



53km Race - Final Info includes Route Briefing

Race Weekend Schedule Overview

Friday 14 Aug

16h00 – 19h00	Race Registration at De Hoop Complimentary Strandveld Wine Tasting on offer at De Hoop Complimentary ButtaNutt Mocktails on offer at De Hoop
18h30 – 20h30	Dinner at De Hoop in Marquee Tent
19h30	Welcome briefing and Q&A in the Marquee Tent - not compulsory

Saturday 15 Aug

04h45 - 07h30	Pre-booked runner's breakfast available in De Hoop Restaurant
05h00 - 07h30	Complimentary Clock Peak Coffee & ButtaNutt Rusks at Canteen tent
05h50	53km runners - Bus departure to start
07h00	53km Start from Potberg
07h50	35km runners - Bus departure to start
08h00 - 11h00	Breakfasts available from De Hoop Restaurant
09h00	35km Start from Potberg
10h30	First spectator bus departs from De Hoop Reception to Finish
11h30	Record breaking 53km runners expected at finish
12h30	First 35km runners expected at finish
13h00	Finish line lunch buffet opens
17h00	PSG Six Dogs Gin Bar opens at De Hoop Restaurant
18h30 - 20h00	Dinner at De Hoop Marquee Tent
20h00	Prizegiving at De Hoop Marquee Tent

Race Venue, Lift Share and Fuel Stations

Please consider sharing cars to get to and from De Hoop. Use the [Whale of Trail FB Forum](#) if you are looking for a ride or passengers. Race Village is at [De Hoop Collection - Overberg, WC](#). (Do NOT follow Whale Trail Hike signs or go to Potberg on Friday!)

Please note - last fuel is available at Swellendam or Bredasdorp. Please plan accordingly!

CapeNature Entrance Gate

On arrival at the main gate to De Hoop Nature Reserve, runners entered in the race will be checked against a list and not required to pay the CapeNature entry fee. Accompanying non-runners will be asked to pay R50 pp. Wild Cards are accepted.

Allow 20 minutes to drive to De Hoop Collection from the main gate and park in the designated race parking area.

Walk to De Hoop Reception for your Accommodation or Glamping Tent check in or the nearby Race Registration desk in no particular order.

De Hoop Accommodation and Glamping Tents

- Check in to your booked room or tent at De Hoop Reception.
- Every person 18 years and older staying overnight at De Hoop (including the Glamping village) MUST fill out an indemnity form. To save time at check in **please fill out the form attached at the end of this document** in advance and bring completed with you to registration.

Race Registration

- **MUST BE DONE PERSONALLY BY EACH RUNNER and ID IS REQUIRED**
- **NO BAG OR ENVELOPE WILL BE ISSUED TO A THIRD PARTY**
- You will receive your personal Race Envelope which will contain:
 - Race number and pins
 - One non-removable wristband for Friday Dinner, Saturday Finisher's Meal, Saturday Dinner and a Free Gin & Tonic from the PSG Six Dogs Gin Bar. If you don't want to wear it, you need to ensure you have it with you when collecting all your meals
 - Bag tag for your dropbag
 - Any pre-ordered meal vouchers for accompanying supporters (also in wristband form)
 - There is no voucher for any pre-ordered breakfasts. You will simply give your name to a staff member at the De Hoop restaurant when you go to collect.
- Use your Race Envelope to collect:
 - Your unique drop bag - plenty big enough for a change of clothes, shoes, shower gel and towel that you may want at the Finish. **It is the only bag** that will be transported to the Finish for you
 - Your race garment
 - Any pre-ordered Hoodies or Caps
 - ButtaNutt Gift
 - PSG Gift
- **There is no compulsory kit check at Registration.** It is your responsibility to run the race with the required kit as per the list. The first five men and women finishers will need to present their (sweaty!) bags to verify that they carried everything and random checks will be implemented on the rest of the field. Missing items will incur time penalties of minimum 30 min each. If you have any doubt about your compulsory kit please bring it to Reg and discuss with the Race Director.

At Reg you can also:

- Order and pay for any last minute extra meal orders for accompanying non-runners
- Make a donation for Ouplaas School fund
- Purchase a hoodie or cap
- All via Credit Card only

Meals

- Runner's wristband provides for Fri Dinner at De Hoop, Sat Finisher's Meal at the Finish venue at Koppie Alleen, and Sat Dinner at De Hoop
- If you have indicated by email that you will not be attending either dinner, it will be crossed off your meal bracelet. Outside caterers are contracted to provide all our race meals
- Additional Meal Tickets for supporters can still be purchased at Registration for Fri dinner (R260), Sat Lunch (R230), Sat Dinner (R300). Credit Card only
- Friday and Saturday Dinners are served in the marquee tent at De Hoop
- There is a BAR in the tent taking Cash or Card
- Saturday & Sunday Breakfast at De Hoop Collection Restaurant is served 08h00 – 11h00 for supporters on Saturday and everyone who has booked on Sunday. Please book for this with De Hoop Reception on arrival if you have not done so already.
- The De Hoop Collection Restaurant is not open for dinner on this Friday or Saturday and Bites Restaurant at the finish is not serving lunch on Saturday.

Live Updates and Social Media

Live updates of checkpoint times will be broadcast on [our website](#) and photos, stories and info will be posted live on FB and Insta during the day.

[Whale of Trail Facebook Page](#)

[Whale of Trail Facebook Event Page](#)

[Whale of Trail FB Forum](#)

[Whale of Trail Instagram](#)

Saturday, 15 August - RACE DAY - 53km

Runner's Breakfast (pre-booked)

Available from 04h45 at the De Hoop Restaurant if you have pre-booked this.

Bus Transfer to Start

- Please make sure to fill your water bottles before arriving at Potberg. There will be waterdrums at the canteen tent by the Glamping Village at De Hoop.
- We strongly suggest you hand your room key in to De Hoop Reception
- **05h50 Buses** - for the 07h00 start - for runners only - leave from outside De Hoop Reception for the 40 min drive to the start at Potberg. There will not be a roll call.
- If you wish to self-drive, note there is no transfer back to the Start later. You must have a driver drop you off. Park in designated area to not block the buses.
- **NOTE UNFORTUNATELY NO SPECTATORS OR UNAUTHORISED VEHICLES ARE ALLOWED INTO THE RESERVE BEYOND THE START VENUE AT POTBERG HUT**
- If staying outside De Hoop and you have arranged to register this morning, please arrive at Potberg by no later than 06h15 and check in at the Late Registration desk inside the Potberg Enviro Centre.
- There are toilets at Potberg.

Bag Drop

Take your official drop bag (received at registration) packed with anything you would like to see at the Finish and hand in at the designated bus trailer at the Start. We suggest:

- ✓ Towel and biodegradable soap (there are showers at the finish)
- ✓ Sunscreen
- ✓ Fresh shoes and warm clothing
- ✓ **CARD or CASH for drinks** - at the finish
- ✓ If you do not wish to wear your wristband, make sure it's in your bag so you can get your Finisher's Meal.

Race Number

Please pin your race number to the **FRONT** of your running shirt, visible to the race officials and **know what your number is**.

Compulsory safety kit

- Water containers (recommended minimum 2 litres)
- WATERPROOF rain jacket, seam sealed with hood
- Base layer – long top
- Buff or head gear
- Whistle
- Space blanket
- Cell phone – emergency numbers are printed on your race number

THE ROUTE

- [See full route details, time chart, flyover and race map on the race website](#)
- There is an interactive map of the route on the page with notes on how to download GPS tracks.
- The Whale Trail is a well-established, marked and maintained hiking route. The race route follows the trail. We have marked the trail with orange tags **ONLY** where a split or a minor path option may cause confusion.
- Route choice on beach sections is up to you and changeable depending on tide height.
- The mountain section is easier than the route profile suggests. The coastal section is not! **Save some energy for the second half of the race!**
- Sit a while and watch the whales!
- **Be aware that the distance read on different watches will vary – most people get readings of around 54km at the finish. Rather focus on distances between checkpoints.**
- Sunrise: 7:19am Sunset: 18:08
- **Low Tide: 10h51 / High Tide: 17h07**

Checkpoints and Water Tables

There are **five Checkpoints on the 53km route**. Ensure your race number has been recorded.



Please refer to your Race Bib for route profile, distances and checkpoints.

BRING YOUR OWN CUP FOR WATER TABLES - We have avoided single use plastic for 9 years.

[32Gi is a leading Endurance Sports Nutrition provider](#) partnered with us to power you through the day. 32Gi Hydrate drinks will be found at all the tables and at the finish. 32Gi is:



[ButtaNutt](#) nut butter products will also be in abundance to treat you to wholesome, plant based, sugar free deliciousness.

You will also find fresh fruits, home baked goodies, savoury options and of course boiled and salted potatoes at various tables.

- **Checkpoint 1 – Cupidoskraal Hut**
 - Start to CP1 = 14km / 704 m D+
 - 32Gi Hydrate drinks, Coconut water, Water
 - Fruits, potatoes, muffins, dateballs, ButtaNutt sachets
 - Medics
 - CUT OFF CP1 at 10h30. Redirected on to 35km route.
- **Checkpoint 2 – Road crossing**
 - CP1 to CP2 = 9,5km / 347m D+
 - Total distance = 23.5km
 - 32Gi Hydrate drinks, Coconut water, Water, Coke
 - Fruits, potatoes, muffins, dateballs, brownies, ButtaNutt sachets
 - Marmite and salty crackers
 - Medics
 - CUT OFF CP2 at 12h00 - Redirected on to shorter route. If arrive after 12h30 - transported to CP4.
 - Note there is NO WATER between CP2 and CP4 a distance of 14.5km which can take up to 4 hours
- **Checkpoint 3 – Noetsie turn**
 - CP2 to CP3 = 4,5km / 56m D+
 - Total distance = 28km
 - Checkpoint only. No food or water
- **Checkpoint 4 – Lekkerwater**
 - CP3 to CP4 = 10km / 324m D+
 - Total distance = 38km
 - 32Gi Hydrate drinks and bars, Coconut Water, Water, Coke
 - Fruits, potatoes, muffins, dateballs, brownies, savoury quiche bites, ButtaNutt sachets
 - Marmite and salty crackers, sweets
 - Medics
 - CUT OFF CP4 at 15h00. Transport to De Hoop, not passing the finish. Drive time approx. 1hr10min

- **Checkpoint 5 – Vaalkrans**

- CP4 to CP5 = 8km / 232m D+
- Total distance = 46km
- 32Gi Hydrate drinks and bars, Coconut Water, Water, Coke
- Hot tea, coffee, hot chocolate and soups
- Fruits, potatoes, brownies, savoury quiche bites, ButtaNutt sachets
- Marmite and salty crackers, sweets, popcorn
- Medics
- CUT OFF CP5 at 16h30. Transport to De Hoop, not passing the finish. Drive time approx. 1hr10min
- CP5 - Finish = 7km / 200m D+

Toilets for runners

At Potberg Start, and CP5 hut (46km) and Finish. If absolutely necessary, you can detour off the route to Cupidoskraal hut at 14km (just after the Water Table) and Hamerkop hut at 34km.

Medics

Western Cape EMS will be stationed with 4x4 vehicles for emergency purposes as well as 2 roaming medical Doctors and an ALS medic. Any evacuation outside the Reserve or hospitalisation will be for the runner's own account. Your emergency contact and Medical Aid details as provided on your entry form will be held by the Medics to use should they need to arrange treatment.

Emergency

Should you have an accident and it is not safe for you to move, first put on your warm clothing and space blanket. Then call the numbers printed on your race bib. If in a spot with no signal, give your bib number, exact distance covered and nature of injury to a fellow runner to call in. We will make the necessary plans for rescue personnel to get to your location. Note that this will take longer than you would like. Stay hydrated, conserve your phone battery and **DO NOT MOVE from your stated location.**

Withdrawals

Driving distances between Checkpoints and the Finish and De Hoop are far and often on bad dirt roads. No spectators or unauthorised vehicles are allowed into the reserve past Potberg.

As such, THERE IS NO EASY OR QUICK WAY OFF THE COURSE and as our staff are all primarily concerned with the safety of every runner on the route, **THERE IS NO TAXI TRANSPORT FOR RUNNERS WHO JUST DECIDE TO PULL OUT** until the race course is cleared of all runners. This could mean a long wait until 17h30. Should you need to withdraw, please discuss with the Checkpoint official who will outline your options after consultation with the Race Director. Generally, you will be encouraged to keep moving to the Finish. There are shortcut options from CP1 and CP2 only.

Finish Venue

- The official Finish line is at the top of the boardwalk off the beach
- You will receive your drop bag and Finisher's Meal (meal wristband required) with all day buffet
- Complimentary 32Gi Hydrate and ButtaNutt Milks and Coconut Water
- If supporters are joining you, they need to buy lunch ticket in advance (at Registration) as there is no other food option available here for sale
- Other drinks are available for purchase from Bites restaurant – **CARD or CASH ONLY**
- There are toilets and rinse off hot showers here
- Shuttle buses run every 30 minutes back to De Hoop, about 30 min travel time.

Post Race Massage

15min leg massages are offered free of charge by FHR Sports Performance Solutions at the finish to all runners on a first come first serve basis until 17h45.

Shuttle service between Finish and De Hoop

- **NO UNAUTHORISED VEHICLES ARE ALLOWED TO PARK AT KOPPIE ALLEEN (FINISH).**
- There will be a free shuttle service running between De Hoop Race village and the parking at Koppie Alleen every 30 min for athletes and supporters from 10h30.
- The only way for supporters to get to the finish is via the shuttle service.

Lost and Found

Any items found or turned in will be placed in a marked box at the Restaurant from Saturday afternoon. Anything unclaimed by Sunday afternoon will be donated to a charity.

PSG Six Dogs Gin Bar

Set up from 17h00 near the Restaurant at De Hoop. Present your wrist band for a complimentary G&T.

Prizegiving

- 20h00 at the marquee at De Hoop.
- The R90 000 PSG - Rosebank prize purse for the podium winners of the 53km will be awarded
- Podium medals awarded to 53km Masters and Veterans
- Podium medals awarded to 35km Overall, Masters and Veterans
- Age categories are based on age as at 31 December 2026 (as per ITRA rules)
- R10 000 PSG - Rosebank Lucky Draw prize. Every finisher of the 53km and 35km is eligible for this
- Lots of other Lucky Draw prizes sponsored by Merrell, De Hoop, CapeNature, Six Dogs, ButtaNutt, Black Diamond, 32Gi and Strandveld wines will be drawn from the Whale Tale cards
- All winners forfeit their prize if not present at Prizegiving

Good luck with all your final prep. We, and the whales, look forward to seeing you on the trail next weekend!

Please go now and fill in and print the attached Indemnity form for all Accommodation at De Hoop

MELKKAMER
MK Foremans Cottage
MK Manor House
MK Vlei Cottage

DE HOOP VLEI

BOMA
- Race Registration (Fri)
- Strandveld Wine Tasting (Fri)
- Six Dogs Gin Bar (Sat)

DINNER TENT

GLAMPING CANTEEN
- Charging Station

RONDRAWELS
1. Black Harrier
2. Flamingo
3. Hadedda
4. Cormorant
5. Herron

CAMP SITE

CARAVAN SITE

VLEI COTTAGES
1. Hoepoe
2. Pelican
3. Fish Eagle

EQUIPPED COTTAGES
1. Mountain Zebra
2. Bontebok
3. Baboon
4. Steenbok
5. Duiker
6. Eland
7. Grysbok

GLAMPING TENT AREA

PARKING AREA

BUS TRANSFERS TO START AND FINISH

DE HOOP Reception

RESTAURANT

BOATHOUSE

POOL

TENNIS

OPSTAL

1. Dassie Suite
2. Vlei Suite
3. Stable Suite
4. Manor Suite
5. Figtree Suite
6. Cloete Cottage
7. Cloete Suites

OTTER SUITES

Giant Kingfisher

Sacred Ibis

OPSTAL HOUSES

Blue Crane

Black Oyster Catcher

DE HOOP VILLA

MERRELL WHALE OF TRAIL

PSG Wealth
Rosebank
CapeNature

VILLAGE COTTAGES
1. Morea
2. Gladiolis
3. Watsonia
4. Aloe
5. Restio
6. Protea
7. Pelargonium
8. Erica
9. Oxalis

DISTANCES FROM TURN OFF
→ to De Mond Villa 4km
→ to Melkkamer 12km

DE MOND VILLA

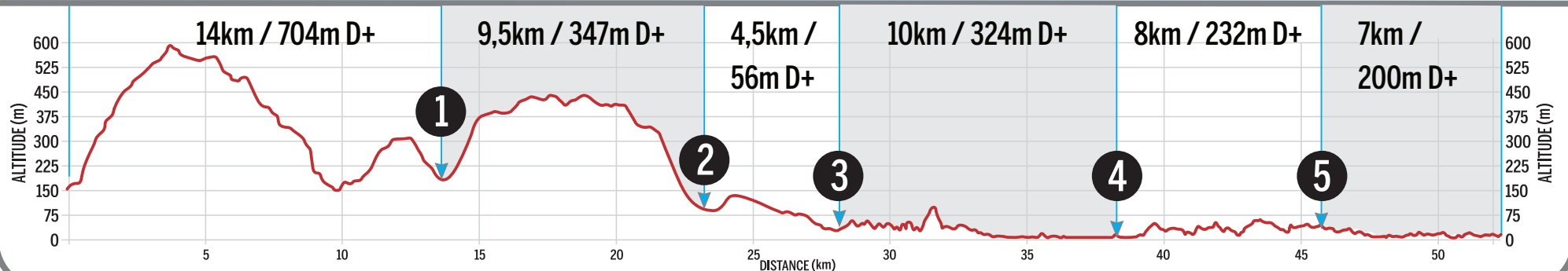
Melkkamer Gate

Melkkamer Rd

VIEW POINT



MAP NOT TO SCALE



MERRELL WHALE OF TRAIL - 53km Ultra Run

Split Distances and Predicted Times

Predicted Times

Checkpoint	Description	Split Distance (km)	Cumulative Distance (km)	Dist to Finish	Split Ascent (m)	Split Descent (m)	Cumulative Ascent (m)
CP1	Cupidoskraal Hut	14.0 Km	14.0 Km	39.0 Km	704	(681)	704
WP1 / CP2	Road crossing	9.5 Km	23.5 Km	29.5 Km	347	(415)	1,051
CP3	Noetsie Hut turn off	4.5 Km	28.0 Km	25.0 Km	56	(124)	1,107
WP2 / CP4	Lekkerwater	10.0 Km	38.0 Km	15.0 Km	324	(362)	1,431
CP5	Vaalkrans Hut	8.0 Km	46.0 Km	7.0 Km	232	(220)	1,663
Finish	Koppie Alleen	7.0 Km	53.0 Km	0.0 Km	200	(195)	1,863
		53.0			1,863	(1,997)	

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GUEST INDEMNITY

(All guests 18 and over must complete and sign this form)

FULL NAMES _____

RESERVATION NUMBER _____ PASSPORT / ID NUMBER _____

NATIONALITY _____ EMAIL ADDRESS _____

CONTACT NUMBER: _____

DATE OF ARRIVAL _____ WOULD YOU LIKE TO RECEIVE OUR NEWSLETTER AND SPECIALS? YES / NO

CONDITIONS OF RESIDENCE AND INDEMNITY

1. The guest by signing the Registration / Indemnity Form warrants that he/she is **duly authorised** to bind his/her principal and his/her accompanying party to these conditions of residence and indemnity and acknowledges that notwithstanding any charge instruction he/she is **personally liable** for all amounts arising out of the residence of him/herself and his/her accompanying party at the reserve.
2. The guest and his/her principal and his/her accompanying party by signing the Registration Form **agree to pay** not later than the time of departure the cost of beverages and other charges and any taxes (if applicable) incurred by the guest and his/her accompanying party during their stay at the De Hoop Collection facility.
3. The guest and his/her accompanying party acknowledge that it is a condition of their occupation of the De Hoop Collection ('the premises') that De Hoop Opstal PTY LTD and the De Hoop collection group (collectively referred to herein as 'the Company'), its management, staff and employees and any person directly or indirectly connected with the running of the premises shall not be responsible or liable for the **loss of or damage to any property or personal effects** brought onto the premises howsoever arising and irrespective of whether such loss or damage is caused by negligence (gross or otherwise) on the part of the Company and its staff. (If this indemnity is deemed to fall within the ambit of the Consumer Protection Act ['the CPA']), then the reference to 'gross' will not apply)
4. The guest and his/her accompanying party acknowledge that they are aware of and appreciate the **dangers and risks** that are associated with game reserves, wilderness areas and Lodge facilities arising out of the presence of wildlife and that the nature and potential effect of such risks has been explained to the guest and his/her accompanying party and which includes the risk of suffering **bodily injury, illness, trauma, death or loss of property** which may result out of an encounter with or the presence of wildlife whilst at the premises or on a camp activity.
5. The guest and his/her accompanying party hereby **waive all claims of whatsoever nature and howsoever arising** which they may have against the Company, its management staff and employees and any person directly or indirectly connected with the running of the premises and **irrespective of negligence (gross or otherwise)** on the part of those hereby indemnified. (If this indemnity is deemed to fall within the ambit of the CPA, then the



reference to 'gross' will not apply and the waiver will not be deemed to exclude any claim for injury or death based on an error or omission of any of the parties in whose favour the indemnity is given)

6. The guest and all members of the accompanying party indemnify and hold harmless the company, its management, staff and employees and any person directly or indirectly connected with the running of the premises against all claims of whatsoever nature and howsoever caused made by their spouse, children or dependents, whether minor or adult, arising out of any bodily injury, death or loss of or damage to property and **irrespective of negligence (gross or otherwise)** on the part of those hereby indemnified. (If this indemnity is deemed to fall within the ambit of the CPA, then the reference to 'gross' will not apply and the waiver will not be deemed to exclude any claim for injury or death based on an error or omission of any of the parties in whose favour the indemnity is given. Furthermore, the exclusion of liability for consequential, economic and/or indirect loss or damage will not apply if this indemnity is deemed to fall within the ambit of the CPA and the loss or damage or harm is deemed fall within the ambit of section 61 of the CPA).
7. A **certificate** from the General manager shall constitute prima facie proof of the amount of indebtedness of the guest and his/her principal and his/her accompanying party for all purposes including any proceedings by the company against the guest and/ or his/her principal and his/her accompanying party.
8. In the event of bodily injury or death the company may at its discretion and without admission of liability, arrange to **pay for emergency medical treatment** for and on behalf of any guest and his/her accompanying party.
9. **POPI/GDPR**
Passengers ('the Client') are deemed to give their voluntary, specific and informed consent that the travel agent/tour operator may (in terms of the Protection of Personal Information Act, Act 4 of 2013 & the European Community General Data Protection Regulations): process personal information ('PI') i.e. collect, store & disseminate as explained in the privacy policy of the travel agent/tour operator ;share PI with third parties who provide services and products; approach the Client with business opportunities, promotional events, special offers and sales by direct marketing or otherwise;
The parties agree that:
Consent may be withdrawn, deleted, qualified or amended upon written request from the Client;
The Client may pre-emptively block any communication;
The Client may request any direct marketing to be stopped;
Any communication must only relate to goods or services similar to what the Client bought from travel agent/tour operator or its suppliers;
10. The guest by signing the Registration / indemnity Form:
 - a.) Consents to his/her child/children staying at the De Hoop facilities and participating in all activities associated therewith, subject to policies of the company in respect of children which are in force from time to time.
 - b.) Acknowledge that the proposed visit will be at the sole risk of his/her child/children.
 - c.) Waives on behalf of his/her child/children all claims of whatsoever nature arising out of the proposed visit to the premises and indemnifies and holds the company harmless in respect of any such claims.

SIGNATURE _____ DATE _____