

⊖ Registration Does Not Include:

- Transport to and from Trail Camp
- Dinner on one day mid-week (to allow you the opportunity to enjoy the local cuisine on offer)
- Running nutrition & electrolytes (mandatory for participation)
- Travel insurance (**mandatory for participation - please read below**)
- Additional transport the participant may take during camp (e.g. taxis)
- Alcohol and additional food/drinks consumed that is outside of the daily breakfast, lunch and dinner provided
- Any additional activities that participants may want to engage in that are not included in the Trail Camp itinerary

Run Details

All of our Trail Camp routes have been personally discovered, designed, and tested by our Chief Running Officer, Heather, who has spent time exploring the very best trails our regions have to offer.

During Trail Camp, we generally cover a distance of between 70-100km, with elevation gains between 3,000-5,000m

Each run is unique, offering a mix of terrain, views, and challenges!

Trail Camp is not suitable for hikers or beginner runners. Participants are expected to have experience running trails and distances similar to those that will be run at Trail Camp. **Please see below for guidelines on pacing.**

*Run routes and distances may be changed due to circumstances such as weather, participants' abilities, scheduling etc.





The Accommodation

Each of our Trail Camps is hosted in private accommodation, occupied by only the Trails & Roots Campers and team.

We highly recommend **arriving in country the day before Camp begins** to allow for any unexpected travel delays, such as flight disruptions, and to give you time to rest before Camp.

All pricing is per person and based on the assumption of a shared twin or triple room. If you do not have a specific person/people you want to share with, we will match you up with someone to share with. **Our rooms come in various sizes and layouts, each unique in its own way.** Rest assured that room allocation will be done randomly, ensuring a fair distribution.

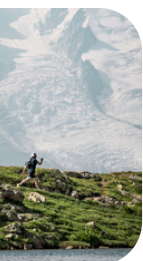
Meals will be prepared by our Head Chef and served around our group dining table. You are not obliged to eat with us at every mealtime, but you will not receive a refund for any meals that you miss. We ask that you respect the plant-based nature of the Camp and do not bring food back to the house (apart from snacks).

To ensure a comfortable stay, we kindly ask you to respect others' privacy by keeping your belongings in your room and refraining from entering others' rooms without permission. Please keep noise to a minimum in communal areas when others are resting. While Trails & Roots is not liable for any loss or damage to participants' belongings, we provide a safe environment. Camp Rules will be discussed upon arrival, and strict adherence is required. Failure to comply may result in termination of the participant's Trail Camp experience without a refund. The participant will be asked to find alternative accommodation elsewhere. If you cause any damage to our rented properties during your stay, you will be liable to pay the damage fees charged by our accommodation partners.



Photography

During your participation in Trail Camp, photos and videos will be taken by participants, Camp staff, and partners of Trails & Roots. These images may be used in various Trails & Roots materials, including but not limited to the website, Instagram, promotional materials, and other related publications, unless you explicitly request that we refrain from using any material in which your image is depicted. By default, you agree to grant us a perpetual, royalty-free, worldwide, and irrevocable licence to use such images for publicity and promotional purposes.



✕ Cancellation Policy

We understand that unexpected things can happen. Here's what to know about cancellations:

- **70+ Days Before Camp:** If you notify us by email more than 70 days before the start date, we will try our best to fill your spot. While we are unable to offer a direct refund, you can either file a claim with your travel insurance provider, or if we are able to find someone to take your place, we will gladly transfer your payment or deposit to a future Trail Camp.
- **Less Than 70 Days Before Camp:** For cancellations within 70 days of the start date, payment refunds and transfers are not possible, regardless of whether we fill your spot.



IMPORTANT NOTE ON CANCELLATIONS & TRAVEL INSURANCE

We strongly recommend that all participants take out comprehensive travel insurance, including cancellation cover, **at the time of booking their place at Trail Camp**. Last-minute disruptions such as injuries, illness, flight cancellations, or changes in personal circumstances can and do occur. While Trails & Roots genuinely sympathises with these situations, **we are unable to offer refunds or transfers in such cases**. Your travel insurance should provide protection against these unforeseen events, and it is your responsibility to ensure you have adequate cover in place.

Camp may be cancelled if there are fewer than seven participants. In the event the Camp is cancelled due to low participation numbers you will receive a full refund of your Trail Camp fees and be notified at least 60 days prior to Camp. **Before booking your flights, we advise checking with the Trails & Roots team that Camp has been confirmed.**

In the unlikely case of the camp being cancelled due to circumstances out of our control (natural disaster, pandemic, political unrest, war, disruption to international travel, terrorist threats/attacks etc), your travel insurance should provide a refund of all your expenses.

We will consider the global health situation worldwide in the weeks leading up to Camp and, if necessary, advise you on our policy.



Travel & Trail Insurance

Travel insurance is **compulsory** and must cover personal injury and emergency medical expenses including, but not limited to, **helicopter evacuation, air ambulance and repatriation**. It is strongly recommended the coverage be extended to include cancellation, curtailment, and all other expenses that might arise as a result of loss, damage, injury, delay or inconvenience that may occur during travel. Travel insurance is relatively inexpensive, but please ensure mountain activities are covered in the policy. [World Nomads](#) usually covers all sorts of adventure activities. Prior to Camp, you will be requested to provide information regarding your policy, including the insurance cover dates, policy number, and any inclusions.

We also **strongly recommend you get [ITRA insurance](#)** which offers you yearly runner's insurance for a very low cost and covers you for trail activities worldwide. The certificate of this insurance will have to be provided in the administrative file before the camp commences. Each individual takes part in full knowledge of the risks which the course of this camp may cause them and releases the organisation from any responsibility in the case of an accident or physical problems. We strongly recommend that participants take out Cancellation Insurance.

Trails & Roots and its partners do not accept responsibility for losses, expenses due to delays, flight changes, strikes, accidents, sickness (including COVID), damage, negligence, weather, war, schedule changes, or similar causes. Trails & Roots and its partners are not liable for accidents or deaths on or off the trails, pre-existing medical conditions, acts of third parties, or external circumstances such as weather, natural events, war, or similar causes.

Health & Fitness

This Camp is **not suitable for beginner runners and is not a hiking Camp**. Our Camp should not be overly strenuous for people who are healthy, fit, have experience trail running and are comfortable spending 4-5 hours on the trails. **Pacing-wise, we find that people who can run a half marathon distance at a pace of 6-6.15min/km pace on the flat or faster are best suited to Camp**. If you do not meet these requirements, we kindly ask that you do not sign up, as it may negatively affect the experience/logistics for both the Trails & Roots team and your fellow Campers.

You are expected to carry your own gear and supplies on the trail (water, snacks, basic emergency equipment, additional clothes). A **mandatory gear list** will be sent out well in advance of Trail Camp. It is essential that you bring **all** items listed, as they are required for your safety and comfort on the trails. **Campers who arrive without the complete mandatory gear will not be permitted to join the trail runs under any circumstances**.

If you are affected by any condition, medical or otherwise, that might affect your or other people's enjoyment of the trip, you must advise us of this at the time of booking. If your health or fitness changes between the time of booking and the trip departure date, you must notify us of these changes before the trip starts. Trails & Roots reserves the right to cancel your booking if your health conditions are considered too risky for trail activities. In such cases, you will not receive a refund and will have to claim your expenses from your travel insurance.



Itinerary Changes

The Trail Camp itinerary will be shared with participants on the day of arrival.

Trails & Roots and its partners reserve the right to alter the schedule and itineraries due to weather or road/trail conditions or participants' fitness levels. These programmes may be changed or cancelled at any moment due to the weather to ensure the safety of our clients and staff.

In the event a client elects not to participate in any part of the camp itinerary (such as a guided run, group meal or other activity), the client is not entitled to any refund. By signing this document, the participant also recognises and accepts that in exceptional circumstances (injury, illness, personal circumstances) there may be changes to the staff (coach, guides, chef, host) before Camp begins or during the Camp.

Safety & Assumption of Risk

We take your safety and well-being very seriously. However, you are ultimately responsible for your safety. Before departure, all Trail Camp participants are required to sign this document as a liability waiver accepting the risk associated with taking part in Trail Camp, including death. All mountain activities, such as trail running and hiking, carry inherent risks. Trails & Roots and its partners cannot be held liable for accidents that may occur during Trail Camp. Group runs are considered shared activities among participants, hosts, and guides, and thus, you are responsible for your personal safety during these activities, acknowledging any associated risks. To ensure your safety, it is crucial to follow all rules, regulations, and instructions provided by the camp hosts and guides.

By signing this document, you expressly release, discharge and hold harmless forever Trails & Roots, its owners, employees, affiliated entities, employees, agents, representatives, associates, volunteers, successors and assigns from and against any liability, actions, causes of actions, debts, suits, claims and demands of any and every kind and nature whatsoever which you now have or which may hereafter arise out of or in connection with this Camp or participation in the activities arranged for me by Trails & Roots. Furthermore, you fully recognize that if injury, illness, death or damage occurs to you while you are engaged in participating in any activity during Trail Camp, you will have no right to make a claim or file a lawsuit against Trails & Roots, its owners, employees, affiliated entities, agents, representatives, associates, volunteers, successors and assigns, even if they or any of them negligently cause my injury, illness, death or damage.

Trails & Roots and its partners reserves the right to prohibit any client from continuing on a trip or participating in runs or activities if, in our reasonable opinion, their actions pose a threat to their own safety, the safety of others, or significantly impact the enjoyment of other participants. The final decision regarding matters affecting the safety and well-being of the trip will be made by a Trails & Roots representative or our partners. Please note that in these circumstances, a refund will not be provided. It is the responsibility of all clients to strictly comply with the laws, customs, foreign exchange regulations, and drug regulations of the countries visited. Trails & Roots will not assume responsibility or liability for any client who violates the laws or regulations of any country visited.

