

Go! Festival of Hiking – everything you need to know

Thank you for entering for the first Go! Festival of Hiking, brought to you by Hi-Tec in association with Stanley

Venue: Meerendal, on Vissershok Road just outside of Durbanville

Registration (please bring your reference number):

Thursday: 12:00 to 19:00 at Hi-Tec in Tygervalley Shopping Centre

Friday: 12:00 to 18:00 at the Go! Festival of Hiking ground at Meerendal

Meals:

- If you have ordered a braai pack, collection is available from 19:00 on Friday evening and 18:00 on Saturday. We'll provide the coals, but you need to braai your own meat.
- Participants in the 25 km hike can pick-up a sandwich from 5:20 on Saturday morning.
- You can reserve tables at your own expense at Bossa or La Romantica in Meerendal.

Starting times for the hikes:

Friday

5 km: 18:00

Saturday

25 km: 06:00

12.5 km: 07:00

5 km: 08:00

Sunday

10 km: 10:00

Prize Giving at 11:00

Water stations: There are only water points on the 12.5 km and 25 km routes. Please bring your own water bottle to refill as there will be no sachets or cups.

Trash: There are bins at the festival grounds but not along the routes. Please carry your own rubbish back to the festival grounds and dispose of it in the bins.

Parking: Special parking is available for festival goers. Take a left immediately after the Meerendal turn-off to access the designated parking field next to the festival grounds.

What will the routes be like?

Friday: A family friendly 5 km on the farm roads of Meerendal.

Saturday:

5 km: You hike a variation of Friday's route. It's not too challenging but the route is gravel.

12.5 km: The first 4 km will be the most challenging. You must go up and over Dorstberg. Expect a decent ascend and a tricky descent. After that, the route meanders over farms back to Meerendal. There are 2 water points and toilets along the way.

25 km: The first 4 km will be the most challenging. You must go up and over Dorstberg. Expect a decent ascend and a tricky descent. After that, the route meanders over farms back to Meerendal. There are 3 water points and toilets along the way.

Sunday: An easy 10 km on gravel roads on Meerendal.

Clothing and equipment: A hat is essential, as well as shoes that can handle dirt and gravel roads. The 12.5 km and 25 km hikes include a steep ascent and descent for which you need good traction on your shoes. [Hi-Tec](#) makes affordable trail running shoes for those who don't have a suitable pair. We recommend walking sticks for the longer routes, but it is not essential.

Smoking: The routes run over dry grassy plains and a wildfire would be catastrophic. Please only smoke at the festival grounds and at the water points along the way.

Medical emergencies: There will be an ambulance team on duty at the event. For all medical emergencies, contact the phone number on your race number (which you get at registration) for help.

Snakes: It's snake season and there are puff adders and yellow snakes in the area. Do not stray from the designated paths. In case of a snake bite, call the ambulance team – they have antivenom on hand.

The weather (it can change):

Friday: 13 to 23 °C

Saturday: 13 to 26 °C

Sunday: 16 to 31 °C

Please bring a hat, sunscreen and rehydration mixture. No rain or strong wind is predicted.