

Adelaide Dirty Dozen climb graphs

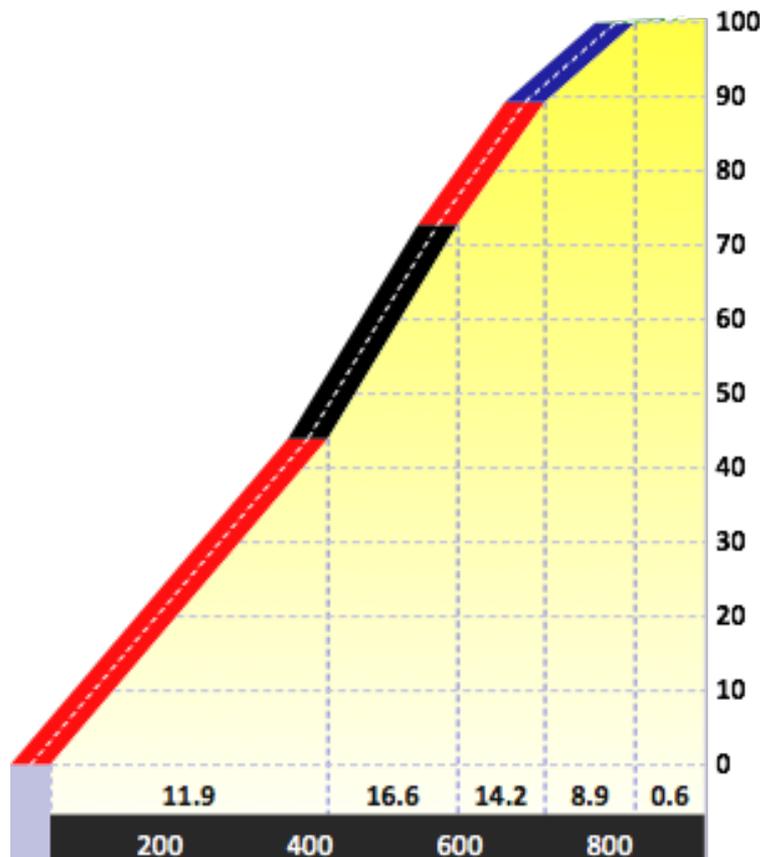
(less Horsnells Gully that has no Strava segment)

Hill #1 - Teringie Dve

After a gentle spin a few km up Norton Summit Rd – at approximately 5% - to get the legs warmed up and the heart pumping, we'll turn right onto a wheel-spinning ramp that is Teringie Dve.

Once you get going you'll settle into a pretty straight pitch of tarmac that is fairly constantly steep before tailing off towards the top. 900m at 11.5% average gradient with a 200m section in the middle averaging a healthy 16.6%.

Welcome to the inaugural Adelaide Dirty Dozen!



Hill #2 - Horsnells Gully

If I had my time again, I probably wouldn't bother to include this incline and it doesn't even warrant its own Strava section. Then again, having the 13th climb in there somewhere is what makes this dozen "dirty"!

After a nice descent off Norton Summit Rd, we will turn left onto Old Norton Summit Rd and then right onto Horsnells Gully Rd. A few km of around 5% average won't test anyone and will ensure the legs are working for what is to

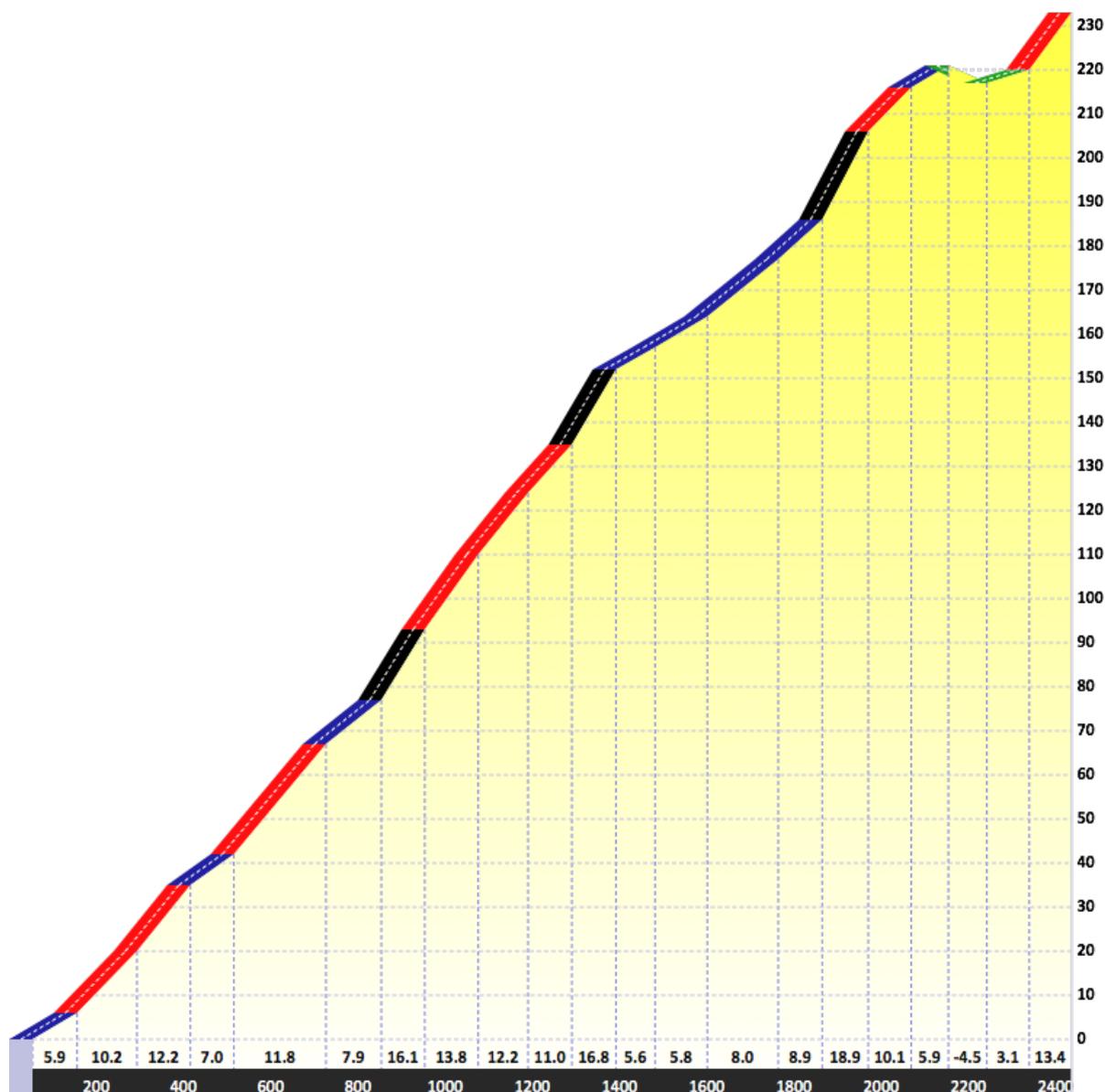
come.

Hill #3 – Coach Rd

Coming after a gentle roll down Norton Summit Rd, the route turns left into The Parade and a punchy 200m climb of around 10% will rudely slap you in the face. However, this little punch only takes you to the base of Coach Rd, and couldn't even find its way into the company of the *Dirty Dozen* as an official climb. So don't enjoy it – smash it into dust!

Say hello to the first real leg burner and lung buster of the event! With multiple ramps exceeding an average of 15%, and gradients nudging 20%, Coach Rd will present the first test for those up for the challenge. The hill offers little respite with the gradients between the steep ramps mostly still hovering around 10%!

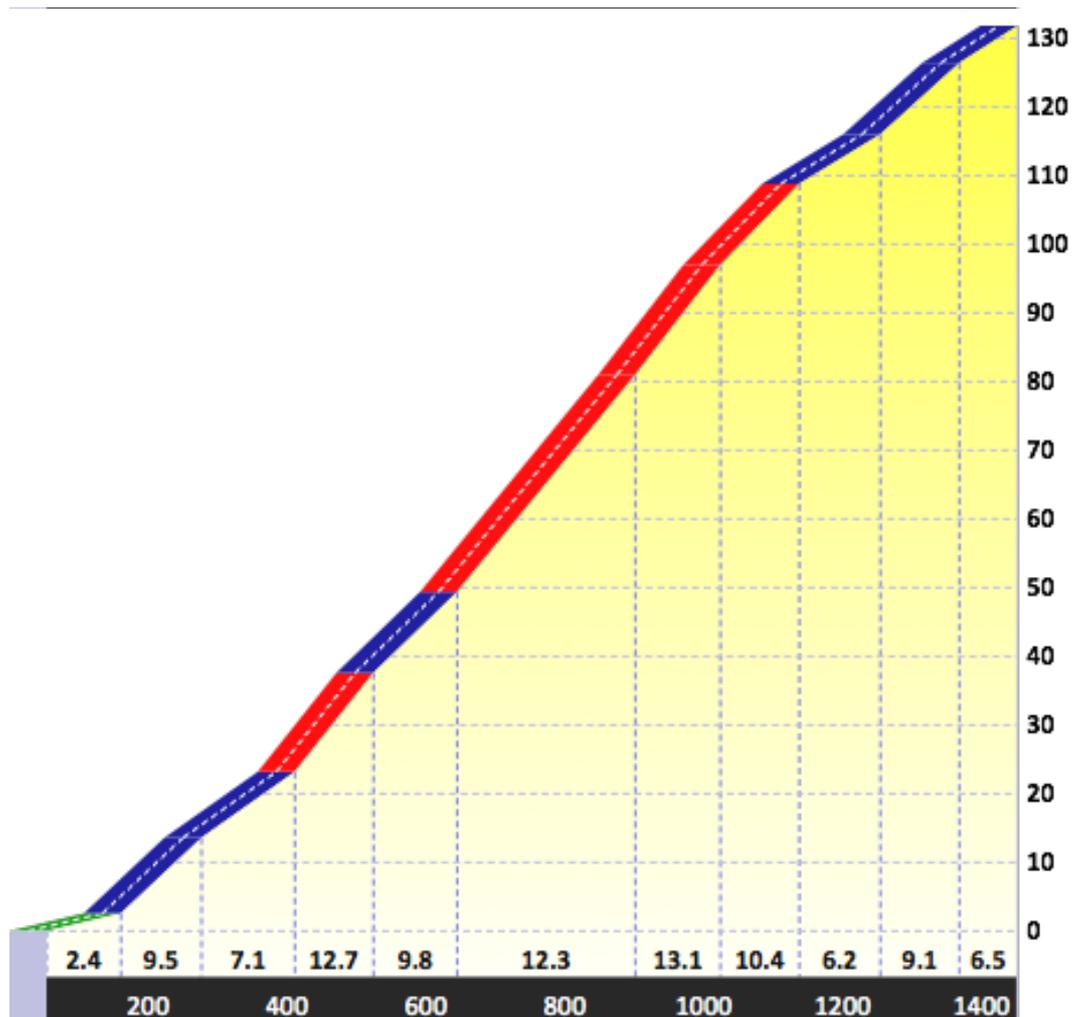
This is a 2.4km hill *averaging* some 10% and its nick-name of “Pain Train Hill” will soon become obvious.



Hill #4 – Knox Tce

Descending off Coach Rd, don't miss the turn to the left onto Knox Tce where a short down hill will take you to the base of the climb.

A suburban climb that includes several switchbacks and steep hairpins, this little climb is a worthy addition to the Dirty Dozen. The middle km of this climb has a sustained average at around 12% that includes the switchbacks and, so soon after busting up Coach Rd, this hill will be sure to test everyone.



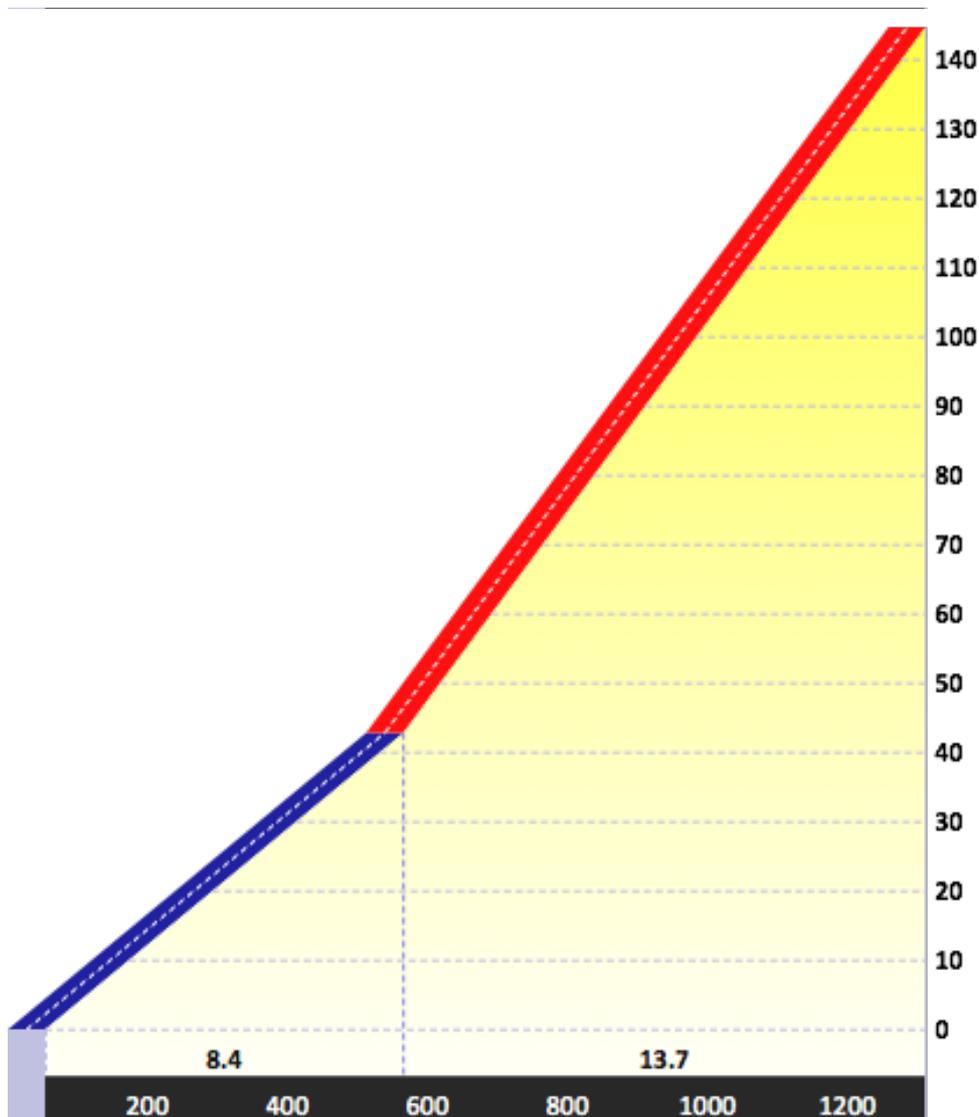
Hill #5 – Kensington Rd

After descending Coach Rd to the bottom this time, riders will no doubt be spinning their way up the 3% slope of Penfold Rd to get rid of any lactic acid in the legs. The opportunity won't last long though as we turn left onto Kensington Rd and straight onto a climb.

Its not the steepness alone on Kensington Rd that gets you, it's the unrelenting gradient that wears you down. The final 700m or so of the climb averages close to 14% with little pitches close to 18% and there is nowhere to hide.

If the riders aren't slumped over their handlebars at the top, there are magnificent views of the city to be enjoyed. Not that I've ever enjoyed the view – I'm always slumped over my handlebars!

However, there is no rest for the wicked, and the riders must ride on!

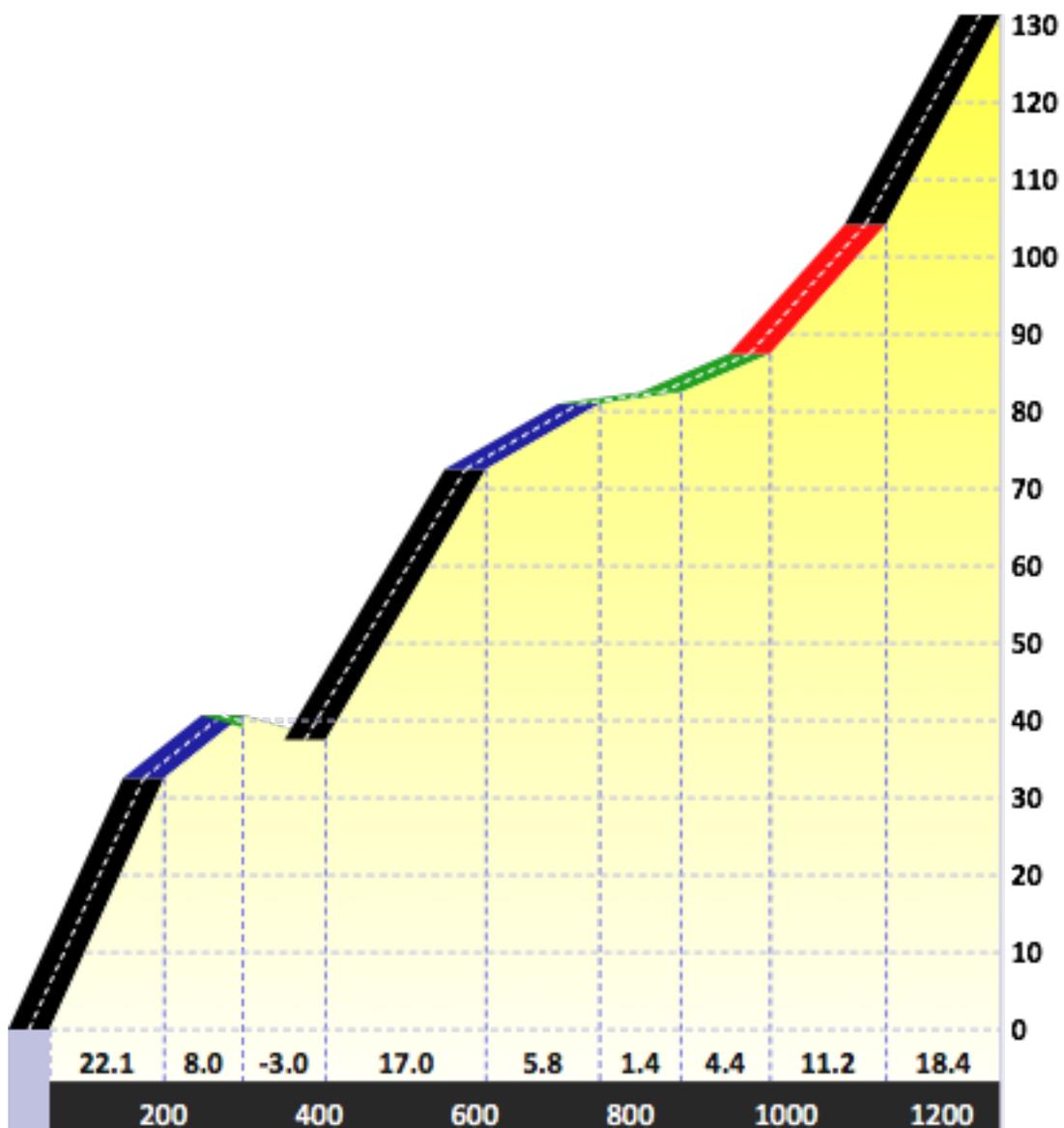


Hill #6 – Ridgeland Dve

Aaaaannnd....thanks to my Adelaide Cyclists friends, I have got the Strava segment for this hill and subsequently have plotted a graph. Looking at the gradients, I have found myself wondering why?

The first 200m at an average of 22.1% with two other sustained sections of 17% and 18.4% respectively! On the plus side, there are a couple of “recovery” sections in between. After heading up Norton Summit Rd again for several km at around 5% before turning onto this hill, there is bound to be some personal demons persecuted here!

Instead of the top of Ridgeland Dve, the regroup will occur next at Norton Summit where a stretch and a toilet break have generously been provided...!

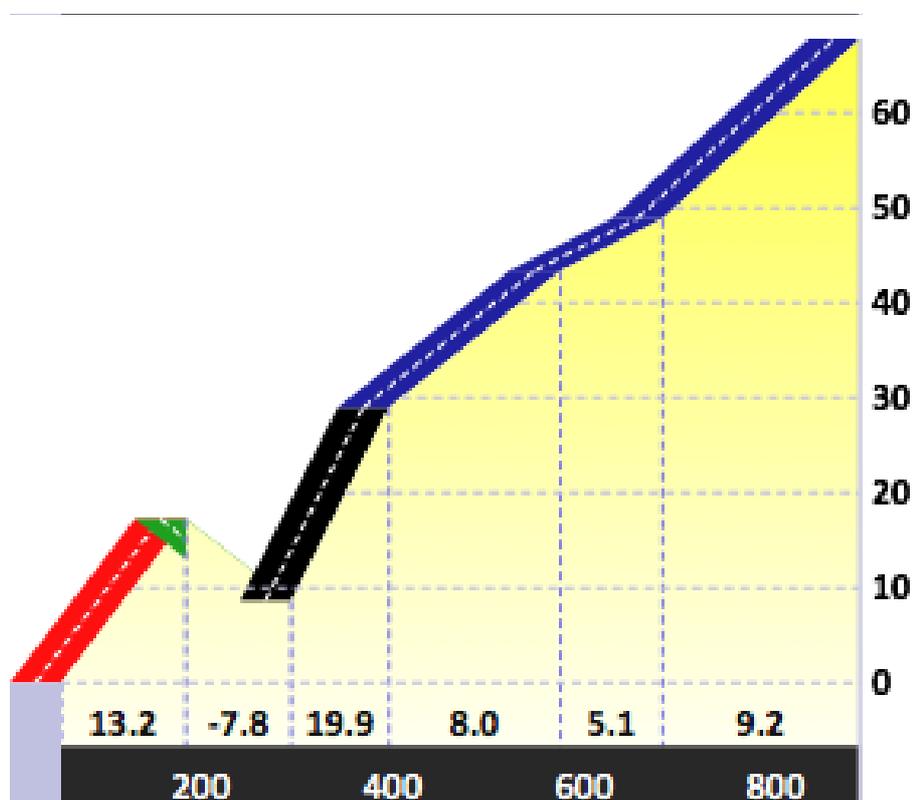


Hill #7 – Woods Hill Rd

The first section of Woods Hill Rd is always challenging. Usually attempted after the ascent of Nortons it comes when the legs are already looking for relief and immediately follows a long climb out of Norton Summit that culminates in a 200m rise averaging 7.7% along the Adelaide-Lobethal Rd.

I'm not convinced on the graph below folks, but I got it straight from the Strava segment. There is definitely no downhill section that is followed by 20% climbing. Think of the graph below as looking more like one continuous flowing rise that averages 8.1% over the first 800m with the start of the climb including a couple of ramps that hit around 13%.

The rest of Woods Hill Rd provides the opportunity to again burn off some lactic acid and the next few km provides a nice jaunt through a beautiful part of the Adelaide Hills.

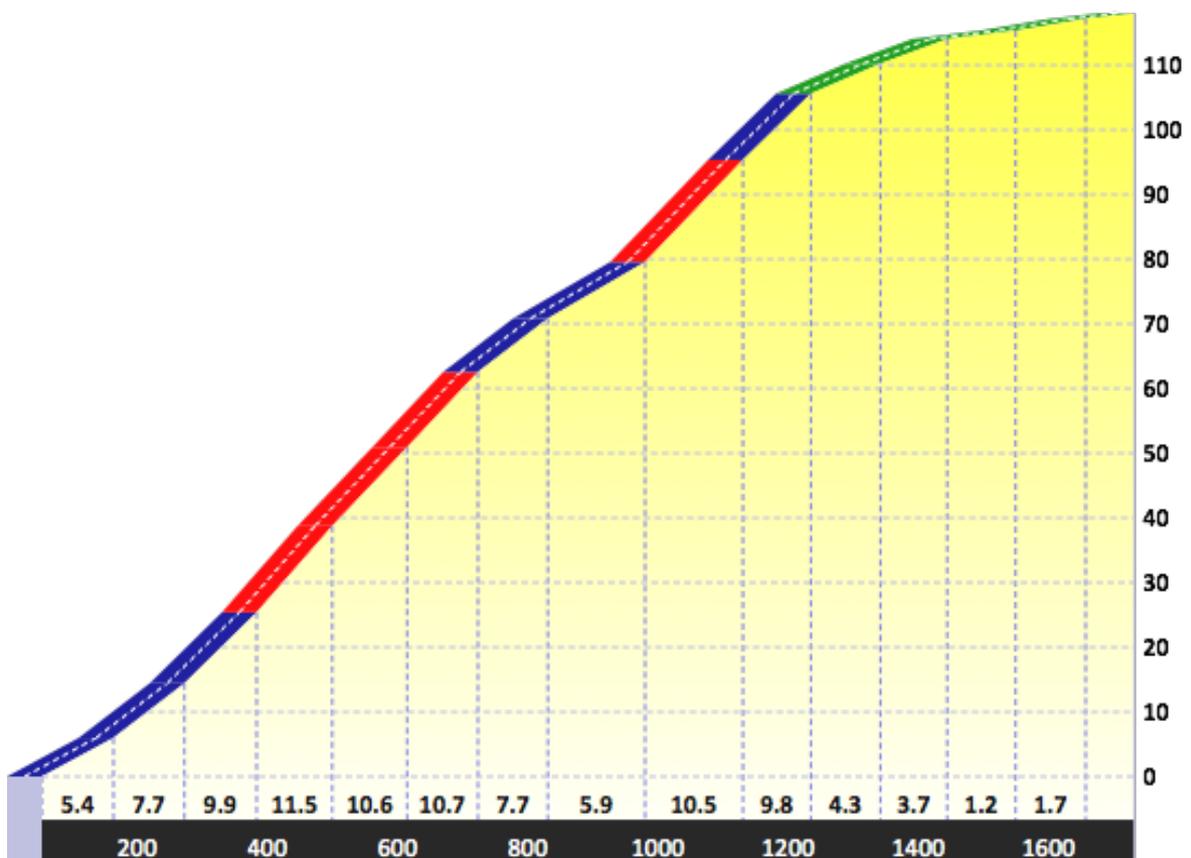


Hill #8 – Burdetts Rd

After sucking in the big ones and spinning the legs, there will be a long (careful) descent down Pound and Knotts Hill Roads before reaching a junction of roads next to a babbling brook. Cycling manna, but there will be no chance to smell the roses here. We turn right and start heading up Burdetts Rd.

A nice climb to ease your way into, it doesn't get serious until around 300m along when you will start nudging 10%. There is several hundred metres of sustained gradient between 10-12% before you get a short moment of relief before one more spread of 200m or so at around 10-11%. The top of the climb tapers off beautifully until you reach the Basket Range intersection for a regroup and the careful descent back down the way you came.

Not the toughest climb in the Adelaide Dirty Dozen, but it would have to be the most picturesque. For sheer cycling pleasure, Burdetts Rd is a "must" to cycle on and fits perfectly into the event.



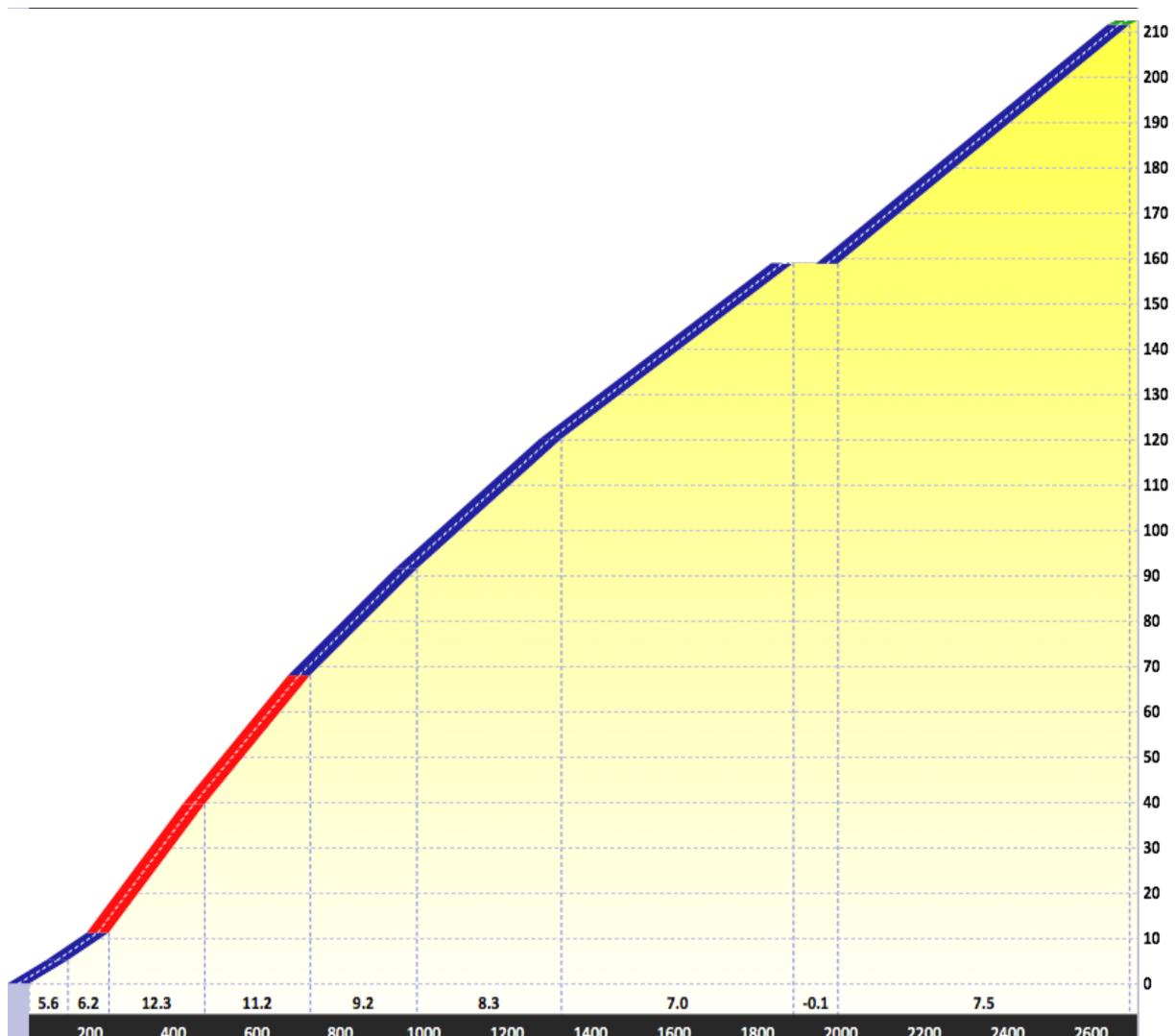
Hill #9 – Knotts Hill / Pound Rd

The descent down Burdetts Rd will take you back to the base of Knotts Hill Rd, which becomes Pound Rd towards the top. At this point, we start reaching the business end of the Adelaide Dirty Dozen.

Again, the climb starts off pedestrian for the first couple of hundred metres before it ramps up to a sustained 12-13% for the better part of 600m or so.

The challenge of this climb is to maintain your form after that initial spike. The remaining climb clips along at a more than respectable and unrelenting 7-8% for almost 2km, with only one short section of flat to get the heart rate under control.

Perhaps soaking in the scenery of one of the hidden gems of cycling in the Adelaide Hills will help you tap out that rhythm to the top.



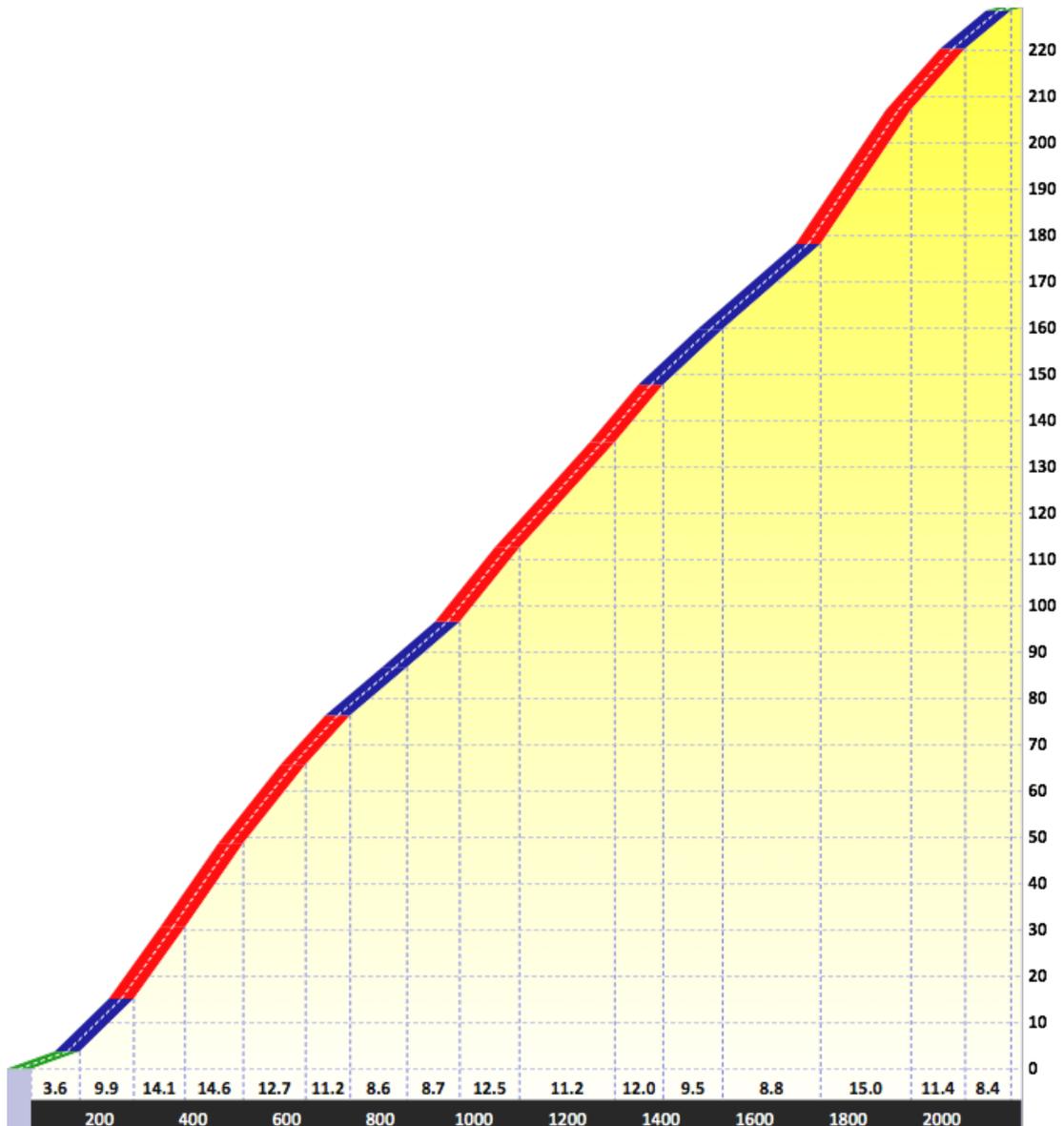
Hill #10 – Fernhurst Rd (Cherryville)

Widely regarded as one of the toughest hills around Adelaide, one look at the graph below will clearly show why. That's 2.1km at nearly 11% average.

Although there are a couple of sections that nudge 15% throughout the climb, it is the sheer unrelenting pitch that makes it so tough. If you call 9% gradient a chance to recover during a climb, then you are in luck with a mere 2 sections allowing you that luxury. The rest of the climb sits consistently at around 12%.

To top off the challenge of this beast, it enters the Dirty Dozen with 9 climbs already in your legs.

Scared yet? No? You should be!



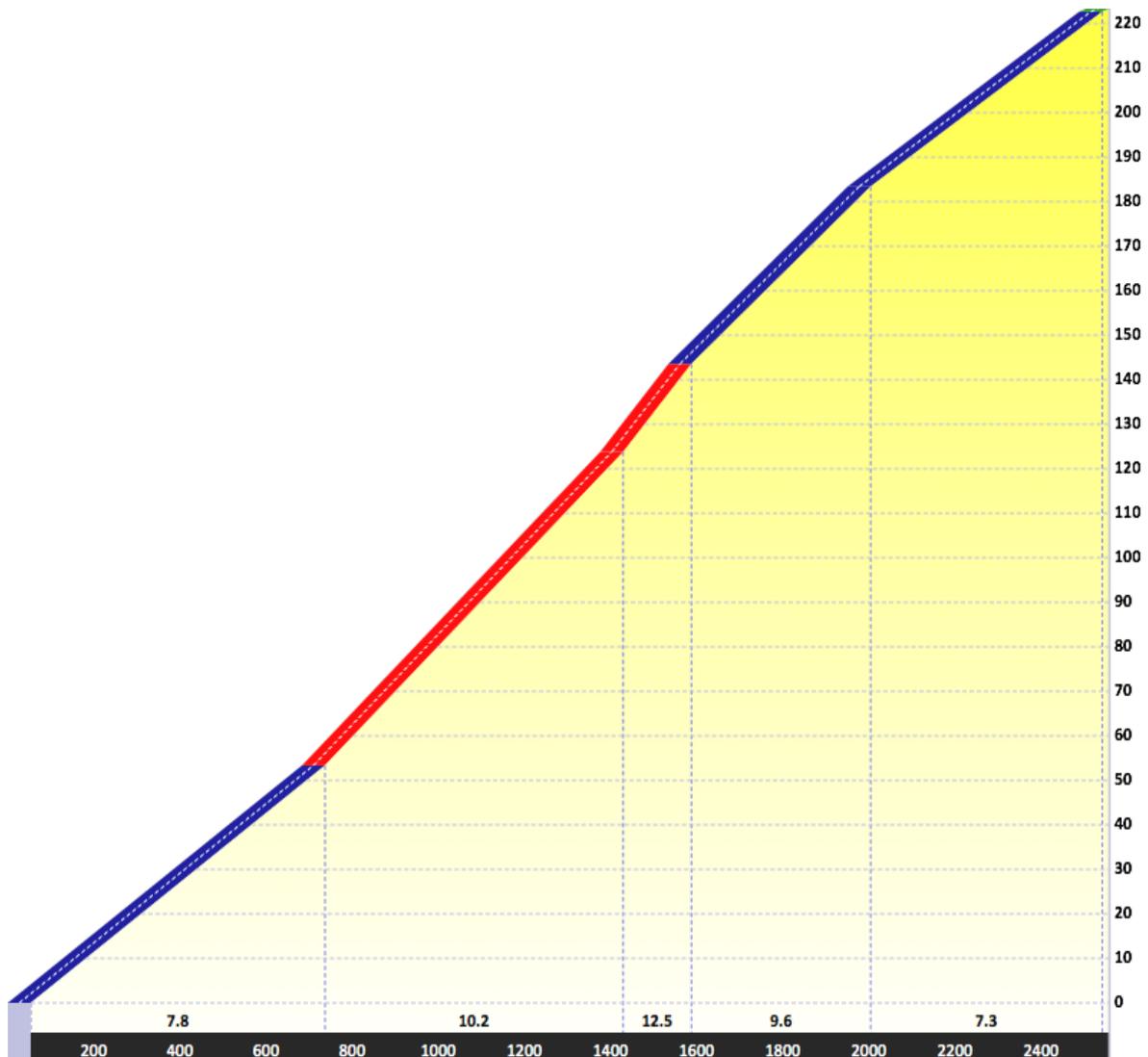
Hill #11 – The Corkscrew

One of the iconic hill climbs around Adelaide could not be left out of the Dirty Dozen and comes in near the end to keep us honest! The switchbacks, amazing views, and the occasional koala that you can almost reach out and pat as you spin by all combine to make it one of the best local hills to ride.

We'll first be descending the Corkscrew down to the bridge over the creek to regroup before making our way back up it. That will give us 2.5km of climbing at an *average* of 8.9%. The first and last 500m provide a nice and manageable average of around 7.5% gradient, but the approach to the switches and the switches themselves peak over 15% in several places.

There's enough documentation and video footage of this climb to fill a vault, and it's good to see the Tour Down Under taking it on next year.

Good luck managing this one as the 11th climb!



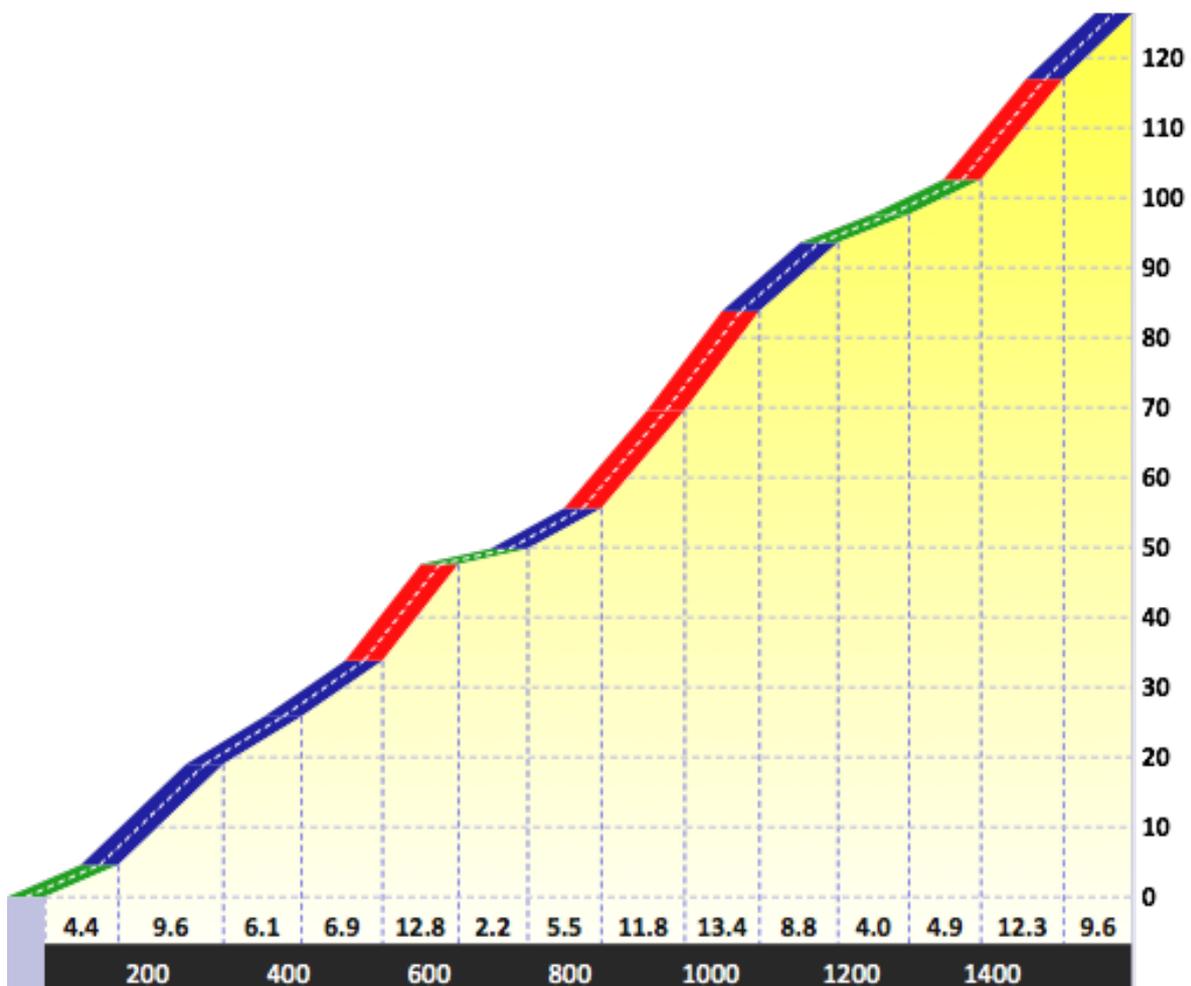
Hill #12 – Tay Rd / Kintyre Rd

My first brush with this road was as close as it gets. A face plant from clipstacking after trying to get going again when I had stopped to take a photo. It is deceptively steep and took a long time to find when putting together the Dirty Dozen event.

This little suburban climb starts halfway along Stradbroke Rd and involves turning left (almost straight on) onto Tay Rd and then left again when the T-Junction of Kintyre Rd is reached.

Multiple “steps” make up this punchy climb. In between ramps of 100-200m in length approaching 15% in places, there are false flats that give relief. All in all, the climb comes in at a respectable 8.2% average over 1.5km.

Placed as the penultimate climb, this hill is ideal after the tough climbs of Fernhurst and the Corkscrew followed by the long Montacute Rd descent. There is plenty of opportunity to spin the lactic acid out of your legs and suck down one last energy gel for the final climb to come.



Hill #13 – Coach House Rd / Woodlands Way

How could we not conclude the Adelaide Dirty Dozen with any other climb?

After 12 climbs in your legs you are left with a final 2.7km at an average of 10.1%.

Doesn't sound too bad, right? Wrong.

There is nowhere to hide on this climb when you are fresh, and I guarantee that come the Adelaide Dirty Dozen, this hill will be a destroyer of souls!

Around 400m into the climb, you will note that the bitumen has been scoured to stop vehicles slipping back down the slope the way they came – that should confirm your reasons to fear. From that point on, this climb keeps on getting steeper and steeper until it climaxes with a sustained 200m or so at about 20% average and a peak gradient of 25%.

Pat yourself on the back if you make it to the top without curling up in a ball by the side of the road rocking back and forth sucking your thumb!

