

Van Gaalen Trails

Concrete track and Pofadder Section Mountain Biking & Running Trail Map

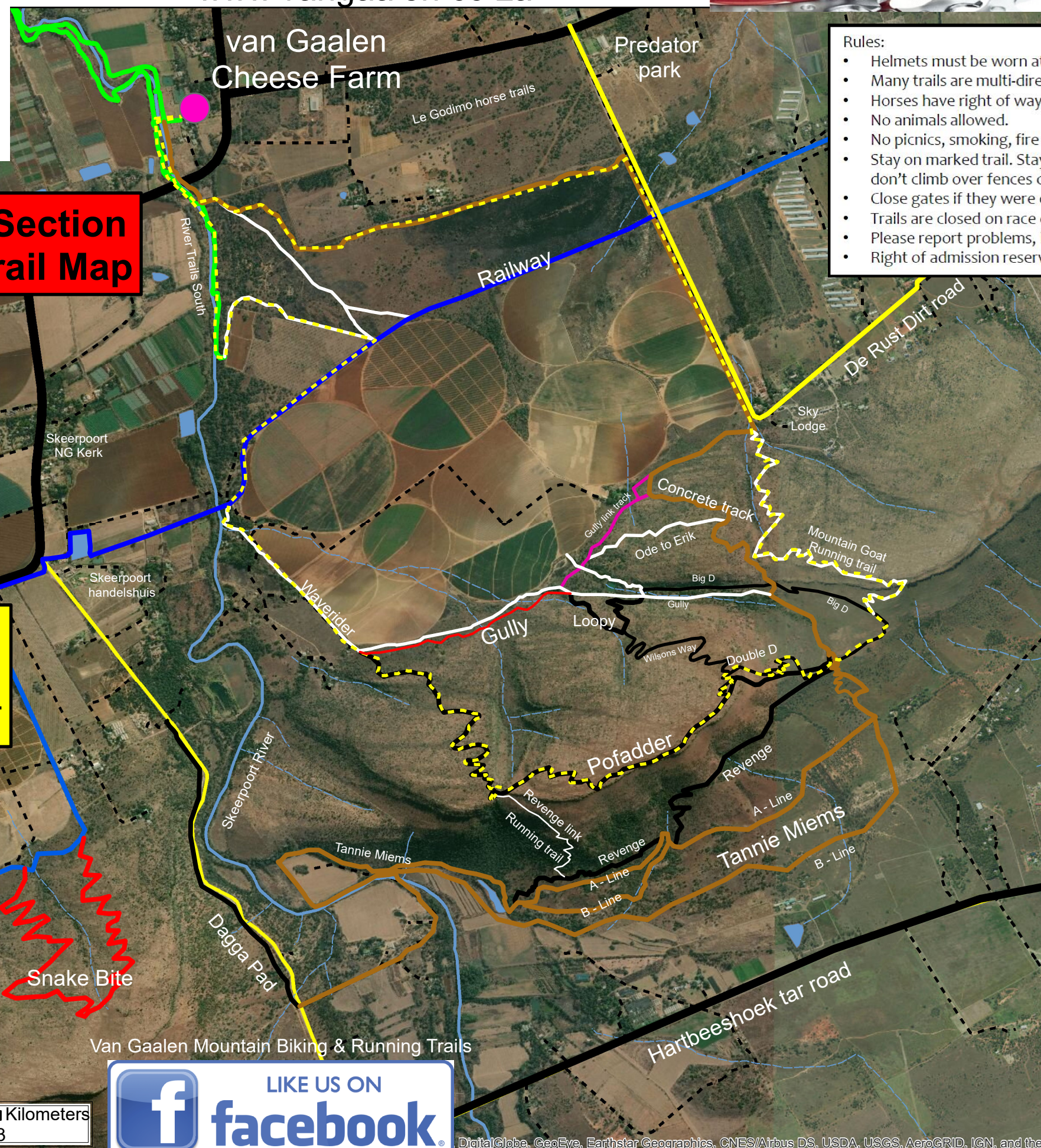
- Rules:**
- Helmets must be worn at all times. NO helmet, NO ride!
 - Many trails are multi-directional, please KEEP LEFT.
 - Horses have right of way, then mountain bikers.
 - No animals allowed.
 - No picnics, smoking, fire or dumping of rubbish allowed.
 - Stay on marked trail. Stay away from private grounds and don't climb over fences or make your own trail.
 - Close gates if they were closed.
 - Trails are closed on race days.
 - Please report problems, blocked routes or anything strange.
 - Right of admission reserved.

Terrace @ Van Gaalen

18km technical trail run loop from van Gaalen added as dashed yellow line. Add additional distance using sections of gully, loopy, Wilsons Way, Tannie Miems, revenge or revenge link trails. Direction of trail run loop is clockwise.

Indemnity:

- The indemnity grantor participates at own risk and agrees that he/she shall have no claim whatsoever against the organizing body, helper, sponsor or land owner in respect of any injury, loss or damage that participants may suffer arising from any injury to that person or property, caused directly or indirectly by the negligence, albeit gross of one or more of the abovementioned parties
- The indemnity grantor is aware of the danger associated with mountain biking and accepts the risks associated therewith.
- The indemnity grantor declares that he/she is physically fit and healthy to ride.
- The indemnity grantor is aware that the route can change because of weather, manmade obstacles or other causes. Beware of the unexpected.



Legend

- 18km technical trail run loop
- Advanced technical trails
- Technical trails
- Concrete Track & Tannie Miems
- Railway & Pomphuis
- River Trails
- Other trails
- Main tar roads
- Main dirt roads
- - - Other dirt roads

