

What's On

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What's On

Connect with nature

Trail Kids offers events to build children's trail running skills while developing friendships, confidence and connecting with nature.

Trail Kids is celebrating our four legged friends at its next fun-filled morning at the Lourensford Harvest Market, on Saturday September 26. To support the Helderberg Animal Welfare in their efforts to help abandoned or mistreated animals, families are invited to take donations of tinned pet food, dry food, blankets, leads and collars (second-hand is fine). Every little bit will help and receive many tail wags of appreciation! Kids, moms, dads, friends, first timers and running pros of all ages are all welcome to join in the interactive program of inspiration, exercises and running designed to kick start or extend their skills and passion for the trails. Andreas Groenewald, co-founder of the ECO-Rangers and the Environmental Education Officer at the Helderberg Nature Reserve, will be sharing his deep knowledge of plants, animals, geology, astronomy

and weather to open little and big eyes as to how much there is to see while running in nature. The trails are beautiful, gently undulating single tracks with a furry 5km for the more adventurous

and a tail wagging 2.5km for the shorter legs. Entry is R25, and begins at 8.30am, with registration from 7.30am. To register online, email trailkidssa@gmail.com or visit www.facebook.com/trailkidssa

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