



## Mountain Abandon

### Dear Athlete

Thank you for your interest in our mountain running Winter Experience.

Over the COVID period we realised just how important physical activity and human interaction is for mental and physical health. While many races and events are now back up and running, our limited number group runs during lockdown proved to us the value of moving for reasons beyond competition. In light of this and with the positive feedback we've received so far, we have decided to continue hosting our Running Experiences for the unique personal interaction and trail & mountain challenges they provide.

It is with great excitement that we share details for our **Winter Drakensberg Experience - Women's Day Special Edition!**

Although open to everybody, all women will receive a special discount rate for this weekend. It is the perfect opportunity to spoil your wife or mother, or just gather a group of friends for an active mountain getaway weekend! Royal Natal has a popular child-friendly and family orientated [camp site](#) and also offers chalet accommodation at the beautiful [Thendele Camp](#).

The objective of this weekend will be to take your trail running to the next level. You can expect plenty of runnable trail but with significant elevation gain and many technical sections. We will move only in the lower Berg but do not under-estimate the terrain! The runs will be relatively short but challenging, meaning mountains of fun out on the trail and back at camp while relaxing with friends and family afterwards.

Date: 7-9 August 2021

Location: Royal Natal National Park

Fitness/ Trail Skill Level: Intermediate

Price: R1600pp

**Special Women's Day rate: R1400 (all females)**

### What's Included?

- 3 days of running with experienced athletes Nicolette Griffieon and Pierre Jordaan.
- 3 GPS routes to upload to your device in order to practice navigation over the weekend.
- Option to do Day 3's run alone to hone navigation skills and solo mountain running confidence.

- Unlimited advice and Q&As with Mountain Abandon's UESCA certified running coaches.
- A fun group of like-minded athletes with whom to share knowledge, enjoy a long weekend of movement in the mountains, and share good stories over even better coffee with the amazing [Gegron Coffee!](#)

## **ITINERARY**

### **Day 1 (Saturday 7th) - Skills & Night Run**

Start time: 4pm

Expected duration: 2 hours

Focus: Trail skills, gear, navigation, safety and mental preparation for night running.

### **Day 2 (Sunday 8th) - Long Run**

Start time: 8am

Expected duration: 3-4 hours

Focus: Hydration and nutrition, climbing and descending.

### **Afternoon Q&As**

Time: 2-4pm

Q&A session on all things running, accompanied by delicious complimentary [Gegron coffee.](#)

### **Day 3 (Monday 9th) - Fun Run**

Start time: 8am

Expected duration: 2-3 hours

Focus: An optional self-navigated, solo or paired trail run based on a GPS track we will provide for you. An opportunity to put the weekend's navigation learning into practice and allow you to build your mountain running confidence, for this is what it's all about at the end of the day!

### **Compulsory Equipment**

Please note that this is a mountain running weekend. The weather in the Berg can be unpredictable and it is your responsibility to carry all the gear you may require for your own safety in inclement weather. Similar to most mountain and trail races in South Africa, we recommend the following to be carried on each run or when relevant:

- Hydration & nutrition
- Windshell
- Waterproof with a hood
- Thermal long top
- Gloves/ Buff / Beanie/ Sun protection
- Space Blanket
- Whistle
- Cellphone
- Headlight with spare batteries

### Optional Gear

- Poles
- Thermal pants
- Waterproof pants
- Extra socks
- Dry bag for clothing

### Accommodation

Royal Natal National Park offers camping at the [Mahai Campsite](#) as well as beautiful chalets at [Thendele](#). We advise you to book in advance, especially if you are looking for a chalet. Please feel free to bring along your family, provided that all children are supervised while you are out running.

### Registration

In order to register for the Mountain Abandon Winter Drakensberg Experience - *Women's Day Edition*, follow the link below and complete the form. We will be in touch with regards to payment details as we receive your details.

Link to form:

<https://forms.gle/9DNvM4wrscgQHcDz6>

### Indemnity

Please note that Mountain Abandon will not be held liable for any damage, injury or death that occurs over the weekend of the training camp. In joining us you accept full responsibility for all risks associated with physical activity and a mountain wilderness. It is your responsibility to ensure that you are in good health and carrying the necessary protective gear at all times.

\*An indemnity form will be e-mailed to you to sign and bring along or sign and email back to us.

### COVID Awareness

Please be considerate towards fellow athletes and campers by maintaining social distancing where appropriate, carrying a mask/buff at all times and self-isolating rather than attending the camp should you have been in contact with a COVID positive person or for any reason suspect that you may be ill. As runners our health is absolutely vital and we all need to respect ourselves and others in this regard.

### Contact Details

Email: [mountainabandon@gmail.com](mailto:mountainabandon@gmail.com)

Cell 0724373177 (Pierre) or 0836218003 (Nicolette)