



11-13 APRIL 2025

## RUNNER RESOURCES

### TRAIL ROUTES

#### DAY ONE

21km / 12km

Start batching @ 07:30

Starting from the race village on the polo field! You'll kick things off by running on the gravel road, giving everyone a chance to spread out before hitting the tough Kerkenberg climb. Then it's all about navigating around the escarpment, checking out those cool waterfalls, and being extra careful on those steep downhill stretches where you might spot some ancient Bushman paintings. It's all about the thrill of the downhill single tracks from the waterfall weaving through the lush Ouhout forests, you'll pop out at the Boat House. It's going to be filled with awesome views and memorable moments!

#### DAY TWO

15km

Start batching @ 07:30

Day 2 of the trail running event kicks off as runners depart from the polo field along a district road, providing an opportunity for runners to establish their dominance before entering the Buffalo Camp. Participants will make way through diverse landscapes, ascending the mountains towards the plateau. The ascent promises breathtaking views and a test of endurance as runners push themselves to reach the summit. From the plateau, it's time to unleash speed and agility as runners run the single track, descending towards the finish line.



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# EVENT ITINERARY

**FRI, 11  
APRIL '25**

15:00 - 20:00: Registration  
18:00: Dinner  
18:30: Day 1 Route Briefing  
20:00: History Talk

**SAT, 12  
APRIL '25**

06:00: Breakfast  
07:30: Begin group batching  
08:00: Start (10 minutes between each batch)  
11:00 – 16:00: Sip & Paint (Pre-book timeslot. Limited space)  
Game Drives (Vehicles will depart at different times)  
12:00: Lunch  
16:00 – 17:00: Sundowners  
18:00: Dinner  
18:30: Day 2 Briefing  
20:00: Live Entertainment: APPEL

**SUN, 13  
APRIL '25**

06:00: Breakfast  
07:30: Begin group batching  
08:00: Start (10 minutes between each batch)  
11:00: Prizegiving + Early Lunch



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# PACKING LIST

RUNNER KIT LIST	HYDRATION	POST-RACE	COMFORT	MISC. ITEMS
Running T-shirt	Water Bottle/ Water Bladder	Comfy Clothes	Sleeping Bag	Cash
Long-sleeve Top	Energy Bars	Windbreaker	Pillow	Credit Card
Running Shorts	Energy Gels	Warm Long Pants	Warm Blanket	Cellphone (I.C.E)
Running Pants	Rehydrate Sachets	Underwear	Sheet	Safety Whistle
Lightweight Jacket	Race Drinks	Socks	Towel	Sunscreen
Trail Shoes	Snacks	Beanie + Scarf	Camp Chair	Lip Balm
Underwear		Gloves		Insect Repellent
Socks		Closed Shoes		Torch/Headlamp
Bandana		Slops		Spare Batteries
Beanie		Pajamas		Charges
Sunglasses		Toiletries		Earplugs
Sun Peak				
GPS Watch				
Heart Rate Strap				
EM Numbers				

- Evenings get very cold, warm clothing and bedding is essential!
- Please remember your torch/headlight! There is minimal lighting in the camp area at night.

# GETTING THERE

## Buffalo Hills Private Game Reserve

Beauchef Farm Number 541, Harrismith, 9880, Free State

## Coordinates:

-28.47312, 29.14417

# EMERGENCY CONTACT DETAILS

**RACE MEDIC**

Stephen  
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