

Bike the Bridge training rides

Bike the Bridge offers 7, 15 and 22km stages to cater to any fitness, but if you want to build up to the 22km ride where you'll be able to bike over the bridge twice we've got a selection of recommended training rides, and like the event itself these are removed from traffic and with great views.

Whether you're training for Bike the Bridge, the Otago Rail trail or just looking for a nice place to go for a leisurely ride, Auckland Transport's 'Great Rides Passports' are a great place to start.

We've broken them into the best recommended rides to build you up to the full 22km Bike the Bridge length and will be at selected spots to support you along the way.

Training rides,

Remember, these rides are on shared paths where pedestrians have right of way, like the Bike the Bridge event, it's not a race track, take everything at a leisurely pace. The recommended average speed for Bike the Bridge is only around 15km/hr.

A fantastic, supportive, non-competitive App to track your rides is <http://www.lovetoride.net/auckland>. The Love to Ride platform will have a series of promotions, competitions and support for you in the near future, join it now and enjoy.

Central Auckland

Onehunga foreshore*, parking at the new foreshore park. ride to Ambury farm OR Southdown and return, ride one trip one weekend and come back for a second weekend to try the other trip, 12km either way. The path from Mangere Bridge to Ambury farm (Kiwi Esplanade) is narrow, remember Pedestrians have right of way, you may need to ride onto the grass to pass people, for this section you may find the road an easier option

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/onehunga-to-mangere-bridge-cycle-ride/>

*Onehunga's new foreshore is so new it doesn't have a map yet but it is [here](#)

Auckland Waterfront, this is a 16km round trip, very flat, this busy path gets a lot of people using it so take it slowly, ring your bell when passing pedestrians and look out for each other.

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/auckland-waterfront-cycle-ride/>

Onehunga foreshore to Ambury farm via Southdown, 19km round trip

Devonport – Takapuna green route, 19km, catch the ferry with your bike to Devonport, the hills on this route can be steeper than the Auckland Harbour Bridge so don't be dismayed if you can't ride up all of them just yet, you're nearly there. IF you can ride all of the hills on this route, you're more than fit enough to Bike the Bridge's full 22km

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/devonport-to-takapuna-green-route/>

North/West Auckland

Orewa Estuary, at 7.5km this path circumnavigates the Orewa estuary, predominantly flat with one hill on the western end, riding the path anti clockwise past the hill has the least gradient so is good for those just starting out, if that's easy try riding up the bridge to the top of the hill. As this path follows the shore it can be windy in places, watch your speed around

the corners and be prepared to meet others coming the other way. If 1 lap is easy, try a second lap in the opposite direction

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/te-ara-tahuna-estuary-cycle-and-walkway/>

Hobsonville point, 8km, mainly flat. As this is a new development the roads and routes are constantly changing, pull into the Catalina café to get the latest map. Add on the cycle path up Greenhithe bridge and you've got an excellent training route at 12km.

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/hobsonville-point-cycle-ride/>

Twin streams, 16km, this path follows the stream so meanders its way along, up and down, there is only one 'steep' but short hill so it's not great for building your hill climbing ability, but as a ride it's got good length.

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/henderson-creek-shared-path/>

To extend your twin streams ride you can end up on the North Western Cycleway and ride towards the city as far as you would like to go (remembering you have to come back).

South/East Auckland,

Starting with the rotary path, 7.5km in length, park half way and ride to one end and back

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/pakuranga-rotary-shared-path/>

Wattle Downs, a 10km loop, predominantly flat,

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/wattle-downs-cycle-ride/>

Back onto Rotary path, this time park at one end, ride to the other and back, 15km return trip,

Next The cascades, 15km of path, if you explore it all and back it could make for almost 30km of riding, explore as much as you can, there are a few small hills, keep pedalling. Even at a slow pace you'll be faster than walking, as this path is narrow and there are some corners you can't see around, watch your speed and ring your bell when you approach a blind corner to let people know you are coming

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/cascades-shared-path/>

The BEST training ride;

Go to your local ferry or train station and take your bike into the Central city.

Bikes are free on trains and ferries and driving/parking in the CBD can be challenging while the CRL works are progressing.

Starting at the Downtown ferry terminal (opposite Britomart train station), Take the Quay st cycleway to Grafton Gulley, Grafton Gulley cycleway is STEEPER than the Auckland Harbour Bridge in places, longer, and finishes higher so do not be dismayed if you find it challenging. From there upper queen street and Ian Mckinnon drive take you onto the North western cycleway where you can go as far as you like before returning. Length, up to 45km if you tie this into the Twin streams ride. This ride can be done one way if you catch the train back into town from Henderson

On Saturday the 29th and Sunday the 30th of October from 9am – 2pm, AT will be on the North Western Cycleway in Kingsland to cheer you on, offering a pit stop with refreshments and bells

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/quay-street-cycleway/>

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/beach-road-cycleway/>

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/grafon-gully-cycleway/>

<https://at.govt.nz/cycling-walking/auckland-cycle-run-walkway-maps/northwestern-cycle-route/>