

# TASMANIAN TRAIL RUNNING ACADEMY

PROUDLY BROUGHT TO YOU BY FIND YOUR FEET, THIS IS A 3 DAY EDUCATIONAL & RECREATIONAL OPPORTUNITY FOR TASMANIAN TRAIL RUNNERS.

## QUICK FACTS

**Tour Duration:** 2 nights & 3 days

**Date:** Friday, October 30th - Sunday, November 1st

**Departs:** 'Find Your Feet' - 107 Elizabeth Street, Hobart @ 11:30am

'Find Your Feet' - 23 Kingsway, Launceston @ 2pm Friday 30th October.

**Returns:** 'Find Your Feet' - 23 Kingsway, Launceston @ 1:45pm

'Find Your Feet' - 107 Elizabeth Street, Hobart @ 4pm Sunday, November 1st

**Maximum Group Size:** 24 guests

**Accommodation:** 'Dales of Derby' group accommodation

**Meals:** Dinner on Day 2 is included\*

**Transport:** Two way bus transport is provided with a Hobart and Launceston pickup and drop off.

## RUN DETAILS\*\*

**Minimum Run Duration:** 8km/70min

**Maximum Run Duration:** 15 - 20km/3hrs

**Technical Difficulty:** Beginner to Moderate (everyone is welcome!)

**Steepness:** Undulating to steeper mountain slopes

*\* We believe meal times are important for coming together and celebrating the experiences we are having. Therefore, we will be providing a wholesome, delicious and plant-based dinner on Day 2 of this camp. All other meals are self-catered and there is a large commercial kitchen in our accommodation for your use. We will provide more detailed information about what to bring closer to the time.*

*\*\* Our tours & academies are a 'holiday' involving trail running. So, whilst we have an itinerary and plan for what knowledge and experiences we wish to impart, our guides and coaches will craft each days' runs to meet your individual needs. This is not a training camp, but rather an educational opportunity. On every route we will frequently stop to teach, soak up the ambience and to take plenty of photos. Therefore, running distances noted in this itinerary can vary to differentiate between guest abilities and make your Find Your Feet holiday a rich experience.*

## ACADEMY HIGHLIGHTS

- Arrive and head straight out the door for an educational night run with our coaches, guides and other guests. Who is brave for a night-time swim afterwards?
- Enjoy a relaxed dawn run on the trails of Derby on Day 2. Return for a communal breakfast in our shared accommodation at 'Dales of Derby'.
- Experience a whole morning of trail running education on the trails around Derby on Day 2. Learn the art of uphill, downhill, technical trails, cornering and 'going faster'.

- Participate in relaxed trail running & wellbeing focussed workshops on Day 2. Topics can include: nutrition, hydration, 'training' as an adult athlete, 'adventuring & missioning', recuperation, thriving with age, & trail running psychology.
- Relax over a wholesome plant-based meal with your new trail running friends on Night 2.
- Explore the Blue Tier on a long run on Day 3 before a relaxed debrief at the Welborough Hotel prior to departure
- Say farewell to your new trail running friends, knowing that there are so many more adventures to be had together!

## ITINERARY

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### Part 1: Meet 'the crew' & explore the trails of Derby at night

We will offer two pick up locations of Hobart and Launceston. This is our first meeting point and the beginning of a great weekend.

Our hub for this academy is the award-winning, architectural designed 'Dales of Derby', a group accommodation situated on the main street of Derby. From here we will enter the rich rainforests and drier sclerophyll forests, exploring the tracks and trails both at night and during the day, all the while teaching you trail running tips & tricks. Don't forget your bathers! Part of your educational will be cold water recovery in the rivers and lakes of Derby...

#### DAY 1:

- Our academy officially begins at 5pm on Friday evening at Dales of Derby. We will offer two pick up locations at Find Your Feet, Hobart (11:30am) and Launceston (2pm) stores. Alternatively we encourage carpooling and you can arrive at and settle into our accommodation anytime between 3 & 4:30pm.
- At 5pm we will gather in our accommodation for an introduction to the academy. Please come dressed in your trail running attire and with a head torch as at 6pm we will be departing for our first session - a night run! Please note, this easy run is optional (approx. 8-12km, 90min).
- After your run we may encourage you to brave a dark, nighttime dip in the lake before heading back for a late dinner at our accommodation. This is a self-catered meal and as we will not be eating dinner till around 8pm, we suggest you bring something simple and pre-prepared.
- After dinner, tuck yourself in for a deep sleep, knowing tomorrow brings more excitement!

#### Day 2:

- For the earlier risers amongst us, we will head out for an optional easy dawn run on the trails of Derby. Once again, we may stop for a dip in the river or lake before heading back to our accommodation for breakfast (approx. 10-12km, 75 - 90min).
- After breakfast we will head back to the trails and hills for a morning of teaching. Here you will learn the art of trail running, including uphill, downhill, rougher trails, and 'going faster' (approx. 8 - 12km of trail running and teaching over 2 - 2.5hrs)
- After a self-catered, picnic lunch, enjoy an afternoon of educational workshops delivered by your coaches.

- To complete the afternoon we will take a recovery walk to the Derby lake, and perhaps another swim!
- Finish the day with a wholesome plant-based dinner as prepared by your guides. This is a great opportunity to get to your know fellow Tasmanian trail runners and hatch future missions together.

### **Accommodation:**

- Two nights at Dales of Derby group accommodation (3.5\*)  
Share, fully self-contained accommodation located on the main street of Derby and overlooking the river.

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Part 2: Explore the slopes of Blue Tier from Welborough then... goodbye :(

Welborough is located a short 20min drive from Derby in the directions of St Helens. From here we will climb on old fire trails towards the upper slopes of Blue Tier, taking in the deep rainforest, towering eucalypts and vast Myrtle trees. This will be another great opportunity for teaching and practicing our heightened trail running skills. Afterwards we will enjoy a relaxing debrief over drinks at the Welborough Hotel.

### **Day 3:**

- After an early breakfast with some pre long run coaching advice we will take the bus/or personal car to Welborough Hotel.
- We will then embark on a longer run, following old firetraps up the slopes of Blue Tier. This will be an out-and-back run, and our coaches and guides will show you some of the lesser known trails in the area whilst supporting you with your trail running development. After approximately 75mins of climbing we will turn around and whoop our way back to the hotel! (approx. 15-20km softer fire trails with plenty of uphill and downhill to practice on).
- Enjoy a beverage of your choice or early lunch at the Welborough Hotel whilst we debrief on our academy.
- We will aim to depart for the journey home at 12 noon from Welborough Hotel, ensuring we will arrive home with plenty of time to share our stories and excitement with our loved ones.

## **COST: \$450 (incl. GST)**

**Tour inclusions:** 3.5\* Tasmanian accommodation; return transport from Hobart or Launceston FYF stores; expert coaching & guiding; license to use the trails; dinner on Night 2; discounts to premium brands at Find Your Feet.

**Tour exclusions:** Travel insurance; most meals.

Please note, the accommodation of our academy is strictly limited to 24 guests and will book quickly. If you miss out on one of these places please contact us. We may be able to suggest alternative accommodation.