

THE aramex KIWI WALK & RUN TRAIL SERIES

2026 PARTICIPANT NOTES

MCLAREN FALLS TRAIL
TAURANGA

TAURANGA
MCLAREN FALLS TRAIL
TotalEnergies

A note from our title sponsor, Aramex



Welcome to the 2026 Aramex Kiwi Walk & Run Series! Aramex New Zealand is proud to be the naming-rights sponsor. This fantastic initiative inspires kiwis to get out and about in this beautiful country of ours, to enjoy fun, fitness and community connection. For more than 40 years, Aramex has been delivering for New Zealand. From Auckland to Southland, thousands of businesses trust Aramex as their courier partner. From the early days as Fastway Couriers, and now as part of the global Aramex group, Aramex delivers across town and around the world.
As you set out on the scenic trails, look out for Aramex pit stops along the course. Whether you're walking or running, have a great day!

Mark Little – Regional Director Oceania

NAMING RIGHTS PARTNER

aramex

PRESENTING RIGHTS PARTNER

TotalEnergies

GOLD PARTNERS

mahindra

CAMELBAK

LORNA JANE ACTIVE LIVING

STRENGTH MEALS

contact

SILVER PARTNERS

BEEHIVE

PURE SPORTS NUTRITION

real COCO

Tasti

COMVITA

vista

BREEZE

GARMIN



Proud to power the 2026 Series

TotalEnergies New Zealand is proud to come on board as the Presenting Sponsor of the Aramex Kiwi Walk and Run Series for 2026. These events align perfectly with our commitment to supporting the wellbeing of New Zealand communities.

We can't wait to fuel the passion, community spirit, and outdoor experiences that lie ahead! Keep an eye out for the TotalEnergies tent in the event village, we have some activations, spot prizes, and even a giveaway competition if you're up for it!

See you at the start line!

TotalEnergies

Event Schedule

Friday 2 October

2pm - Optional Friday event check in opens

4pm - Optional Friday event check in closes

Saturday 3 October

7:00am - Event check in opens

8:30am - Event check in closes

8:45am - Participant briefing at start line

9:00am - Event start (All distances) see below

Please seed yourself accordingly at the start line. We will do wave starts every 3 minutes in this order:

1. Long Course runners (pink wristbands)
2. Mid Course runners (blue wristbands)
3. Short Course runners (yellow wristbands)
4. Long Course walkers (pink wristbands)
5. Mid course walkers (blue wristbands)
6. Short Course walkers (yellow wristbands)

Venue and Parking

Venue

Access via the McLaren Falls Equestrian Park.
358 McLaren Falls Road,
Omanawa, 3171.

Carparking

There is plenty of road parking around the venue





Aramex delivers e-commerce. From online store to the customer's door, we partner with leading retailers and e-tailers of all sizes. That's one of the reasons we've been trusted by thousands of New Zealand businesses to deliver for more than 40 years.

An online account that makes delivery easy

Managing all your delivery needs in one place is seamless with aramexConnect, our self-service online delivery portal. Open a free account in under 10 minutes and start printing labels, adding funds and organising dispatch.

A global network with local expertise

Enjoy the personal attention of a local Courier Franchisee and the benefits of our global logistics team. We can pick up from your door and deliver to your customers across town, around New Zealand and to almost every corner of the globe.

More than a delivery service

We are specialists in last-mile delivery, domestic and international freight, and integrated customs clearance services. Aramex moves the world.

Scan the QR code to set up an online aramexConnect account now.



Visit **aramex.co.nz** to find out more.

aramex
delivery unlimited



Wake Up to Wellness

You've crossed the finish line - now it's time to recover.

The physical stress and stimulation of race day can make it hard to switch off later, even when your body is exhausted.

Wake Up to Wellness vitamin drinks are designed to support steady energy, recovery and sleep - helping you go from alert to rest after a big day.

Come by the Wake Up to Wellness Recovery Zone for a free, cold recovery drink to help you cool down - and take home a Wind Down sachet for better rest tonight.

Thanks to our supporting host cities

HOST CITIES

HASTINGS
HEART OF HAWKE'S BAY

NAPIER
CITY COUNCIL

ROTORUA

Hamilton
City Council

Tauranga City

LOVE
TAUPŌ

TAURANGA WESTERN BAY
COMMUNITY
EVENT FUND

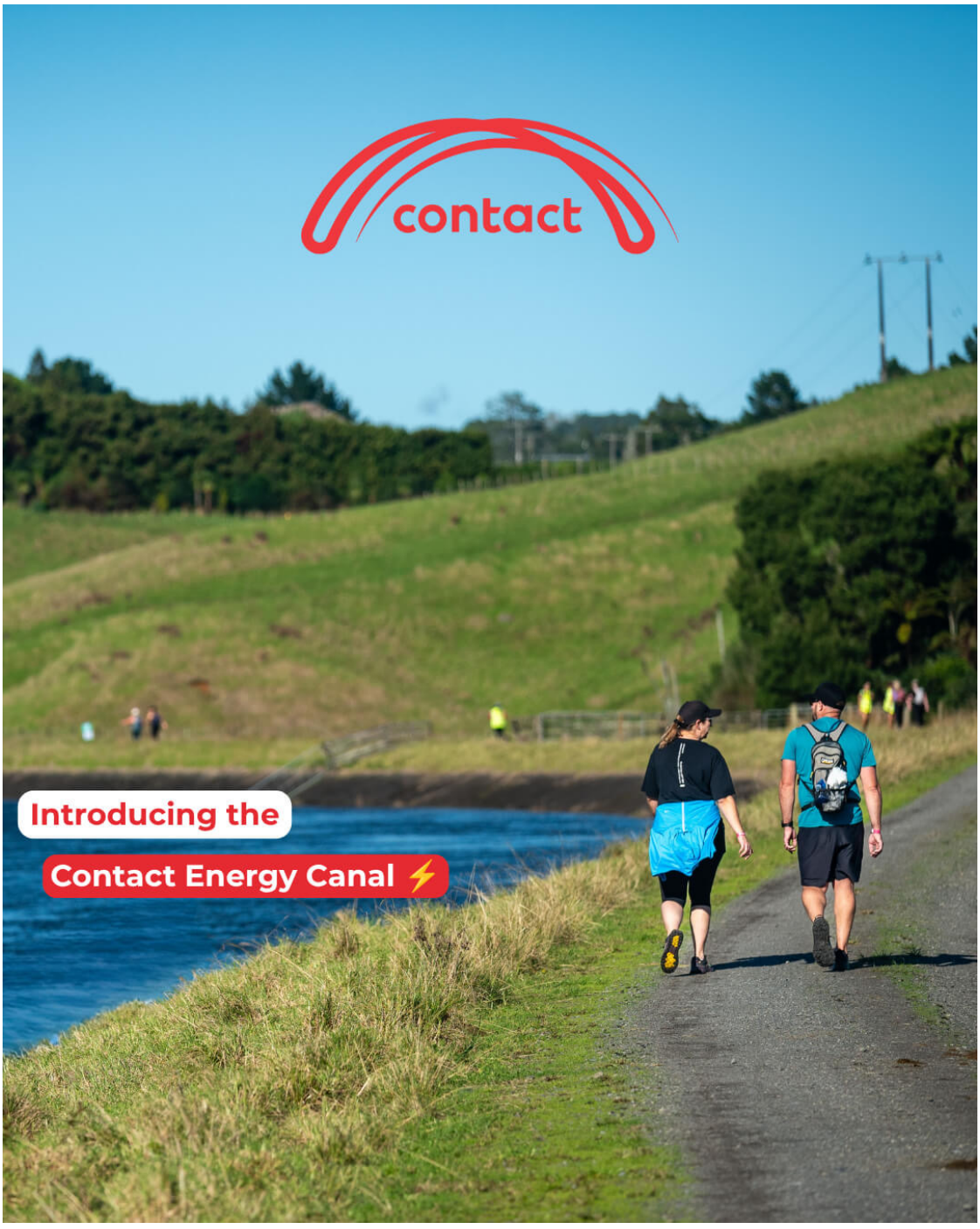
Upper Hutt City Council

Contact Energy Canal Challenge ⚡

As you make your way alongside the beautiful Manawa Canal, get ready to bring the energy through the new **Contact Energy Canal Challenge.**

Energy signage, plenty of encouragement and a dedicated **Contact Energy Pitstop** to give you a boost along the way.

Just keep moving, bring your best energy and enjoy the trail! ⚡



Medal Perks

Accommodation Discount

Beyonder offers a collection of premium holiday homes across Mount Maunganui and Pāpāmoa.

From apartments for two to spacious homes for families and groups, each stay is prepared with everything you need to settle in, recharge and make the most of your time in the Bay. Staying at the coast means you can pair your trail adventure with beach walks, local food and a slower pace once the kilometres are done.

Kiwi Walk & Run participants can enjoy **10% off Beyonder accommodation** for the McLaren Falls Trail weekend.

Book direct with Beyonder and use the code **KIWI26** at checkout.

BEYONDER





Fernland Spa

15% off Signature Soak Experience.

Valid from **2 October to 4 October 2026** (the day before, event day, and the day after). Participants can simply present their event registration confirmation or their event medal to redeem the offer.

https://www.fernlandspa.co.nz/signature-soak-area/

Walk n Talk

Great trails, great conversations! We love a good walk and talk, and we hope you do too! That's why we've placed conversation placards along the trails to spark fun and meaningful chats along the way.

What small things brighten your day?

What's something new you've tried recently & loved?

What do you wish you had spent more time on when you were younger?

Results

Results will be sent to you via email on the same afternoon as the event. These will also be available on our website at the same time – www.kiwiwallkrun.co.nz/results/

Event Photos



Previously we have had a photographer capturing key moments at our events. Many of you have told us you'd love photos of yourselves out on the trail.

We've listened and partnered with **Super Sport Images** to capture images of every participant.

You can purchase a photo pack as part of your entry registration, or additionally, after the event, you'll receive a link to view and purchase your photos.

If you'd like a keepsake to remember the day, we encourage you to purchase a photo — this will ensure we can offer this service at future events.

www.SUPERSPORTIMAGES.com

Wristbands and Course Signage

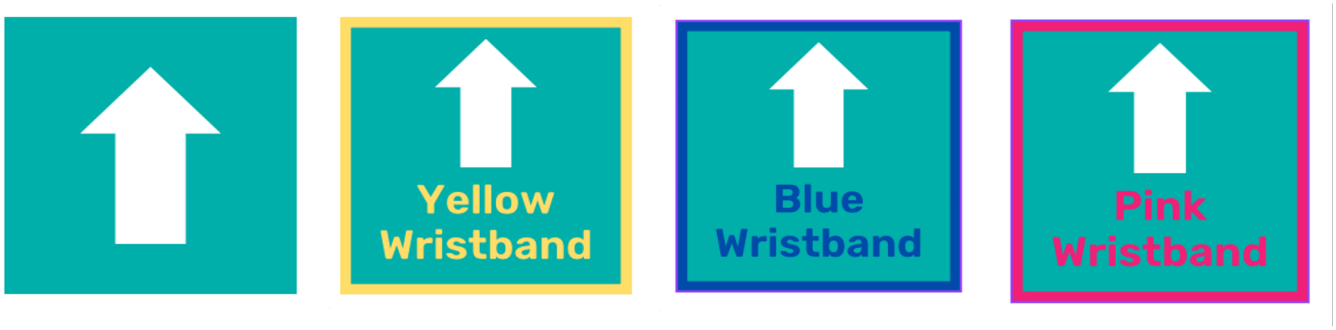
You will received a coloured wristband when you check in at event – this wristband relates to the distance event you've chosen as per below:

- Short Course – Yellow wristband
- Mid Course – Blue wristband
- Long Course – Pink wristband



On course, you will all be following the green arrows, UNLESS you come to a junction or a splitting of the distances, then please follow the arrow with the boarder colour that matches your event wristband. Pink boarder for long course, blue boarder for mid course or yellow boarder for short course.

Additionally, there are red tree tags every few hundred meters as markers that you're heading in the right direction.



Rules

- All roads and open, please treat accordingly when crossing them. New Zealand road rules apply
- Please seed yourself accordingly at the start
- Knowing the course is your responsibility, please double check the course map located on the info board in the event village
- Please return your white timing chip at the completion of your event (all unreturned chips will require a $50 replacement fee)
- Please take your cell phone with you in case of an issues on course – note this is a trail event and therefore there are potential dangers
- Please save this phone number to your phone, in case of emergency on course and there is no marshal in easy access, please call the Event Manager Lauren on 021 795 977 (more details below). Please note there is patchy reception in some venues
- First Aid will be located in the event village and will come to course if needed
- Please stay on the footpath at all times and/or within the marked course. Do not cut any corners nor venture off the track as marked
- Please listen to and obey any instructions given by event staff and marshals
- If you are walking or running in a group please do not walk or run more than two abreast and let people pass you to the right
- Please ensure you have adequate and suitable clothing for all weather types. Footwear must be worn
- There are 'pit stops' along the course with snacks & water, however if you have any special dietary requirements, please bring your own snacks (Gluten Free, Dairy Free, Vegan etc)
- Please do not participate under another persons' identity as we need to know exactly who is on course if medical attention is required
- All forms of wheeled conveyance including but not limited to bicycles, inline skates, skate boards, scooters are not permitted due to the terrain
- Unfortunately no pets are allowed to accompany participants on course as many of our venues have animal restrictions or are on DOC land
- All participants under the age of 13 need to be be accompanied by a parent or guardian
- Should you wish to withdraw, please notify an event official e.g. marshal or course crew and await instructions. We need to know you've exited the event early otherwise we'll be sending out a search party for you!
- Participants who require any personal medication or disability assistance devices while participating must carry those items themselves

What to do if someone gets hurt on course:

Should you encounter an incident on course, please follow these steps

- Stop – do not place yourself in danger
- Try to communicate with the person
- Assist with basic first aid if you are capable and can do so safely
- Call our Event Manager Lauren on 021 795 977 and follow the instructions
- If there is no cell phone reception, send the next participant through to notify the next event official of the situation and location of the incident
- Stop the next participant and request assistance if required



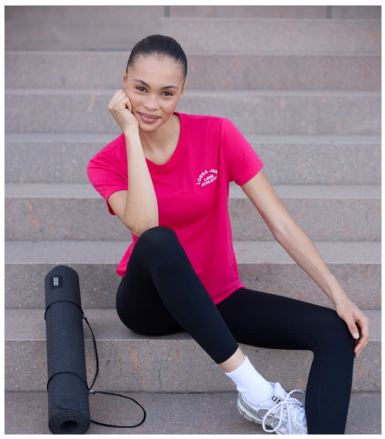


Our love of the outdoors, our no worries attitude and our passion for being Active has allowed Lorna Jane to pioneer the Active Living movement since 1989.

Lorna Jane lives and breathes the Kiwi way of life.

Head to the LJ tent to receive 20% off full price styles and entry into the draw to win an LJ Voucher (You do not have to purchase to be part of the draw)

Thank you for being a part of the Lorna Jane community. Together, we can inspire each other to live our best lives and make every day an opportunity for Active Living.





Pitstops on Course

Please check the course maps to see what pitstops are on your length course:

1. Tasti + water + PURE Sports Nutrition Electrolytes
2. Aramex Jaffa's 1 + water
3. Aramex Jaffa's 2 + water
4. Comvita Honey Sachets + water
5. Haribo Lollies + water + PURE Sports Nutrition Electrolytes

All pitstops will also have water – please bring your own reusable cup (or purchase one of our awesome Aramex Kiwi Walk & Run Series branded CamelBak Podium water bottles at the event village - $25).

Post Event Village

Recover in style with the following complimentary products for all participants:

1. Vista Sparkling Water
2. Real COCO Coconut Water
3. Beehive Sausage Sizzle
4. PURE Sports Nutrition Electrolytes
5. Wake up to Wellness Recharge and Recovery Station
6. CamelBak Hydration Station water

Sponsor Activity Onsite

Aramex

Aramex invites you to take a break and relax at their exclusive Aramex Chill Zone in the event village, where you can take a break from the action, sink into comfy beanbags, and enjoy games designed to keep the fun going for participants of all ages. You're also invited to visit the Aramex team in the event village to collect some free rubbish bags. You can be a tidy Kiwi and help keep NZ beautiful by picking up rubbish in the great outdoors.



Total Energies

Power Up with TotalEnergies. Test your pedal power with their Power Up Bike Challenge in the event village! Push your watts, compete for fun, and go in the draw to win a Total Energies prize pack! A hands-on, interactive way to engage and fuel your day at the event.



CamelBak Hydration Station

CamelBak have you sorted for all your water hydration needs! Make sure you stop off at the CamelBak Hydration Station in the event village and fill your water bottles up pre-race!



Wake Up to Wellness

Start your journey to effortless, everyday wellbeing. Wake Up to Wellness is a New Zealand based wellness brand that creates natural, functional supplements formulated to support daily energy, mental clarity, mood balance and overall rhythm for busy lifestyles. Wake Up to Wellness will be in the event village with a recharge and recovery zone.



Sponsor Activity Onsite

Beehive Sausage Sizzle

The famous post event Beehive Kiwi BBQ! Pop along for a free sausage to fuel you post event. The biggest question is will you choose tomato sauce, mustard, or both!



Vista

Its Water, Just better! Vista is a range of New Zealand Sparkling Waters that contain no sugar and less than one calorie per can. With a focus on delivering healthy alternatives to New Zealand and beyond.



Tasti

Tasti has been proudly fuelling Kiwis since 1932. Proudly NZ-owned and Auckland-made, they whip up all the good stuff: muesli bars, snack balls, nuts, and baking essentials packed with real, quality ingredients. And it's not just about great snacks, every Tasti bite helps support native wildlife and forest restoration across Aotearoa. Good food, good vibes, and doing good. That's Tasti!



PURE Sports Nutrition

PURE Sports Nutrition is the official sports drink partner and will be out on long course pitstop and at the start/finish line keeping everyone hydrated with their natural electrolyte hydration. Use KIWIWRS15 for 15% off at puresportsnutrition.com



Sponsor Activity Onsite

Lorna Jane



Lorna Jane is a brand like no other. Acting consciously, embodying active spirit and are devoted to empowering women. Lorna Jane is committed to making a difference to women and believe they are a catalyst for positive change not only in their lives but the world. Join Lorna Jane on the trail at their pop-up shop with 20% off.

Comvita



For a natural energy boost, Comvita will have honey sachets are available at their on-course to help power you along. Packed with natural goodness, they're the perfect way to refuel mid-race and keep your energy flowing.

Mahindra



With Sci-Fi Technology, Spirited Performance and World-Class Safety, the all new Mahindra Vehicles are worth a look! They'll be on site with some of their newest models – perfect to help you get to the best NZ trails. Be sure to check them out in the event village.

Recovery Precinct



Unlock next-level recovery with Recovery Precinct. We believe recovery should be accessible, simple, and built for real Kiwi lifestyles. We will be providing compression therapy boots and thermal waist massagers post event - this gear is designed to bring relaxation and restoration. We also have a studio and hire options in HB region. Come check us out after the trails, your legs with thank you later!

Official Event Merchandise

Lorna Jane Lotus T-shirt

This Classic fit layering piece is made from lightweight and breathable LJ Active fabric, so it stretches with you. Perfect for on and off the trails!
$50



Lorna Jane Lotus Muscle Tank

This relaxed fit layering piece is made from lightweight and breathable LJ Active fabric, so it stretches with you in and out of the trails. The versatile design is perfect to layer over your favourite LJ sports bra and leggings, or wear back with denim for your off-duty weekend look.
$45



Mens Dual Tech Tee

The Dual Tech Tee, crafted with high filament polyester fiber and advanced Dual Tech moisture management, is suitable for every sporting activity while maintaining a soft touch quality. It's the versatile choice that works tirelessly and looks fantastic every day.
$50



Short Course Overview 5km

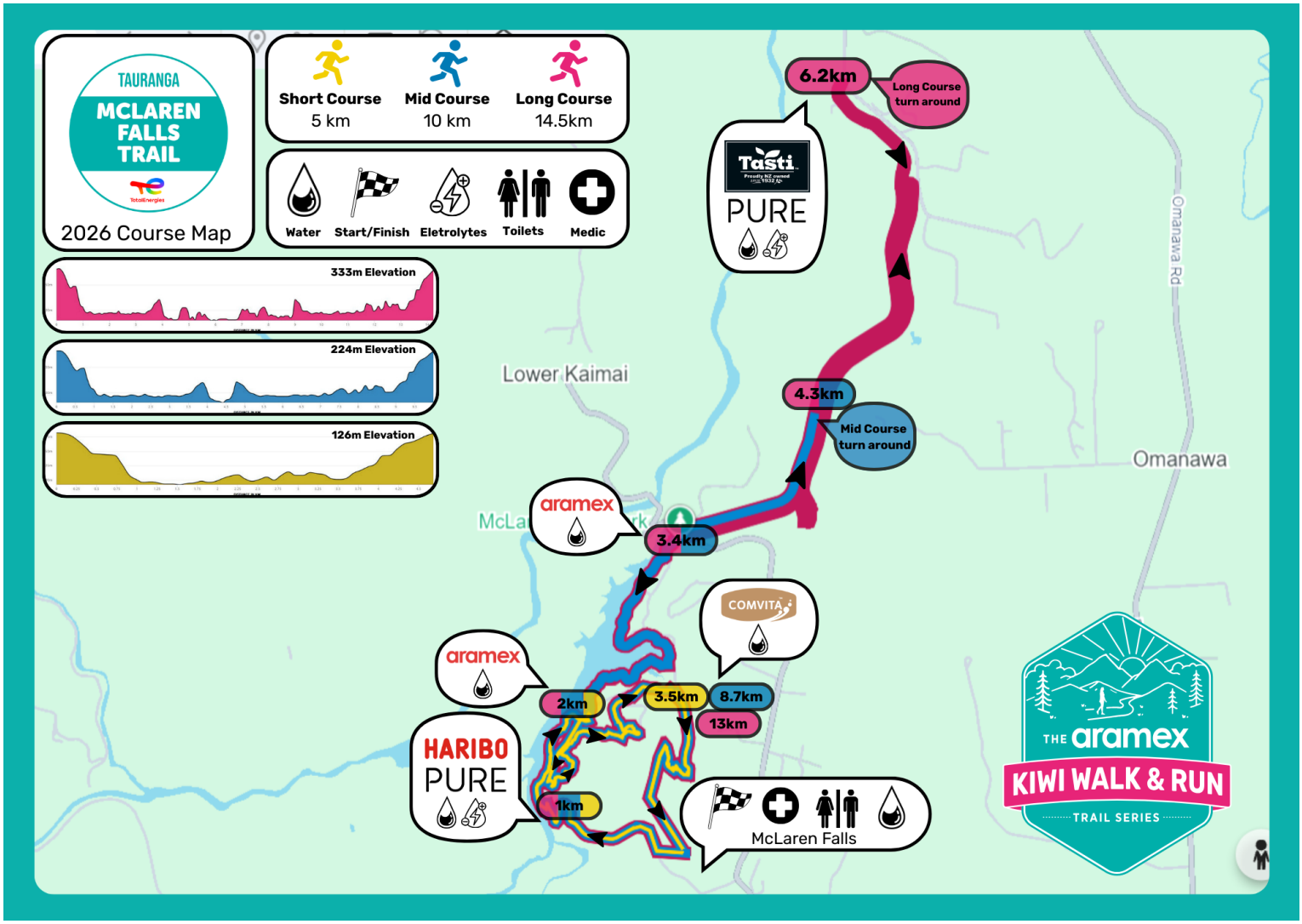
The 5km course begins at the McLaren Falls Equestrian Park and heads through the field before joining the park's internal road. After navigating a short, steep downhill section, you'll make your way onto the scenic Lakeside Walkway, with views across Lake McLaren. The course then loops back towards the picturesque Pine Tree Knoll Track before winding through to the Waterfall Track and returning to the event village. With approximately 128m of elevation gain, this is a scenic and achievable course with a rewarding mix of open parkland, lakeside trails and forest tracks.

Mid Course Overview 10.3km

The 10.3km course begins at the McLaren Falls Equestrian Park and crosses the field to join the park's internal road. After making your way down the short, steep road section, you'll join the Lakeside Walkway and follow the trail alongside Lake McLaren towards the Ruahihi Canal. From the turnaround point, you'll retrace part of the lakeside route before heading into the picturesque Pine Tree Knoll Track. The course then winds through the Waterfall Track before returning to the event village. With approximately 218m of elevation gain, the mid course offers a beautiful and varied trail experience with a few hills to keep things interesting.

Long Course Overview 14.5km

The 14.5km course begins at the McLaren Falls Equestrian Park and heads through the field before joining the park's internal road. Take care through the short, steep downhill section as you make your way onto the Lakeside Walkway. From there, you'll follow the trail alongside Lake McLaren to the Ruahihi Canal before continuing around the canal loop. You'll then head back towards the picturesque Pine Tree Knoll Track, which weaves through the forest and connects with the Waterfall Track before the final journey back to the event village. With approximately 317m of elevation gain, this is a challenging but highly rewarding long-course option showcasing some of the park's best lakeside and forest trails.


TAURANGA
MCLAREN FALLS TRAIL
2026 Course Map
Short Course
5 km
Mid Course
10 km
Long Course
14.5km
Water
Start/Finish
Eletrolytes
Toilets
Medic
333m Elevation
224m Elevation
126m Elevation
6.2km
Long Course turn around
Tasti
PURE
4.3km
Mid Course turn around
Lower Kaimai
Omanawa Rd
Omanawa
aramex
3.4km
COMVITA
aramex
2km
3.5km
8.7km
13km
HARIBO
PURE
1km
McLaren Falls
THE aramex
KIWI WALK & RUN
TRAIL SERIES

HELP US TAKE KIDS LIVING WITH CANCER ON CAMP!



CAMP QUALITY BRINGS FUN, HOPE AND HAPPINESS INTO THE LIVES OF CHILDREN LIVING WITH CANCER – INSPIRING THEM TO BE KIDS AGAIN.

PLEASE SIMPLY SCAN THE QR CODE TO MAKE A DONATION TODAY AND HELP MAKE A DIFFERENCE IN THE LIVES OF THESE INCREDIBLE KIDS.

PROUDLY SUPPORTED BY

aramex

CAMP QUALITY

CAMPQUALITY.ORG.NZ

TRAIN BRILLIANTLY

WHAT IF INSTEAD OF RUNNING, YOU TRAINED? AND YOU TAPPED INTO INSIGHTS THAT FAR EXCEEDED JUST PACE AND DISTANCE? WITH THIS FEATURE-PACKED, PURPOSE-BUILT FORERUNNER, YOUR WRIST WILL MATCH WHERE YOUR RUNNING'S HEADED – WITH ALL YOUR PROGRESS LIT UP ON A BRIGHT AMOLED DISPLAY. SO GO AHEAD, SIGN UP FOR THAT RACE.



FORERUNNER® 165 SERIES

FEATURING A BRIGHT AMOLED DISPLAY

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KIWI WALK & RUN
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WE LOOK FORWARD TO SEEING YOU THERE

Any questions please email info@smcevents.co.nz

www.kiwiwalkrun.co.nz