



TANKWA TRAIL RUN

25 - 27 September 2026

Event Schedule

Friday, 25 Sep

- 14h00 to 20h00: Registration
- 18h30 to 18h50: Welcome & Race briefing
- 19h00: Night Fun Run

Note: The fun run is not included in the race results

Saturday, 26 Sep

- 05h30: Tra-Tra briefing
- 06h00: Tra-Tra departure from camp
- 06h20: 30km (In-betweeners) briefing
- 06h30: 30km start
- 07h20: 15km (Easy-peasy) briefing
- 07h30: 15 km start
- 16h30: Rhodes Kids' Juice Run
- 17h00: Beer Sprint/Mile
- 18h00: Sundowners at the Ship
- 19h30: Entertainment & Prizes

Sunday, 27 Sep

- 06h50: Race/Event briefing
- 07h00: 15 km run start
- 08h00: 5 km detox run (*non-timed*)
- 10h30: Overall Prize-giving and final thanks!
- 11h30: SA vs Aus rugby (will be screened)

Monday, 28 Sep - *Optional*

- 06h50: MTB Event briefing
- 07h00: MTB start (~ 30km...ish)
- 11h00: Final goodbyes (for now)



Stay Updated

Join our dedicated WhatsApp groups:



- [General info](#)
- [Lift sharing](#)
- [Substitutions](#)

Questions?

Please reach out via:

- hello@tankwa-trailrun.co.za
- www.tankwa.run





POWERING THE ADVENTURE

A big Tankwa thank you to the awesome brands joining us on the trail again!
We couldn't do it without you!



It is Tankwa T-shirt Time!

NEW 2026 SHIRT
AVAILABLE



order now at tankwa.run



order now at tankwa.run



order now at tankwa.run



WHAT TO BRING

General items

- Warm clothes
- Swimming costume/towel
- Drinking water enough for 3 days
- Own food/snacks
- Sleeping bags / extra bedding
- Sweets / Snacks/nutrition
- Sun protection



Routes

We've refreshed the routes with some exciting new sections and even more Tankwa Art along the way.

Final GPX files will be sent by email and shared in the WhatsApp group on the 24th of September.

The routes will be marked, but we strongly recommend loading the GPX onto your phone or watch using an app that supports offline maps (Komoot works great).

Discounts

Stock up on **Tailwind Nutrition** Endurance Fuel and **save 10%** with code TTR102610.

Only applies to orders of R500 and more.

Valid until 30 November 2026.

R500 Voucher!

We have great news! All Tankwa Trail runners will receive a **R500 voucher from Runbeatable**, which can be used towards any product from HOKA, Ciele, or COROS on their website: runbeatable.co.za. The Runbeatable team will send your voucher code to you.

runbeatable

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ATHLETICS

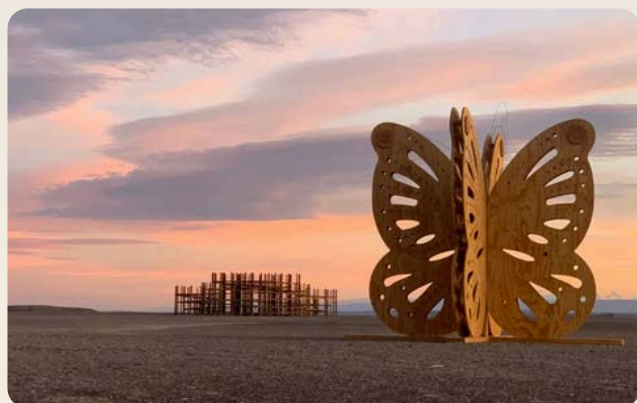
HOKA

COROS

Running Kit

Required for all runs:

- Fully charged headlamp
- Hydration pack — minimum 1.5L of fluid. Tra-Tra run: minimum 3L
- Emergency whistle
- Windproof layer, waterproof layer recommended
- Emergency space blanket
- Buff, cap or hat
- Sun protection
- Trail running shoes
- Personal first aid kit
- Personal medication, with instructions
- Reusable cup — required for filling up with water/Tailwind at aid stations





Food

Book your meals in advance on our website for an easy, hassle-free camp option.

Prefer to bring your own? Plan ahead and bring the food you need.

🔥 Braai facilities are available.



Saturday Afternoon

Beer Mile: For those who like their running with a side of beer: 4 × 400m intervals, with a beer after each lap.

Sundowners: Prefer a slower pace? Join us for sundowners with a view of the ship on the horizon.

Medical

The event is remote. Medics will be on-site, **but please bring:**

- **Your own first aid kit**
- **Any medication or anti-allergens you may need**
- **Written instructions for responders if required**

Important: Ensure your medical aid includes CASEVAC (medical evacuation) cover. If it's not included, please arrange additional cover before the event.



Power/Electricity

Tankwa runs on limited solar power and has little to no mobile signal or WiFi with no power in the tent/camping areas.

Bring your own headlamp, power bank and batteries for your camp fridge, then switch off, unplug and enjoy the elements.

Camp Rules

- No dogs
- No littering
- No noise after 22:30
- No own drinks in the courtyard/bar area; only drinks purchased at the Onverklaarbar
- Close the farm gates (even if found open)



Directions

From Ceres:

Stay on the R355 towards Calvinia. **DO NOT** turn off until the Tankwa Tented Camp turn-off (also known as Stonehenge).

From the intersection of the R46 and R355 dirt road, the turn-off is approximately 110km away.

Waypoints along the R355

- 44km Tankwa Padstal
- 101km Halfway House
- 110km Turnoff to Tankwa Tented Camp
- Stick to the R355 until the camp turnoff! (Ignore Google if it says otherwise..)

From Calvinia:

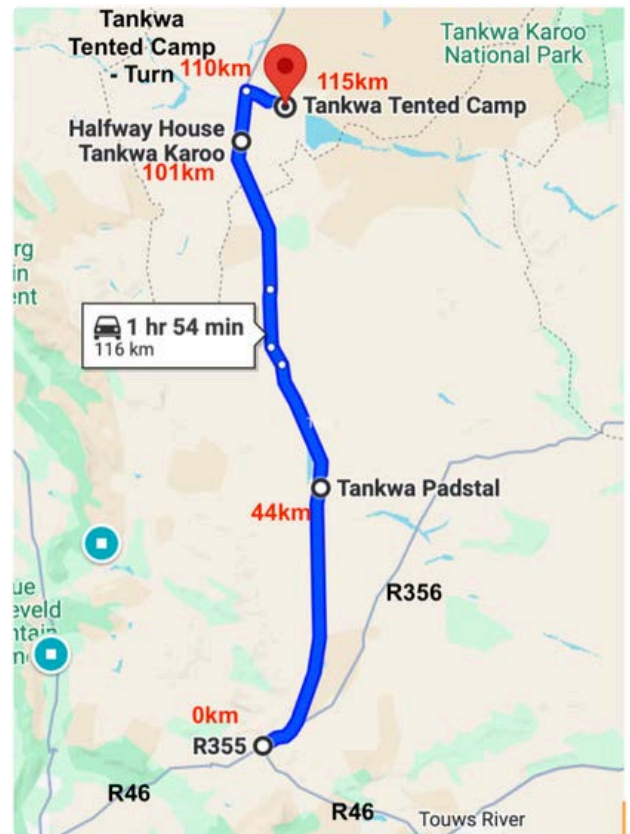
Stay on the R355 towards Ceres. From the dirt road to the turnoff is approximately 98km.



Road Safety

The R355 is a remote sand road. Drive carefully and adjust your speed to the road conditions, vehicle and your driving ability.

Before you leave: Check your spare tyre and tyre-changing tools are in good working order and packed.



PLEASE CLOSE THE FARM GATES - EVEN IF YOU FOUND THEM OPEN

Road conditions & speed guide:

- First 90 km: Good condition – 60–80 km/h
- Next 17 km (90–107 km): Short corrugated sections – 40–60 km/h
- Final 3 km before the turn-off: Two washed-away sections – 20 km/h

⚠ These are guidelines only. Slow down when conditions require it.



Donate & make a difference

Just 20 km from Tankwa Tented Camp, Elandsvlei Primary is **the only school in the Tankwa** Karoo, serving around 30 learners from Pre-Grade R to Grade 7 (from 5 years old to 14 years old).

Help us support the school and its learners. Every contribution makes a difference.

What they need

- Financial support
- Stationary and books
- Non-perishable food
- Clothes (e.g. shoes, etc.)
- Christmas gifts

Contact:

Anja Vos at 076 335 1551



DONATE ❤️

THANK YOU

Bank details for deposits

Bank: Standard Bank
Account: Laerskool Elandsvlei
Account number: 082994056
Branch code: 051001
Reference: TTRDonation



TANKWA TRAIL RUN