



GARDEN ROUTE TRAIL RUNNING

DECEMBER SOCIAL CALENDAR

JOIN OUR COMMUNITY FOR SOME FUN





December Social Calendar

- Mon, 2 Dec:** Monday Social Run (Dikkop Trail) - **17:40**
- Thurs, 5 Dec:** GTR Xmas Time Trial - **17:30**
- Sun, 8 Dec:** MUT by UTMB For the Trails Vert Series 1st Run- **07:00**
- Mon, 9 Dec:** First Ascent December Challenge social run - **17:30**
- Thur, 12 Dec:** MountCo Beer Run - **17:30**
- Sat, 14 Dec:** MUT by UTMB For the Trails Vert Series 2nd Run- **07:00**
- Mon, 16 Dec: (Alt Wed 18)** MountCo Crosswalk / Night Hike - **18:00**
- Tues, 17 Dec** GTR Time Trial Mosselbay - **17:30**
- Sun, 22 Dec:** MUT by UTMB For the Trails Vert Series 3rd Run- **07:00**
- Mon, 23 Dec:** MountCo Xmas Lights Pajama Night Run - **19:30**
- Fri, 27 Dec:** Find it Checkpoint Challenge - **16:30**
- Sun, 29 Dec** George 2 | 4 | 6 Peaks Challenge - **04:30 / 05:30**
- Tues, 31 Dec** Herolds Bay Run - **07:00**





Let's relax, recharge and
join our running
community in staying
active this December.

WHO WE ARE

Garden Route Trail Running is a community based running group that was created 14 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.

COMMUNITY RUN DETAILS

We are very excited to bring another 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.

[LEARN MORE](#)



The Garden Route Trail running community welcomes you to our amazing Outeniqua's. Come and join us for a lekker December!

Jacques Mouton

GTR Xmas Time Trial

Thursday 5 December

Dress up in your best Xmas inspired running kit and let's get into the festive spirit!

- 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!





LOCAL TRAIL RUNNING SHOP



We have a passion for trail gear and love to share advice.
Visit us on the corner of Courtenay and Mitchell street



WE RUN FOR THE TRAILS ►



JOIN US FOR THE VERT RUN SERIES

TEST HOKA & NAAK
PRODUCTS



**FUNDS RAISED GO
TO GTR WHO
MAINTAINS
THE TRAILS**

8 DEC 2024
14 DEC 2024
22 DEC 2024

mut.utmb.world



First Ascent December Challenge Social run

Monday 9 December

First Ascent is our Challenge sponsor for the Month of December!
Run this route as many times as you like over the December holiday and receive a lucky draw entry for each attempt.

Follow the link to the MountCo website to read up on the competition details and the cool prizes you could win!

Start Location: Trail Kiosk Ground Zero

Start Location Pin: [Map](#)

Starting Time: 17:30

Map of Route: [Map](#)

Strava Segment First Ascent Dec FKT 2024

Route Description: This is a hilly circular off-road running route.
Distance = 8Km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Moderate to easy

What to bring: 500ml of hydration

From our Sponsors: A lucky draw competition at the end of the month with some great trail gear prizes from First Ascent.

Website Link: [Link to Mountco website](#)



- Two front pockets for 500ml soft bottles
- Two front pockets for nutrition

- 1.5L Hydration bladder compatible
- 5L Internal storage
- Zipped back pocket for essentials

HYDRATION THAT ***MOVES WITH YOU***

X-TRAIL 5L HYDRATION VEST

MountCo Beer Run

Thursday 12 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.

- Start Location:** Trail Kiosk Ground Zero
- Start Location Pin:** [Map](#)
- Starting Time:** 17:30
- 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



Crosswalk | Night Hike

Monday 16 December (Alt 18 th)

The annual Cross walk has become a holiday tradition in George. A time of year to experience gratitude and enjoy the lights with family and friends!

Start Location: Trail Kiosk Ground Zero

Start Location Pin: [Map](#)

Starting Time: **18:30** (You can however start as early as you would like)

Map of Route: [Map](#)

Route Description: We hike up to the Cross.

Distance = 6 km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Moderately hard

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



GTR Time Trial Mossel Bay

Tuesday 17 December

Join the Mosselbay GTR Crew for their time trial. This one has views for days!

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



MountCo Xmas Lights Pajama Night Run

Monday 23 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: 19:30

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 and Fave Pajama's



Find It Checkpoint Challenge

Friday 27 December

- Start Location:** Trail Kiosk Ground Zero
- Start Location Pin:** [Map](#)
- Starting Time:** 16:30
- Map of Route:** You will receive the map on the day.
- Route Description:** Join an urban treasure hunt, solving clues while exploring George's suburb. Choose your route to visit checkpoints within 90 minutes, but stay on time to avoid point loss. No skills are needed; the map is user-friendly for all ages. Children under 16 must be with an adult, and pairs are encouraged for added fun. Solo participants and dogs on leads are welcome.
- Parking:** Yes
- Dog Friendly:** Yes (leash compulsory)
- Difficulty:** Easy
- What to bring:** Friends and your thinking cap!





ACCEPT THE CHALLENGE

ALL SIX OF THEM



George 2 | 4 | 6 Peaks Challenge

Sunday 29 December

Join us for a George FKT Challenge and choose from 2 | 4 | or 6 Peaks

Start Location: Sputnik

Starting Time: 04:30 | 5:30

Map of Route: [Map](#)

Route Description: Run across the Outeniqua Mountains starting with Vensterberg and ending at Groenkop for 6 Peaks (38km)

2 Peaks will take you up and down Vensterberg & Losberg (11km)

4 Peaks include Cradock and George Peak (30km)

Difficulty: Hard

Sign Up: Entries are limited and you will be required to sign up to attend this challenge

Website link: www.georgefkt.co.za



Herolds Bay Run

Tuesday 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, let's take a year end Plunge!

