



The Center of the Great Outdoors
Accommodation | Trails | Conference Center | Wellness

+27 (0) 21 859 5193 | accommodation@trailsend.bike | www.trailsend.bike
GPS: 34°08'32.7"S 19°01'01.5"E

TRAIL'S END ADVENTURE HOTEL

GROUP ADVENTURE & SPORTS ITINERARIES

Active stays. Adventure-filled days. One memorable base.

Located in the heart of Grabouw and surrounded by the Elgin Valley's network of trails and outdoor experiences, Trail's End Adventure Hotel is an ideal base for groups looking to combine accommodation, sport, adventure and team experiences.

These sample itineraries have been developed to give schools, sports clubs, tour operators, DMCs and group organisers an idea of what a stay at Trail's End could look like. They are examples rather than fixed programmes and can be adapted according to the group's age, sporting discipline, fitness level, objectives, length of stay and budget.

Activities can be combined, extended or replaced to suit each group, with Trail's End's on-site facilities complemented by selected experiences in the surrounding Elgin Valley where appropriate. Trail's End can assist with coordinating accommodation, meals, activities and additional local experiences to create a programme that works for each group.

Ideal Group Markets

Trail's End is particularly suited to:

- School and youth groups
- School sports teams and tours
- Cycling and mountain-biking clubs
- Running and trail-running clubs
- Triathlon and multisport groups
- Adventure and outdoor clubs
- Corporate sports and team groups
- Leadership and outdoor education programmes
- Sports academies and development programmes
- Active social and community groups

Why Trail's End?

- Accommodation suited to groups
- Direct access to surrounding trails
- Swimming pool
- Climbing wall
- Pump track and flow trail
- Group-friendly dining options
- Outdoor and social spaces
- On-site adventure activities with access to additional experiences in the surrounding Elgin Valley
- Convenient base for exploring the wider Elgin Valley
- Activities and programmes can be tailored to the group



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THE ACTIVE ESCAPE

Sports Groups | 2 Nights

Two nights of trails, adventure and good food.

Designed for cycling clubs, running groups, triathletes, adventure groups and active social clubs, this sample programme combines outdoor activity with time to relax, socialise and recover.

DAY 1 | ARRIVE & GET MOVING

14:00 | Arrival & Check-in

Settle into your accommodation and prepare for the afternoon's activity.

15:00 | Warm-Up Ride, Trail Run or Hike

Head out onto the Grabouw trail network for an introductory activity, with routes selected according to the group's preferred discipline and ability.

17:00 | Pool & Recovery

Cool off in the 20-metre swimming pool or take some time to relax after the afternoon's activity.

18:30 | Dinner at Trail's End

A hearty, group-friendly dinner to refuel after an active day.

20:00 | Relaxed Evening

Enjoy the firepit, games and social spaces – or get an early night ahead of tomorrow's main adventure.

DAY 2 | TRAILS & ADVENTURE

07:00 | Breakfast

A substantial breakfast to fuel the day's activities.

08:00 | Main Sporting Activity

Mountain Bike Groups

A longer ride through the Grabouw Forest and surrounding Elgin Valley trails, with routes selected according to ability and experience. Bike hire can be arranged for groups travelling without their own bicycles, subject to availability.



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Trail Running & Hiking Groups

A trail-running or hiking route through the surrounding natural environment, either guided or self-guided depending on the programme.

12:30 | Lunch & Recovery

Return to Trail's End for lunch and downtime.

14:00 | Adventure Session

Change the pace with an alternative activity such as:

- Quad biking
- Archery
- Pump track / flow trail
- Swimming
- Yoga or wellness activities
- Selected Elgin Valley experiences

17:00 | Free Time

Relax around the pool or make use of the hotel's facilities.

18:30 | Group Braai

A relaxed South African braai – the perfect way to round off an active day.

20:30 | Social Evening

Music, games and time around the firepit. A quiz or team competition can also be incorporated into the evening.

DAY 3 | FINAL ADVENTURE

07:30 | Breakfast

08:30 | Optional Sunrise Ride, Trail Run or Hike

A shorter final outing for those who want one last opportunity to enjoy the trails.

10:30 | Coffee & Check-out

11:00 | Departure

Suitable for: *Cycling clubs | Running clubs | Triathlon groups | Sports teams | Corporate sports groups | Adventure groups | Active social clubs*



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TRAIL'S END SCHOOL ADVENTURE CAMP

2 or 3 Nights

Learn. Explore. Compete. Have Fun Outdoors.

A flexible school camp combining outdoor adventure, teamwork, nature and active play, with activities available at Trail's End and in the surrounding Elgin Valley.

The programme can be adapted for different age groups and school objectives, from a fun introductory adventure camp to a more structured leadership, teamwork or outdoor education programme.

DAY 1 | ARRIVE & EXPLORE

10:00 | Arrival

Welcome, room allocation and camp briefing.

11:00 | Trail's End Orientation

Explore the property, familiarise learners with the facilities and introduce the camp rules and safety guidelines.

12:30 | Lunch at Trail's End

14:00 | Adventure Rotation

Groups rotate through a selection of activities, such as:

- Climbing wall
- Archery
- Pump track
- Flow trail
- Lawn games
- Swimming
- Bicycle Museum

16:30 | Snack Break

17:00 | Free Time

18:30 | Dinner – Group Braai



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20:00 | Evening Camp Activity

Choose from a selection of age-appropriate evening activities, such as a quiz, team challenge, storytelling, stargazing or an educational night activity.

21:30 | Lights Out

DAY 2 | TRAILS, WATER & TEAMWORK

07:30 | Breakfast

08:30 | Mountain Trail Adventure

Head out from Trail's End for a trail hike or walk through the Grabouw Forest and surrounding natural environment. Guided activities can be arranged where required.

The programme can incorporate nature observation, navigation, bird and animal identification and outdoor education, depending on the school's objectives and the activities arranged.

11:30 | Refreshments

12:00 | Team Challenge

A series of fun challenges designed to encourage communication, leadership, problem-solving and teamwork.

Examples may include:

- Capture the Flag
- Treasure Hunt
- Team relay challenges
- Problem-solving challenges
- Navigation challenges

13:00 | Lunch at Trail's End

14:00 | Water & Adventure Afternoon

Choose an off-site experience such as rowing or water sports at Elgin Grabouw Country Club, or remain at Trail's End for an afternoon of on-site adventure activities.

16:30 | Return to Trail's End & Free Time

18:00 | Dinner



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19:30 | Camp Evening

A relaxed evening of games, quizzes, karaoke or a team competition.

21:30 | Lights Out

DAY 3 | ADVENTURE FINALE

07:30 | Breakfast

08:30 | Final Group Challenge

A final team-based activity bringing together the skills and experiences from the camp.

10:00 | Camp Awards

Fun awards recognising participation, teamwork, leadership, courage, sportsmanship and team spirit.

11:00 | Departure

OPTIONAL 3-NIGHT EXTENSION

For groups staying an additional night, the programme can be expanded with a further day of outdoor education and adventure.

Morning

Trail hike / mountain exploration

Late Morning

Environmental education, navigation or nature activity

Afternoon

Archery, climbing wall, pump track, swimming or team activities

Evening

Stargazing, stories around the firepit, quiz night or camp competition

Additional adventure experiences in the wider Elgin Valley, including quad biking and other outdoor activities, can also be incorporated, subject to availability and additional costs.

Suitable for: *Primary schools | High schools | School sports teams | Leadership camps | Outdoor education programmes | Sports academies | Youth groups*



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BUILD YOUR OWN GROUP PROGRAMME

No two groups are the same. Trail's End can assist in creating a programme around your group's specific requirements, combining accommodation, meals, sporting activities, adventure experiences and downtime. Trail's End can help you build a programme that fits your group, your objectives and your budget.

Tell us: Group size | Age group | Sporting discipline | Number of nights | Preferred activities | Meal requirements | Budget

Selected experiences in the wider Grabouw-Elgin Valley can be incorporated into group programmes, depending on the type and objectives of the group.

Examples include: Cape Canopy Tour | Rowing, Canoeing & Water Sports | Rock Climbing | Nature Trails & Hiking | Mountain Biking | Wine & Farm Experiences | Elgin Railway Market | Outdoor Concerts

Additional arrangements can include:

- Group transfers
- Activity transport
- Bike hire
- Guides/instructors
- Packed lunches
- Dietary requirements
- Additional adventure activities
- Equipment hire

All itineraries are indicative. Accommodation, meals, activities, transfers, equipment hire and external experiences are quoted according to the final group programme.

*Sample itineraries only. Programmes are subject to availability and can be customised and quoted according to group requirements.
Activities, timings and inclusions may vary.*