

# TASMANIAN TRAIL RUNNING ACADEMY

## QUICK FACTS

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

**Departs:** Find Your Feet Launceston - 23 Kingsway, Launceston CBD @ 2pm\*

**Returns:** Find Your Feet Launceston - 23 Kingsway, Launceston @ 2:30pm\*

\* Or feel free to make your own way to Derby using your own transport

**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 Launceston pickup and drop off. All transport over the weekend is provided.

## 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?
- Whoop with pixie trail running delight as you descend the famous 18km Atlas mountain bike descent early on Day 2.
- Experience an earlier morning trail running educational session on the trails around Derby on Day 3.
- Learn the art of uphills, downhills, technical trails, cornering and 'going faster'.
- Participate in a relaxed trail running & wellbeing focussed Q&A workshop. 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.
- Join an optional floating lake sauna session, or simply wade in the refreshing cool waters of the river that flows right past our accommodation.
- 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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We will offer a free bus pick-up in 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:

- Depart Find Your Feet Launceston @ 2pm
- Arrive at accommodation in Derby at approximately 4pm. We will provide the opportunity to shop for supplies on the journey for those utilising the bus transfer to Derby. Feel free to also drive in your own vehicle and meet us at our Dales of Derby accommodation at 4pm.
- 5pm evening run (bring a head torch) approx. 1hr duration.
- 6:30pm unwind settle in and cook dinner yourself.
- Tuck yourself into bed in anticipation of a big day tomorrow!

### Day 2:

- Early rise to make your breakfast so we can be on the road in the Bus provided by 7am.
- 7:45am runners depart Atlas trail head for approximately 18km run (3hrs). This run will entail coaching, tips and technique sessions along the trail.
- 12pm make your own lunch or buy some at the local shops and enjoy at our amazing accommodation.
- 1pm-3pm Derby Float Sauna, for those who have paid for this option when signing up. For everyone else this is an opportunity for some down time or to pick your guides brains one on one.
- 4pm to 5:30 talks and Q and A with your guides on Nutrition, Gear, training and all things trail running.
- 6pm Enjoy a group meal cooked by your hosts.

### Day 3:

- Make your own Breakfast and be ready to board the bus at 7:20am.
- 8am final run of approximately 12km (2hrs) putting into practise all the knowledge you have gained over the past couple of days.

- 10am to 10:30am clean accommodation and pack belongings departing the accommodation for the final time and meeting at a local café for final farewells.
- Approximately 12pm depart for home via our free bus service, or alternatively your own vehicle transport. We anticipate an arrival time of 2:30pm at Find Your Feet Launceston.

**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.

**COST: \$875 (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.