



DEC 13-17

DECEMBER '23 TRAINING CAMP

HALLIWELL
COUNTRY
INN, KZN
MIDLANDS

This year our training camp will most definitely include riding some of the best single track in South Africa as well as the best gravel the KZN has to offer ... and there is a lot.

We will again have 2 groups and the trails will also differ for the groups with the stronger group riding a bit more trails than the 2nd group (more info on this soon)

Join the WhatsApp group for our December '23 training camp [HERE](#):

Please give me a shout if you have any questions –

Johann 082 857 3735

DETAILS:

We are again excited to take you on a cycling adventure through our beautiful country. This year we will focus on the KZN Midlands...Karkloof (one of the best trail networks in South Africa) to be more exact.

DATE & VENUE:

Date: 13 – 17 December

Venue: Halliwell Country Inn

- > We will arrive at our base for this year's training camp – [Halliwell Country Inn](#) on Wednesday 13 December.
- > Our 1st riding day will be 14 December and our last riding day will be on Sunday, the 17th December.

After the camp, you can head back home, or enjoy the beauty of the KZN Midlands a while longer.

**IMPORTANT NOTICE: WE ONLY HAVE ACCOMODATION FOR 24 PEOPLE.
BOOK YOUR SPOT NOW!**

PLAN:

As always, the purpose of our year-end/ new-season-base-building training camp is to give you a good fitness bump. This year this is still the focus, but we are adding some flavour with some of the best single-track in South Africa.

We are doing this to create a bit of balance between endurance miles and trail confidence.

There will be 2 groups every day. One for the faster and more adventurous riders and 1 for those of you who are not so confident on the trails.

We will also have a small camp challenge!

Each day we will include the same single-track segment and we will be measuring your improvement through this section during our training camp.



PLAN:

Day 1:

- Short warm-up
- Single track segment
- Move to gravel.

Total distance +- 105km and around 2000m of climbing.
(Same route for both groups)

Day 2:

- A shorter day with around 20km of flowing single track,
- Including our test segment.

Total distance +- 60km and around 2000m of climbing.

Day 3:

- Test trail segment early in the ride
- Move to the gravel again.

Total distance +- 105km and around 1800m of climbing.

Day 4:

- A shorter day with around 20km of flowing single track,
- Including our test segment.

Total distance +- 50km and around 1500m of climbing

COST:

R5900 per person

(R3000 payable by September with balance due end October)

INCLUDED:

- Accommodation, breakfast and lunch for 4 nights at the stunning Halliwell Country Inn
- 2 Backup vehicles, snacks, and fuel along the way.
- Support riders with each group to assist with any technical problems you might have.
- Training with purpose
- Training and racing discussions every evening
- An AMAZING time with like-minded people.

EXCLUDED

- Supper – There is a wonderful restaurant, or you can drop into Howick if you want something that is not on their menu.