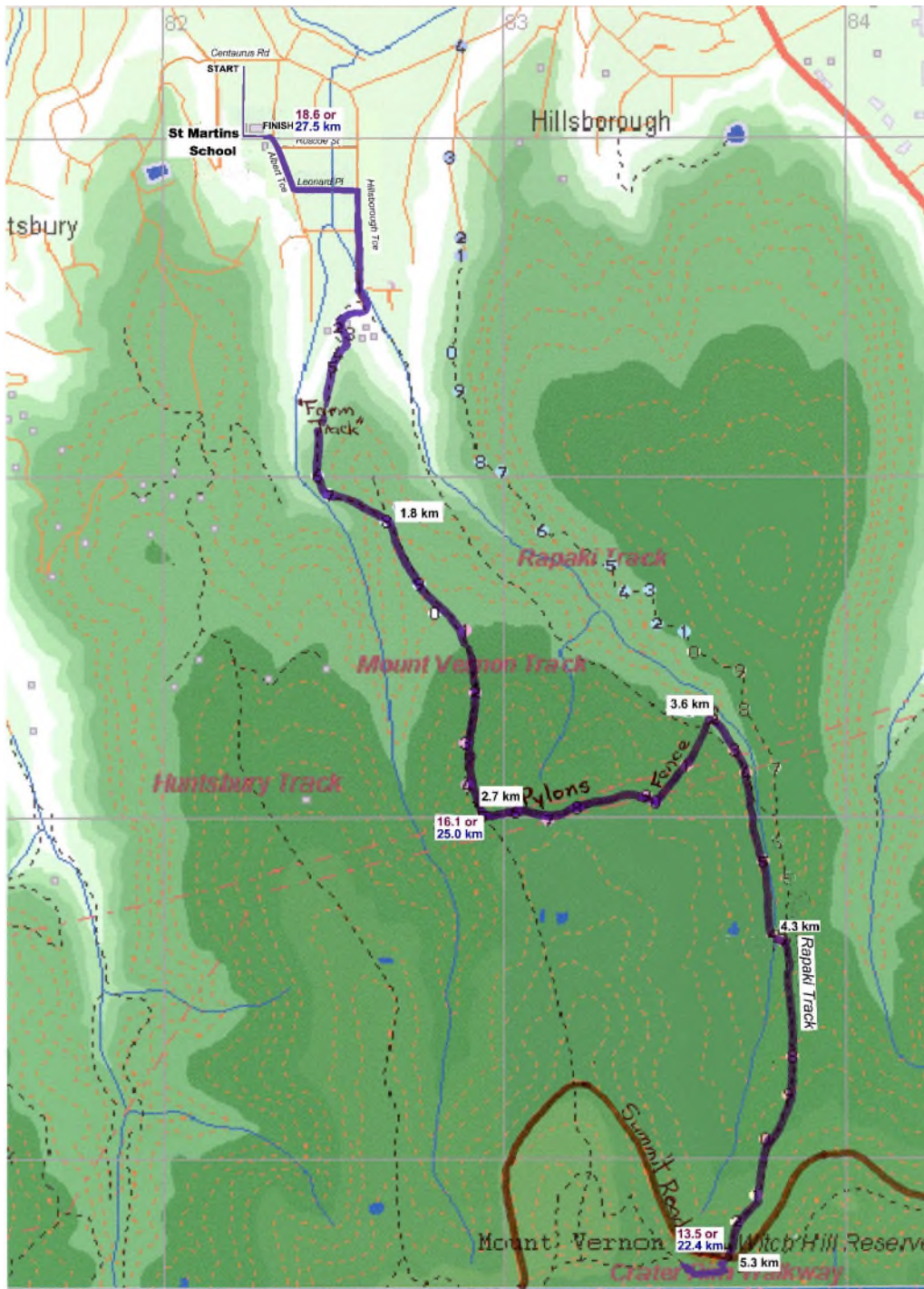
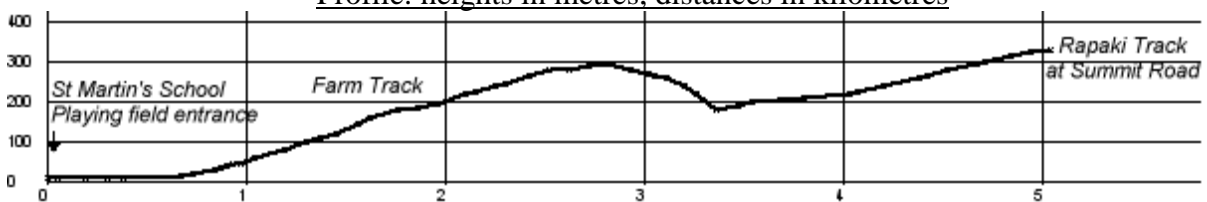


Crater Rim tracks –

1. Between the Sign of the Kiwi and top of Rapaki Track

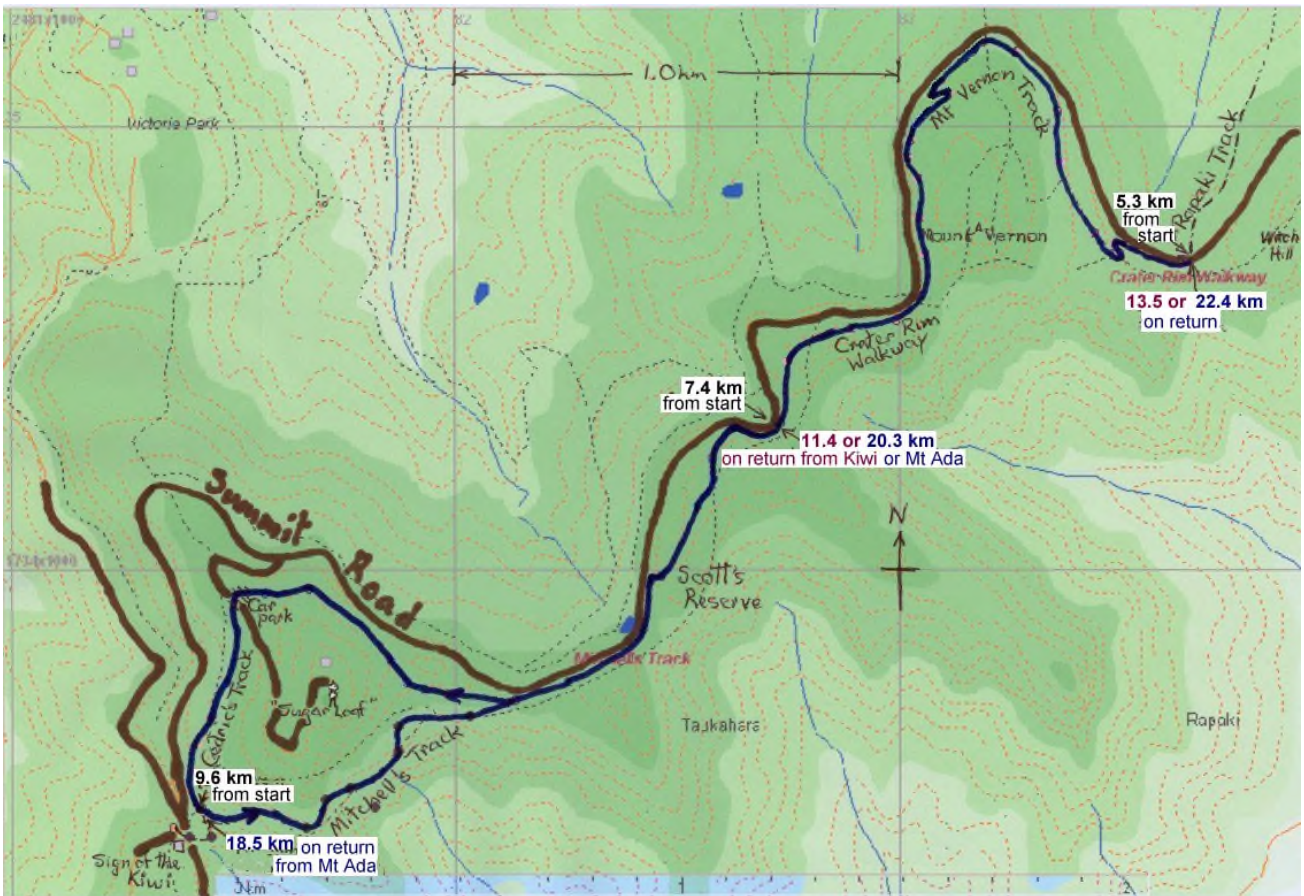


Profile: heights in metres, distances in kilometres

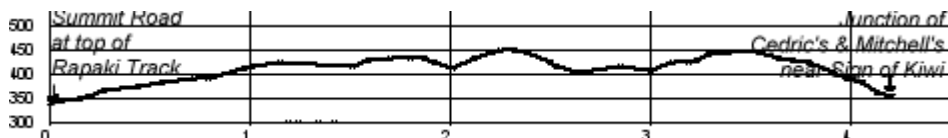


From St Martin's School, playing field entrance to the top of Rapaki Track (at the Summit Road), via the Mt Vernon Farm Track: 5.1 km. Total ascents: 435 m, descents 115 m.

2. Top of Rapaki Track to Sign of the Kiwi

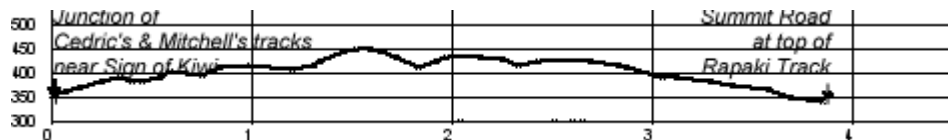


Profiles: heights in metres, distances in kilometres



From top of Rapaki Track to junction of Cedric's and Mitchell's tracks:
4.3 km via Cedric's track.

Total ascents: 185 m, descents 165 m.



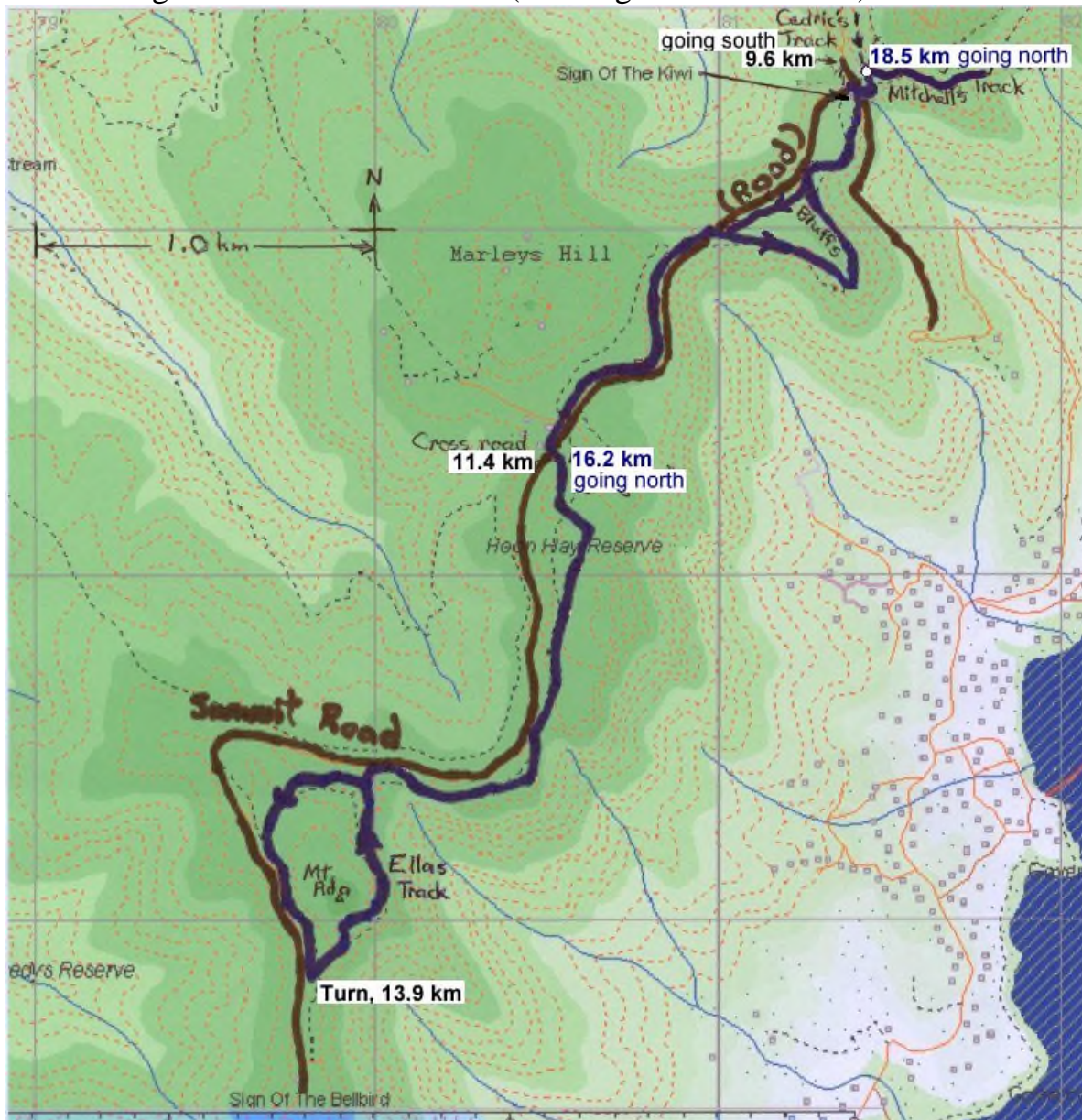
From junction of Cedric's and Mitchell's tracks to top of Rapaki Track:
3.9 km via Mitchell's track.

Total ascents: 140 m, descents 160 m.

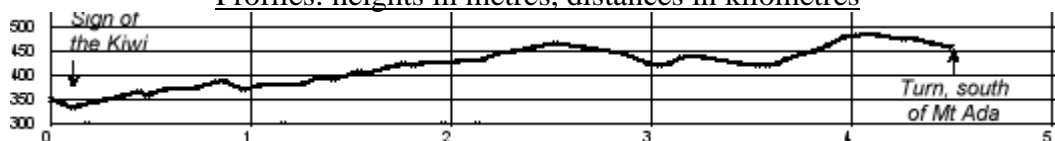
The whole "20 km" run measures 18.6 km by GPS.
It has total ascents = total descents = 875 m.

Maps from TUMONZ® ("The Ultimate Map of New Zealand"). Positions and altitudes measured by Etrex GPS unit.

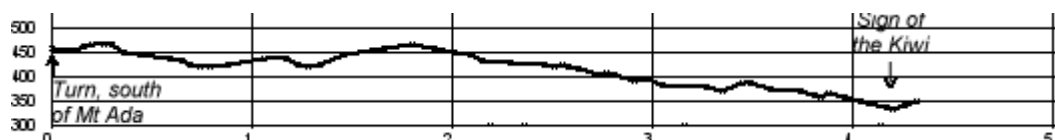
3. Sign of the Kiwi to Mt Ada (near Sign of the Bellbird) and back



Profiles: heights in metres, distances in kilometres



From junction of Cedric's and Mitchell's tracks to Turn onto Ella's Track: 4.8 km
Total ascents: 235 m; descents 133 m.



Return via Ella's Track to junction of Cedric's and Mitchell's tracks: 4.6 km.
Total ascents: 121 m, descents 223 m.

The whole "30 km" run measures 27.5 km by GPS. It has total ascents and descents = 1230 m.

Maps from TUMONZ ("The Ultimate Map of New Zealand") © Vision Software®.
Positions and altitudes measured by Garmin "etrex" GPS unit.