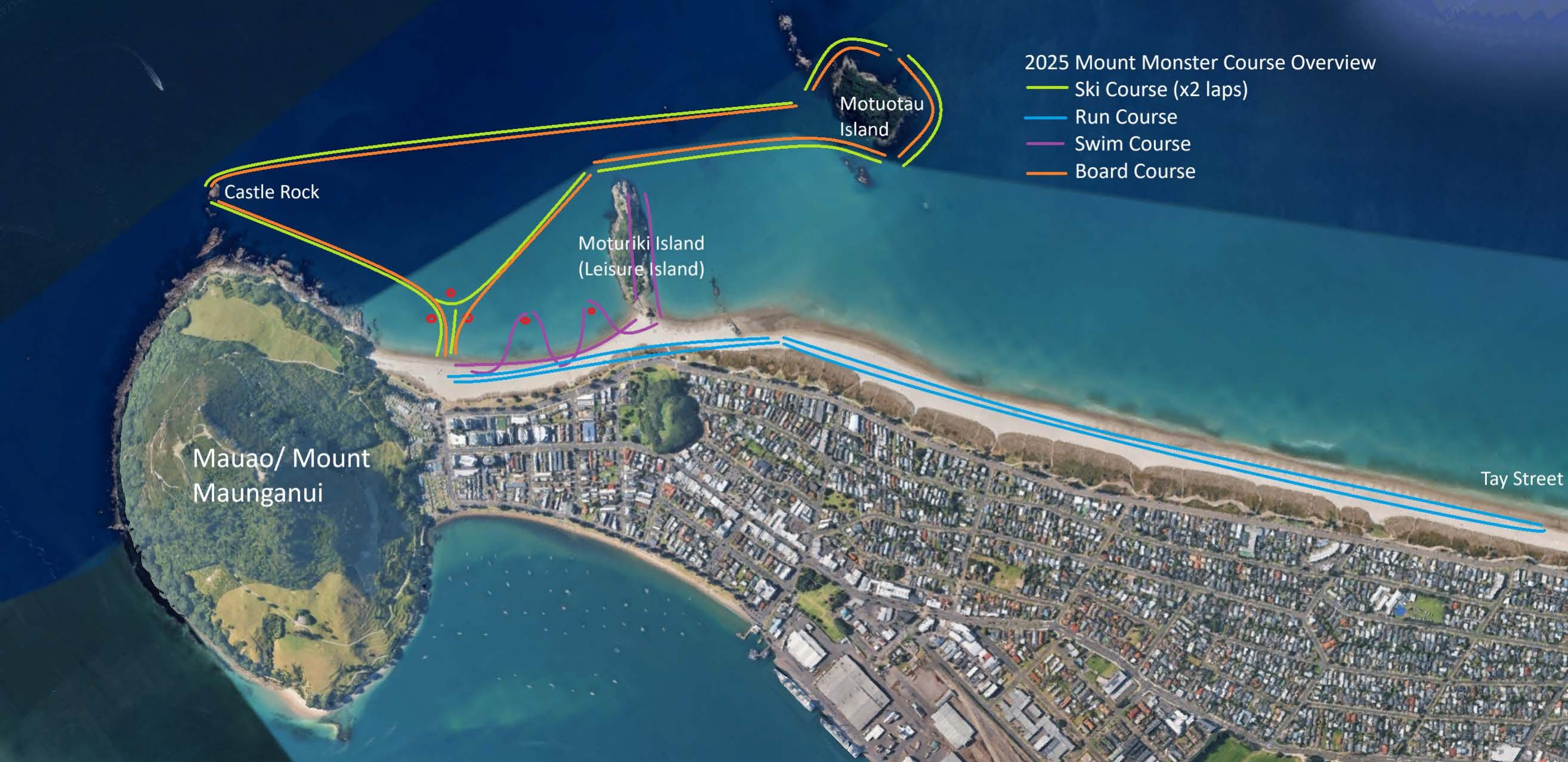




2025 Mount Monster Course Overview

- Ski Course (x2 laps)
- Run Course
- Swim Course
- Board Course

Castle Rock

Motuotau Island

Moturiki Island
(Leisure Island)

Mauao/ Mount
Maunganui

Tay Street