



THE Cederberg Mountain Experience.

#ONEWAYOUT

70km. 3 days. One way out. Forward.

This is for those that want more than a run. This is not an event but an adventure with a purpose, to explore and enjoy the magic of the Cederberg.

For every entry we will donate and plant an endangered Ceder tree seedling on behalf of Sustainable Ceder. You will be helping to protect the precious Cederberg.

The gathering will be over three days; Friday the 29th to Sunday the 31st of August, with three routes, one at night.

The Wolfberg Arch: 18km, 800m ascent, 800m descent.

Tafelberg Plateau: 20km, 900m ascent, 900m descent

The Maltese Cross: 32km, 700m ascent, 700m descent.

Total distance run: 70 kms, 2400m ascent and 2400m descent

ITINERARY:

FRIDAY

19:00 to 20:00: Arrive at Driehoek Guest farm.

20:00 to 20:30: Welcome and a warm light evening meal.

21:00 to 21:30: Brief for the weekend – Plan for the weekend, camp layout, safety, routes, gear check etc.

22:00 to 03:00: Guided night run to the Wolfberg Arch 18km, 800m ascent, 800m descent.

03:00 Team check in at Driehoek. Get some sleep!

SATURDAY

07:00 to 08:00: Team wake up and breakfast.

08:00 to 14:00: Guided day run to Maltese Cross: 32km, 700m ascent, 700m descent.

14:00 to 17:00: Team check in at Driehoek. Light lunch. Guest speaker from Sustainable Ceder. Down time. Cold plunges at Driehoek.

17:00 to 20:00: Braai and refuel.

20:00 Get some sleep!

SUNDAY

05:00 to 06:00: Team wake up and breakfast

06:00 to 12:00: Guided day run to the Tafelberg Plateau: 20km, 900m ascent, 900m descent.

12:00 to 14:00: Team check in at Driehoek. Cold plunges. Debrief.

14:00 Drive back to Cape Town.

Gathering is for a minimum of 10 people and a maximum of 30.

INCLUDED:

Qualified and registered Adventure guides, all necessary permits, camping, tent, sleeping bag and mattress, meals (evening Friday, brekkie, lunch and evening Saturday, brekkie Sunday).

EXCLUDED:

Any other meals or drinks, personal medication, and anything not mentioned in inclusions.