



Discovery

GTR DECEMBER SOCIAL CALENDAR

LET'S DO THIS!





GTR December Social Calendar

Mon, 11 Dec:	Monday Social Run (Top of 9th Avenue) - 17:40
Thurs, 14 Dec:	GTR Time Trial and Hoka Demo Run - 17:30
Fri, 15 Dec:	Hoka FKT group run - 07:00
Sat, 16 Dec: (Alt Wed 20)	Crosswalk / Night Hike - 19:00
Mon, 18 Dec:	George 2/4/6 Peaks Challenge - 04:30 / 06:00
Thurs, 21 Dec:	GTR Xmas Run - 17:30
Fri, 22 Dec:	Sea2Summit FKT Challenge - 05:00
Fri, 22 Dec:	SOX Xmas Lights Pajama Night Run - 19:30
Sat, 23 Dec:	MUT by UTMB Community training run - 06:00
Sat, 23 Dec:	GTR Trail Maintenance Fundraiser Beer Run - 16:00
Tues, 26 Dec:	Glentana Shipwreck Run - 07:00
Thurs, 28 Dec:	GTR Time Trial Mosselbay - 17:30
Sat, 30 Dec	St Blaize Trail, Mosselbay - 07:00
Sun, 31 Dec	Man Eater Run, Herolds Bay - 07:00





“ This is a great time of the year to join in community runs and keep fit and healthy at the same time.”

COMMUNITY RUN DETAILS

We are very excited to bring a full GTR social calendar to the community once again this December. This is made possible by multiple sponsors whom we would like to thank. Let's enjoy this December!



All community run details brought to you by GTR will be in this ebook and we will also share messages on our GTR whatsapp groups and on social media platforms.

We also have a full list of all runs taking place in George and it's surroundings on our MountCo website. Please click on "Learn more" below and plan your holiday runs!

[LEARN MORE](#)



We are really privileged to have such an awesome trail running community in George. We are looking forward to sharing our backyard with you.

Jacques Mouton



MAFATE SPEED 4

- LIGHTWEIGHT AND BREATHABLE UPPER
- SOFT AND RESPONSIVE MIDSOLE
- AGGRESSIVE TREAD PATTERN FOR TRACTION
- DURABLE CONSTRUCTION



MATT BOUCH

RUNNING IN THE GARDEN ROUTE IS ALWAYS AN ADVENTURE, WITH TRAILS THAT TEST YOUR TECHNICAL ABILITIES. HERE, THE MAFATE 4'S ARE THE OBVIOUS CHOICE FOR ME, ABLE TO GRIP AND CUSHION ACROSS ANYTHING THE TRAILS THROW AT THEM.

HOKA FLYER, PROFESSIONAL TRAIL ATHLETE



FLY
HUMAN
FLY™

GTR Time Trial and Hoka Demo Run

Saturday 14 December

Join us for 5km of trail running in the forest and the opportunity to run in a pair of Hoka Demo shoes on route!

The Hoka Demo Fleet will be available to run in.

- Start Location:** Camphersdrift Dip
- Start Location Pin:** [Map](#)
- Starting Time:** 17:30
- Map of Route:** [Map](#)
- Route Description:** There are markers on the GTR route. Distance = 5Km
- Parking:** Yes
- Dog Friendly:** Yes (leash compulsory)
- Difficulty:** Easy
- What to bring:** A warm top for afterwards
- From our Sponsors:** Free Beer or Creme Soda on the Finish Line
Try a pair of Hoka Speedgoat shoes on your run



Hoka FKT Group Run

Friday 15 December

Hoka is our FKT Challenge sponsor for the Month of December.

Sign up on the MountCo website to join the competition and stand a chance to win a free pair of Hoka Torrent 3 trail running shoes!

CLICK HERE to learn more.

Start Location: Camphersdrift Dip

Start Location Pin: [Map](#)

Starting Time: 07:00

Map of Route: [Map](#)

Please view website for more details: [CLICK HERE](#)

Route Description: Distance = 10Km

Yes

Parking: Yes (leash compulsory)

Dog Friendly: Moderately hard

Difficulty: Compulsory gear for a run out in the Mountains

What to bring: Minimum 1 Liter hydration



WHO WE ARE

Garden Route Trail Running is a community based running group that was created 13 years ago with the goal of making trail running accessible to all like minded people.

We have weekly social runs on a Monday and Forest Time trials on a Thursday. We are also actively involved in maintaining the trails in the surrounding area in conjunction with the Hillbillies (Our local mountain biking group).

So come and join us for a run on our December Social Run Calendar, we look forward to meeting you and having a lekker chat!



INDEMNITY

You take full responsibility for your own safety and understand that you are taking part in all activities of GTR/MountCo at your own risk.

No members associated with GTR/MountCo can be held liable in any way or form. You agree to abide by all the rules set out on the GTR website.

In case of emergency evacuation eg: helicopter, it will be for you own account.

Crosswalk / Night Hike

Saturday 16 December (Alt 20 th)

The annual Cross walk has become a holiday tradition in George, officially getting everyone into the festive spirit.

Start Location: Trail Kiosk Ground Zero

Start Location Pin: [Map](#)

Starting Time: **19:00** (You can however start as early as you would like)

Map of Route: [Map](#)

Route Description: We hike up to the Cross.
Distance = 5km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Moderately hard

Order a picnic: You can order a picnic box from Trail Kiosk to enjoy at the Cross. [Click here](#) to order.

What to bring: Headlamp, a picnic basket and a warm top.
Please hike in groups



George 2/4/6 Peaks Challenge

Monday 18 December

You need to sign up for this Challenge.

More details on Georgefkt.co.za



GTR Xmas Run

Thursday 21 December

Dress up in your best Xmas spirit and let's embrace our inner Rudolf the rednose reindeer!

Start Location: Camphersdrift Dip

Start Location Pin: [Map](#)

Starting Time: 17:30

Map of Route: [Map](#)

Route Description: There are markers on the GTR route.
Distance = 5Km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Easy going

What to bring: Dress up in festive cheer!

From our Sponsors: Free Beer at the Finish



Sea2Summit FKT Challenge

Friday 22 December

- Start Location:** Camphersdrift Dip
- Start Location Pin:** [Map](#)
- Starting Time:** 05:00
- Map of Route:** [Map](#)
- Route Description:** After meeting at the GTR start we will transport you down to Vicbay beach. From here you will run by road until you reach the aid station. After that you will run up the George VK to Craddock peak.
Distance = 20Km
- Parking:** Yes
- Dog Friendly:** No
- Difficulty:** Extreme
- What to bring:** Compulsory gear for a tough run in the Mountains
Please be responsible :)
Sign up is required to join - here is the [LINK](#)



Sox Xmas Lights Pajama Night Run

Friday 22 December

Let's run at Night in our fave PJ's to go and soak in the Xmas Spirit that is Oewer Street in George.

Start Location: Botanical Gardens Parking Area

Start Location Pin: [Map](#)

Starting Time: **19:00** (This run is subject to loadshedding)

Map of Route: [Map](#)

Route Description: Run along the tar road from the Botanical Gardens to Oewer street in a group. Distance = 5km

Parking: Yes

Dog Friendly: No

Difficulty: Easy Going

What to bring: Headlamp, Warm Top, Pajama's and your Fave Sox Socks!

From our Sponsors: 10 Pairs Sox Socks for a Lucky draw



Vandelens Fest – 23 Dec 2023
George Peaking – 20 Jan 2024
Vert Run – 9 March 2024



GTR Trail Maintenance Fundraiser Beer Mile

Saturday 23 December

This is a Beer Mile with a difference!

Donations will be used for the Trail maintenance fund, so you can enjoy your beer knowing you are doing it for a good cause. Snacks are important and you can grab a free slice of pizza afterwards on us!

- Start Location:** Camphersdrift Dip/Trail Kiosk Ground Zero
- Start Location Pin:** [Map](#)
- Starting Time:** **16:00**
- Route Description:** 400m Circular route x 4
Distance = 1.6 Km
- Parking:** Yes
- Dog Friendly:** Yes (leash compulsory)
- Difficulty:** Easy
- What to bring:** R50 for your Beer/Creme Soda and a slice of pizza afterwards



Glentana Shipwreck Run

Tuesday 26 December

Enjoy a chilled beach run out to the Glentana Shipwreck on this one!
It's a great way to start the day :)

Start Location: Glentana Main Beach

Start Location Pin: [Map](#)

Starting Time: 07:00

Map of Route: [Map](#)

Route Description: Beach run
Distance = 6Km

Parking: Yes

Dog Friendly: No

Difficulty: Easy

What to bring: A towel for a swim afterwards



GTR Time Trial Mossel Bay

Thursday 28 December

We plan to make this a weekly run on Thursdays in the new year! Join us in testing out the route.

Start Location: Van Riebeeck Sports Grounds Parking area

Start Location Pin: [Map](#)

Starting Time: 17:30

Map of Route: [Map](#)

Route Description: We run a circular route on the St Blaize Trail.
Distance = 5km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Easy to Moderate

What to bring: A warm top



St Blaize Trail Mossel Bay

Saturday 30 December

Lets explore the St Blaize trail in Mosselbay!

Start Location: Light House Point Parking area

Start Location Pin: [Map](#)

Starting Time: 07:00

Map of Route: [Map](#)

Route Description: We run on the St Blaize Trail. You can run the full route out and back which will give you a total of 26km. You can arrange your own lift if you want to run one way to Danabay, otherwise you can decide how far you want to run with the out and back route.
Distance: 5km to 26km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Easy to Moderate

What to bring: Compulsory gear for a trail run
Minimum of 1 Liter hydration



Man Eater Run Herolds Bay

Sunday 31 December

We meet on the beach at Herolds Bay for this run to finish off the year!

Start Location: Herolds Bay Beach Parking area

Start Location Pin: [Map](#)

Starting Time: 07:00

Map of Route: [Map](#)

Route Description: Herolds Bay beach via the Voelklip trail.
Head up the tar road and turn left on Voelklip dirt road. Run past the cross and continue on the trail back to the start.

Distance = 6km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Easy to Moderate

What to bring: A towel for a swim afterwards

From our Sponsors: Free beer at the finish



A SPECIALIST GARDEN ROUTE STORE
FOR ALL YOUR OUTDOOR AND TRAIL RUNNING GEAR



THE MOUNTAIN COMMUNITY



@MOUNTCO.CO.ZA

MOUNTCO STRIVES TO BRING YOU THE BEST GEAR AND ADVICE FROM OUR PERSONAL KNOWLEDGE BASE ALONG WITH SOME GREAT ADVENTURES FROM THE BEAUTIFUL GARDEN ROUTE.

POP US A MESSAGE FOR ANY GEAR, TRAIL, TRAINING OR JUST GENERAL OUTDOOR MISSION ADVICE AND TIPS. WE WOULD LOVE TO CHAT!



TO VISIT OUR WEBSITE OR TO JOIN IN ON OUR DECEMBER SOCIAL RUNNING AND HIKING CALENDAR, PLEASE SCAN THE QR CODE.

COME #PLAYLOCAL WITH US!



TRAIL | RUN | ADVENTURE | MOUNTAIN | EXPLORE | GEAR | HIKE

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