



A taste of 'RotoVegas'

NEARBY TOWN/CITY: Rotorua

DISTANCE FROM CBD: 5kms

EXACT LOCATION: Start from the Waipa Mill Carpark - head out of Rotorua towards Taupo, as you get through the small gorge you will see the road to Tokoroa on your right, go past that and take the next left which is pretty clearly signposted to the Mill. 200 metres along this road you will see a carpark on your left.

TOTAL ROUTE DISTANCE: 13kms

TIME TO RUN: 1 hour (Elite) to 2 hours (Novice)

TYPE OF TRAIL RUN: Loop

DIFFICULTY: Moderate with an optional tough climb.

DEFINING CHARACTERISTICS: Mix of single track and forestry road with a couple of views thrown in. A little bit of the best of running Rotorua trails.

START GPS: Lat; 38°10'28.24"S Long; 176°15'7.51"E

FINISH GPS: Same

RUN IT:

1; From the carpark run over the bridge and take a hard left at the first intersection (pic).



2; 100 metres up this trail take the left hand trail (yes, the steep one)(pic), follow this all the way to the top. There is a track to the Waipa Mill Lookout halfway up the steep climb if you need a rest.



3; At the very top you can take a hard right and go down the steps (pic) or carry straight on down the runners slope... which also gives some cool views over Rotorua and the lake.



4; About 350 metres past the bottom Lookout there is a road to the left with a sign saying “Waipa Mill Carpark” so if you need to bailout you can do it here. Otherwise head down the long straight to the end and turn left.

5; Follow this road/trail for 230 metres and watch for a single trail off to the left, take that trail and follow it until it re-joins the road. Follow the road to its end and turn left and head down the hill. Go past the barrier and along a hundred metres or so to the entrance to the forest (pic) just past the park map. (IF YOU ARE STAYING IN THE CITY YOU COULD START THE RUN FROM HERE AS IT IS A LOOP).



6; You are now in Rotorua’s famous Redwoods. Take the right hand trail leading into the woods and right at the first intersection and follow this trail for about 1.5km without leaving it.

7; You will come to a T-Junction and then you turn right (pic), follow this trail for 300 metres and turn right again.



8; This trail is a steady climb, in and out of the bush for just under a km. Then you will reach a barrier with the sealed road in front of you and a trail up to the right just past the barrier. You can now choose, a wicked, no-running climb up the trail to the right or a steady plod up next to the road on the left. The road plod is mainly on grass with a bit of pumice around the tight bit next to the road.

9; With both routes the aim is to get to the tanks up top of Tarawera Rd. Once there you go around the main tank and to the right of the green shed (pic).



10; Head down the trail to where it splits (pic). The right hand trail says mtb only... that’s the way I always go because I hate steps and you almost never see a mtb on it.... If you are a goodie goodie then take the left trail. They both finish at the bottom of the valley and then you



climb the other side. Near the top is a walking bridge with a drinking fountain at the start (pic). You are now about 7km into the run.



11; After your drink, follow the trail to the top and turn right and head down the hill... and then back up until you reach a large clear space (pic) with 4 roads off it (and another water fountain). Head right, down Red Tank Road. Follow this all the way to the bottom (past the Red Tank) and turn right into Nursery Road....



12; Follow this road for almost exactly 1km, then just after the first road right, look for a single trail off left...be careful, it's easy to miss and some wonderful trail here (pic).



13; Follow this trail to the open space where the several trails diverge, take the one at 2 o'clock which leads you along the road (pic)...



14;and watch for the single trail off to the left into the bush (pic).



15; Follow this trail through more Redwoods, over the boardwalk bridge (pic), up and over the last little hill and turn left at the end and you are back at the start.



POST RUN GOODNESS: Rotorua is jam-packed with fantastic Cafés and Restaurants. If it's the weekend or the holidays you won't have to leave the carpark to get a great coffee as the caravan serving there is tops. In Town try [Zippy's](#) next to the Post Office or [Fat Dog](#) in Arawa Street and if you are looking for somewhere to stay with a great restaurant then you can't go past the [Regent of Rotorua](#).