

GOEDGEDACHT WALKS, TRAIL RUN, CYCLE TRACKS, OBSTACLE COURSES AND FIVE-A-SIDE SOCCER FIELDS.

All these activities (except five-a-side soccer) start at and are measured from, the Goedgedacht Rugby Field but you can join them anywhere along the route and opt out whenever you have had enough.

▶ GREEN ROUTE

13.4 Kms

Follow the Green Arrows to the top of the mountain – walk or run. The Green Arrows go around both farms, Goedgedacht and Welbeloon. Steep in places, fabulous views, best to go with a friend. Make sure you have your cell phone.

▶ RED ROUTE

6.2 Kms

Follow the Red Arrows for the Fountain Walk. Not for the fainthearted! Steep in places but rewarding views and changing fynbos terrain. Do NOT try it on your own, please go with someone and take a cell phone.

▶ BLUE ROUTE

5.5 Kms

Follow the Blue Arrows for the Cathedral Kloof Walk. Got it's name from the ancient canopy of trees through which one walks when you are in the kloof itself. It gets a bit steep at the top of the kloof, but it's doable. Do this one with a friend, don't forget your cell phone.

▶ ORANGE ROUTE

4.5 Kms

Follow the Orange Arrows for a walk around the bottom half of the farm, a pleasant, long stroll.

▶ PINK ROUTE

2.8 Kms

Follow the Pink Arrows for Annie's Walk. More of a stroll than a tough walk. Short and Sweet. Good views once you get onto the dam walls.

▶ POLKA DOT ROUTE

10.5 Kms

Cycle or walk this route. Designed for Mountain bikes, but you might have to get off and push your bike up Heartbreak Hill. Goes around both farms Goedgedacht and Welbeloon.

▶ SiFunda Sidlala (We Work as We Play)

There are Two Obstacle Courses, one for Teams and one for Individuals. Both are to be found at the far side of the Rugby Field.

▶ FIVE-A-SIDE SOCCER

We have two fields one at Wild Sky accommodation (also a practice Basket ball hoop) on Welbeloon farm and one behind Wild Fig accommodation on Goedgedacht farm.

**IMPORTANT**

- 1. Please check in a Reception at the Main House before starting out on any of these activities.**
- 2. You must sign an indemnity form before starting any of these activities.**
- 3. There is a charge for using any of these routes and soccer fields apart from the Orange and Pink routes. The money will be used for the upkeep of the routes.**
- 4. Please make sure you take a fully charged cell phone with you and put the Goedgedacht number (022 482 4369) into your phone before you leave.**

**YOUR SAFETY IS VERY IMPORTANT TO US.**

Time to get fit and face the world with a new you

*Goedgedacht is here to help you*

WALKS  
SWIMS  
RUGBY  
SOCCER  
RIDES  
RUNS  
OBSTACLE COURSE

No more excuses!

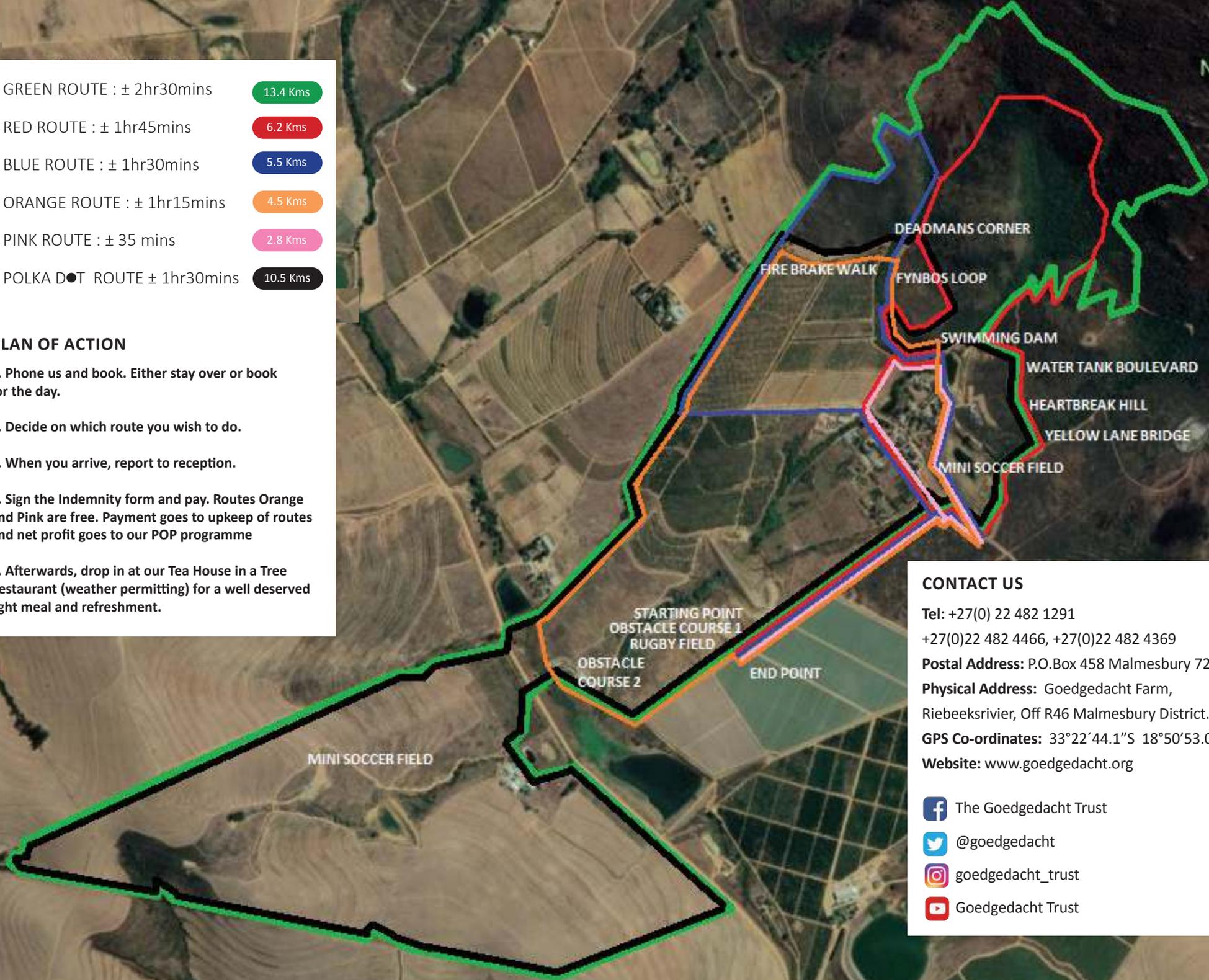


The Goedgedacht Trust  
Where rural children come first

- ▶ GREEN ROUTE : ± 2hr30mins 13.4 Kms
- ▶ RED ROUTE : ± 1hr45mins 6.2 Kms
- ▶ BLUE ROUTE : ± 1hr30mins 5.5 Kms
- ▶ ORANGE ROUTE : ± 1hr15mins 4.5 Kms
- ▶ PINK ROUTE : ± 35 mins 2.8 Kms
- ▶ POLKA DOT ROUTE ± 1hr30mins 10.5 Kms

### PLAN OF ACTION

1. Phone us and book. Either stay over or book for the day.
2. Decide on which route you wish to do.
3. When you arrive, report to reception.
4. Sign the Indemnity form and pay. Routes Orange and Pink are free. Payment goes to upkeep of routes and net profit goes to our POP programme
5. Afterwards, drop in at our Tea House in a Tree Restaurant (weather permitting) for a well deserved light meal and refreshment.



### CONTACT US

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