



# Fun Fitness Friendship



## The Triple F Challenge Information Sheet Cromwell and Surrounds - 26 & 27 April 2024

### What is included in the registration fee?

Day 1: Morning Tea, entrance to Highlands Motorsport Park, Lunch, one ride of the circuit and Dinner

Day 2: Lunch (including an introduction to the winery and a tasting) and Dinner

### What am I responsible for?

Participants in Triple F are responsible for booking their own travel to and from Cromwell and accommodation while they are in Cromwell. We recommend you search online as there are lots of options for accommodation in and around Cromwell. It would pay to book early as April is a very busy time in the Cromwell area.

If you wish to hire a bike, please do so directly with the Bike It Now. We suggest you get in early as they get very busy. Visit: [bikeitnow.co.nz/cromwell-bike-shop/](http://bikeitnow.co.nz/cromwell-bike-shop/)

Breakfasts are not provided or included, so please bring your own or enjoy breakfast at one of Cromwell's local eateries.

A cash Bar for drinks will be available at all venues.

### What should I bring?

Make sure you bring a drink bottle, your own sun protection and a backpack.

Bring clothing for all four seasons as the weather can vary wildly in Central Otago in April.

### Getting around Cromwell and surrounds:

As you will see on our programme, you can choose to either walk, bike or drive between activities and places. To help you assess which option suits you best, here are the distances between locations:

The Gate (Harvest Hotel)	to	Highlands Park	5kms
Highlands Park	to	Cromwell Heritage Precinct	4.6kms
Cromwell Heritage Precinct	to	The Gate (Harvest Hotel)	2kms
The Gate (Harvest Hotel)	to	Bannockburn Township	7 kms
Bannockburn	to	Carrick Winery	3.6kms
Carrick Winery	to	Cromwell	8.5 kms

Please use google maps to determine which method/way you wish to use/go to arrive on time as our events have been booked for specific times.

### By car:

We will have a couple of cars to help with transport. If you are bringing your own car and you have a spare seat or two, can you please see if someone needs a ride?

### By bike:

Biking is a very easy way to get around Cromwell and the surrounding areas. As noted above, you can hire a bike from Bike It Now. Alternatively, you are more than welcome to bring your own bike.

### By foot:

If you decide to walk to any of the events, please make sure you allow plenty of time to reach your destination so you are on time.

### Addresses for Triple F locations are:

The Gate (Harvest Park), 6 Barry Avenue, Cromwell.  
Highlands Park, Corner SH6 and Sandflat Road, Sandflat Road, Cromwell 9384  
Cromwell Heritage Precinct, Melmore Terrace  
Bannockburn, Bannockburn Rd  
Carrick Winery, 247 Cairnmuir Road, Bannockburn, Cromwell 9384

### Visiting Highland Motorsport Park - optional extras

Our first activity is visiting Highlands Motorsport Park. Lunch, a Museum Tour and one circuit of the track are included in your registration fee. However, there is plenty to see and do at Highlands and the good folk there have offered a discount for Triple F participants to try their other attractions. The discount code is **RURALNZ**.

This code is to be used if people would like to go on any additional rides over the weekend. Visit the Highlands Motorsport Park website to check out what is on offer: [highlands.co.nz](http://highlands.co.nz)

### Want to see more of Cromwell?

To learn more about Cromwell and its surroundings, visit Central Otago visitor information at [centralotagonz.com](http://centralotagonz.com).

Other places of interest that the Organising Committee recommends are:

Bannockburn Sluicing Walks  
Marie Velenski - Shop/Artist  
Black Nose Sheep NZ tours  
Orchard tours  
Quartz Reef Point Historic Reserve

### Enquiries or questions?

Please contact one of the Triple Challenge Committee members:

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## THE SELECTED CHARITY FOR TRIPLE F CHALLENGE 2024 IS K9MD

Every Triple F Challenge chooses a charity to be the recipient of funds raised during the programme. The 2024 Organising Committee has chosen K9MD. Please give generously.