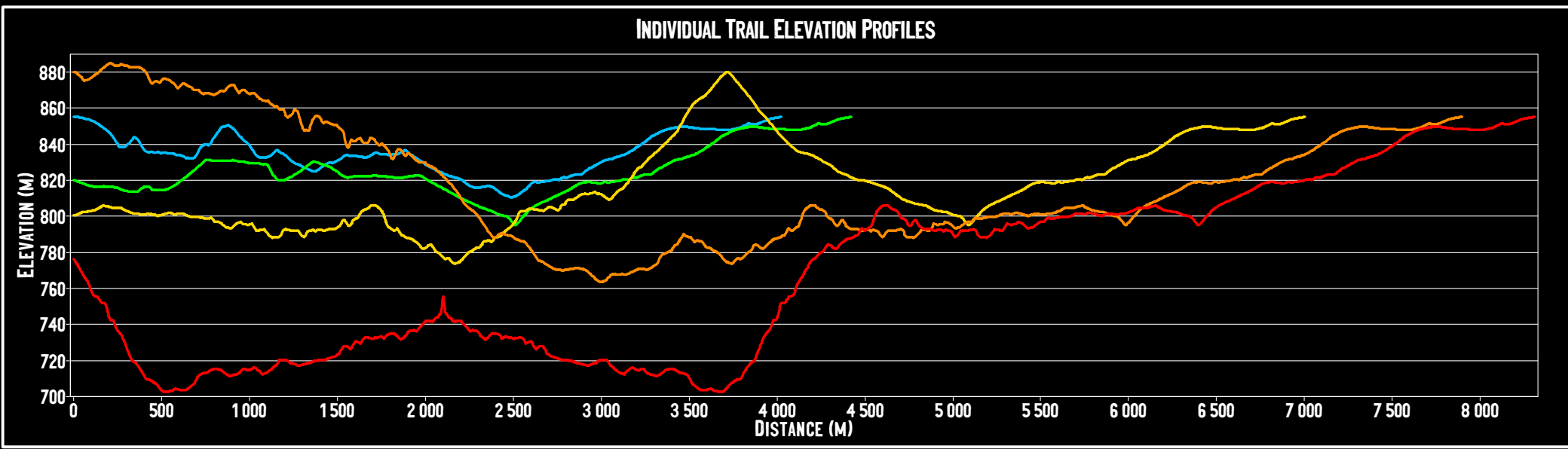
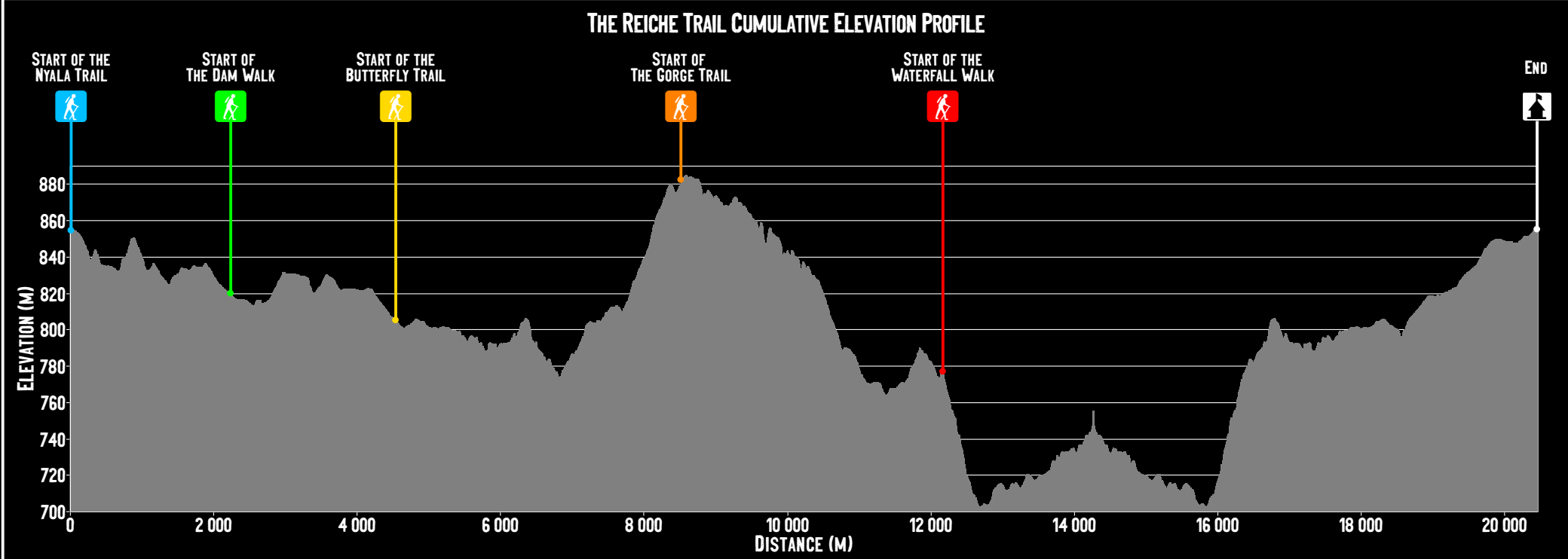




THE REICHE TRAIL



CUMULATIVE TRAIL DISTANCES			
TRAIL	TRAIL DISTANCE (KM)	HIKING TIME (HH-MM)	CYCLING TIME (HH-MM)
NYALA TRAIL	4.02	01:04	00:28
THE DAM WALK	6.63	01:46	00:46
BUTTERFLY TRAIL	11.64	03:29	01:21
THE GORGE TRAIL	16.26	04:52	01:53
WATERFALL WALK	20.47	06:49	02:23

(CUMULATIVE DISTANCE: START OF NYALA TRAIL TO START OF EACH TRAIL, THEN TO THE END OF ALL TRAILS) (TIMES ARE ABILITY DEPENDANT)

INDIVIDUAL TRAIL DISTANCES			
TRAIL	TRAIL DISTANCE (KM)	HIKING TIME (HH-MM)	CYCLING TIME (HH-MM)
NYALA TRAIL	4.02	01:04	00:28
THE DAM WALK	4.42	01:10	00:30
BUTTERFLY TRAIL	7	02:06	00:49
THE GORGE TRAIL	7.89	02:22	00:55
WATERFALL WALK	8.31	02:46	00:58

(INDIVIDUAL DISTANCES: START OF EACH TRAIL TO THE END OF ALL OF TRAILS) (TIMES ARE ABILITY DEPENDANT)

TRAIL INTENSITY			
TRAIL	ELEVATION GAIN (METRES)	HIKING INTENSITY	CYCLING INTENSITY
NYALA TRAIL	80	EASY	EASY
THE DAM WALK	90	EASY	EASY
BUTTERFLY TRAIL	190	MODERATE	MODERATE
THE GORGE TRAIL	260	MODERATE	MODERATE
WATERFALL WALK	360	CHALLENGING	MODERATE

(ELEVATION GAIN: THE SUM OF ELEVATION GAINED ALONG THE TRAIL) (INTENSITY CATEGORIES ARE ABILITY DEPENDANT)

THE REICHE TRAIL TERMS & CONDITIONS

- RESERVATIONS FOR THE USE OF THE REICHE TRAIL ARE NECESSARY.
- PAYMENT MUST BE MADE PRIOR TO USE OF THE REICHE TRAIL (BY EFT OR CREDIT CARD AT THE GATE).
- AN INDEMNITY FORM AND REGISTER MUST BE SIGNED AND COMPLETED, AT THE ESTATE ENTRANCE.
- PERSON'S MAKING USE OF THE REICHE TRAIL MUST ENSURE THEY ARE IN A SUITABLE PHYSICAL CONDITION HAVE THE NECESSARY SKILLS, FOR THE INTENDED ACTIVITY (HIKING, RUNNING, OR MOUNTAIN BIKING).
- IT IS MANDATORY FOR CYCLISTS TO WEAR PROTECTIVE GEAR.
- ALL PERSON'S MAKING USE OF THE REICHE TRAIL DO SO ENTIRELY AT THEIR OWN RISK AND ACCEPT THE FULL RESPONSIBILITY OF ANY AND ALL RISKS ARISING FROM PARTICIPATION, ON THE REICHE TRAIL, AT FOUNTAINHILL ESTATE.
- FOUNTAINHILL ESTATE MEMBERS AND EMPLOYEES WILL NOT BE LIABLE FOR ANY INJURY, BODILY HARM, ACCIDENT, LOSS OF PERSONAL BELONGINGS OR DAMAGE TO PERSONAL PROPERTY THAT MAY ARISE AS A RESULT OF USE OF THE REICHE TRAIL OR PRESENCE ON FOUNTAINHILL ESTATE.
- ON ENTERING FOUNTAINHILL ESTATE YOU AGREE TO ABIDE BY FOUNTAINHILL ESTATE TERMS AND CONDITIONS.
- ALL CHILDREN (UNDER 18 YEARS OF AGE) MUST BE SUPERVISED BY AN ADULT AT ALL TIMES
- THE REICHE TRAIL TRAVERSES THE CONSERVATION AREA WITH WILD ANIMALS AND A DIVERSITY OF SNAKES WHICH CAN BE DANGEROUS AND MUST BE TREATED WITH CAUTION.
- THERE ARE NO MEDICAL OR EVACUATION FACILITIES ON SITE.
- REMOVE ONLY MEMORIES AND LEAVE ONLY YOUR FOOTPRINTS!!!

THE REICHE TRAIL SPONSORS

FOUNTAINHILL ESTATE (PTY) LTD

WITH THANKS TO: