



NAMIBIA IS KNOWN AS THE LAND OF THE BRAVE BUT IT IS ALSO THE LAND OF THE ADVENTUROUS.

Vast stretches of open land and 300 days of sunshine every year, this is the home of the Gondwana 7 Marathons.

Spend a week in this lustrous world where every morning holds a new mental challenge and venture into a new and unique version of Namibia.

From the copper sands of the Kalahari, to the depths of the Fish River Canyons. Take to the mountainous regions of Aus and deep into the oldest desert in the world. A brisk stop along the Atlantic coast at Swakopmund leads into the glory of the Ugab Terrace and concludes with a stretch across the majesty of the Andoni Plains just north of the Etosha National Park.

Spend a week in this lustrous world where every morning holds a new mental challenge and venture into a new and unique version of Namibia.

# 13 MARCH 2022 PRE-EVENT BRIEFING A friendly Meet and Greet where participants can get to know one another, as well the Event Officials. Following an introduction and briefing on the Event protocols, participants are welcome to socialize and enjoy a proudly Namibian beer and burger.



14 MARCH 2022
TIME TO HEAD TO THE FIRST DESTINATION

**Kalahari Anib Lodge** - 2:30 hour drive from Windhoek. Spend the evening relaxing, enjoying a nature drive or lounging by the pool.

Be sure to get a good night's rest.



A basic runner's Breakfast will be available as from 04:30 am at the Lodge Restaurant.

Participants are required to be at the starting point by 05:00 am.

Enjoy your journey into the Gondwana Kalahari Park.

Participants need to be on the road by 14:00 to ensure enough sunlight to reach the next destination.

### Larger Fish River Canyon Area.

Your evening will be spent at Canyon Roadhouse. They have amazing cheesecake. Enjoy the rest and take a moment to soak legs and feet in the pool.



A basic runner's Breakfast will be available as from 04:30 am at the Lodge Restaurant.

Participants are required to be at the starting point by 05:00 am.

Running along the Fish River Canyon and larger Gondwana Canyon Park.

Participants need to be on the road by 14:00 to ensure enough sunlight to reach the next destination.

### Aus mountain Range.

The Desert Horse Inn welcomes you. If there is time, try to visit the wild horses of the Namib.



A basic runner's Breakfast will be available as from 04:30 am at the Lodge Restaurant.

Participants are required to be at the starting point by 05:00 am.

This is one of the most scenic and potentially toughest routes.

### The Aus Mountains await.

Participants need to be on the road by 14:00 to ensure enough sunlight to reach the next destination, Namib Desert

The Namib Desert Lodge is nestled at the foot of ancient petrified dunes. Enjoy a sundowner (drink at sunset) from the vantage of the dunes or spend the evening lunging poolside by one of two beautifully blue pools.



A basic runner's Breakfast will be available as from 04:30 am at the Lodge Restaurant.

Participants are required to be at the starting point by 05:00 am.

42km across the Namib Desert await participants. Across low sand dunes and along the base of the petrified dunes, this view is unmatched.

Wrap up the trail by 13:30 and hop into the car - making way to the beautiful coastal town of Swakopmund.

### The Delight Hotel will not disappoint.

The evening will be spent in the quant town of Swakopmund.





A basic runner's Breakfast will be available as from 04:30 am at the Lodge Restaurant.

Participants are required to be at the starting point by 05:00 am.

This route will be different from those run so far. This is an open marathon and can be attended by anyone - not limited to the Gondwana 7 Marathons Participants.

The route uniquely runs along the Moon Landscapes and Gonikontes surrounds.

By 13:30 Participants need to be done and ready to leave for Damaraland by 14:00.

The evening will be spent in the gardens of Damara Mopane Lodge. Don't miss out on the salad bar.





A basic runner's Breakfast will be available as from 04:30 am at the Lodge Restaurant.

Participants need to report to the shuttles by 05:00 to make it to the starting point on time.

This run will take you around the iconic Finger Klip rock formation and into the red-rocky landscape of Damaraland.

Once complete the shuttles will ferry participants back to the lodge.

Ensure to be on the road by 14:00 to drive to Etosha King Nehale. Very important, DO NOT drive through the Etosha National Park. Please follow the route provided upon briefing. You will have your opportunity to see that Park tomorrow!

Tonight, you will be treated like royalty at Etosha King Nehale. Feast on the amazing food and lounge at your private plunge pool overlooking the Andoni Plains.



In celebration of our Independence, this also the celebration of the last route in the event.

The Andoni Plains await - lush golden grass accompanies you on this run. Past natural springs and Owambo Villages - this is the true gateway to the kingdoms of Namibia's north.

### And just like that. It's all over. You made it.

Pop into the car, grab the allocated cool box and spend your afternoon cruising through the Etosha National Park where four of Namibia's Big 5 await.

Spend the evening in celebration of this achievement in Gondwana's very own Shebeen (cultural bar) at Etosha Safari Camp.



### TRAVEL PACKAGES

Following the Gondwana 7 Marathons' experience - the time to experience Namibia in a more relaxed way awaits.

The Gondwana Travel Centre is ready to offer booking facilities for all Namibian properties, activities, rentals and more.

Visit www.gondwana.travel for all the information you may need or email info@namibian.org where an experienced consultant can build the niched itinerary needed!

### **ENTRY FEE OPTIONS**

### 1 SELF-DRIVE

### N\$17862.00 per person sharing

- Entry into the Event
- All waterpoints and event specific facilities.
- •In this package all your dinners, accommodation and breakfast and lunch packs are included.
- Excluded is:
- The Delight does not offer dinner options.
- Beverages
- Souvenirs
- Transport
- Fuel charges

### 2 SHUTTLE

### N\$23 572.00 per person sharing

- Entry into the Event
- All waterpoints and event specific facilities.
- •In this package all your dinners, accommodation and breakfast and lunch packs are included.
- Transport between routes is included.

### Excluded

The Delight does not offer dinner options | Beverages | Souvenirs

Do not approach a snake.

Take a nice wide loop around it and continue on the run.

On the off change that you are bitten, make sure you see what the snake looks like and immediately call the emergency support number.

**Big cats -** yes, Namibia has a variety of big cats. Some more dangerous than others.

If you see a Leopard or Cheetah. Slowly back away, DO NOT turn your back on them and call the emergency support number.

Scorpions - Quick and simple small stinger with big pinchers, all good. Big stinger with small pinchers, beware.

If you suspect you've been stung, immediately call the emergency support number.

IMPROTANT, try to get a good look at the scorpion, this will really help the paramedics.

Spiders - Once again - the big ones arescary but not danger-ous, the little ones, those the are dodgy ones. Once again, just avoid where possible and phone the emergency number if you suspect that you've been bitten. Again, try and get a good look at it, even better - try and get a photo of it!

Honey badgers - Avoid as far as possible. Quietly move past and try not to engage.

### **USEFUL INFORMATION**

In Namibia, cars drive on the left side of the road.

### Water

Water at all the lodges is clean and straight from the earth. Water in rooms is perfectly safe to drink, however all the bars on the lodges have still and sparkling water options available.

### Settling your bill

We advise that all bills are settled the night before the run. This will save time and be more efficient with everything that needs to happen on the day of the run.

Remember to add the relevant water/beverage order you may have for before the run.

Additional beverages can of course be purchased before departing from the property.

### **Paper Baggies**

When you receive the registration pack, multiple paper bags will be included.

During a run, you may need to make a personal pitstop. While the is welcome to stay behind, please take your paper with you. Hence the baggies.

### Game

When you see game don't be alarmed. Slowly move past them and remain quiet. If you don't bother them, they won't bother you.

**Snakes -** The event will be taking place in summer, please be cautious and alert to snakes.

Do not step on it or approach it.

Do not corner a snake.

