
WILDCOAST
19 - 23 September 2028
three days, 112km, one wild coastal running paradise
WILDRUN®
AFRICA



a three day free running journey

A three-day boutique trail running journey along South Africa's Wild Coast, a slice of unfenced coastal paradise that traverses the rural homeland of the isiXhosa people.

This is a trail running kaleidoscope that is at it's heart wild in every sense of the word; from footprint-free golden beaches along a warm ocean, to rolling grass headlands and delicate coastal forests teeming with life. Envelope your senses in one of the World's most spectacular coastlines whist enjoying the evening comfort of hotels & lodges along your Wild Coast journey.

"This 3-day trail run was, without a doubt, the best I've ever experienced. From start to finish, the organisation was flawless, every detail thoughtfully planned to ensure a seamless, safe, and immersive adventure." - Krissie Clark (2025)

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Highlights















SOUTHERN WILD COAST
EASTERN CAPE, **SOUTH AFRICA**



Where in the Wild Coast?

Along the South Eastern coastline of South Africa is an area known as the Wild Coast. This truly inspiring & rugged location is the communal homeland of the isiXhosa people and in more modern times the birthplace of global icon Mr. Nelson Mandela. Along the fringe where the warm indian ocean meets the land is a coastal running kaleidoscope of scenic splendour - from footprint- less golden beaches to rolling grassy hills, indigenous forests and deep-cut ravines. Laced over this magnificent landscape is a network of Nguni cattle and wildlife trails that we use to make our way northwards, from Kei Mouth to our finish at Hole-in-the-Wall. This community land lies unfenced for hundreds of kilometers, offering an unparalleled running free experience.

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Itinerary & dates

Thurs, 19 Sep 2028

ARRIVAL

Today is just about getting to Kei Mouth in time for registration, dinner and briefing. For your convenience, there will be an optional shuttle bus service running from East London Airport that you can book onto. When you arrive in Kei Mouth, check in at registration to collect your race bag and find out where you are staying. The evening schedule includes a welcome dinner and briefing.

Fri, 20 Sep 2028

Stage 1: 44km

After a delicious breakfast, its a short walk to the banks of the Great Kei River to catch a ferry to the start of your Wildcoast journey. While stage 1 may be the longest, it is the flatest of the three days, with lots of golden beach running. Your refuel and refill aid station is at Wavecrest at 19.5km. The finish is at the infamous Kob Inn, where a delicious lunch awaits you at the bar overlooking the sea. You will spend your afternoon relaxing on the lawns before briefing for the next day, followed by dinner.

Sat, 21 Sep 2028

Stage 2: 35km

Stage 2 is 35.2kms and includes a run through the beautiful and wild Dwesa Nature Reserve. Your refuel and refill aid station is at 22.9km. The final few kilometers includes navigating the crossing of the mightly Mbashe River - a very significant milestone on your journey. Upon arrival at The Haven Hotel, feel free to fall into the swimming pool before grabbing that well deserved lunch. After a leisurely afternoon we will gather back in the lounge for the final briefing and dinner.



Sun, 22 Sep 2028

Stage 3: 34km

This final stage of running is the shortest, albeit perhaps the toughest with over 1,000m of vertical height gain. The summit of the final hill brings with it a sensational view of the Hole-in-the-Wall, where a picnic lunch is on offer as we all stick around to welcome the final runners in. A short transfer from here will take you to our hotel in Coffee Bay. We conclude the journey with a farewell dinner, prize-giving and a little partying for those whose legs are still willing!

Mon, 23 Sep 2028

Departure

After breakfast it's time to depart the Wild Coast and return to reality. For those booked on the optional return transfer to East London Airport, you need only roll down to the pick up point in front of the hotel. Alternative bespoke onward transfers can be arranged as required. The transfers to East London Airport (or Kei Mouth) are approximately five hours.

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Getting to and from the Wild Coast

International arrivals: OR Tambo International, Johannesburg.
Domestic arrivals: East London Airport, roughly 100km from Kei Mouth. It is important not to book an early return flight from East London as the transfer from Coffee Bay is approximately 5hrs.

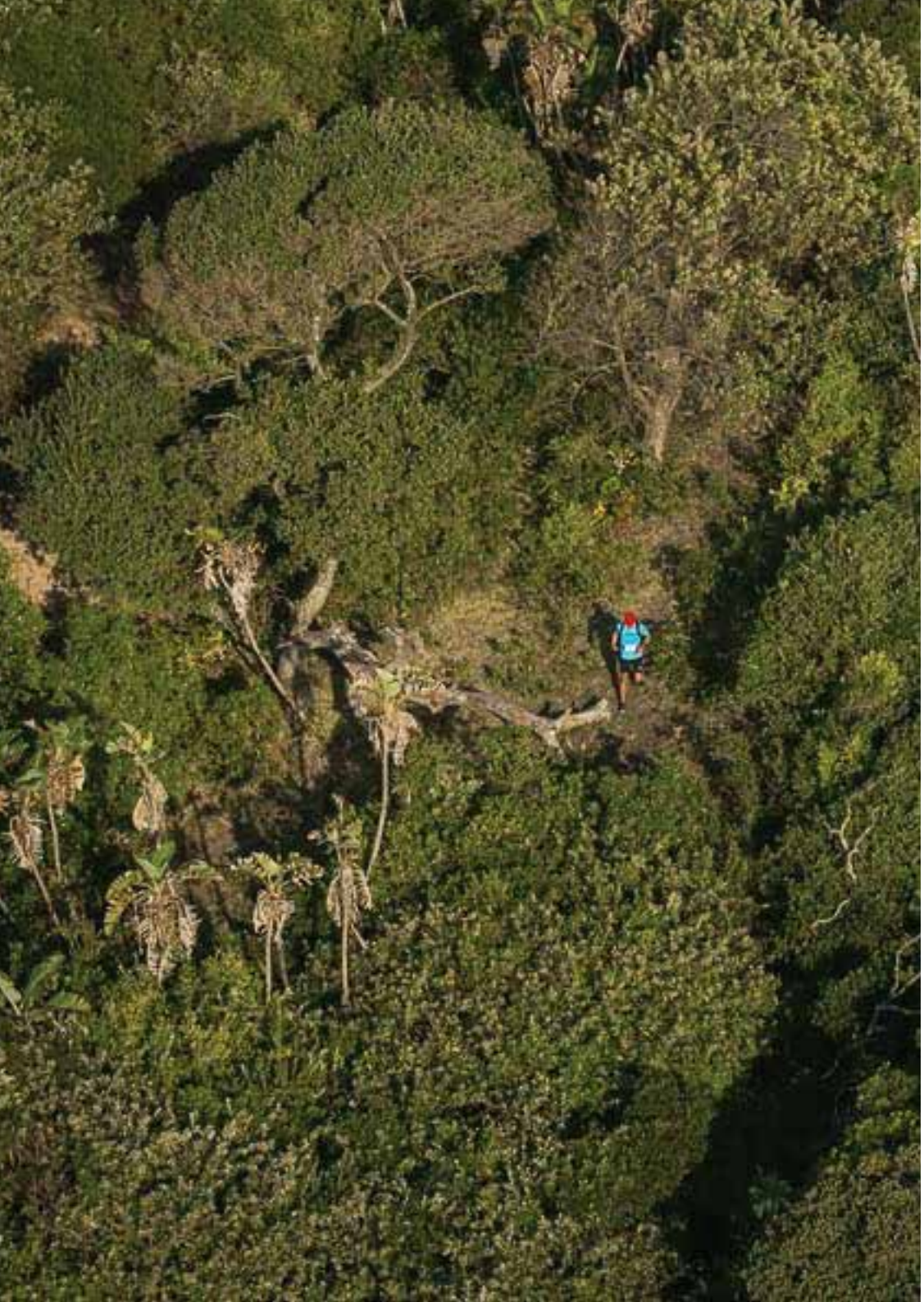
We do offer an optional transfer from East London Airport to the start in Kei Mouth (approximately 1.5hrs) and back from the finish in Coffee Bay to East London Airport (approx 5hrs). Information on how to book on these will be sent to all participants.

There is a 600m cut grass light aircraft landing strip in Morgan's Bay (10min from Kei Mouth) called 'Browning's Landing Airstrip'. Collection can be arranged.

P

If you are self-driving to the start in Kei Mouth, we have secure parking available for you. Please remember that the Wildcoast Wildrun is a linear journey, so you would need to make arrangements to get back to your vehicle. If you have a 4x4 or a high clearance vehicle we may be able to assist getting your vehicle to the finish, but this is subject to capacity and the suitability of your vehicle.

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Important information you need to know

This is a runners journey and is not open for hikers. Whether you are entering as a solo, or as a couple, you will very likely end up with a couple of others running about the same pace as you and make great friends!

You will be crossing rivers and estuaries and the ability to swim is critical. In addition, a dry bag is required to keep your personal kit dry.

This journey is fully catered – all meals from dinner on arrival in Kei Mouth until breakfast on the day you depart will be provided. You only need to bring any race specific fuels, nutrition and recovery for the run.

Hotel and lodge accommodation is provided on a two person sharing basis (a single supplement option is available on request).

A medical form must be signed by your doctor and submitted before the event. This form will be provided upon entry.

The course is not marked and no GPS or other navigational tool is required - or necessary. Navigation is as simple as keeping the sea on your right. GPX files are not issued but detailed video briefings are sent daily ahead of each stage.

Average temperatures on the Wild Coast during the day range from 15-25°C (59-77°F). Being the Wild Coast, a range of wild weather can be expected - from rain to the famous 'beast-erly-easterly'. You will be running into the sun all day so hats, sunglasses and sunscreen are highly recommended. Bring a lighweight rain jacket just in case. A daily forecast will be given in preparation for the coming stage.

You will need to be nutritionally self-sufficient for each days stage only. There will be one aid station at roughly half way on each stage with supplementary snacks and bottled water. Should you have your own personal 'race' fuel, please bring that with. you.

Make sure you bring any personal medication with you. Basic first aid will be available during the run, with professional medical support available at the start and finish.

Please make sure your medical evacuation insurance covers you for wilderness extraction.

If you are an international visitor to South Africa, please make sure your passport is valid for 6 months from date of travel, and that you have secured any visas that may be required





The entry fee includes & excludes

This is a fully supported multi-day running journey that includes four nights accommodation in local guest houses, lodges and hotels on a sharing basis.

This journey is fully-catered with three meals per day, beginning with dinner on the day of arrival and ending with breakfast on the day of departure. There is one supplementary aid station per day and 3 lites of bottled water provisioned per person per day. All entrance and permit fees, transport of personal items during the journey and logistical & medical support throughout.

Optional services not included in the entry fee but available: transfers to start and back from the finish, massage therapy.

Not included: Your personal race fuel, purchases of a personal nature, alchoholic or soft drinks, hotel tab, and any gratuities.

Airport transfers and pre- and post-travel requirements can be arranged on request.





The package fee

	Package total
Couple, per person*	ZAR 18,225
Single, per person sharing	ZAR 20,375

**Couples packages are a min of two people sharing a double bed.*
A deposit of ZAR 3,500 (per person) secures your entry.
Entry T&C's apply.

To enter go to **www.wildrun.com**

Contact

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