



GARDEN ROUTE TRAIL RUNNING

DECEMBER SOCIAL CALENDAR

RELAX, REWIND AND LET'S RUN!



December Social Calendar

Mon	1 Dec	17:40	MountCo December FKT Social Run (Dikkop Start)
Thurs	4 Dec	17:30	GTR Time Trial
Sat	6 Dec	15:00	GTR 24 Hour Lap Run (Trail Kiosk Start)
Mon	8 Dec	17:40	Monkey Business Social Run
Thurs	11 Dec	17:30	Christmas GTR Time Trial
Sun	14 Dec	07:00	George Trails GTR Social Run (7km 14km)
Tues	16 Dec	16:00	GTR Cross Hike
Sun	21 Dec	07:00	MUT by UTMB For the Trails Run (13km 21km)
Mon	22 Dec	19:30	MountCo Xmas Lights Pajama Night Run
Tues	23 Dec	17:30	GTR Mossel Bay Time Trial
Sun	28 Dec	04:30	George 2 4 6 Peaks Challenge
Wed	31 Dec	07:00	Herolds Bay Run





WHO WE ARE

Garden Route Trail Running is a community based running group that was created 15 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.

MountCo December FKT Social Run

Monday 1 December

MountCo and First Ascent are teaming up as our Challenge sponsors for the December FKT route!

You will need to run this route at least 3 times this December to qualify for a 20% discount instore at MountCo on all First Ascent products.

Start Location: Dikkop Trail Head

Start Location Pin: [Map](#)

Starting Time: 17:40

Map of Route: [Map](#)

Strava Segment [MountCo | First Ascent FKT - Dec 2025](#)

Route Description: This is a circular off-road running route on the newly cleared Kariba trail by the dam. Distance = 10Km

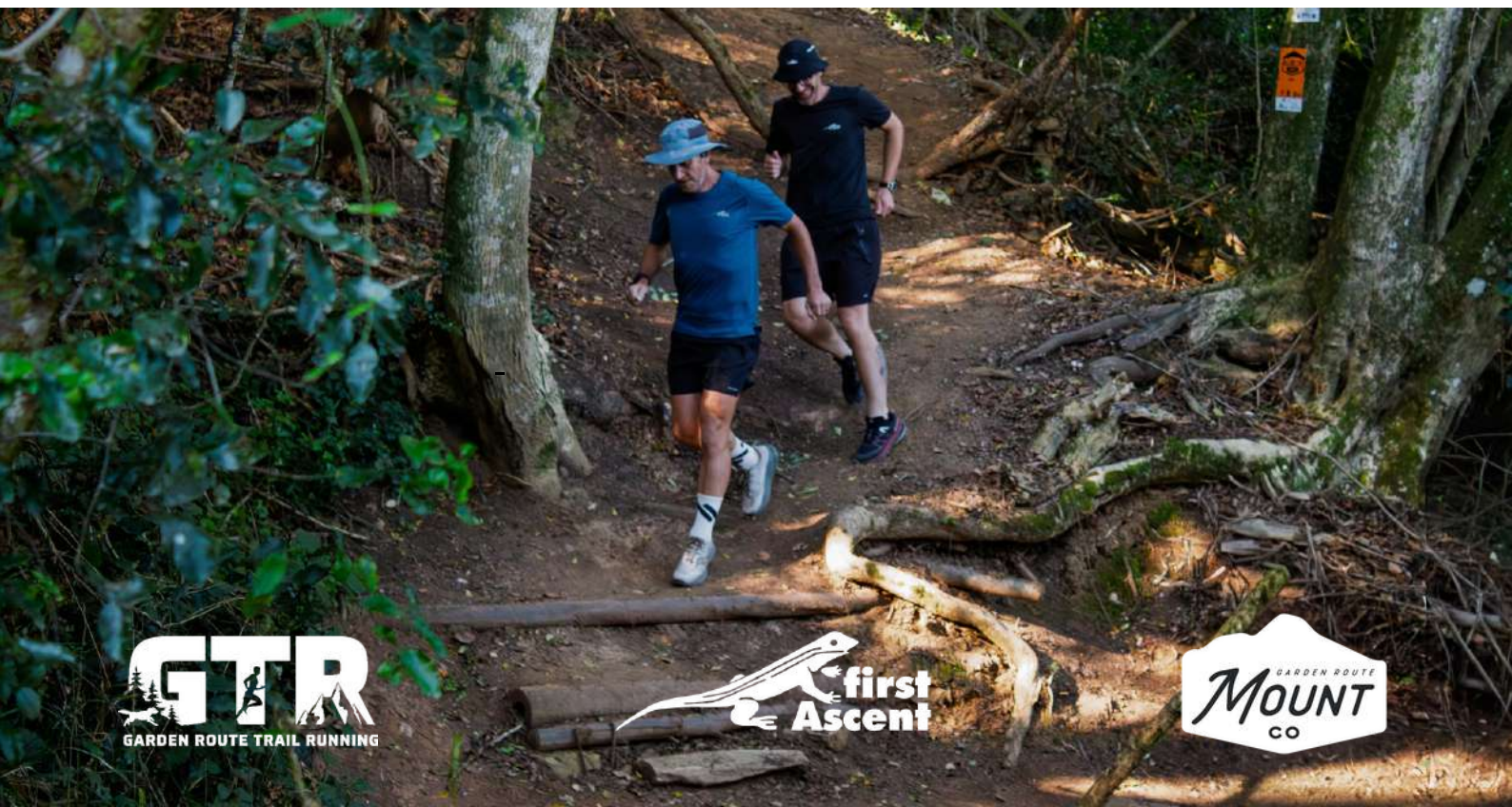
Parking: Limited

Dog Friendly: Yes (leash compulsory)

Difficulty: Moderate to easy

What to bring: 500ml of hydration

From our Sponsors: Run the route 3 times in December and qualify for 20% discount instore on all First Ascent products (To be spent instore for December 2025 only.



GTR Time Trial

Thursday 4 December

Join our running crew and enjoy a lekker time trial in the forest. There is also a 3km option.

Start Location:	Camphersdrift Dip
Start Location Pin:	<u>Map</u>
Starting Time:	17:30
Map of Route:	<u>Map</u>
Route Description:	There are markers on the GTR route. Distance = 5Km
Parking:	Yes
Dog Friendly:	Yes (leash compulsory)
Difficulty:	Moderate
What to bring:	Yourself :)



George Eco Stop

GTR 24 Hour Lap Run

Saturday 6 December

Join us for a Backyard Ultra style lap run, where you see how many laps you can complete in 24 hours! You can choose to run either 4.5Km or 6.7Km per lap, starting on the hour every hour until you can't anymore!

Start Location: Trail Kiosk Ground Zero

Start Location Pin: [Map](#)

Starting Time: 15:00

Map of Route: [4.5Km Lap](#) | [6.7Km Lap](#)

Route Description: This route is half on trail and half on road, balancing out nicely effort wise.

Distance = 4.5Km or 6.7Km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Easy going

What to bring: Bring a camping chair and cooler box with everything you need to push yourself to do one more lap!





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 in store, or shop online www.mountco.co.za



GTR Social Run: Monkey Business

Monday 8 December

Join our running crew on their adventurous Monday social runs. We run as a group, stopping at intersections and waiting for everyone.

Start Location: Botanical Gardens

Start Location Pin: [Map](#)

Starting Time: 17:40

Map of Route: [Map](#)

Route Description: This route takes you up to the Monkey swings. Tough climb out, easier run back. Distance = 8Km

Parking: Yes

Dog Friendly: Yes (leash compulsory)

Difficulty: Hard

What to bring: Yourself :)



Christmas GTR Time Trial

Thursday 11 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 = 3Km or 5Km
- Parking:** Yes
- Dog Friendly:** Yes (leash compulsory)
- Difficulty:** Moderate
- What to bring:** Xmas Spirit! Dress up in some festive cheer!



GTR Social Run X George Trails

Sunday 14 December

As part of the George Festival GTR is hosting a social run in conjunction with George Trails. This will consist of lower contour easy flowing trails in the local forest, run in a social run format. Afterwards we will enjoy a lekker cold beer together!

Start Location:	Trail Kiosk Ground Zero
Start Location Pin:	<u>Map</u>
Starting Time:	07:00
Map of Route:	<u>Map 7Km & 14Km</u>
Cost	R50 - this donation will go to Trail Maintenance
Route Description	Lower contour running, not technical Choose between 7Km or a longer 14Km route
Parking:	Limited
Dog Friendly:	Yes (leash compulsory)
Difficulty:	Easy run
What to bring:	1L of hydration
From our Sponsors:	A free finisher beer!



GTR Cross Hike

Tuesday 16 December

The annual Cross hike has become a holiday tradition in George and a time of year to experience gratitude and enjoy the lights with family and friends! You can pre-order a picnic basket from Trail Kiosk, see the link below.

Start Location: Trail Kiosk Ground Zero

Start Location Pin: [Map](#)

Starting Time: 16:00

(You can however start when it best suits you best)

Map of Route: [Map](#)

Route Description: We hike up to the Cross via Arbour road

Distance = 6 km

Parking: Yes

Picnic Basket Order: [Order Link for Trial Kiosk Picnic Basket](#) (Last order 15 Dec)

Dog Friendly: Yes (leash compulsory)

Difficulty: Moderately hard

What to bring: Headlamp, a picnic basket and a warm top.

Please hike in groups for this route and enjoy the festive company!





JOIN US FOR THE TRAILS - VERT RUN
21 DEC 2025 | 07:00 | TRAIL KIOSK
13KM / 21KM



MUT
MOUNTAIN ULTRA-TRAIL
BY **UTMB**

Registration Fee of R200 (onsite and online)
All funds will be for the GTR Trail Fund

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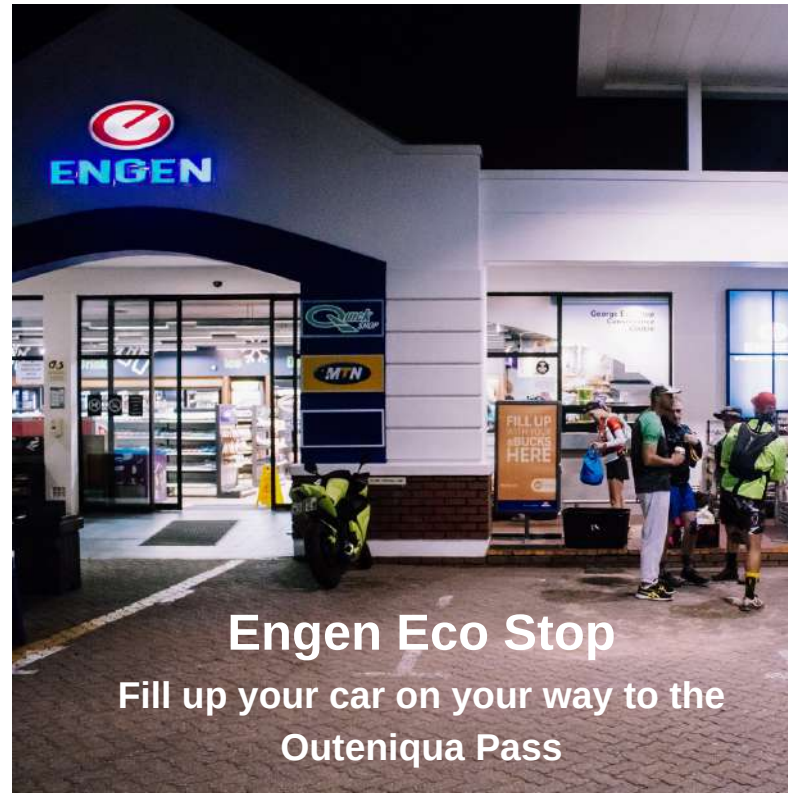
Friends of GTR

Let's support our local community!



Trail Kiosk

Perfect Coffee and eatery for the outdoor enthusiast. Bring your kids and dogs!



Engen Eco Stop

Fill up your car on your way to the Outeniqua Pass



MountCo Trail Shop

For all your trail running and outdoor gear needs

MountCo Xmas Lights Pajama Night Run

Monday 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! Lights, Santa's and all round Christmas cheer is what you can expect! Don't forget to stop off at the GTR "Waterpoint" in Oewer street for some refreshments.

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



GTR Time Trial Mossel Bay

Tuesday 23 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





ACCEPT THE CHALLENGE

CLIMB NEW HEIGHTS



George 2 | 4 | 6 Peaks Challenge

Sunday 28 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 Vandalens Peak for 6 Peaks (42km)

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

4 Peaks include Cradock and George Peak (30km)

Difficulty: Very 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

Wednesday 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!





**Let's enjoy the last month of 2025
to the fullest!
See you guys out there!**