

Information Document

Buffalo Gorge Trail Running Series

The Gorge trail run series is for anyone who loves to run or wants to get started. The event will be held every month the dates for 2015 are: 15 August, 12 September, 3 October, 7 November and 5 December.

Road Runners, walking and light exercise

We also encourage Road runners to come and join us you can choose a less technical route and enjoy the beautiful scenery Buffalo Gorge has to offer. If you enjoy a healthy walk or light exercise you are welcome to join us for the 2.5 km. At Buffalo Gorge we would like everyone to get together train and socialize.

Come get some miles in on the trails! There are 4 different trails that interconnect:

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|-------------------------|--------|------|
| • Avontuur Vallei Trail | 18km | R100 |
| • Wild Camp Trail | 10km | R90 |
| • Wetland Trail | 6.5 km | R80 |
| • BobbejaanLoop Trail | 2.5km | R25 |

ENTRIES ON RACEDAY WILL BE AVAILABLE FROM 07:00 AT THE RACE VENUE, R20 PENALTY WILL APPLY FOR RACE DAY ENTRIES SO REMEMBER TO PRE-ENTER. RACE STARTING TIME: 8:30.

There are different levels, technicalities to satisfy from beginner to **advance trail runner**.

Pet friendly

Please note that you are welcome to bring your dogs with, provided that they are leashed. Please no aggressive animals.

Please bring what you need to run. There will be water points on the long runs but you are welcome to bring extra water, snacks etc. A much needed boerewors roll will be served at the finish.

PLEASE NOTE: ALTHOUGH WE HAVE A LOT OF HAPPY RUNNERS WHO VISIT US WITH THEIR CARS THE DIRT ROAD IS NOT SUITABLE FOR VERY LOW CLEARANCE/VALUABLE VEHICLES.

GIFTS AND VOUCHERS BY **VIRGIN ACTIVE** AND **SPORTSMANS WAREHOUSE**

Feel free to email us if you have any questions (info@buffalogorge.co.za)

Regards Ryk and the team.

