

# Convert your Maunga



**TITIRANGI  
GISBORNE**

= 130M

Can't make it to town? Climb where you can and convert your maunga!  
Log your climbs online at [www.sportgisborne.org.nz](http://www.sportgisborne.org.nz)

\* Permission or safety precautions may be required for the following climbs



**TITIRANGI  
UAWA**

3 CLIMBS



**MANUTAHU  
RUATORIA**

3 CLIMBS



**BUSBY'S HILL  
TOKOMARU BAY**

2 CLIMBS



**D9 HILL  
TIKITIKI**

1 CLIMB



**SUGAR LOAF HILL  
TE PUIA**

1 CLIMB



**HOSPITAL HILL  
TE ARAROA**

1 CLIMB



**HIKURANGI**

POU = 7 CLIMBS

HUT= 8 CLIMBS

SUMMIT= 13 CLIMBS

OR



**CUSTOM CLIMB**

For other maunga, use an altimeter app  
and divide your vertical metres by 130





**28TH SEPTEMBER - 15TH NOVEMBER**



## CHALLENGE INFO

The Titirangi Mt. Everest Challenge is a seven week event where people of all ages walk, run or cycle up Titirangi (Kaiti Hill) 68 times, which is equal to the height of Mount Everest. You can do it solo or as part of a team to help motivate each other.

Participants can track their progress with a **free**, live, online leaderboard to track your (and your team's) progress. Each challenger can create a profile, enter their climbs and track their journey towards summiting Mt. Everest and other noteworthy peaks. It connects friends, whanau and teams, which makes it perfect for challenging and encouraging one another to conquer the maunga!

But you don't need to be in Gisborne to participate. Use the conversion chart on the back, and convert your climbs before entering them on the website. You can even start a team for your community, and the challenge the town teams!



## SUPPORT BOWEL CANCER

Bowel Cancer is the second most diagnosed cancer in New Zealand! All donations raised from this challenge go to Gisborne East Coast Cancer Society.

They will ensure this money is used for people fighting bowel cancer. To show your support and donate, visit the Sport Gisborne Tairāwhiti website. Thank you!



## LOG YOUR CLIMBS

Track your progress, and the progress of your team with our live, online leaderboard! Just head to the Sport Gisborne Tairāwhiti website to register, create your team and view the progress of friends and whanau.

[www.sportgisborne.org.nz](http://www.sportgisborne.org.nz)