



11-13 APRIL 2025

## RUNNER RESOURCES

### TRAIL ROUTES

#### DAY ONE

21km / 12km

Start batching @ 07:15

Starting from the race village you will be running on the gravel road, giving everyone a chance to spread out before you head up the famous “Crack”. Then it’s all about navigating around the escarpment, checking out waterfalls and amazing views. Another climb to the highest point known as the Kerkenberg Climb you will be descending some steep downhill stretches, down the Bushmans Bundu Bash. The last few kilometres is downhill all the way with beautiful views at Vulture Ridge, making your way to our last water table at the Farmhouse. Tiaan’s “Single” Track will take you home for a cold beer and a hot shower

#### DAY TWO

14km

Start batching @ 07:15

Day 2 of the trail running event kicks off as runners depart from the race village 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  
19:00: Day 1 Route Briefing  
20:00: History Talk

**SAT, 12  
APRIL '25**

06:00: Breakfast  
07:15: Begin group batching  
07:30: Start (10 minutes between each batch)  
11:00 - 15:30: Sip & Paint (Pre-book timeslot. Limited space)  
12:30 - 15:00: Lunch  
13:00 - 17:00: Game Drives (Vehicles will depart at different times)  
16:00 - 17:30: Live Music  
18:00: Dinner  
19:00: Day 2 Briefing  
19:30 - 20:00: Live Music  
20:00: Appel

**SUN, 13  
APRIL '25**

06:00: Breakfast  
07:15: Begin group batching  
07:30: Start (10 minutes between each batch)  
11:00: Prizegiving + Early Lunch



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# PACKING LIST

## RUNNER KIT LIST

Running T-shirt  
 Long-sleeve Top  
 Running Shorts  
 Running Pants  
 Lightweight Jacket  
 Trail Shoes  
 Underwear  
 Socks  
 Bandana  
 Beanie  
 Sunglasses  
 Sun Peak  
 GPS Watch  
 Heart Rate Strap  
 EM Numbers

## HYDRATION

Water Bottle/  
 Bladder (optional)  
 day 1: 3 water tables  
 day 2: 2 water tables  
 Energy Bars  
 Energy Gels  
 Rehydrate Sachets  
 Race Drinks  
 Snacks

## POST-RACE

Comfy Clothes  
 Windbreaker  
 Warm Long Pants  
 Underwear  
 Socks  
 Beanie + Scarf  
 Gloves  
 Closed Shoes  
 Slops  
 Pajamas  
 Toiletries

## COMFORT

Sleeping Bag  
 Pillow  
 Warm Blanket  
 Sheet  
 Towel  
 Camp Chair

## MISC. ITEMS

Cash  
 Credit Card  
 Cellphone (I.C.E)  
 Sunscreen  
 Lip Balm  
 Insect Repellent  
 Torch/Headlamp  
 Earplugs  
 Spare Batteries  
 Marked Charging  
 Cables + Power Bank  
 (charging station  
 available)

- 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.
- The area received lots of rain. Pack an extra pair of shoes or gumboots. It will make moving through the muddy areas in the Race village comfortable.
- Please note: the drinking water on the farm is bore hole water. Water will be for sale at the Van Reenen's Biltong stall and the Tugela Round Table Bar if you prefer not to drink tap water.

# 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  
 082-459-0279