



IFPA 2023 RUN CLUB GUIDE

Join the University of Auckland Crew for a flat 6km geothermal run - meet at **7am Wednesday morning** out the front of the Novotel. All paces and walkers welcome. Out and back route - turn when you like.

1) Start/finish point outside Novotel hotel

2) Follow lakefront path, cross a small bridge and follow the road around to the right

3) Keep following the road past a childrens playground.

4) Pass in front of the distinctive Rotorua Museum (currently closed) in the Government Gardens.

5) Pass behind the Blue Baths.

6) Pass in front of the Polynesian Spa

7) Join onto the signposted track - keep to the path around Sulphur Bay.

8) Follow the trail - turn LEFT at each of the junctions you meet (these will also have IFPA signage). When crossing the open area follow the trail marker poles.

9) Turnaround point at 3km (will be signposted) I've made the turn here because this point has a lovely view out over the sulphur flats - turn earlier if you like! After the turn retrace your steps home.



Health and safety note: This is an all care and no responsibility social run, partake at your own risk. Please take heed of signage and beware of cars and other hazards. Stick to the marked path on geothermal trails.