

Rotary Clubs of Hutt Valley - Long Walk Home

Walkers notes and course description – 27km for full distance

Walking Times based on:

- Fast walkers = 9 minutes per km (approx. 4 hours for full course)
- Average pace = 10 to 11 minutes per km (approx. 4 ½ – 5 hours for full course)
- Slow pace = 12 to 14 minutes per km (approx. 5 ½ – 6 hours for full course)

Start Area

- Located at the Wellington Westpac Stadium, southern end of Fran Wilde Walkway above the Railway Station.
This is where you will register for the event and collect your event t-shirt.
- You will also be required to prove that you have downloaded the Blerter App to your phone so you can check-in during the event

Sector One – From the Start to Ngauranga Gorge

This sector is approximately 4.7km.

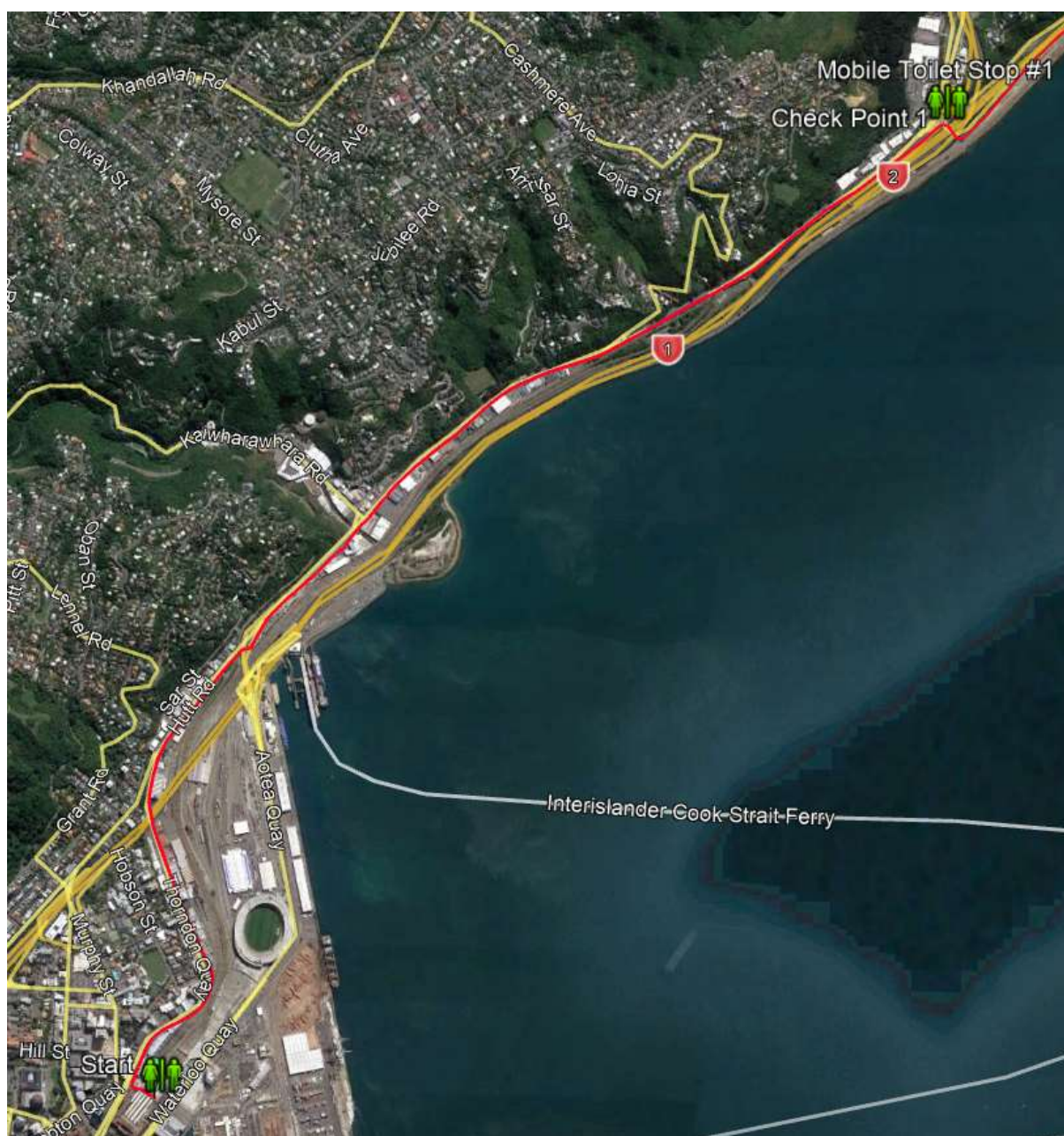
- At a fast pace walkers would complete this sector in approximately 40 minutes.
- At an average pace walkers would complete the sector in 45 to 55 minutes.
- At a slow pace walkers would complete the sector in 60 to 70 minutes

Directions

1. From the Stadium Concourse proceed down the steps on to Thorndon Quay. Turn right and head north along Thorndon Quay.
2. At the northern end of Thorndon Quay (at the bottom of Tinakori Rd) continue north along the Hutt Road.
3. Continue underneath the Aotea Quay overpass (by the Inter Islander terminal) and continue north along Hutt Road.
4. Continue north past the bottom of Ngaio Gorge – there will be a marshal in this location
5. Continue north along Hutt Road until you come to the Ngauranga Interchange.
This is check point 1 – the marshal will ask you to send a Blert at this point
There will be a marshal in this location and the mobile toilet will be stationed here.
There will also be water available.

Potential Hazards in Sector 1

- Along Hutt Road there are several businesses with vehicles crossing the footpath to enter and exit. You must walk on the footpath and be aware of vehicles coming in and out of these driveways.
- The footpath along the Hutt Road is also a shared cycle path so be aware of cyclists (this applies to the whole route)



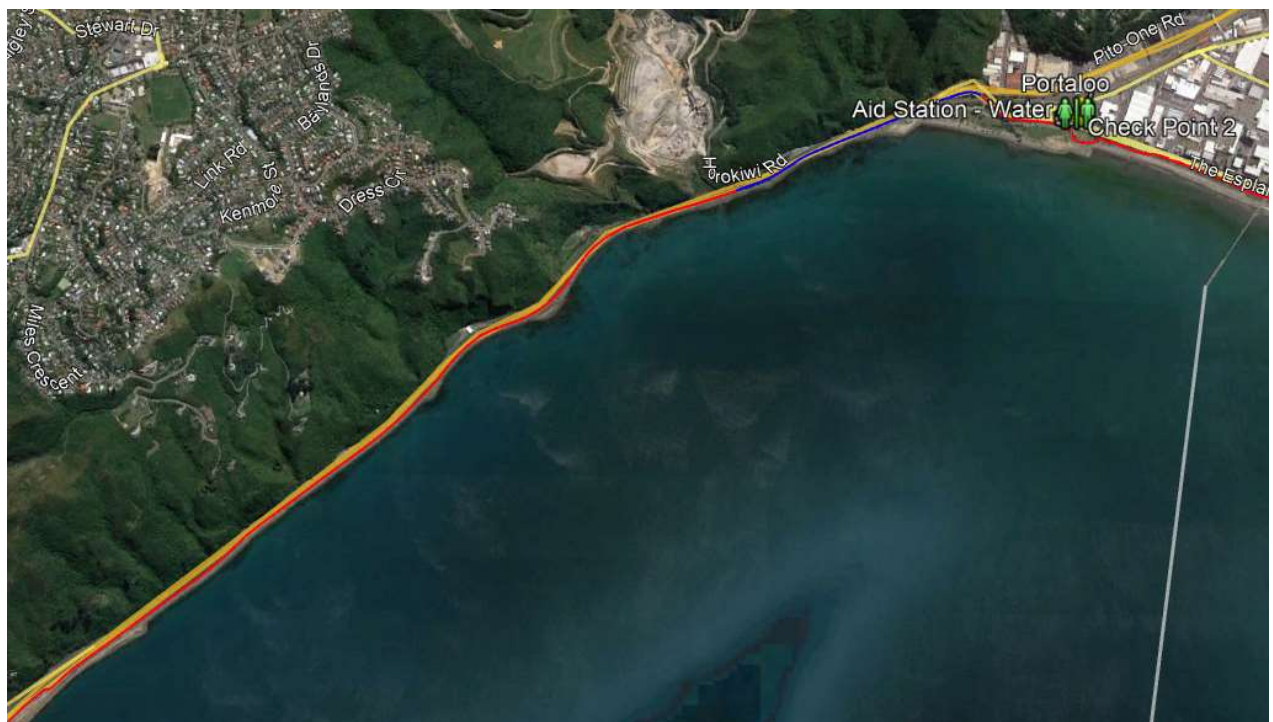
Sector Two – Ngauranga to Petone Esplanade

This sector is approximately 5km

- At a fast pace walkers would complete this sector in approximately 45 minutes. It will take approximately 1 hour 30 minutes from the start to reach this point (allowing for a rest or toilet break)
- At an average pace walkers would complete the sector in 50 to 60 minutes. It will take these walkers about 1 hour 50 minutes from the start.
- At a slow pace walkers would complete the sector in 65 to 75 minutes. It will take these walkers between two hours and two hours 30 minutes from the start.

Directions

1. Proceed under the Ngauranga Interchange and enter the Hutt Road Cycle Path that runs between SH2 on the left and the railway line on the right.
2. Continue north along the cycle path until you reach the point where the cycle path exits on to SH2. There will be a marshal in this location.
3. For the section of the route to Petone you will be walking on the shoulder of SH2, facing the oncoming traffic. The shoulder of the road will be coned, and you must stay to the right of these cones, and be as close as possible to the side of the road. You must also be in single file during this section
4. When you reach the Petone Overbridge the footpath resumes. Stay on the footpath and once you are off the bridge proceed onto Petone Esplanade for about 100m before exiting to the right into the car park leading to the pathway along Petone foreshore. There will be a marshal at the Petone Overbridge and another marshal to direct you off Petone Esplanade and onto the foreshore pathway.
5. There will be water available at the start of the foreshore pathway along with a portaloos.



Sector Three – Petone Esplanade to Sladden Park

This sector is approximately 3.6km

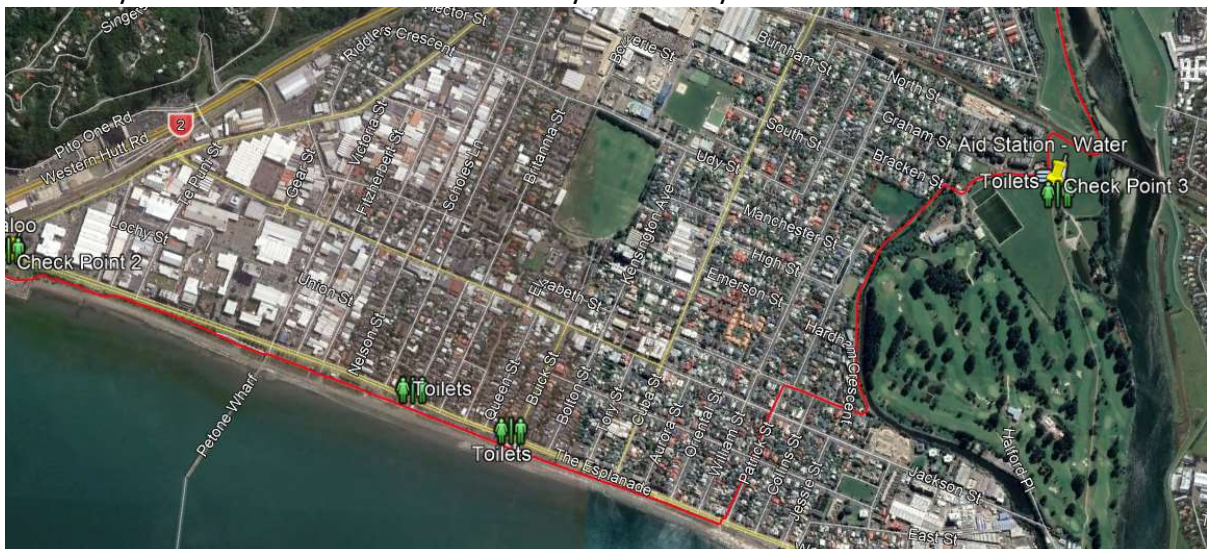
- At a fast pace walkers would complete this sector in approximately 30 minutes. It will take approximately 2 hours from the start to reach this point (allowing for a rest or toilet break)
- At an average pace walkers would complete the sector in 35 to 40 minutes. It will take these walkers about 2 hours 30 minutes from the start.
- At a slow pace walkers would complete the sector in 45 to 55 minutes. It will take these walkers between two hours and 40 minutes and three hours from the start.

Directions

1. At the start of the Foreshore pathway you will be asked to check in at Marshal #8.
This is Check Point 2 - the marshal will ask you to send a Blert at this point
2. Proceed along the Petone Foreshore pathway. Along this section there are toilets available at the changing rooms and also at the Settlers Museum.
3. Continue along the pathway until you reach Patrick Street. There will be a marshal in this location who will direct you to cross Petone Esplanade using the pedestrian crossing.
4. Petone Esplanade is a very busy road. Please do not cross the road other than at the designated pedestrian crossing. Depending on how many people are arriving at the crossing, we may hold you briefly so a group can cross together in order to minimise disruption to the flow of traffic.
5. Proceed up Patrick Street for three Blocks and then turn right into Heretaunga Street. There will be a marshal in this location.
6. Go to the end of Heretaunga Street and take the exit onto the Hutt Riverbank track. The track runs between the Shandon Golf Course and some houses. Turn left (heading north again) and continue to the end of the track where it exits by the entrance to Petone Memorial Park and Sladden Park. There will be a marshal in this location.
7. The marshal will direct you to the right and through the car park to Sladden Park. This is the end of Sector 3 and
Check Point 3 – the marshal will ask you to send a Blert at this point
8. There are toilets at Sladden Park and water will be available.

Finish of the Short Option or Start of the Short Option

For those who are completing the shorter option, this is the end point of the walk. There is also plenty of parking available at Sladden Park so you are welcome to make arrangements to leave your own vehicles there to be ready for when you arrive.



Sector Four – Sladden Park to Kennedy Good Bridge

This sector is approximately 5.3km

- At a fast pace walkers would complete this sector in approximately 35 minutes. It will take approximately 2 hours and 40 minutes from the start to reach this point (allowing for a rest or toilet breaks)
 - At an average pace walkers would complete the sector in 45 to 50 minutes. It will take these walkers about 3 hours 15 minutes and 3 hours 30 minutes from the start.
 - At a slow pace walkers would complete the sector in 55 to 65 minutes. It will take these walkers between three hours and 40 minutes and four hours and 10 minutes from the start.
1. Proceed along the path along the top of the stop-bank then turn right at the railway track and then left under the railway bridge onto the pathway alongside the Hutt River.
 2. Proceed along the riverbank pathway until you come to Ewen Bridge.
 3. Turn Left up the pathway and up onto Ewen Bridge to cross the river. There will be a marshal here to guide you.
 4. Turn right and go down the steps and onto the Hutt River trail on the Lower Hutt side of the river. There will also be a marshal in this location.
 5. From this point onward you will be on the Hutt River trail all the way to Sliverstream.
 6. Stay on the sealed path beside the Lower Hutt Riverbank carpark. At the northern end of the carpark, just before You reach Melling Bridge you will find the mobile toilet. There will be a marshal in this location and water will be available.
Check Point 4 – the marshal will ask you to send a Blert at this point
 7. Stay on the path under Melling Bridge.
 8. Continue along the pathway to Kennedy Good Bridge. There will be a marshal in this location and water will be available.
Check Point 5 – the marshal will ask you to send a Blert at this point
 9. There is a toilet nearby at the play area on Fairway Drive. You will need to cross the road and go up to the bridge to access this.

Slow Walkers proceeding beyond Sladden Park

While we are happy for walkers of all speeds to complete the full course, we can only keep our marshals in place for a limited period of time. We would also like to ensure that everyone has the opportunity to get to the end to celebrate the walk with friends and colleagues. To achieve this, walkers who fall behind to the extent that we need to start letting our marshals finish their duties will be offered the opportunity to hitch a ride in our shuttle van to a point a bit further up the course from where they can continue on to the end of the walk.

Walkers who want to continue on and finish the full distance under their own steam are able to do so but it will be on the understanding that they will likely be unsupported towards the end of the walk in that the marshals and the water stations will no longer be in place.



Sector 5 – Kennedy Good Bridge to the Finish at Silverstream

This sector is approximately 8.5km

- At a fast pace walkers would complete this sector in approximately 1 hour and 30 minutes. It will take approximately 4 hours and 10 minutes from the start to reach this point allowing for a rest or toilet breaks. It is also assumed that the walking pace will slow down a little over the final sector.
 - At an average pace walkers would complete the sector in 1 hour and 40 minutes to 1 hour and 50 minutes. It will take these walkers about 5 hours and 5 hours 30 minutes from the start.
 - At a slow pace walkers would complete the sector in around 2 hours. It will take these walkers between three hours and 40 minutes and six hours and six hours 30 minutes from the start.
1. This section is all on the Hutt River trail. In some parts of this there is an option to walk on a sealed pathway that is closer to the road or along the unsealed paths that are closer to the river. It is entirely up to you which of these options you choose.
 2. There are toilets available at Fraser Park. You will need to cross the road to access them. There will be a marshal on the trail opposite Fraser Park. Water will be available here.
Check Point 6 – the marshal will ask you to send a Blert at this point
 3. Continuing on up the trail you will pass under the Taita rail bridge and on up the path until you come to Stokes Valley. There will be a marshal at this location and water will be available. There will be a portaloos available at this location
Check Point 7 – the marshal will ask you to send a Blert at this point
 4. Continue along the trail north from Stokes Valley. In this final section there are several spots where you have the option to use a trail alongside the river or footpath up by the road. The footpath is quite narrow and the road is busy so you will probably find it is more pleasant down by the river, but the choice is yours.
 5. When you reach Silverstream go under the bridge and continue along the path until the marshal directs you down Country Lane to the finish at the Riding for the Disabled centre.
 6. There will be toilets and refreshments available. A Barbecue will be in operation here.
Check Point 8 – the marshal will ask you to send a Blert at this point

Note: The Silverstream railway station is approximately 1km further along Fergusson Drive

