

# Wishbone Relay

## Timber Trail



All funds raised support the Wishbone Foundation



*Join the Journey - Support Orthopaedic Innovation*



### Trip Highlights

- The 85km trail follows old logging tramways & tracks through Pureora Forest Park. Its remoteness, stunning scenery, awe inspiring suspension bridges, prolific birdlife and history create an epic appeal for even the most hard-core mountain bikers
- Friday shuttle at 5pm from 26 Ongarue-Waimiha Road to the lodge - group dinner & korero about the forest, trail history and lodge
- Saturday/Biking Day 1: Shuttle to the start of the trail (Pureora) at 8:30am & bike back to the lodge
- Sunday/Biking Day 2: Bags are transferred via shuttle, you bike to Ongarue
- Complementary shuttle from Bennett Road carpark to the shuttle base at 26 Ongarue-Waimiha Road
- 2 nights staying in the Timber Trail Lodge
- Package includes dinners, breakfasts & packed lunch. Bar tabs extra
- Bike hire available at extra charge



### What's It All For?

Wishbone have funded NZ based orthopaedic research for over 25 years & this research then improves NZ patient outcomes and transforms lives through increased mobility & quicker patient recovery time. Orthopaedic surgeons and outdoor adventurers Perry Turner and Ian Galley have worked with local coordinators to offer adventures then length of NZ - all aiming to raise both awareness and funds needed for this orthopaedic research.

The sections hosted by Invercargill Hospital start mid-January 2024 and the Wishbone Relay finishes in late March 2024 with a gala dinner & sporting events hosted by Auckland surgeons.

The locally run & sponsored journeys create an opportunity for the orthopaedic community from all over NZ to come together, get active & support Wishbone by walking, biking, paddling, sailing and more!

Colleagues, friends & family ... everyone moving together to support orthopaedic research and helping Kiwis by restoring function and quality of life.

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### Logistics

**Date:** Friday 1 & Saturday 2 March 2024 (Biking out Sunday 3<sup>rd</sup>)

**Duration:** 2 nights (as above) with your travel either side

**Start:** Friday be at the carpark 26 Ongarue-Waimiha Road **no later than 5pm**. Shuttle to the Lodge departs at 5:30pm sharp. Dinner at 7pm each evening

**Finish:** Sunday mid-afternoon. After breakfast, tagged bags are transferred to Ongarue - journeys end. Shuttles leave there at 1 & 2pm - or you can bike 4.5km on a tar seal road back to base at 26 Ongarue-Waimiha Road. 1 bag of max 15kg per person included in package transfers – extra bags @ \$15 each

**Grade:** 2-3 (see table lower)

**Activities:** Cycling & great 1 hour loop bush walk with giant rata starting at the lodge doorstep

**Accommodation:** Timber Trail Lodge in Piropiro (Maps Lower). Double/Twin & Triple Room share

**Cost:** Double/Twin or Triple share w Ensuite: \$725pp.

Double/Twin or Triple share w shared bathroom: \$610pp. Check with provider if single occupancy available.

**plus \$200pp Wishbone Donation (\$500 per family)**

Optional Extras: \$140 hardtail mountain bike \$265 front suspension ebike \$335 full suspension ebike

**How To Book:** Registration portal is Live! Scan the QR or there's a link on the NZOA homepage.



### Links

<https://www.timbertrail.nz/>

<https://youtu.be/hZ6N2MeDdw0>

<https://www.timbertrailodge.co.nz/lodge>

<https://www.greatridesapp.com/>



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### Hosts & Escorts

Perry & Ian have set themselves the challenge of completing as many of the legs as possible with you and they are both pouring vast amounts of time & energy into organising this Wishbone Relay – Why?

*“My main motivation was to bring all those involved in care of our patients together and share what orthopaedic surgery is achieving in NZ with the public. I want to help bring us together in a fun activity and common goal.” – Ian*

*“This is an opportunity for myself and my family to give back to a job and career that has given us so much.” – Perry*

On this leg they share the baton with the Lodge. **For questions about the package, please contact the [Lodge](#). For anything else Relay related, Ian is the primary contact: [ian.galley@orthocentre.co.nz](mailto:ian.galley@orthocentre.co.nz).**

If you have any other questions about The Wishbone Foundation, fundraising ideas or just want to get in touch – please email the Events Manager Nikki Wright: [nikki@nzoa.org.nz](mailto:nikki@nzoa.org.nz) or Vanya Schoeler: [vanya@nzoa.org.nz](mailto:vanya@nzoa.org.nz)

### Fundraising

All travel and trip related costs are to be met by the individual taking part.

All legs attract a daily participant donation that goes directly into the Wishbone research funding pot. **For this multi day event the total donation is \$200pp or \$500 family** – but of course it'd be awesome if you can pick up the baton & do more!

Donations can be made at any time via this [Wishbone Foundation Link](#). If you use this link you will receive an automated receipt & donations from individuals over \$5 are eligible for a tax credit.

Perhaps get friends, family & colleagues to sponsor you on your Wishbone Journey? Many other hospitals along the route will be hosting public events - check on the NZOA website or with your own orthopaedic department & join in.

We'll be posting Relay updates regularly - so even if getting to an event is not possible, you'll be able to follow the fun on the [New Zealand Orthopaedic Association website](#).

### Health & Safety

Take note that Wishbone Trust and the NZOA Inc. are not organising the trips and they or their staff or officers have no role to play in providing the trips or managing any aspects of Health & Safety in relation to the trips. Wishbone Trust is only acting as the recipient of donations made by those choosing to participate in a trip.

You must follow all Health and Safety requirements of the trip organiser and any other provider of services or other organisations with any H&S responsibilities during the trip.

If the weather or other unforeseeable events make the planned event untenable, organisers reserve the right to change venue or plan at short notice.



Participation equals self-management. Please pack carefully for our changeable NZ outdoors and check/test any equipment beforehand.

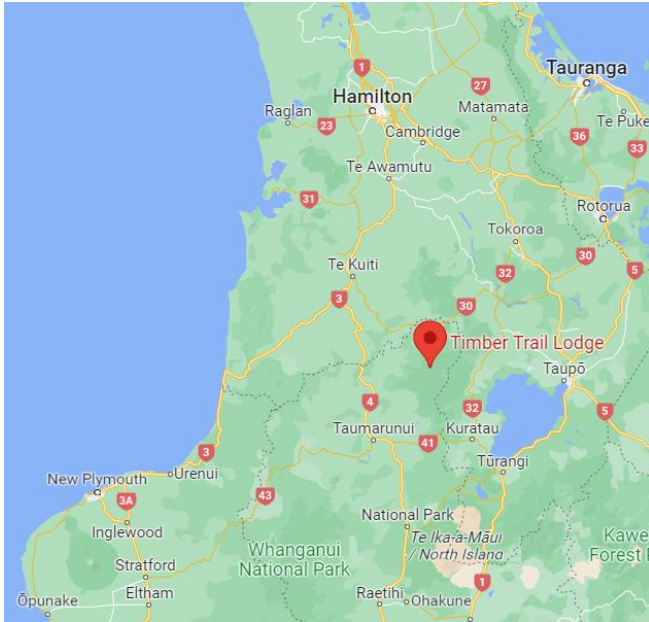
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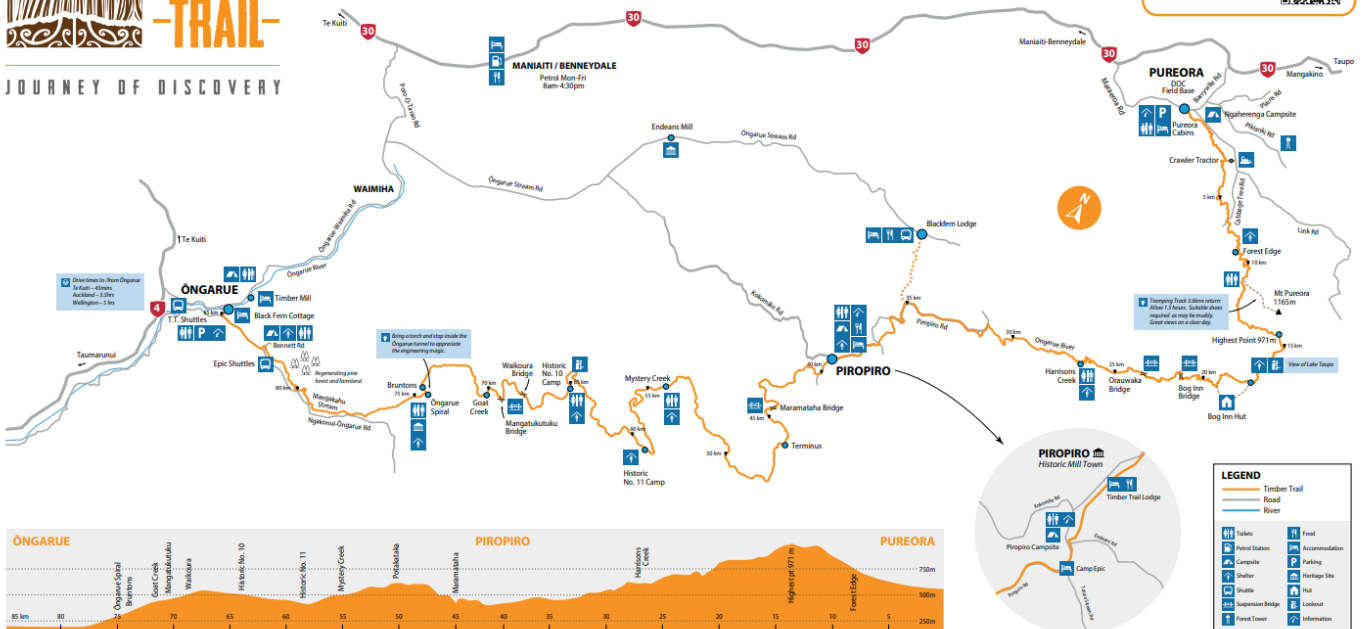
## Lodge facilities

Everything you'll need for your ride

- Bike wash down area
- Bike storage (covered and uncovered)
- Bike service stand and tools, including hand pump
- Drying room and storage crates for wet and muddy shoes and gear. We do not provide laundry facilities.
- E-bike charging stations
- Filtered water refill station
- Small provisions store with sunscreen, snacks, bike tubes
- First aid kits, Personal Locator Beacon (PLB) for hire, and Epi-pen, AED on site
- We have a phone that can be used in emergencies.



JOURNEY OF DISCOVERY



**GRADE** 2-3

**LENGTH** 85 km | Total climb: 420m

**DURATION** 2 days | Ride all year: be prepared for adverse weather conditions at all times.

**LOCATION** Central North Island

**DIRECTION** While the trail may be ridden in either direction, riding north to south (Pureora to Ōngarue) makes the most of the topography.



FOR MORE INFORMATION [f](https://www.facebook.com/timbertrailnz) [i](https://www.instagram.com/timbertrailnz) [y](https://www.youtube.com/timbertrailnz) [timbertrail.nz](https://www.timbertrail.nz)

SUPPORT THE TIMBER TRAIL [timbertrail.nz/support](https://www.timbertrail.nz/support)



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## Mountain Bike Track Types

Choose a track that match your skills, fitness and the experience you're after. Most tracks are more difficult when wet. Avoid riding in the mud and rain.



### Grade 1. *Easiest*

Fairly flat, wide, smooth track or gravel road.



### Grade 2. *Easy*

Mostly flat with some gentle climbs on smooth track with easily avoidable obstacles such as rocks and potholes.



### Grade 3. *Intermediate*

Steep slopes and / or avoidable obstacles possibly on narrow track and / or with poor traction. There may be exposure at the track's outside edge.



### Grade 4. *Advanced*

A mixture of long, steep climbs, narrow track, poor traction and difficult obstacles to avoid or jump over. Generally exposed at the track's outside edge. Most riders will find some sections easier to walk.



### Grade 5. *Expert*

Technically challenging. Giant climbs, narrow track and numerous hazards including dangerous drop-offs, sharp corners and difficult obstacles. Expect walking and possibly bike carrying.



### Grade 6. *Extreme*

Downhill / free ride specific tracks. Extremely steep sections with large drop-offs and other unavoidable obstacles. May include man-made structures and jumps.



#### Respect others

- Stay in control
- Give way to walkers
- Signal your approach and pass with care
- Ride shared-use tracks in small groups

#### Respect the rules

- Ride only where permitted
- Obtain permission from private land owners
- Leave gates as you find them
- Be prepared - take food, water, tools, First Aid and warm clothes

#### Respect the track

- Don't skid, cut corners or make new lines
- Avoid riding in the mud and rain
- Take rubbish home
- Clean your bike to prevent spreading weeds



Department of Conservation  
Te Papa Atawhai

New Zealand Government