checked at Klondyke Corner on Friday (refer to Kayak checklist for full details).

Cycle crews will be in attendance for repairs at registration on Thursday, but note that the bike mechanics will be busy, with bike checks as their priority. Repairs are at the cost of the competitor.

### Race Briefing

A copy of the race briefing will be available to download from the website before the event. The briefing is divided into two parts. The first part, will cover safety information and key times, is **compulsory** for all athletes. The second part is optional and provides a full overview of the race from start to finish, giving athletes and support crews the opportunity to gain additional details about the course and ask any questions they may have.

### Strapping

Motus Health will tape/strap ankles or anything else at registration. No pre-bookings are taken. The price is \$15 for one ankle or \$25 for two ankles, or other area. Shave your ankles to make it a more pleasant experience for all! EFTPOS available.

### Parking

Free on surrounding streets of Westland Recreation Centre.

### Camping at Kumara Racecourse

Competitors and support crew can camp at Kumara Racecourse on Thursday night (including campervans). No powered sites. The cost is \$60 per vehicle per night, pre-purchased through the Coast to Coast website. This serves as a fundraiser for the Kumara Racing Club and Kumara Community.

Access to the camping area opens at 12pm on Thursday. To enter, you must have collected your camping pass from Registration.

**Athletes camping here must cycle to Kumara Transition on race morning (5km); support crew cannot drive from the Racecourse to Kumara Transition. Cyclists from Kumara Racecourse must wear high-vis vests and lights.**

Kumara Racecourse facilities

- Campsite, Toilets, Water, Camp kitchen

### Kumara Food Stalls

The Kumara Community will be serving a variety of delicious, local, fresh food options on Thursday from 5.30pm at the Kumara Racecourse. Stalls will offer vegetarian, meat and gluten free options. Cash preferred, EFTPOS available. Food will be available from 5.30pm until 8pm or when it runs out. No pre-purchase options.

# Stage 1a -

## Run 2.2km & Kumara Transition

### SCHEDULE

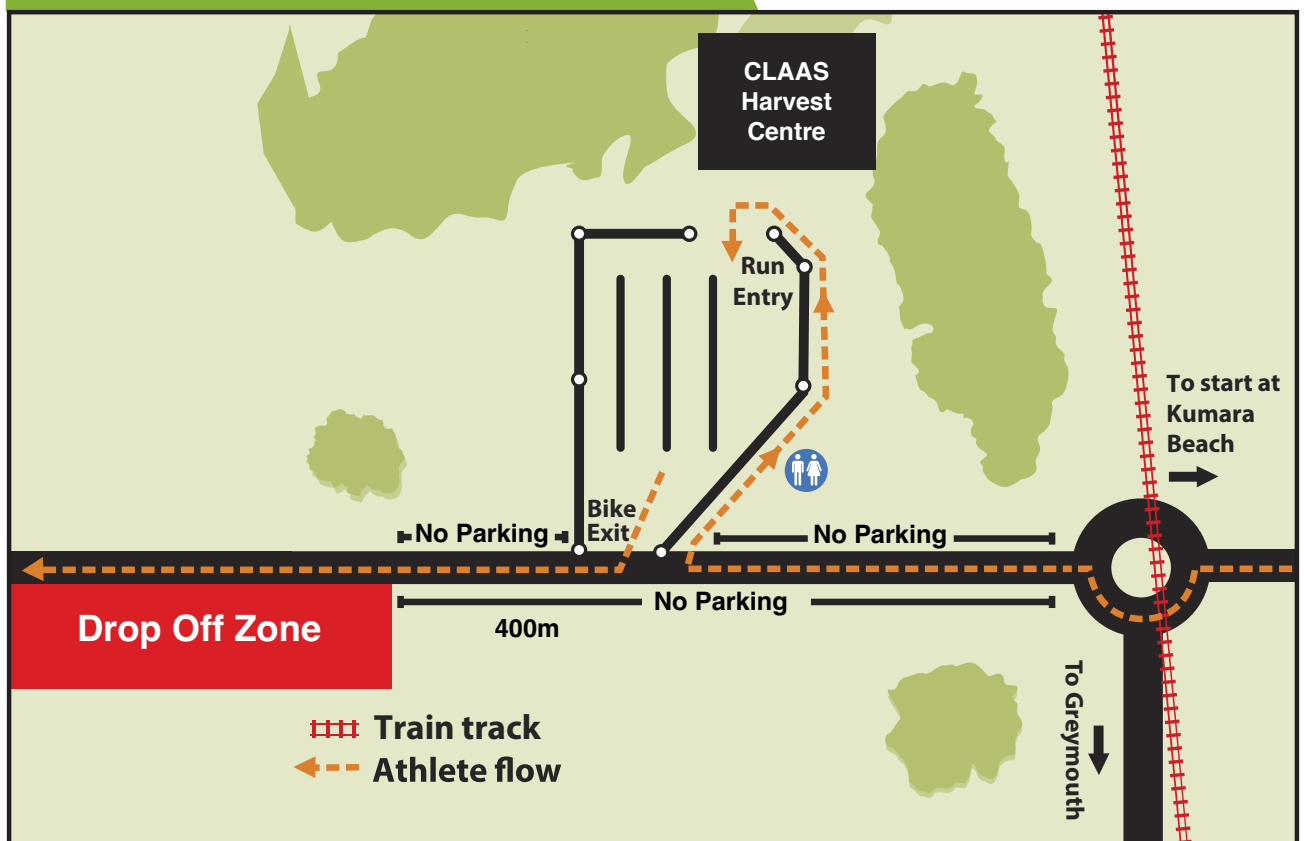
5:00am	Transition open for bike racking
6:30am	Transition closes for bike racking
6:45am	Pre-start race briefing at Kumara Beach
7:00am	<b>Race Start Individuals</b>
7:15am	Race Start Teams

- Use the official drop-zone only, **NO PARKING outside this area.**
- Support crew must stay in cars at the drop-off zone, any competitors with support crew seen out of their cars will receive a penalty
- No flagpoles, flags or balloons on the cycle stands in transition.
- When arriving from the west (Greymouth or Hokitika): drive past the transition, unload in the drop-zone east of transition.
- Rack your bike by your race number and remember which row you're in.
- Bikes must have front and rear lights.
- No riding within transition

- For the 2.2km walk to the beach and run to transition (it will be dark while you're walking to the beach), you must wear:
  - ▶ Timing transponder
  - ▶ Race bib
  - ▶ Reflective ankle bands
  - ▶ Cycle helmet
- Use your supplied race pack gear bag (from rego) for warm-up clothes. Bags are collected at the start and taken to Klondyke Corner by officials for your or your support crew to collect after the Mountain Run. Keep gear to a minimum and ensure of all fits in the provided bag - no extras allowed.
- It is recommend to wear running shoes from the beach to transition, then leave them at the bike racks. Officials will collect and take them to Klondyke Corner for collection. Number your shoes for identification
- After competitor drop-off, support crew drive to Aickens Corner and park in the designated area.
- Support crew cannot follow or assist their competitors on cycle stages.

**NOTE:** The road from Kumara roundabout to Jacksons closes Friday at 6am. You may still drop off your competitor and drive through if you leave Kumara Transition by **6:30am**. Transition closes for bike racking at the same time.

## KUMARA BIKE TRANSITION



# Stage 1b –

## Cycle 55km

### Kumara Transition to Aickens Corner

This 55km cycle stage follows the Taramakau Valley towards the Main Divide on a flat to undulating route with a net elevation gain of 250m. Riders will encounter one railway crossing and several one-lane bridges, so if you're in a bunch, please signal approaching hazards to those behind. The stage also includes several very fast downhills where large bunches often form – take extra care, as this is considered one of the most dangerous parts of the race.

[For full course description see website.](#)

#### Key Rules

- Drafting **allowed** off competitors (no drafting off non-registered cyclists or vehicles).
- No support crew on course
- No personal audio devices. The competitor must be able to hear other riders and instructions from officials.
- Cyclists must not ride more than two abreast.
- Road code applies - keep left, no crossing centre line
- Be aware of traffic in both directions
- Stop for trains

#### ROAD CLOSURE

- There is a road closure of 45km from Stafford Loop Road to Jacksons from 6.00am to 10.00am.
- From 10.00am this road will re-open and you should expect traffic travelling both East and West.



# Aickens Transition

## Cycle to Run

- Park only where directed by officials; do not park or stop on roadside, on track verge, or in Taramakau Valley DoC car park.
- Follow officials' directions on arrival; there are two entrances to carparking, and the officials will direct you to the best entrance
- No flags on sticks or sharp objects allowed in transition.
- Support crew may only assist at transition; do not enter the run stage or running chute - competitors must come to you.
- Support crew prepare your competitors Mountain Run equipment. Competitors will finish cycling, (last 100m is on gravel), dismount before the farm gate, and rack their bikes before running through to the transition change-over area. Please keep gear bins and deck chairs away from the main transition chute area, set them up behind the change-over area.

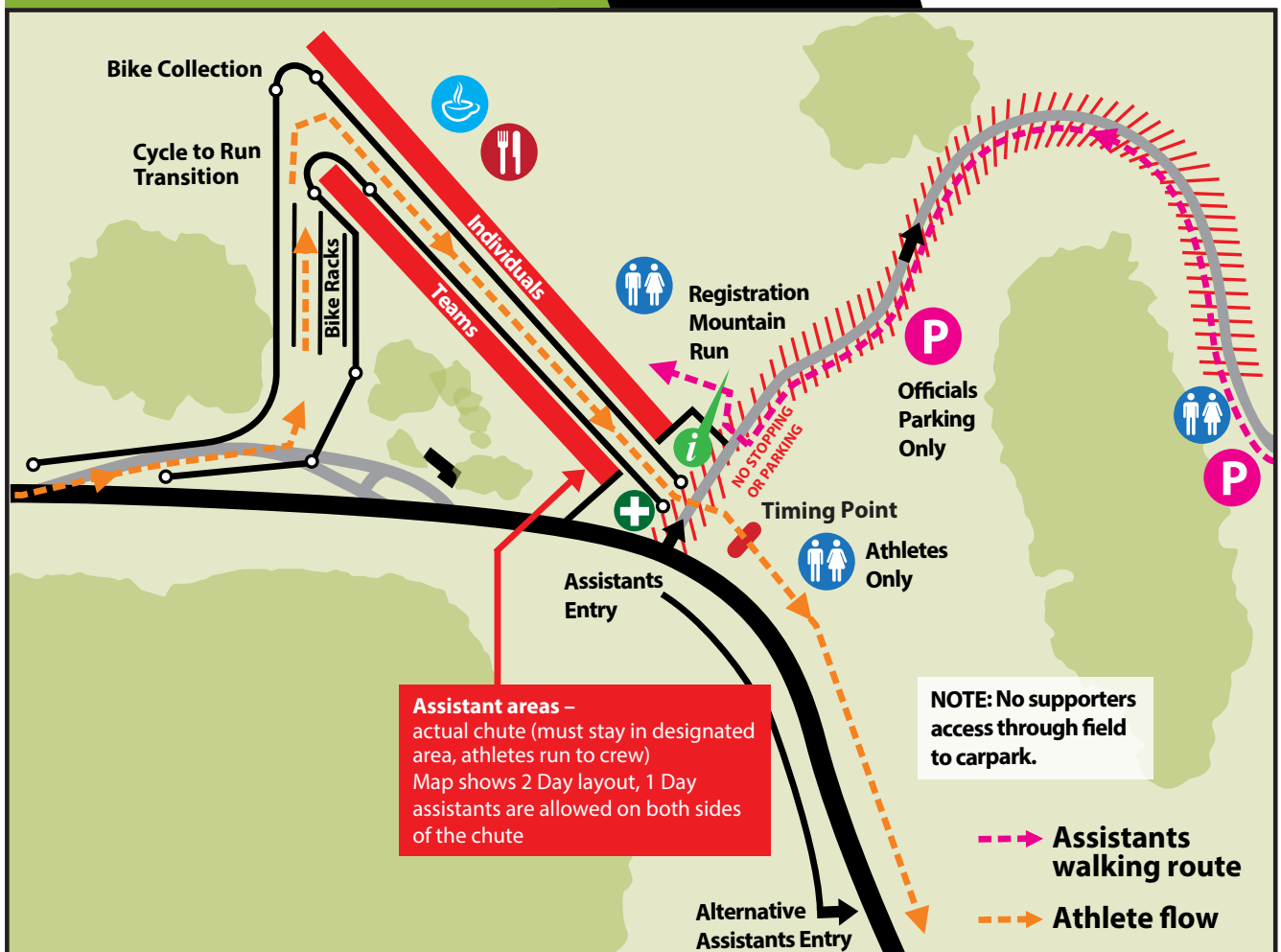
- Support crew must set up on the left-hand side (as competitor see it) of the chute (teams will be on the right-hand side). Make sure your competitor has their backpack with compulsory gear, bib and timing transponder before they exit onto the mountain run stage.
- Support crew must not stop at or use the Deception Footbridge
- After the competitor leaves on the run, support crew collect all cycling and transition gear. Collect bikes only when officials allow; you must have your support crew wristband and may only collect the bike matching your number. It will be possible to collect bikes in between waves of competitors coming through. Please be quick.

**Gear checks:** Officials can check compulsory mountain safety equipment at Aickens and may do spot checks on course. Do not discard gear at any stage - missing items can mean penalties or disqualification.

**Breakfast:** Lake Brunner School will be selling breakfast at Aickens (whitebait patties, bacon, eggs, Blackball sausages, omelettes, hash browns, coffee, tea, milo). Cash only. This is a fundraiser for the School.

## AICKENS TRANSITION

## Cycle to Run



# Stage 2 –

## Mountain Run 30.5km

### STAGE CUT-OFFS:

- 2:00pm – Doreen Creek (14km)
- 4:00pm – Goat Pass (17.5km)
- 7:30pm – Klondyke Corner

### **Key Rules:**

- All competitors must carry the compulsory mountain run equipment (see pages 8–9).
- Officials may check equipment at any time during the stage, including at Klondyke Corner.
- Running on railway lines is strictly prohibited except when crossing them; trains may be operating during the event.
- Personal audio devices are not allowed, though phones may be used for photos.
- Carry out all rubbish, and clean mountain running shoes to Biosecurity New Zealand standards before and after the event, or when moving between waterways. Detergent footbaths for Didymo control are provided at Goat Pass; competitors must immerse both shoes.
- Support crews must not run with competitors or assist them outside of transitions.
- Hiking poles are not permitted.

### **Course Notes:**

The Mountain Run is extremely rough, with many areas impossible to run. Most of the course follows rivers and valleys with multiple crossings. Familiarize yourself with the terrain and consider carrying a map (Topo50 BV20-Otira), compass, or GPS. Limited course marking is provided; self-navigation may be necessary.

[For full course description see website.](#)

# Klondyke Corner

## Key Rules

- Take all rubbish with you
- No open fires or solid fuel barbeques
- Dogs are not allowed in the National Park, not even in your car.
- Do not drink from the Bealey River (Giardia present).
- Pedestrians must exercise great care crossing the State Highway; use designated crossing point.
- Do not park in long grass, as hot exhausts can start fires
- DO NOT PARK ON THE ROAD VERGE OF STATE HIGHWAY 73 UNDER ANY CIRCUMSTANCES

## Parking

- On arrival from the West Coast, turn right off State Highway into the parking area and follow officials' directions.
- All competitors and support crew must park in the camping area, even if not camping.
- Keep emergency access lanes (4m wide) clear and observe the 5kph speed limit.
- Campervans and caravans are allowed but be mindful of uneven terrain and unmarked hazards.
- Caravans & Campervans are strictly prohibited at Mt White transition area.

## Camping

- Free camping: no pre-booking required.
- Set up camp permitted from 3pm Wednesday; check in with an official before setting up or you may be required to move.
- Campers must supply their own tents and camping equipment.
- Space is limited - be considerate of others.

## Drinking water

- Water is available from a water tanker, but it is recommended that you fill containers before to arrival at Klondyke Corner.
- There isn't enough water to replenish campervan showers and/or toilets.

## Meals

- Sheffield School sells lunch, dinner, and breakfast. Bring cash. This is a fundraiser for the School.

## Gear bags

- Competitor gear bags from the start line and running shoes from Kumara transition are available for collection.

## Sponsor expo

- Sponsor expo, information point
- Big screen and live-feed camera to watch Mountain Run progress.
- Limited cellphone coverage.
- 7pm highlights video of Day 1 shown on the big screen.

## Medical services

- Medical and physio available. Medical services are available overnight for those camping at Klondyke Corner. Contact 021 221 9711.

## Massage

- A massage service will be available. Pre-bookings will open closer to the event, and booking details will be provided via the athlete newsletter

## Kayak Gear check

- Selected compulsory kayak gear can be checked at Klondyke Corner Friday 1-6pm.
- Support crew may complete checks.
- Items marked with an asterisk on the Kayak Gear list can be checked.
- Helmets and PFDs can be reviewed but official check occurs Saturday morning.
- Once checked, dry bag receives an identifying tag; no gear may be removed before the kayak stage.
- All other kayak items must be checked Saturday morning at kayak scrutineering.



# KLONDYKE CORNER TRANSITION

Friday (2 day)





# Stage 3 –

## Cycle 15.5km & Run 1.3km Klondyke Corner to Mt White

### Key Rules

- NO WARM-UP CYCLING ON THE ROAD
- Leave warm-up clothing in your numbered gear bag with officials at Klondyke Corner. Do not leave valuables. The bag will be taken to the finish line at New Brighton. Officials take care but assume no responsibility.

### Early Start (6:30am)

- For competitors who finished Day 1 after 6pm or other special circumstances. Competitors in this wave will be unranked.
- To be considered, visit the Information Point at Klondyke Corner on Friday.

### Main Start (from 6:45am)

- Competitors must be in their start group by 6:40am (no exceptions).
- Warm-up gear may be worn until the last minute; the bag drop is close to the start line.
- A short briefing with any updated information occurs prior to the start.
- Line up in your wave, start behind the arch, and roll forward across the timing mat as your wave is released.
- Individuals, Two and Three Person Relay teams Competitors (except Early Start) will start in order from Day 1, with fastest first.
- Start in groups of 15, at 2-minute intervals.

For full course description see website.



# Mount White

<b>4:00am</b>	<b>Mt White car parking opens</b>
<b>4:15-6:25am</b>	<b>Kayak scrutineering</b>
<b>4:45am</b>	<b>Support crew must have departed Klondyke corner</b>
<b>6:45am</b>	<b>Support crew briefing at scrutineering area</b>
<b>6:45am</b>	<b>Riverbank must be clear of support crew</b>

## Key Rules

- **Only ONE support vehicle per athlete, identified with supplied vehicle sticker.**
- If you don't need to be at Mt White Bridge don't drive down.
- Campervan access is restricted. If your only form of transport is a campervan you must arrive no later than 5am. The terrain is not the most suitable for campervans.
- Support crew must leave Klondyke Corner by 4:45am; competitors stay behind with bib, cycle, cycle helmet, timing transponder, and shoes if needed (for the run from Highway to Mt White Bridge). Warm-up clothing recommended for waiting competitors.
- No camping at Mt White.
- Support crew cannot walk from the Highway to Mt White Bridge.
- Vehicles may only unload kayaks when parked; kayaks must be carried on the riverside of the gravel road to scrutineering.
- Present all competitor kayak and compulsory gear for scrutineering before 6:25am
- Do not pack equipment into the kayak before scrutineering- officials need to check it is all there. All compulsory equipment must remain in kayak after scrutineering.
- Once scrutineered, you will place the kayak in numerical order on the bank of the river, and re-pack all compulsory equipment. Ensure the dry-bag is correctly sealed so it remains waterproof.
- Support crew are NOT to wait at the highway, railway side or on Mt White Bridge for competitor. Wait at the designated assembly area. Move toward kayak only when athlete is on the bridge; this may require running with the competitor.

- Competitor must keep bib on until at the kayak. You must not take the kayak to the water until your competitor has their bib on and is ready to paddle.
- It is highly recommended that competitors have additional warm clothing to put on for the kayak stage – it can be very cold on the river, especially if they have a swim. Do not underestimate the river and remember all compulsory thermal gear is in addition to what is being worn by your competitor when they leave Mt White.<sup>3</sup>

After you have transitioned your competitor

- Cars departing Mt White Bridge with a kayak (either a spare or withdrawn competitor) must stop and be cleared by a kayak official.
- Support crew must remain at the river until the last Two Day competitor has reached their kayak. Leave as soon as you're cleared to go, do not delay your departure.
- Avoid returning to Klondyke campsite after Mt White to ease congestion; ensure Klondyke campsite is packed before departure.

## Checklist

- Kayaking gear scrutineered and loaded
- Food and drink for expected duration, plus extra
- PFD done up correctly
- Competitor bib worn over PFD
- Kayak helmet on and secured
- Paddle, spraydeck, and drink system ready
- Sunblock (keep it off the paddle)
- Collect all transition gear, cycling gear, and bike

## Breakfast/lunch

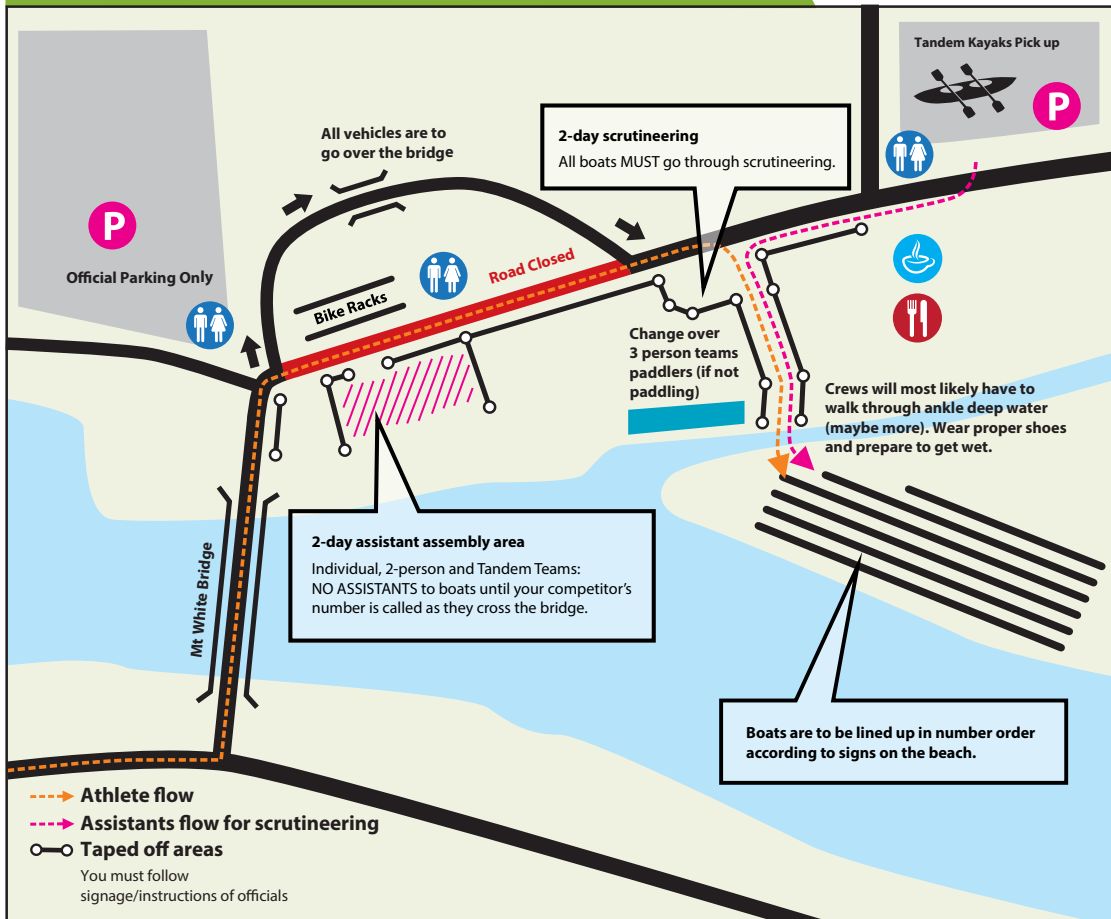
Springfield School will be selling breakfast and lunch 5-10am on Saturday. Have cash available. This is a fundraiser for the School.

<sup>3</sup> Talk about this with your competitor before the race – if you are in a down jacket it is very likely your competitor will need more than a cycle top!

## MT WHITE HIGHWAY TRANSITION



## MT WHITE RIVER KAYAK TRANSITION



# Stage 4 –

## Kayak 70km

### Mt White Bridge to Waimakariri River Gorge Bridge

#### CUT-OFF TIMES

(signalled by air horn):

- 4:30pm Kayakers must be past Gooseberry Checkpoint
- 7pm Kayakers must be past Woodstock Checkpoint (15km above Gorge Bridge)
- 8:15pm Competitors must have reached Waimakariri River Gorge Bridge.

**Officials will remove competitors from the river after cut-off times.**

#### Key Rules

- All compulsory kayak equipment must be carried (see pages 10 & 11 for checklist).
- Competitors **must follow signage or official directions**; failure to comply may place you **outside safety-managed areas** and at risk.

For full course description see website.

#### River Safety Notes

- If you expect to swim, you should be in a more stable boat or have more time on Grade 2 water. A swim can cost 15 minutes, burn valuable energy, and expose you to risk.
- River safety personnel are stationed at known problem spots but are not everywhere—be prepared to self-rescue. If you see another competitor in trouble, assist only if safe to do so and report any issues to the next safety crew downstream.
- Officials may use international river signals to direct you to safe lines. Jet boats form part of the safety system, used for transport, rescues, and evacuations; they produce less wake at speed, so don't be alarmed if they pass quickly.
- At checkpoints, clearly communicate your bib number verbally or by paddling close for visibility.
- Always paddle between the buoys at timing mats and follow signage to avoid hazards and stay within the managed braids.
- Be aware that 80% of the kayak stage is accessible only by jet boat. If you exit the river, rescue may take time. If unable to continue, you will likely remain with checkpoint crew until safely transported after the tail-end Charlie has passed. To stay warm while waiting, put on your compulsory clothing.



# Waimakariri River Gorge Bridge

- Support crews and supporters are not permitted on the Gorge Bridge, our priority is keeping the bridge clear for cycle competitors and other traffic. Any competitor whose support crew or associated supporters are found on the bridge will receive a penalty. No flagpoles, flags or balloons on the cycle stands in transition.
- No parking on the northern side of the bridge.
- Support crew cannot assist competitor to run up track from the river, help them onto their bike, or push them up the road.
- Be on the riverbank when your competitor arrives; there will be a timing display with a list of competitors as they pass through the Woodstock Checkpoint on the river. When possible, competitor numbers will be announced when they are about 5 minutes from transition. Timing information will also be on the App.
- When your competitor arrives, officials will help them out of their kayak; support crew are responsible for removing kayak and gear.
- If you wish to assist your competitor with their cycle transition before loading the kayak, ensure the kayak is carried well away from the beach and outside the transition area. Non-banded support crew may remove the kayak from the riverbed but cannot assist further in the transition.
- Support crew do not cross the timing mat with your competitor – go around the outside and meet them on the other side of the timing arch.
- Only support crew with wristbands may run up the track with competitors and give any support in the transition. Limit the number of people running up the small track with competitors – especially if there is a bunch of them.

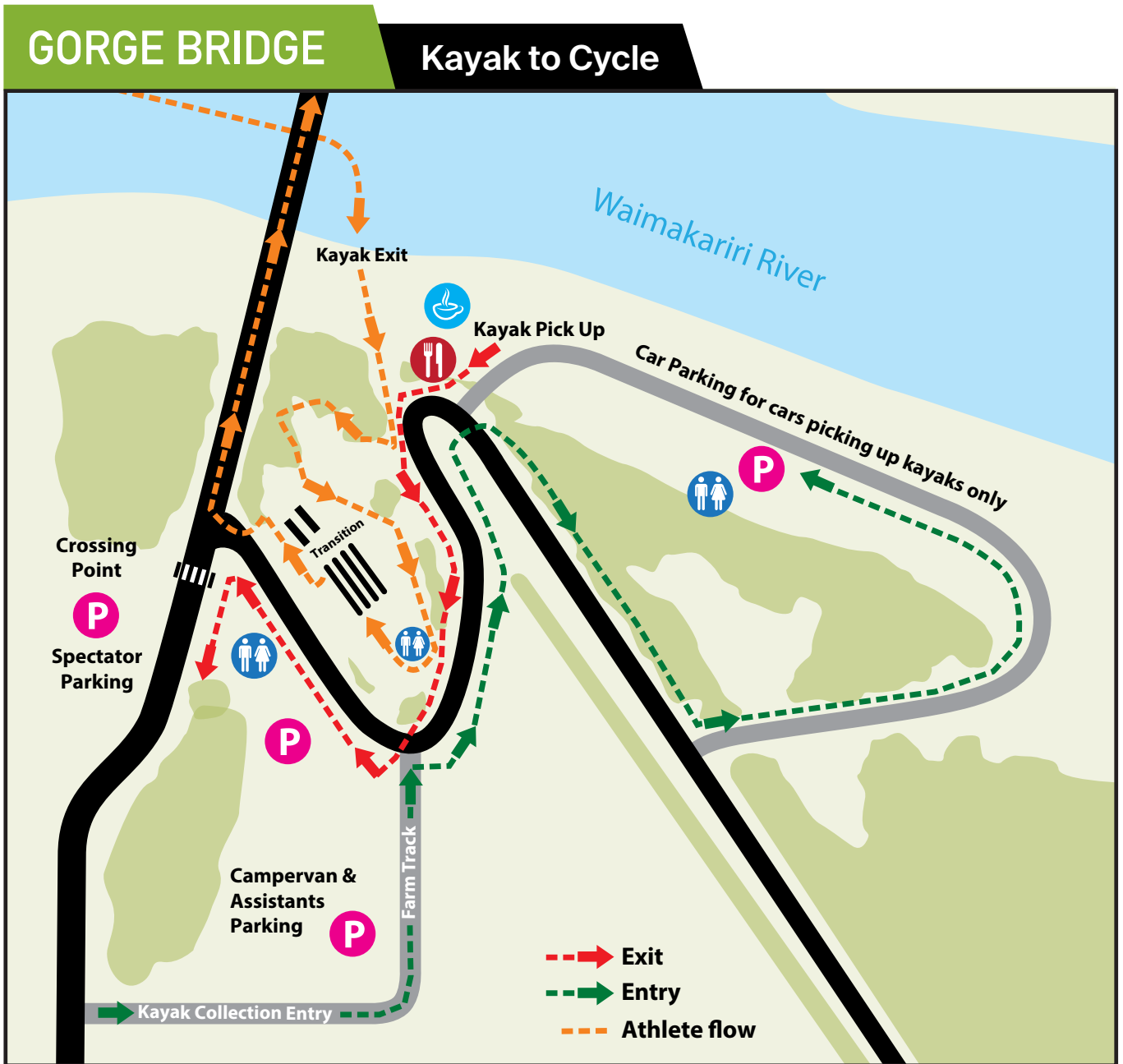
## Lunch

Oxford Lions will have lunch for sale from 11am. Bring cash.

## Overdue competitors

- If your competitor is overdue, approach the information point.
- Do not set off looking for them – the team will advise if they have pulled out and where to collect them.
- You may be advised that your competitor is at Woodstock (final on river kayak cut-off point). You will be provided instructions to drive to this point, but be aware;
  - Be considerate of other road users, vehicles, children, stock, and pedestrians.
  - Excessive speeds may jeopardize future access; the last part of the road is rough, tight, and more suitable for 4WD vehicles.
  - No campervans or trailers on the final section.





# Stage 5

## Cycle 69.5km

### Waimakariri Gorge Bridge to New Brighton

#### Key Rules

- Drafting off other competitions is allowed (no drafting off non-registered cyclists or vehicles).
- Do not ride more than two abreast
- No personal audio devices are permitted
- No support crew allowed on the cycle course
- If leaving Gorge Bridge after 6pm, you must have:
  - Front and rear cycle lights attached and switched on. Helmet-mounted lights may be used in addition to cycle mounted lights
  - A reflective high-visibility vest worn as the outer layer of clothing, visible from 100m.
  - Reflective ankle bands

#### Course notes:

After completing your run, follow the marked track to your bike within the transition area. Exit via the south-western corner (signposted) onto the sealed road and turn right over the Gorge Bridge to begin the final cycle leg into Christchurch.

Note: Some major intersections will be managed by traffic control, but do not rely on this - normal road rules apply at all times.

Cone lanes will be in place at some light-controlled intersections - cyclists must remain to the left of the cones.

There are also several pedestrian crossings along the route into Christchurch. Please obey road rules and give way to pedestrians.

[For full course description see website.](#)

# Finish Line, New Brighton

- After support crew have loaded the kayak at Gorge Bridge, proceed immediately to the finish at New Brighton Beach via SH73 (Old West Coast Road) – the route will be signposted.
- Support crew must not follow competitors on the course to New Brighton.
- Support crew cannot offer assistance to the competitors during any cycle stage or provide splits to any athlete – please help keep a level playing field for everyone.
- The police have warned competitors and support crew to be vigilant with security of their cars and equipment at New Brighton.
- There will be a finish festival at New Brighton with a big screen, entertainment and a variety of food and beverage stalls. Event sponsors will also have an expo set up where you can purchase event merchandise.
- Competitors dismount their bikes just south of the New Brighton Pier, officials will rack their bike for them, then competitors run through the finishing chute.
- Wrist banded support crew may enter the finishing area to welcome your competitor to the end of their Coast to Coast journey.
- Collect your competitor's bike from the racks – wristband required.

## Prizegiving

**When:** Sunday, 10am

**Where:** Addington Raceway, all welcome.

## Monteith's Yarn Party

After prizegiving at Morrell & Co Bar, 280 Lincoln Road Addington, Christchurch. Relax, listen to some good music and tell everyone how good you were!

## Photos

Marathon-Photos.com will photograph the race. Photos available online within 24 hours of the race. Pre-purchase options available – watch the event newsletter for pre-sale dates

## Withdrawals

- Any competitor withdrawing from a stage must report to an official at the end of that stage. Hand in your timing transponder and fill in a withdrawal form. This is critical to prevent unnecessary search and rescue operations.
- If withdrawing on the last cycle leg into Christchurch, phone Race HQ (03 450 1955), giving your competitor number, name, and confirmation of withdrawal. Do not leave a voicemail – speak to someone directly.
- If evacuated by helicopter or jet boat, report to an official immediately on disembarking. Do not try to find support crew, team members, or family until checked off the course by officials.
- If seeking independent medical attention, inform the race medical team or email [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz)

## Complaints

Any competitor or support crew wishing to make a complaint about another competitor must submit it in writing to a race official within one hour of the complainant finishing. The Race Director's decision regarding the complaint is final.

## Support crew feedback

Your views are very important to us. Support crews see the event from a unique perspective and your comments can guide us for future events.

Have your say by [emailing us](#) and help ensure we exceed your expectations the next time you assist or enter the Coast to Coast. We'd appreciate hearing your comments and feedback on anything you feel is worthwhile bringing to our attention.

## Lost Property

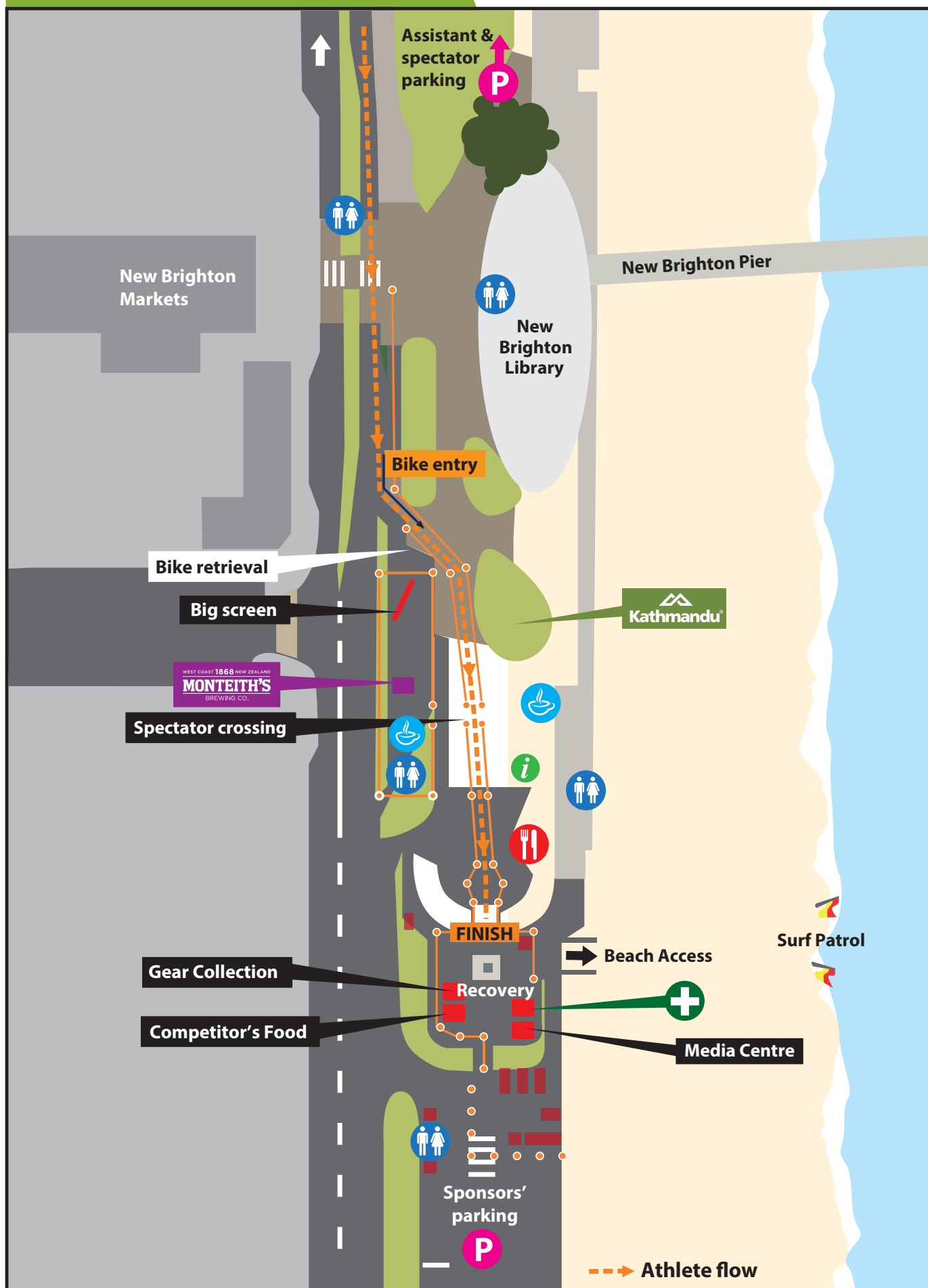
- Saturday – Information Tent, Finish Line, New Brighton.
- Sunday between 8-10am – at Addington Raceway.

If none of the above options are suitable for you, please contact [info@coasttocoast.co.nz](mailto:info@coasttocoast.co.nz)

Lost property is kept for one month before disposal or donation. A \$30 fee applies for items mailed within NZ. Larger items or international postage incur additional costs.



# NEW BRIGHTON FINISH



# Plan B –

## Bad weather Mountain Run Alternative Course

If the Mountain Run stage is affected by bad weather and/or high river flows, then a running stage (31km) will be used which will be a mix of river bed, farm tracks, sealed road and DoC single track via Arthurs Pass, finishing at Klondyke Corner. From Aickens Transition follow the normal route to the Deception Footbridge, at the footbridge merge onto State Highway 73. After 2.5km enter Kellys Creek. From Kellys Creek follow a mix of farm and single track to Otira township.

From Otira township exit at the Fulton Hogan yard onto State Highway 73 to run across the viaduct (approx 9km).

From Temple Col you will be directed onto the Arthurs Pass Nature Walk, you will follow this to the

Arthurs Pass Village where you will be directed into the Bealey River bed. You will follow the Bealey River bed to Klondyke Corner.

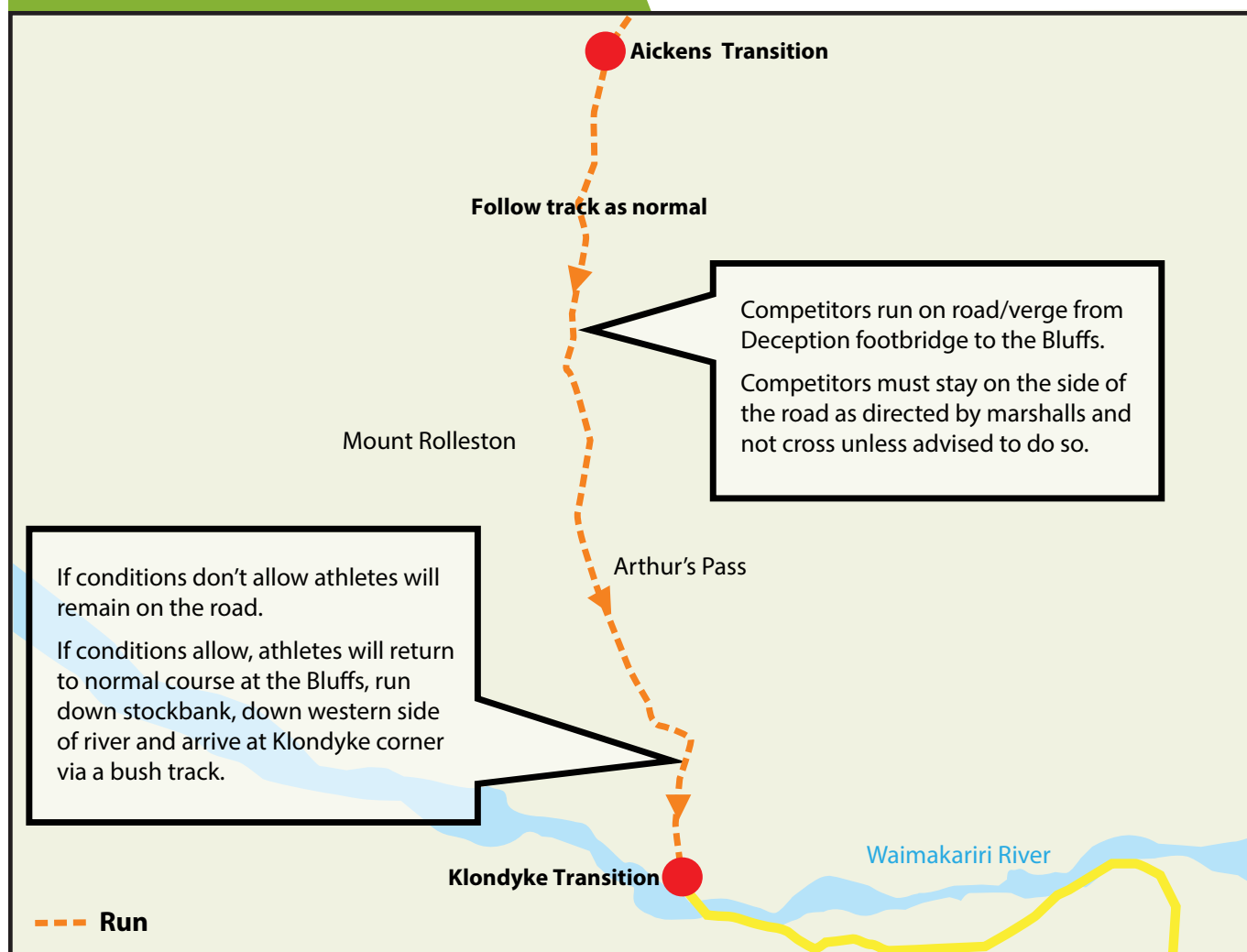
There will be water stations at;

- Goat Creek (6.5km approx)
- Temple Col (14km approx)

Reflective high visibility vest must be worn as the outer layer of clothing (run pack can be worn over top of vest).

The alternative course is subject to changes. Full details will be supplied at Race Briefing, if required.

## MOUNTAIN RUN PLAN B



## Kayak Alternative Course

If the route down the Waimakariri River is affected by bad weather and/or high river flows, the following alternatives may be in place, competitors will be advised accordingly.

### Kayak Plan B

If the lower Waimakariri River is unaffected by the weather and/or river flows, there will be a 112km cycling stage from Klondyke Corner to Thompsons Road (cycling down the Old West Coast Road) to transition to the kayak.

The kayak stage will run downstream to between the two State Highway bridges on the lower Waimakariri River. The kayak/cycle transition will be on the river left.

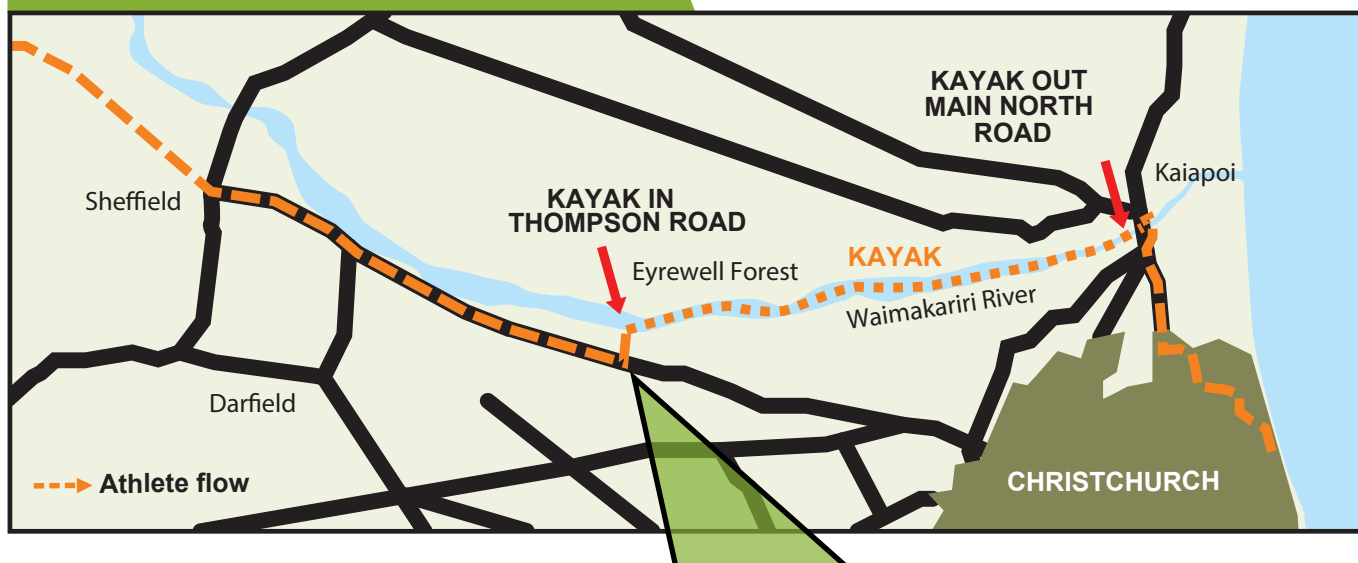
Competitors will then cycle to New Brighton to the finish (approx. 12km). Note the main dangers on the lower Waimakariri are trees alongside and in the river – it is highly likely that there will be some compulsory portages around high consequence areas. Any route directions, either by officials or signposted, are compulsory.

### Kayak Plan C

Should the entire Waimakariri River be affected by bad weather and/or high river flows, there will be a cycling stage (86km) from Klondyke Corner to Waimakariri River Gorge Bridge, followed by a further cycling stage (69km) from Waimakariri River Gorge bridge to New Brighton, Christchurch on the standard cycling route and then a run to the finish.

The Race Director reserves the right to close stages and alter official cut-off times for safety or other reasons.

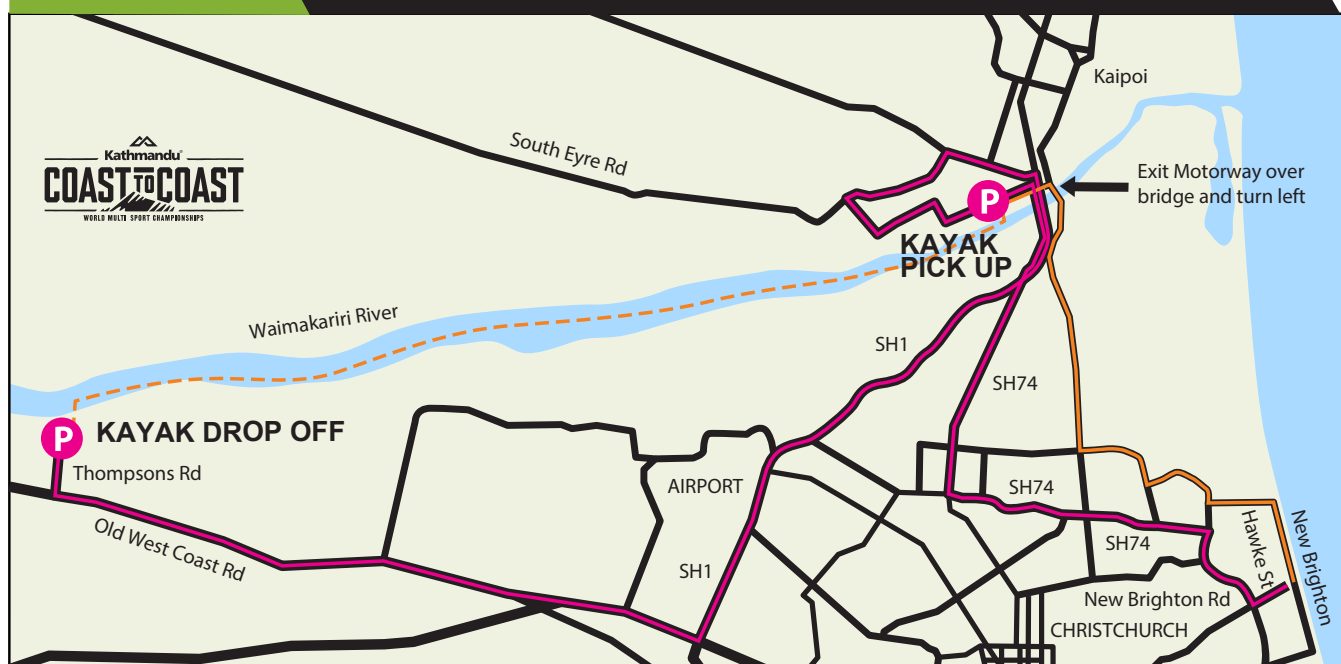
## KAYAK PLAN B COURSE





## PLAN B

## SUPPORT CREWS KAYAK DROP OFF AND PICK UP



# Railway Lines & Crossing Safety

There are railway line crossings on the cycle and run stages. If alarm bells are sounding or the Official requests that you stop, you must stop. If a competitor does not stop they will be disqualified from the race immediately.

## **TRACKS ARE FOR TRAINS**

NEVER walk down tracks or close by tracks. Only cross a railway track at a place set aside for crossing. Tracks are for trains!

## **TRAINS ARE QUIET**

ALTHOUGH trains are noisy up close they are hard to hear from a distance. Trains can surprise car drivers and people walking near tracks. Make sure you look both ways as well as listen for trains.

## **TRAINS TAKE A LONG TIME TO STOP**

EVEN if a driver can see you, they cannot stop a train quickly. Trains are heavy and can weigh up to 1,500 tonnes, the same as 1,000 cars. They can also travel at high speeds. Even a small train can take four rugby fields to stop! Trains take a long time to stop.

## **LEVEL CROSSINGS RULES**

A TRAIN driver is on full alert when approaching a level crossing. Make the driver's job easier by obeying the signal and level crossing rules. Look for signs, barrier arms and flashing red lights and listen for the warning bells. If you are in a car be sure to tell the driver to stay well back from the tracks, behind the marked lines.

## **STAND WELL CLEAR**

If YOU see a train coming stand well away from the tracks. Be aware and stand well clear

## **DON'T JUMP ONTO TRAINS**

TRAINS are fun to ride but only as a ticketed passenger inside a carriage. Even when a train is traveling slowly you should never try and jump onto a moving train. Always wait until a train has stopped before getting on or off.

## **YOU CAN'T OUTFRAN A TRAIN**

NEVER walk on a rail bridge or through a rail tunnel. You can't outrun a train, and tunnels and bridges are only wide enough for trains. You will have nowhere safe to go.

## **SHOCKING RESULTS IN STORE**

SOME trains are powered by electricity, sent through power lines above the tracks. It is dangerous to go near these lines or let any object like a ball or kite go near them. These lines carry huge amounts of electricity and you will get an electric shock.

## **STONES CAN FLY LIKE BULLETS**

NEVER leave things on railway tracks or throw stones at trains. You could derail the train and look out if you're close by! Those stones can fly like bullets and could really hurt you!

## **KEEP YOURSELF SAFE**

YOU NEED to keep yourself safe. No matter what your friends say you need to be very careful around trains, tracks and crossings. Stand up, be smart and stay safe!



# Biosecurity Alert for Coast to Coast

The invasive freshwater clam has been found in the Waikato River system.

This clam is present from Lake Maraetai at Mangakino and downstream, including Lake Karāpiro, and this is now a Biosecurity New Zealand Controlled Area. The aim is to contain it there.

As a result, there are **new Check Clean Dry guidelines for Coast to Coasters who've been training in the North Island**. Please take this seriously as a member of the multi-sport community, so you do not spread this or any other invasive species when you paddle the Waimakariri River during the event.

## What this means for you

Please turn up for the event with a clean and dry kayak and gear.

**Do the following Check Clean Dry steps at least 2 days beforehand.**

*If you have only trained in the South Island, the old Check Clean Dry requirements apply, see <https://biosecurity.govt.nz/check-clean-dry-south>*



### CHECK

#### For what is visible

Check for visible matter like weeds, mud or clams and flick them off.

Drain all river or lake water.



### CLEAN

#### For what is not visible

Blast your kayak and gear with tap water to remove remaining debris, which could include juvenile clams with sticky threads. Do it on grass so the run-off won't go into a stormwater drain.

Then, treat any **absorbent materials (which may include life jacket, spray skirt, helmet, clothing)** that have been in contact with the water and will stay wet longer.

Use one of these options: (1) soak in hot tap water—55 degrees C for at least 5 minutes OR (2) Soak in 5% household bleach for 1 hour OR (3) freeze until solid (overnight) OR (4) Soak in a salt solution at 100 parts per thousand (5-litre mix + 500g salt in 5 litres warm water) for 4 hours.



### DRY

#### To be sure

Allow your kayak and gear to dry to touch, inside and out. You may need to sponge pooled areas dry. Then leave for another 48 hours (2 days). You are now good to go.



**Biosecurity New Zealand**

Ministry for Primary Industries  
Manatū Ahu Matua

# 7 LEAVE NO TRACE PRINCIPLES

Leave No Trace is a global movement whose mission is to protect the outdoors by teaching people how to enjoy the outdoors responsibly. Follow these principles to minimise your effect on the environment.

## 1 PLAN AHEAD AND PREPARE

- Know the route well or have appropriate maps, compass or GPS.
- Plan for worst-case scenarios.
- Check the weather forecast and ensure it's suitable for your trip.

## 2 TRAVEL AND CAMP ON DURABLE GROUND

- Camp on durable ground or stay in huts.
- Reduce your impact on soil and vegetation.
- Stick to the marked track through Goat Pass (where it exists).

## 3 DISPOSE OF WASTE PROPERLY

- Carry all rubbish out and bury toilet waste.
- Try to minimise packaging.
- Separate recycling and waste with bins provided.

## 4 LEAVE WHAT YOU FIND

- Familiarise yourself with the course route.
- Don't mark the course with cairns or by marking vegetation.
- Leave didymo behind! Clean all kayak equipment and shoes.

## 5 MINIMISE THE EFFECTS OF FIRE

- No open fires or solid fuel barbeques.
- Do not park in long grass - hot exhausts can start fires.
- Never leave your stove unattended.

## 6 RESPECT WILDLIFE AND FARM ANIMALS

- Never feed the kea.
- Never leave your stove unattended.
- No dogs in Arthur's Pass National Park or on private land.

## 7 BE CONSIDERATE TO OTHERS

- Respect other trampers on the Mingha Deception route.
- Try to keep noise to a minimum.
- Respect private property.