



ROUTE DESCRIPTION FOR MONT-AUX-SOURCES CHALLENGE 2021

The Mont-Aux-Sources Challenge is SA's Oldest Trail Run, and takes you up to over a third of the way up Everest! You will start your run in the picturesque Mahai Campsite, and then run past Gudu Bush, on your way up to Witsieshoek Resort.

This is where one of our camera traps at the Bearded vulture feeding site is placed. A fabulous water table awaits you at Witsieshoek. From there you will run up a gnarly dirt road section, followed by some paved tar to ease your tired legs! Keep a lookout for the Bearded vulture along the way – they have been known to roost alongside the road on the brick walls.

At Sentinel Car park, 18 km in, you will be greeted by our hosts at the car park, who will make sure that you have enough water and food to carry you up the zig-zags, and onto the Chain ladders. At the chain ladders, you will be met by Gavin and his team of professional mountain guides, to strap you into a safety harness for the exhilarating climb up the chain ladders.

Take a bit of time on your way up to savour the view!! Just don't look down. Once you ascend the chain ladders, you will have a short incline to the top of the world!! Two km more will take you to the top of the worlds highest waterfall.

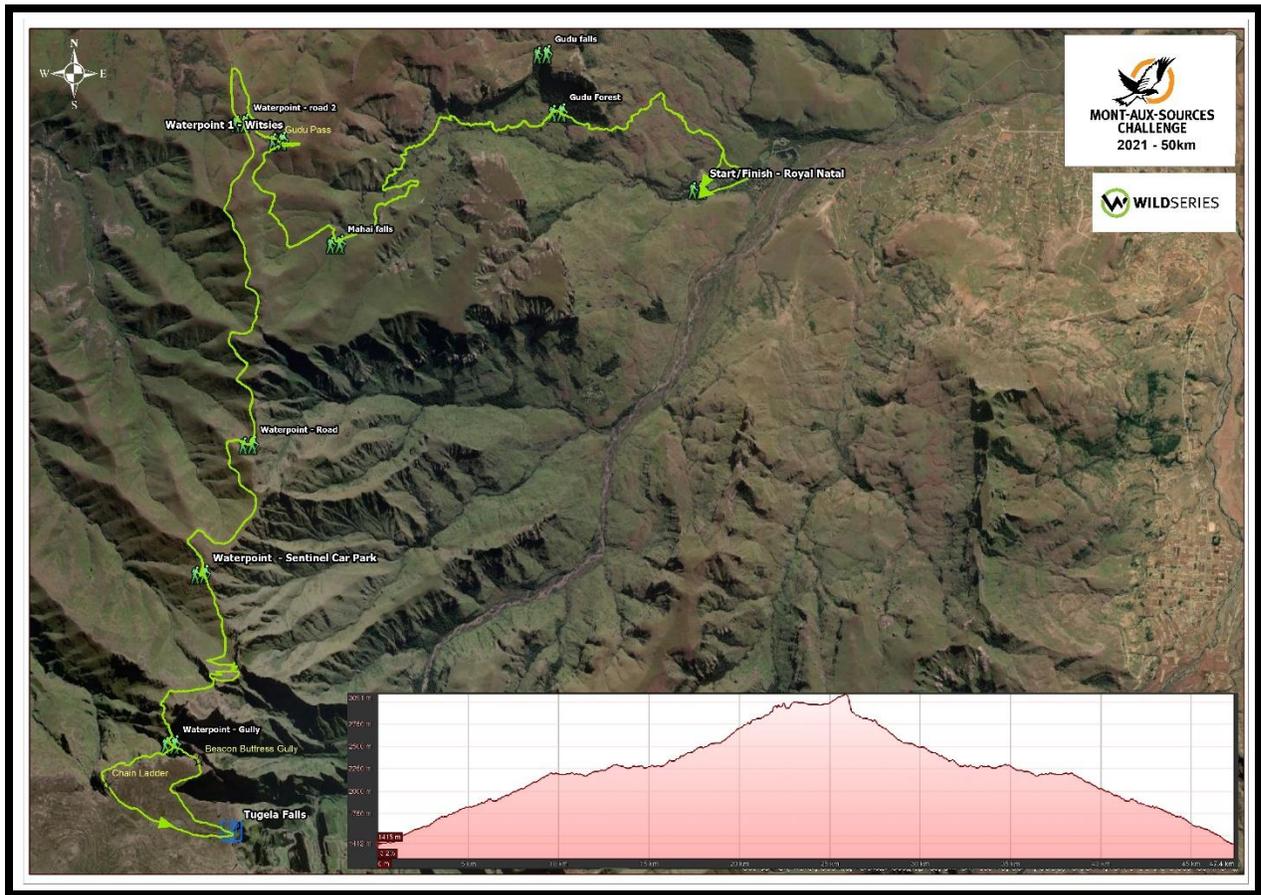
Take a moment out to savor the view, and then make your way to the Gully, where you will descend the rocky path down, again assisted by Gavins team and fixed ropes to hold onto. You might even encounter some snow. Once you reach the trail again, its time to head down and stock up again at Sentinel Car park, for the last push down.

Keep strong, keep your head in the game, and you will have conquered the mighty Mont-Aux-Sources Challenge and earned your special trophy! Good luck!!



50Km

Elevation Gain: 3091m



BROUGHT TO YOU BY



IN PARTNERSHIP WITH





21Km

Elevation Gain: 2210m

