



GEORGE 6
PEAKS
FKT

INFORMATION PACK

*THIS IS THE INFORMATION PACK FOR THE GEORGE 6 PEAKS FKT.
PLEASE READ IT CAREFULLY AND MAKE SURE TO NOTE ALL OF THE IMPORTANT INFORMATION.*

1. Introduction and where it all started
2. Rules of the challenge and Compulsory gear
3. Announce your FKT attempt
4. Route information
5. On the day
6. Important contact details

1.

INTRODUCTION TO WHERE IT ALL STARTED



The George 6 Peaks FKT started as a pipe-dream between two friends having a few beers after running the Knysna Marathon. Fast forward a few months, the idea was casually mentioned again over a breakfast: "let me know when", followed by "how about Monday?" and without thinking too much, a commitment was made to tackle it 3 days later, on a Christmas day, 2017. The evening before D-day the route was discussed together with a few other logistical hurdles and I reckon we all went to bed thinking "what did I just get myself into".

After the first attempt, we were awestruck by the day's achievement. We knew it was possible (judging from the stats on paper) but what we didn't know was how possible. Having such an amazing experience we wanted to share it with people. We made a pact to run it every year at least once. Be it to try and set a new time or simply just paying our respect to the mountains, "Trail running tax" if you will. Only this time, we invite as many people as possible.

After the second year's attempt we wanted to grow the concept even more and so the beginning of the George 6 Peaks FKT. We later introduced the George 2 Peaks FKT and launched the George FKT'S which includes a number of FKT'S in the Garden Route area. The first Double 6 Peaks have been completed by Jacques and Eddie Mouton, rules have been set and a Double 6 Peak can now be attempted by anyone!

The story continues...



2.

RULES OF THE CHALLENGE AND COMPULSORY GEAR

This **FKT** entails summiting George's most iconic **6 peaks** in one day and moving on foot between the various peaks from the start to the finish. This is not a race; it's you against the clock to set your own personal **Fastest Known Time** or just to enjoy a day out with a group of trail friends!

• **Vensterberg**- 1287m • **Losberg**- 823m • **Cradock Peak**- 1578m • **George Peak**- 1337m • **Tierkop**- 778m • **Groenkop**- 635m

Distance: 38-45km with **Elevation** gain of 3300m depending on your route choice. Additional 8km to the pickup point afterwards

Rules:

- You must start at the top of the Outeniqua pass; at the Vensterberg trail entrance and finish at Groenkop (finish back at Vensterberg trail entrance for the Double 6 Peaks). Do your homework and plan your route beforehand.
- You may only cross the main road on the Outeniqua pass when it is safe to do so.
- You must run, walk or crawl on foot between each peak and NO vehicle (car, bike or any other form of transport is allowed).
- Seconding provided by us and/or your own team on the day- contact us to sign up for a group attempt and support.
- No sherpa's allowed: You must carry your own gear, food etc at all times.
- Your total time is taken from the moment you start your first ascent at the bottom of Vensterberg trail head, and ends when you reach Groenkop's summit. Time spent at seconding points count towards your total time.
- Use of our tracking App (downloadable to your phone) is highly recommended. This is for your own safety on the route, and so that you can be followed on the tracking website. You can hire a standalone tracker device from us at a cost of R150 per person(included in the supporters package). You can use 1 tracker if you are doing the FKT as a group running together.
- At the start and at each peak, ensure that you take a selfie and a photo of your watch with your time displayed. This must be sent to the whatsapp group which will be created for your attempt. We need to track your progress.
- Should you wish to abandon your FKT attempt, you need to inform us on the group or contact number we will provide. If doing the FKT unsupported, you must let us know when you are safely off the mountain and provide all the evidence to be listed as an official finisher.
- Please respect the environment - no littering, no destruction of the natural fauna and flora.
- If we find any person transgressed any of the above rules in any way during their attempt, you won't be considered as an official FKT finisher
- If you are supported by us, you must sign an indemnity form and complete the attempt form with all your details.



2.

RULES OF THE CHALLENGE AND COMPULSORY GEAR

Compulsory equipment to be carried by each participant on route:

- Running pack
- Whistle
- Tracker is compulsory if you are attempting to set a new FKT, highly recommended if we assist you on the day. You can use one tracker per group if you plan to run together. We supply the Tracker and it is included in support package.
- Fully charged headlamp with spare batteries for the entire duration of the FKT
- Space blanket
- Waterproof rain jacket
- Long sleeve base layer
- Buff
- Emergency food (eg: 2 x energy bars)
- Basic first aid kit, including an electrolyte and a bandage
- 1l water compulsory (2.5l liquid from Montagu pass to Tierkop)
- Cup or spare 500ml liquid container eg: Soft flask or bottle
- Cell phone (Fully charged with data and airtime) – recommended that you place in waterproof bag (small power bank highly recommended from Tierkop)
- GPS watch to record your attempt fully charged
- **Additional compulsory equipment based on poor weather conditions: (You will be informed 12 hours prior to starting)** Gloves, Long pants eg: base layer or tights, and a beanie





3.

ANNOUNCE YOUR FKT ATTEMPT

Please complete the **6 Peaks Attempt form** on the following link- www.linktr.ee/georgefkt - You will be added to a Whatsapp group where further arrangements will be discussed and we will set up a pre attempt meeting to talk you through the logistics and route. We are available to support you on your FKT attempt. The **Support Package** is advised for all out of town runners and compulsory for group attempts. A fee of **R750 p/p** (min of 4 runners per attempt) and **R1500p/p** support for the **Double 6 peaks** (min of 2 runners) is payable to cover our costs. Contact us if you are an elite athlete going for the FKT, so we can discuss special arrangements

Our support includes:

- Help with recommending the best accommodation options
- Pre-attempt meeting to discuss logistics and route description in detail with runners, supporters and seconds
- WhatsApp group to assist with planning and logistics
- Be available at any time to answer questions before and during your attempt. Our experienced team will be out on the route
- Transport to the start and from the finish back to your car or accommodation
- Local runners to join and assist you on route.
- Seconding and well stocked water-points at 3 points along the route. Coke, water, energy bars, Gu's, Tailwind, beers, Biltong etc. You can also provide your own drop bag for water-points and finish.
- Update a partner/friend via direct 2 way communication during your attempt and assist your own seconding crew/supporters to various access points along the route.
- Live tracking via our tracking app and website. Tracker included.
- Media support and updates to our facebook page and Instagram account on your progress as well as the use of our tracking app.
- A professional photographer (subject to availability) to capture your attempt for big groups. On request for small groups at an additional cost





4.

ROUTE INFORMATION

You will be summiting the following 6 peaks starting at the entrance of the Vensterberg trail at the top of the Outeniqua Pass/Sputnic

- Vensterberg - 1287m
- Losberg - 823m
- Cradock Peak- 1578m
- George Peak - 1337m
- Tierkop - 778m
- Groenkop - 635m

The distance is roughly **38-45km** with an elevation gain of **3300m** depending on the route you take. Still to be added to this is the 8.5km downhill run, walk or crawl on a jeep track road back to the nearest pickup point by car after your FKT attempt finished at **Groenkop**- commonly known as the "Escape Route"

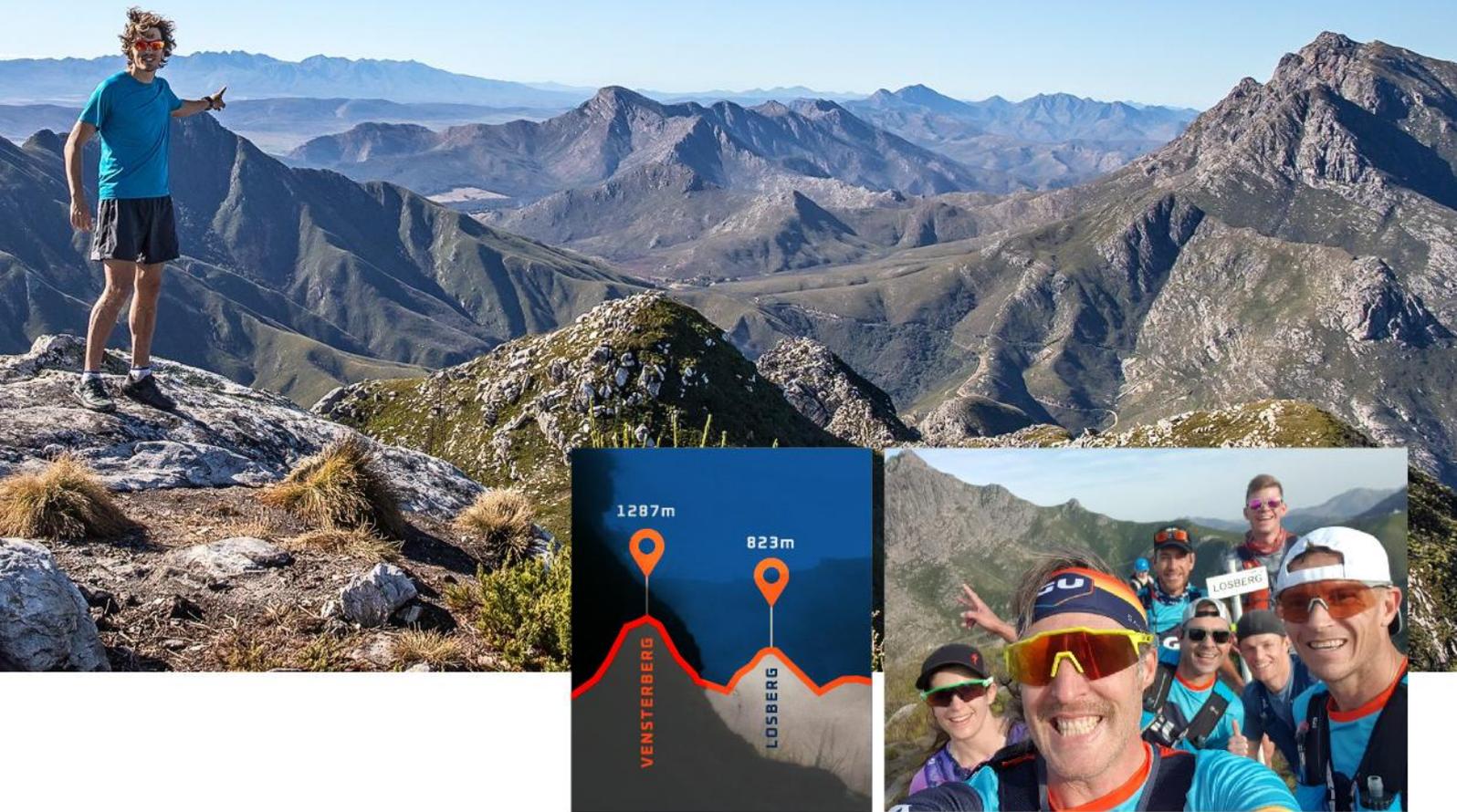
Most runners will underestimate this FKT route, please don't make that mistake.....it's tough...really tough... it will be tougher than you think. The weather in the Outeniqua Mountains can be very unpredictable - so please plan for that.

The current men's FKT is held by **Jacques Buys** in a time of 5 hours 15 minutes and 55 seconds. The ladies FKT belongs to **Rebecca Kohne** in 7 hours 04 minutes and 44 seconds. You can expect to be out there for anything between 5 and 15 hours. The average time is between 10 and 12 hours. A permanent number will be issued after 6 successful attempts.

The **Double 6 Peaks FKT** is held by Bruce Arnet in 15 hours 32 minutes and Amri Williamson in a time of 19 hours 19 minutes and 41 seconds. A permanent number will be issued after 3 successful attempts.

A **GPX file** of the route will be shared on the WhatsApp group. We will provide you with a digital map on whatsapp. The route's GPX can also be downloaded from the plotaroute website. Link at <http://linktr.ee/georgefkt>

Please read through this detailed route description. Detailed info will be shared on the Whatsapp group. Any questions regarding the route can be discussed in the pre attempt meeting or on WhatsApp.



The **FKT** Starts at the Vensterberg trail entrance located at the top of the Outeniqua Pass - 10km from George. **Google Maps link:** <https://maps.app.goo.gl/CGpPqyaqiFGCr4rm8> All the logistics like start time etc, will be discussed prior to your attempt

The trails are in good condition and navigation is straight forward. After 800m into the trail you will reach a small cliff face, veer to the left and start climbing/scrambling the obvious route leading up the side of the cliff face.

Once on top, follow the trail and run in the direction of the saddle to your left. Straight ahead you will see a peak, this is not Vensterberg. **Vensterberg** will be in view to the right of this peak. The trail will lead you almost to the top of this first peak (1.3km from the start) follow the trail towards Vensterberg on your right. A short section of flat running on a saddle will be followed by the last steep climb and scramble to the top of Vensterberg.

Vensterberg has a few different approaches. Stay on the right hand side of the ridge for as long as possible and keep moving upwards and you will eventually get to the top. The last 50m to the summit has some dangerous cliffs and drop off's, please be careful and don't take chances. Take a selfie and photo of stopwatch time as proof that you have reached the summit. Go down the same way you just came up.

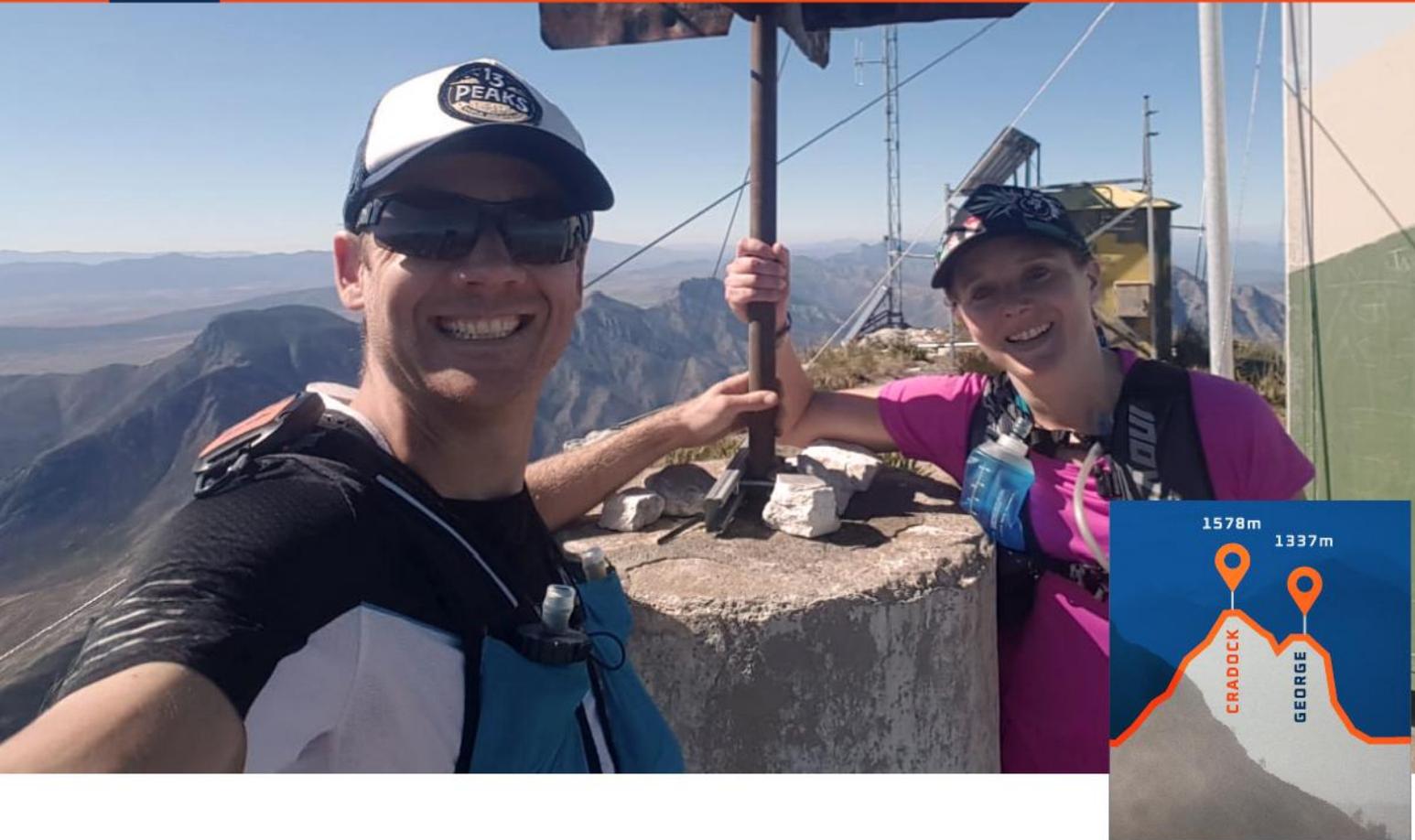
At the bottom you must cross the main tar road only when it's safe to do so and run towards **Sputnik**; the microwave tower as indicated on the map.

At Sputnik check in with the marshal. Fill up at the **Seconding Point 1** and continue with the fence line - with Sputnik on your left, keep straight following the trail for 2.2km (6.2km from the start) and turn right towards Losberg. This is an out & back section. Follow the trail for 1.2km and it will lead you directly to the second peak **Losberg**. Take a selfie and photo of stopwatch time as proof that you have reached the summit. Head back the same way for the 1.2km section and at the T junction turn right towards Montagu Pass – Seconding point 2 another 2.3km from the T junction (<https://maps.app.goo.gl/WkiY7R9zD9C9nrmC8>)

Seconding point 2 (also referred to as Amanda's Grave) is an important seconding/drop bag point. Fill up all your water containers and eat/drink enough. The total distance for this section is 12km with 1100m elevation gain. Time will vary from 2-4 hours to complete this section. This is your first cut off point. You must get to this point in less than 4 hours.

Strava segments for this section:

Start to top of Vensterberg: <https://www.strava.com/segments/21243832>
 Vensterberg Up and Down: <https://www.strava.com/segments/21243818>
 Start to Losberg/ 2 Peaks FKT: <https://www.strava.com/segments/24445944>
 Vensterberg to Losberg: <https://www.strava.com/segments/21751104>
 Strava segment for Leg 1: <https://www.strava.com/segments/21237645>



From **Amanda's Grave** (Top of Montagu Pass) follow the jeep track and turn right down the **Montagu pass**. Run for about 200 meters and get onto the railway track where you have easy and level access from the gravel road. Get your headlamp ready, you will need it for the three tunnels you will go through while running on the railway track. Follow the railway line for 7.4km (18.5km total distance from start) and turn left onto the traditional Cradock Peak route. Turn off. Climb the steep uphill ascend for about 3km to the T junction at the saddle. This section is the toughest part of the 6 Peaks FKT. Look out for the fountain on the left of the trail just after the flat section and just before you get to the T-junction as this is the last place you can fill up with water for a while.

Bruce Route- Turn Right at the T junction at saddle and follow the trail for 1km towards **George Peak** (1337) 23km from the start. Take a selfie and photo of your stopwatch time as proof that you have reached the summit.

Return the same way and carry on straight for 1.7km after the saddle T-junction until you reach **Cradock Peak** (1578) 25.8km from the start. Just before you reach the summit you will have to climb a rock face once you see it on your right (look for arrows painted on the rocks) Take a selfie and photo of stopwatch time as proof that you have reached the summit. **Cradock Peak** is the highest point on the FKT. Descend down onto the ridgeline towards **Tierkop**. This section is called "**The Bruce**" and it's a steep downhill. There's no clear trail to start off so you will have to follow your GPS or stick with a group. You will start to pick up the trail on the ridgeline. You will go over **Skurwekop** and join up with the trail that takes you all the way to Tierkop Hut

Long Route- At the nek, first tag **Cradock Peak** and return back to **George Peak**. Go straight down from George Peak towards George and the Cross (2.4km down) This section is called the George Peak VK and is a steep downhill. From the Cross you can either turn left and run along the **Tonnellbos** trail or carry on straight down on to the railway track(700m down from cross) and turn left towards the old dam wall and up to Tierkop.

Strava segments for this section:

Montagu Pass to Cradock Peak Trail on Railway: <https://www.strava.com/segments/26448796>

Montagu Pass CP2 to Cradock Peak via railway track: <https://www.strava.com/segments/21750900>

Railway track to Nek: <https://www.strava.com/segments/16484383>

Final climb neck to Cradock Peak: <https://www.strava.com/segments/7446055>

Start to Cradock Peak: <https://www.strava.com/segments/25892827>

Start to George Peak: <https://www.strava.com/segments/25892863>

Cradock Peak to George Peak: <https://www.strava.com/segments/16486416>

George Peak to Cross: <https://www.strava.com/segments/19304785>

Strava segment for Leg 2: <https://www.strava.com/segments/21308417>

ROUTE INFORMATION



Long Route- The last section from the **Cross** to the finish is 17.6km and 1100m of elevation gain.

Bruce Route- Distance from Cradock Peak to **Tierkop Hut** is 7.25km and can take you anywhere from 60min to 2.5 hours.

When you get to **Tierkop Hut**, check in with the seconding team and let them assist you with refilling your bladder and soft flasks. Make sure to eat and drink. Grab a drink and go tag the actual **Tierkop Peak** (778m) only 400m from the hut. Take a selfie and photo of stopwatch time as proof that you have reached the summit.

Return the same way down to the Tierkop hut. Only **Groenkop Peak** remains! The finish is only a **Parkrun** away but keep in mind that you need to get enough supplies to get you to the pickup point. Make sure you have a headlamp

The seconding team will guide you on the trail from **Tierkop** hut. Follow this trail until you reach the jeep track and look towards your left for the **Godfather** trail down towards Kaaimans River and Groenkop. The Godfather trail is mostly marked with ribbons. Follow these trail markers all the way to Groenkop.

Drop down to the **Kaaimans River** (1.2km from Godfather trail entrance) be careful at the steep drop-off just before the river and make use the rope to get down to the river. Cross the river and fill your containers. Head up the initial steep climb. This section is marked. Continue until you reach the jeep track. Turns left on the jeep track and follow the road for 300m and take the single track on your right just before you reach the highpoint of the saddle. The **Groenkop** summit and FKT finish is straight ahead. Once you reach **Groenkop**(635m) the finish(+38km in total from the start) of the FKT, take a selfie and photo of your watch. Stop and save your work-out on your GPS device and start a new activity on your way down from there if you wish to record this.

Strava segments for this section:

Long Route-

Cross to Tierkop: <https://www.strava.com/segments/21742181>

Strava segment for Leg 3: <https://www.strava.com/segments/21742209>

Bruce Route-

George Peak to Cradock Peak: <https://www.strava.com/segments/25168547>

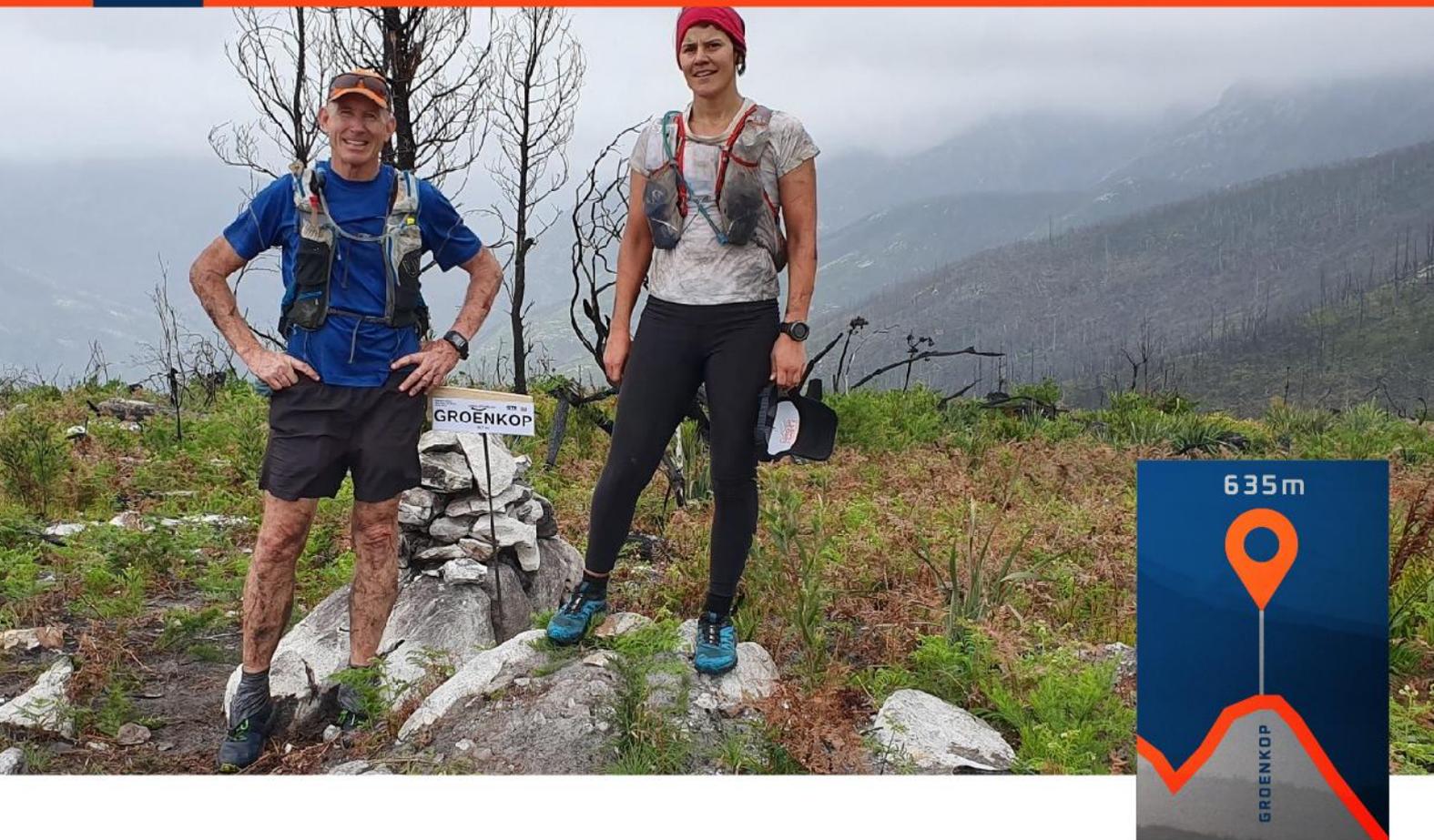
Cradock Peak to Tierkop: <https://www.strava.com/segments/25168625>

Tierkop to Groenkop: <https://www.strava.com/segments/25893160>

Godfather Kaaimans River Plunge: <https://www.strava.com/segments/21742268>

Godfather to Groenkop: <https://www.strava.com/segments/25893126>

Godfather Kaaimans to Groenkop climb: <https://www.strava.com/segments/25893051>



You have now completed the George 6 Peaks FKT!

Rest, recover and take a few victory photos, but don't get too comfortable yet; you now still need to make your way to the pickup point at **Strawberry Hill** gate on the old 7 passes road.

Unfortunately no vehicle access is allowed at **Groenkop**. It may only be used in case of a life-threatening medical emergency. The walk down to the pickup point is part of the George 6 Peaks FKT experience; time to reflect on a great day out in the mountains! You will have to run, walk or crawl your way from **Groenkop** to the nearest accessible pickup point. Luckily it's an 8.5km easy downhill jeep track road all the way to **Strawberry Hill** gate which is located on the 7 passes road just after the turn off to Saasveld. **Gate location:** <https://maps.app.goo.gl/5H899ALCJcKeW4DT6>

It should take you about 90 minutes to walk from Groenkop to the pickup point gate

Escape Route:

From **Groenkop** you must make your way back to the jeep track. Follow the main jeep track as per gpx file and let us know on the Whatsapp group once you've reached the indigenous forest section. In total it's 8.5km from **Groenkop** to the Strawberry Hill gate. When you reach the Forest line you have 3km to go to the 2nd gate where our team will meet you and provide you with your drop bag and something to eat and drink if you opted for the support package. We will also provide transport back to your parked car or accommodation. Public parking at the gate is limited. If you have arranged your own lift please ask your seconding crew to only go to the pickup point when you get to the **Groeneweide** forest section 3km from the gate. Also note that this location has very bad to no cell phone reception, so it's a bad spot for your seconding crew to wait and be without coms.

Please make sure to download the escape route GPX file and familiarize yourself with the route as some runners might have to navigate this section in fading light and they will only reach the pickup point after sunset in the dark.

The GPX file will be shared on the whatsapp group and can also be downloaded from the plotaroute link "**Escape Route**" from www.linktr.ee/georgefkt



Supported Attempt: If you signed up for the Support Package we will assist you with your attempt outlined in the Support Package above. More info and Detail about your attempt will be discussed in the Pre-attempt meeting and on the whatsapp group.

We will meet at a designated place and time as discussed at the pre-attempt meeting/Whatsapp group. Hand in your two **Drop Bags**. We will provide two tog bag tags for the seconding points at **Vensterberg/Tierkop** and **Montagu Pass/Finish** Please remember to write your name and cell number on the tag
Make sure you have your tracking device that will be provided by us at check in. There will be quick briefing and start photo before we set you off.

We will provide **Live Updates** during your attempt on the George 6 Peaks FKT Facebook page and Instagram. You can follow us on social media- Instagram [@George6peaksFKT](#), [@GTRtrails](#) and [@GeorgeFKT](#)
Links on www.linktr.ee/georgefkt

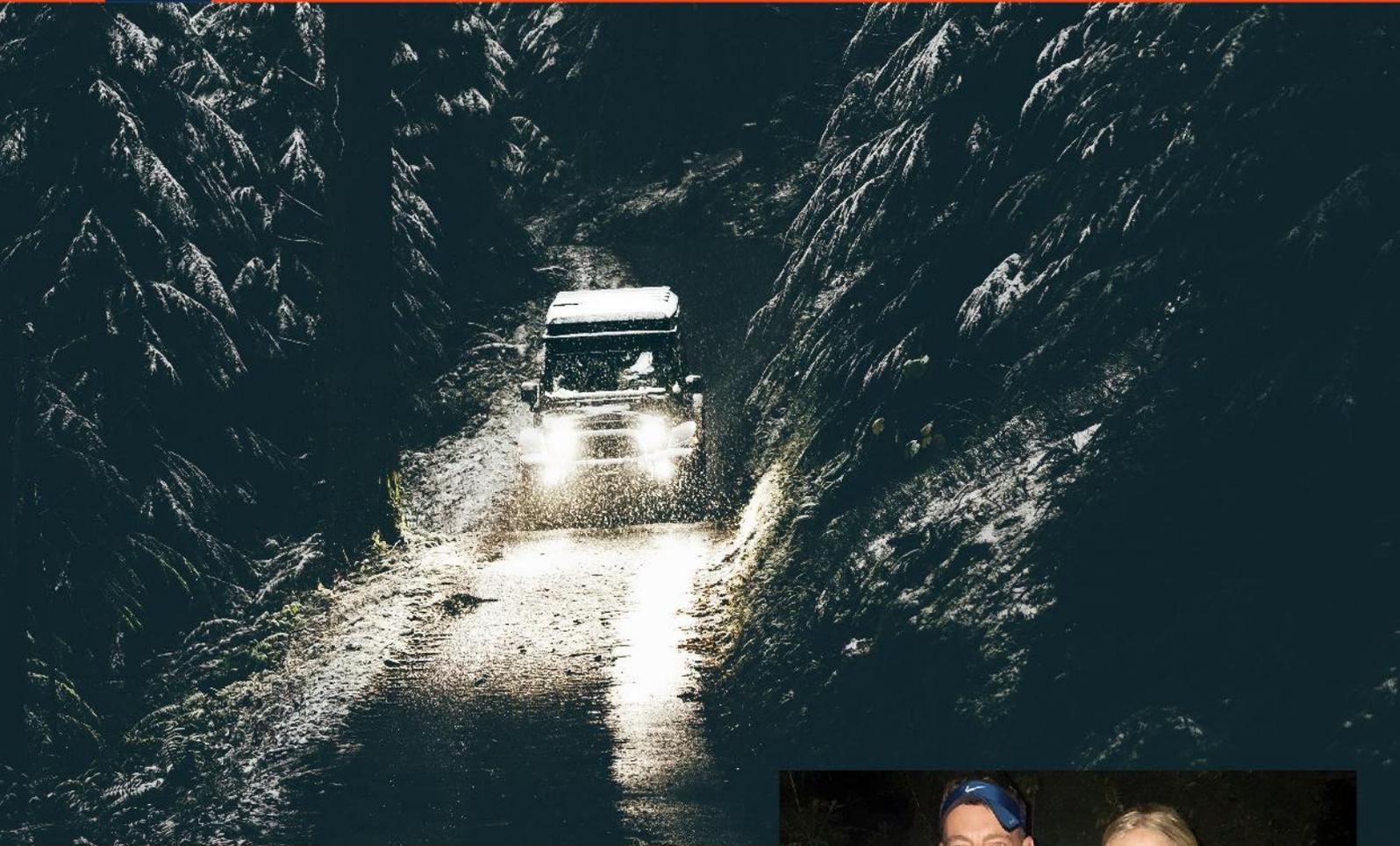
You are welcome to use the following **tags** on social media;
[#George6PeaksFKT](#) [#GTRtrails](#) [#OuteniquaMountains](#) [#Time2Peak](#) [#FKT](#) [#GardenCity](#) [#GeorgeFKT](#)
[#GeorgeTourism](#) [#6PeaksFKT](#) [#MountCo](#) [#TheMountainCommunity](#)

After your attempt we will arrange **Tierkop** drop bag collection and opportunity to buy some 6 Peaks merch at the **MountCo shop!**

Tracking website: <http://tracking.georgefkt.co.za/6peaks/> Share this link to your supporters to follow your progress live during your attempt!

Unsupported FKT Attempt: Please let us know if you plan an official unsupported attempt. Send us a Whatsapp message with your plans at least 24 hours before your attempt. Take a photo and note your start time. Follow all the rules set out in this document. Let us know that you are off the mountain and back home safely. If you hired a tracking device from us, make sure you switch off the tracking device once you have reached Strawberry hill gate. Please make arrangements to return the device to us.

If you are successful in completing the full route please send us all the necessary details and photos as set out in the rules and we will update your attempt.



Medical emergency numbers:

Metro Rescue - 044 805 5070

ER 24 - 084 124

Make sure to save all the emergency numbers on your phone.

Your first contact would be to phone us if it's not a life-threatening emergency. We always notify **Metro Rescue** in advance, so they will be aware of your FKT attempt on the day.

General and Route Enquiries: Jacques: 081 366 4394

Retirement of FKT attempt / Medical emergency: Clare: 061 422 6060

***Please note** that you must take full responsibility for your own safety and understand that you are taking part in recreational trail running at your own risk. No members associated with this challenge can be held liable in any way or form. You agree to have the necessary compulsory kit with you at all times during your attempt. This is not an official race, but we encourage and promote safe and responsible recreational trail running in the Garden Route. We will not support or recognize any attempt as official if you haven't signed the indemnity form before you start and filled out the attempt form on the website with all your details.

Good luck with your attempt and we are looking forward to assisting you to make your FKT a successful one. Most of all we wish it will be a memorable experience and that you will enjoy what George, the Outeniqua Mountains and GTR Trail Community have to offer.

Happy mountain running!

The George 6 Peaks Team

