

MOUNT ROLAND TRIPLE TOP MOUNTAIN RUN ACADEMY 2021

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 8th - Sunday, October 10th

Departs:

'Find Your Feet' - 23 Kingsway, Launceston @ 2pm Friday 8th October.

Returns:

'Find Your Feet' - 23 Kingsway, Launceston @ 2pm Sunday, 10th October.

*Car pooling to Launceston or Gowrie Park can be discussed via our Academy group chat.

Maximum Group Size: 24 guests

Accommodation: Gowrie Park Wilderness Village hostel/group accommodation

Meals: Dinner on Day 2 is included*

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

RUN DETAILS**

Minimum Run Duration: 8km/70min

Maximum Run Duration: 15 - 20km/3hrs

Technical Difficulty: Moderate to Advanced

Steepness: Undulating to steep technical 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

- Cover the full Triple Top Mountain Run event course over 2 Days.
- Arrive and head straight out the door for an educational night run with our coaches, guides and other guests.
- Enjoy a point to point mountain run on Day 2 & Day 3.
- Experience a whole morning of trail running education on the trails on Day 2 & 3. 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.
- Receive extensive knowledge and insight about the Triple Top Mountain Run course.
- Say farewell to your new trail running friends, knowing that there are so many more adventures to be had together!

ITINERARY

Explore the trails of the Triple Top Mountain Run under the guidance of experts.

From our pick up locations of Launceston we will begin our education and fun filled weekend.

Our hub for this academy is the Gowrie Park Wilderness Village located at the base of Mount Roland, surrounded by wilderness, this will be group accommodation, facilitating our experience as an educational based weekend. We will head out for an afternoon run to shake off the travel upon arrival.

DAY 1:

- Our academy officially begins at 5pm on Friday evening at Gowrie Park Wilderness Village. We will offer a pick up and transfer from Find Your Feet, Launceston (2pm) store. 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. 8-10km, 60-90min).
- After your run we will come together at dinner time at our accommodation for a group discussion. This is a self-catered meal and as we will not be eating dinner till around 7:30pm, 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:

- After breakfast we will head to the end of the range to begin our point to point run of the day. Covering the technical trails and peaks of Mt Claude and Mt Vandyke as we run back to our accommodation.

- Here you will learn the art of trail running, including uphill, downhill, rougher trails.
- 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
- Finish the day with a wholesome plant-based dinner as prepared by your guides. This is a great opportunity to get to know fellow trail runners and hatch future missions together.

Day 3:

- After an early breakfast with some pre long run coaching advice we will run from the doors of our accommodation to ascent Mount Roland and head towards the infamous Face Track.
- We have the opportunity to again cross through the technical trails of the stunning Mount Roland Conservation Area
- Our bus will meet us for transportation back to Gowrie Park for a picnic lunch.
- We will aim to depart for the journey home at 12 noon from Gowrie Park, ensuring we will arrive home with plenty of time to share our stories and excitement with our loved ones.

Accommodation:

- Two nights at Gowrie Park Wilderness Village accommodation (3*)
Share, fully self-contained accommodation.

COST: \$450 (incl. GST)

Tour inclusions: 3* Tasmanian accommodation; return transport from 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.