

  
**TITIRANGI**  
MT. EVEREST CHALLENGE

Remember to log your climbs online at  
[www.sportgisborne.org.nz](http://www.sportgisborne.org.nz)

#titirangimteverestchallenge

Conquered it!

**FINISH!**

29TH OCTOBER



MT. EVEREST

68

67



K2  
PAKISTAN

66

65

64

63

56

57

You're almost there!

58

59

60

61



ANNAPURNA  
NEPAL

62

55



NUN KUN  
INDIA

54

53



EL LIBERTADOR  
ARGENTINA

52

51

50

49

42

43

44

45



MT. KILIMANJARO  
TANZANIA

46

47

48

41



MT. ARARAT  
TURKEY

40

39

38

37

36



MT. KIRKPATRICK  
ANTARCTICA

35

28



AORAKI / MT. COOK

29

30



MT. VICTORIA  
PAPUA NEW GUINEA

31

32

33

Half way!

34

27

26

25

24



MT. ASPIRING

23

22



MT. RUAPEHU

21

14

You're a champ!

15

16

17

18

19



MT. TARANAKI

20

13

12



PANEKIRE BLUFF

11

10

9

8

7

**START!**

11TH SEPTEMBER



TITIRANGI

1



TE KURI TRIG

2

3

4

5

6

Keep it up!



## 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.

Every year, the event turns the Titirangi Domain into a hub of activity during the spring months of September and October, with many enjoying both the physical benefits and social interaction of being on the hill during this time.

This year's challenge brings with it some exciting changes. The event organisers are launching 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!

The challenge begins on the 11th of September, so dust off your walking shoes and get a team together!

## STARTING POINT

You can start at or before these locations:

Poho-o-rawiri marae, Queens Drive.  
Endcliffe Rd (before 70 Endcliffe Rd)

## 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 website. Thank you!

## LOG YOUR CLIMBS

Track your progress, and the progress of your team with our live, online leaderboard!

The leaderboard will automatically calculate your height climbed and the major peaks you reach along the way

Just head to the Sport Gisborne website to register, create your team and view the progress of friends and whanau.

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