

Little River Rail Trail 20th Anniversary

Itinerary Title

Bossu Road Training Loop

Target Audience

Fitness riders, road cyclists, endurance cyclists.

Short Description

A classic training ride combining rail trail mileage with Banks Peninsula climbing.

Why Do This Trip

- Benchmark fitness ride.
- Spectacular views.
- Challenging climb and descent.

Ideal for: Strong road cyclists, gravel-capable riders and groups seeking a challenging hill training ride

Distance: 40-55 km return, depending on route choice

Duration: 3-5 hours

The Bossu Road Training Loop is a rewarding step up from the flatter rail trail, combining a gentle lake-edge warm-up with a sustained Banks Peninsula climb. Starting in Little River, riders use the rail trail to settle into the ride before turning toward Birdlings Flat to access Bossu Road, where the gradient, views and sense of exposure make it feel like a true fitness challenge. The descent back toward Little River provides a satisfying finish, with sweeping rural scenery and a strong sense of achievement.

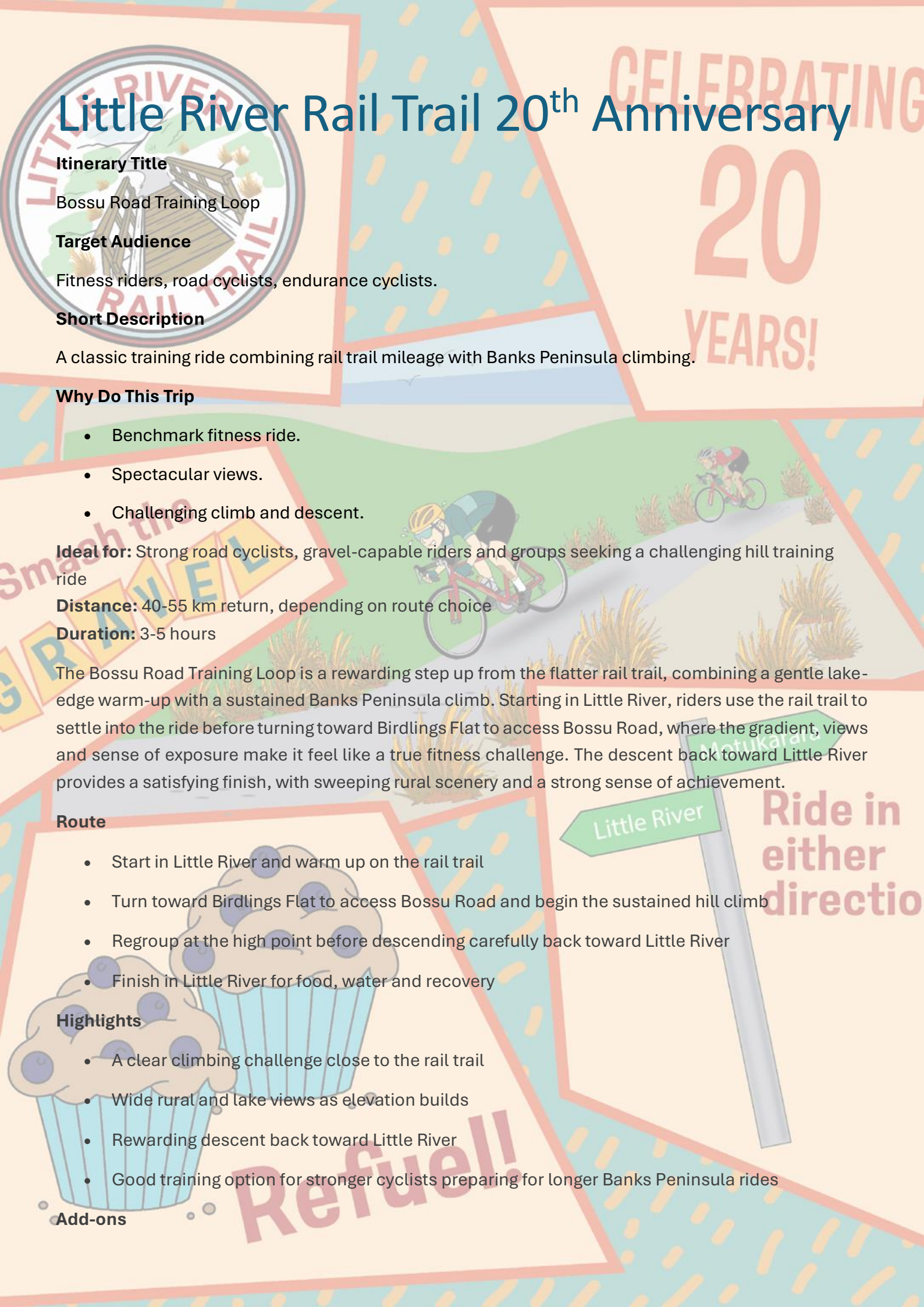
Route

- Start in Little River and warm up on the rail trail
- Turn toward Birdlings Flat to access Bossu Road and begin the sustained hill climb
- Regroup at the high point before descending carefully back toward Little River
- Finish in Little River for food, water and recovery

Highlights

- A clear climbing challenge close to the rail trail
- Wide rural and lake views as elevation builds
- Rewarding descent back toward Little River
- Good training option for stronger cyclists preparing for longer Banks Peninsula rides

Add-ons





- Coffee, lunch or recovery stop in Little River
- Extend the ride with additional rail trail kilometres toward Motukarara

Start Location

Little River

End Location

Little River

Route Type

Loop

Distance

40-55km

Difficulty Level

Moderate to Hard

Practical Information

Access Points

Little River

Toilet Locations

Little River

Parking Locations

Little River

Food & Refreshment Options

Little River cafés.

Accommodation Options

Local accommodation.

Shuttle/Transport Options

Not required.

CELEBRATING
20
YEARS!

Smash the
GRAVEL



Refuel!



Ride in
either
direction