

Sulphur Point / Marina / Mount Loop

Approx: 17.48km

Time: 51 minutes

About this ride: All flat sealed road or path, some busy roads with cycle lanes. Sulphur Point Marina and boats, magnificent harbour views, Surf beach and buzzy Mount Maunganui.

An excellent extension to Waikareao Estuary, Sulphur Point to the Lakes, Sulphur Point / Fergusson Park / Whakapaewaka Bridge, Waikareao Estuary Loop, Sulphur Point Fergusson Park Matua Saltmarsh Waikareao Estuary Loop (short loop)

Area: Tauranga / Mount Maunganui

Bike Type: Road bike

Park and start: Cross Rd by the boat ramp and Nautilus Restaurant and Bar. The directions are from Cross Rd, where there is plenty of parking and toilets.

Ride out of Cross Rd, (the way you drove in), turning left which flows into Keith Allen drive for 1.3km , and down to the **Tauranga Yacht and Power Boat Club** and Marina to enjoy a little boat watching. Refreshments options and toilets are here. Retrace your path, carrying on and over the rail way line, turning right into Mirrielees Rd, at the lights turn left and ride up and over the Tauranga Harbour bridge on the bike / walk path. It is worth taking the time to stop at the top of the bridge to enjoy the view of the Harbour, Marina & Mount. Continue on this safe path. Crossing the road and left (**carefully**) into Totaroa St at the 2nd set of lights, onto the cycle path (Totaroa St traffic will be coming towards you) for **2.6km**, this is a very busy road so extreme care must be taken. Passing Dominion Salt on your right and My Ride Bicycle Shop (37 Totara St) Left onto **Rata St** at the T intersection for **120m**. Right into **Nikau Cres** ride 170 and straight ahead and across Coronation Park which will bring you out between Spongedrop, the toilets and the Police Station onto **Salisbury Ave** which you will turn left onto. This veers right into **The Mall** (the Harbour side for 1km) Veering right again at the base of the Mount into **Adams Ave** for **280m** past the Hot Pools on your left and the Copenhagen Ice Cream shop on your right. Veering right again onto **Marine Parade** (the surf side) There are many refreshment options here. (**this is a busy area please take care**) Opposite Commons Ave (350 m down Marine Parade) is a viewing platform (toilets below) which gives a spectacular view of the beach, Mount and coast line. There is also a water fountain between the platform and footpath.

Ride 1.1km down Marine Parade, turn right down Banks Ave. At the roundabout proceed straight ahead into Salisbury Ave, turning left by the toilets (the way you came in) (The roundabout crosses Maunganui Rd – to the right is the main shopping area.) straight through Coronation Park which comes out on **Nikau Cres**, ride 170m straight ahead on the footpath on the right hand side of the road (it is a one way road)

Left onto **Rata St** away from the Port for 120m.

Right into busy **Totara St** for 2.6km, along the cycle path you came in on, past **My Ride** Cycle shop (fabulous wall art on the **My Ride** wall by the Vet sign) & Dominion Salt on your left. At the second set of lights is a major intersection with **Hewletts Rd**, you need to be on the right hand side of the road with the traffic coming towards you. The safest option is to get up onto the footpath with Ultimate Motor Group on your left and behind you, and cross the road as a pedestrian, at the lights, so you end up on the right hand side of Totara St onto a shared walk/cycle path (on Hewletts Rd with the traffic coming towards you) which will take you up over the Harbour Bridge, the way you came in.

As you come off the harbour bridge turn right down **Mirrielees Rd** at the lights. Left into **Cross Rd**, over the railway line and left again into the next Road, sign posted Otumoetai with a bike picture and back to your car.

This parking area has a ‘ before your ride or after ‘ option of interest.

Fort Nautilus Dry Stack waterway to the **Nautilus Restaurant & Espresso Bar Tauranga**.

There is a bike parking area and outdoor space and tables for you to enjoy refreshments here and or walk back to the gate left of the bridge (or through the restaurant) to the most interesting Fort Nautilus Dry Stack, a three boat high storage area. (the only other one of these in New Zealand is in Auckland) All the more interesting if they are taking a boat in or out by a fork lift arrangement into the waterway while you are there ! www.fortnautilus.co.nz

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