





A clean river that is safe and there for us all to enjoy again.



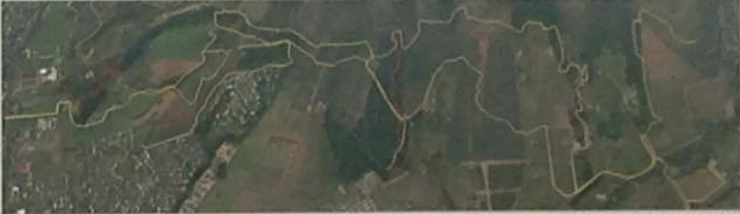
**STF**  
STELLENBOSCH  
TRAIL FUND







UNIVERSITEIT  
STELLENBOSCH  
UNIVERSITY

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**TRAIL ROUTE**







**TRAIL GRADING**

-  EASY
-  MODERATE
-  DIFFICULT
-  EXTREME

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-  **DORNIER**  
30KM, 930M Climb
-  **MONT MARIE**  
21KM, 685M Climb
-  **EDEN**  
15KM, 471M Climb
-  **G-SPOT**  
9KM, 274M Climb

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**HOUSE RULES & DISCLAIMER**

By entering this race course and/or surrounding area, you declare to understand and accept that:


1. All activities undertaken by you in the race course, trail and/or surrounding area will be entirely at your own risk.
2. You are aware of the risks, dangers and hazards associated with the race course, trail and/or surrounding area.
3. Neither you or your spectators and/or supporters will have any claim, suit or demand of whatsoever nature and you hold harmless the Stellenbosch Trail Fund, Stellenbosch University, Stellenbosch Municipality as well as Private Land Owners, for any loss, damage or injury of whatsoever nature that you might suffer as a result of your utilization of the race course, trail and/or surrounding areas.
4. You agree to adhere to the race course, trail and/or surrounding area subject to the regulations issued by the Stellenbosch Trail Fund (<http://www.stellenboschtrailfund.co.za>).

**EMERGENCY CONTACT**

Know your limits  
Stay on the routes  
Care for the environment  
Report suspicious activities  
Do not litter  
Respect the property of proprietors  
Show respect for other trail users  
Keep to demarcated trails, follow the signs

 Emergency Medical Services - 304 129  
SA Paramedic Services - 9863 22 33 99

[www.stellenboschtrailfund.co.za](http://www.stellenboschtrailfund.co.za)

 download maps to your smartphone