



THE RUNNING ADVENTURE DESTINATION GUIDE

PATAGONIA • MOROCCO • SLOVENIA & CROATIA • IRELAND • NICARAGUA
BRITISH COLUMBIA • KENYA • SOUTH AFRICA • ICELAND • BAJA • USA

ONCE UPON A TIME IN MOROCCO...

THE ROGUE EXPEDITIONS STORY



In March 2012, we (co-founders Allison Macsas & Gabe Steger) took a personal vacation to Morocco where, as die-hard independent travelers, we explored the country on our own.

We knew that we'd need a guide to take us into the Sahara, but had no real basis for choosing one. Eventually we crossed paths with a guide who asked if we'd like to visit the desert. His name was Hamid, and we took an instant liking to him and what he had to offer.

We spent a total of three days with Hamid, mostly at his family's camp in the Sahara. On the second night, under an amazing starscape, conversation turned to what incredible landscapes Morocco offered for runners (Allison was a coach and a semi-pro marathoner) and what amazing experiences it offered for travelers (Gabe

was an experienced outdoor adventure guide) and just like that an idea was born!

Once back in Austin, we worked with Rogue Running and Hamid to begin planning and to put the wheels in motion. Before we knew it, 20 people were registered! The trip was a huge success and at that point it was clear that this is what we were going to do. Nine years later, we're a small business with an expert team doing big things - not only are we taking more and more runners to Morocco, but we now also offer 13 different itineraries in 12 different countries (and during the pandemic? We wrote a book and dreamt up new adventures. See below!)

We design our trips to combine authentic, off-the-beaten-track travel experiences with organized, supported daily runs in unforgettable places, and to accommodate all levels. We don't focus on races, but instead seek out the most epic runs, the best sights and the most unique travel experiences to create small group destination running vacations unlike any other.



WANT MORE STORIES? [GRAB OUR BOOK!](#)

VENTURE is a travelogue that traces the journey of two accidental entrepreneurs as they set out to help others experience the world through the universal language of running. Exploring the roads and trails less travelled would require immersion in a dizzying array of cultures and countries, a sense of adventure, a dreamer's imagination, plenty of grit, a dash of luck, a cast of the right characters and the ability to laugh when things go terribly wrong.

Through the lens of one small startup finding its place within the ever-evolving landscape of adventure travel, the reader is transported to locations as diverse as the sands of the Sahara, the glaciers of Patagonia, the vineyards of Slovenia, the emerald hills of Ireland, the wild coastline of South Africa, the towering forests of the Pacific Northwest and the astounding wildlife-filled plains of the Maasai Mara in Kenya. Along the way, stories and anecdotes offer insight into the business of

tourism and spark consideration of the potential paths towards a more sustainable future.

Merging running, travel, food, history, world culture and plenty of entrepreneurial hustle, prepare to let yourself be entertained, carried away and ultimately inspired to set out into the great unknown.

[Get the paperback or the ebook here!](#)

READY TO FIND YOUR TRIP?

BROWSE THE FULL GUIDE OR CLICK A DESTINATION BELOW FOR MORE DETAILS!



RUN MOROCCO
GORGES & SAHARA



RUN MOROCCO
BACKROADS OF
THE ATLAS



RUN ALPE-ADRIA
SLOVENIA & CROATIA



RUN IRELAND
THE CLASSIC ROUTE



RUN IRELAND
THE HIDDEN
NORTHWEST



RUN PATAGONIA
CHILE



RUN KENYA
THE RUNNER'S SAFARI



RUN BC
CANADA



RUN SOUTH AFRICA
THE GARDEN ROUTE



RUN ICELAND



RUN NICA
NICARAGUA



RUN OREGON
USA



RUN BAJA
MEXICO



PRIVATE TRIPS
YOU & YOUR CREW



ROGUE OYO
SELF-GUIDED TRIPS



RUN MOROCCO

GORGES & SAHARA





This is the trip that started it all!

Get ready to see, hear, taste and RUN one of the most beautiful, welcoming & magical areas of North Africa. We'll wander Marrakech markets, pass over the snow-capped High Atlas mountains, explore ancient kasbahs, learn about the traditional Berber way of life and play on the giant sand dunes surrounding our private camp in the Sahara.

Run along lush river valleys, through dramatic gorges and palm oases and in the Sahara, catching glimpses of village life that are never seen from the highways. Enjoy full run support from our team, who are always on hand with water, rides and plenty of high fives, no matter your pace.

Finish each day with a beautiful desert sunset, a delicious Moroccan feast, endless stories and mind-blowing views of the stars.



STARTS / FINISHES:
Marrakech, Morocco



TIME OF YEAR:
March and November



TRIP LENGTH:
10 days



GOOD FOR:
Runners of all levels! Vehicle support and completely flexible distances every day.



LANDSCAPES

High alpine mountains, dramatic river canyons, palm oases, sand dunes, open desert.



MILEAGE & TERRAIN

Daily run maximums range from 8-16 miles and all runs are flexible in distance with vehicle support. Run terrain is primarily pavement and dirt road.



WEATHER

Generally you can expect clear nights with temperatures around 50F/10C, bright, sunny days with high temperatures around 70-75F/20-24C (likely a bit warmer in the Sahara) and little to no humidity. Rain is rare, but does happen on occasion.



ACCOMMODATION

All but one night are spent in beautiful family-run guesthouses. You can expect spotlessly clean rooms, private bathroom, gorgeous Moroccan decor, phenomenal hospitality and often a swimming pool. One night will be spent at a private camp in the Sahara. We will sleep in traditional nomad tents, each of which has comfortable beds, piles of blankets and candles - an unforgettable experience!



FOOD & DRINK

Food is a major highlight in Morocco! Breakfasts usually consist of many different types of breads with fresh jams, honey and butter, coffee, tea, fresh OJ, yogurt and eggs. Lunches are prepared by our cook team - expect huge spreads of beautiful salads, grilled meats, olives, fresh fruit and tea. Dinners begin with salad or harira, a chickpea soup, and then the main dish is typically prepared in a tagine, the traditional cooking vessel. You'll see chicken with preserved lemon, beef slow cooked with almonds and dates, beautifully spiced veggies and couscous. Lots of bread is always served (perfect for mopping up the sauce!) and dessert is typically fresh fruit. Most special diets can be accommodated.



VISIT OUR WEBSITE FOR MORE!



RUN MOROCCO

BACKROADS OF THE ATLAS





Off the beaten track: The soaring peaks of the Atlas Mountains stretch for 2000km across Northern Africa, forming a jagged backbone that separates the temperate coastline from the arid Sahara desert. The tallest and most dramatic peaks are found right in Morocco and are home to a vast network of rugged dirt roads and ancient shepherds paths, connecting the bucolic valleys where locals carry on with a way of life that has remained largely unchanged for centuries. In these secluded places, all that is needed comes from the land, time is measured in seasons, visitors are welcomed with smiles and mint tea, and traveling on foot is the way it has always been and will always be done.

As a runner you will have to opportunity to experience stunning high-altitude trails (give way to the mules!), cruise the dirt roads above fertile, terraced valleys, race

the local kids as you pass through their mountainside villages, soak your legs in icy snowmelt rivers and get up close and personal with a land seemingly locked in time. By the time we make our way out to the breezy blue coastline at the end of the week, any assumptions you'd ever made about Morocco being one big desert will have been completely shattered.

Every day presents a brand new landscape and a brand new run, and multiple distance options are always available to ensure that you never have to run more or less than desired. Every detail is taken care of, from the wonderful meals featuring local cuisine and unique guesthouses to the route selection and sightseeing stops, and the small group set up ensures an authentic, intimate experience where great new friendships are quickly forged and memories made that will last a lifetime.



STARTS / FINISHES:
Marrakech, Morocco



TIME OF YEAR:
March/April and October



TRIP LENGTH:
9 days



GOOD FOR:
Runners of all levels who are up for a variety of terrain



LANDSCAPES

High alpine mountains, high desert mountains, dramatic river canyons, palm oases, Atlantic coast



MILEAGE & TERRAIN

Daily runs range from 6-16 miles and all runs are flexible in distance. Terrain includes single track mountain trails, dirt roads and a bit of pavement too.



WEATHER

Generally you can expect clear nights with temperatures around 50F/10C (probably closer to 40F/5C in the mountains), bright, sunny days with high temperatures around 70-75F/20-24C (warmer on the coast) and very little humidity. Rain is rare, but always possible.



ACCOMMODATION

All eight nights are spent in beautiful family-run guesthouses. You can expect spotlessly clean rooms, private bathroom, gorgeous Moroccan decor, phenomenal hospitality, rooftop terraces with sweeping views and often a swimming pool. The final two nights of the trip are spent at a gorgeously restored family palace - you'll never forget it!

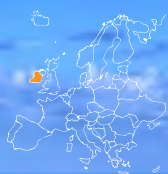


FOOD & DRINK

Food is a major highlight in Morocco! Breakfasts usually consist of many different types of breads with fresh jams, honey and butter, coffee, tea, fresh OJ, yogurt and eggs. Lunches are prepared by our cook team - expect huge spreads of beautiful salads, grilled meats, olives, fresh fruit and tea. Dinners begin with salad or harira, a chickpea soup, and then the main dish is typically prepared in a tagine, the traditional cooking vessel. You'll see chicken with preserved lemon, beef slow cooked with almonds and dates, beautifully spiced veggies and couscous. Lots of bread is always served (perfect for mopping up the sauce!) and dessert is typically fresh fruit. Most special diets can be accommodated.



VISIT OUR WEBSITE FOR MORE!



RUN IRELAND

THE CLASSIC ROUTE





Ireland: Yes, it really is everything that you imagine it to be. This is a land of dramatic coastal cliffs, cozy pubs, crumbling castles, moody weather, astoundingly green hills, rich traditions and warm, hospitable locals that will leave you feeling right at home no matter where you roam.

Our journey begins in Dublin and immediately leaves the big city behind as we head for wild, beautifully desolate Connemara. From there we make our way south, chasing vertigo-inducing views at the Cliffs of Moher, soaking in the famed beauty of the Dingle Peninsula and wandering amongst the country's biggest mountains in County Kerry. Each day incorporates a new run with new views and new terrain – runners will cruise on quiet country roads, navigate scenic single-track, take on some breathtakingly steep climbs and probably get bogged down in, well, bog, more than a few times!

Meals will be hearty, accommodation will be warm & welcoming and restorative pints of Guinness will always be found in the nearest pub, preparing you for the next big day.



STARTS / FINISHES:
Starts in Dublin, finishes in Cork



TIME OF YEAR:
May/June or Aug/Sep



TRIP LENGTH:
8 days



GOOD FOR:
Runners of all levels who are up for a variety of terrain & weather conditions



LANDSCAPES

Dramatic sea cliffs, rugged mountain ranges, sheep-covered hillsides, thick bog, quaint villages, castles and brilliantly green grass.



MILEAGE & TERRAIN

Daily runs range from 8-13 miles and all runs are flexible in distance. Terrain includes road, dirt road, single track trail, grass path & bog!



WEATHER

The weather in Ireland is unpredictable at best; wind, rain and fog are always a possibility, but so are brilliantly clear days where the landscapes glow green beyond belief. Temperatures in will rarely rise above 65F/18C with lows typically around 50F/10C.



ACCOMMODATION

The accommodation is a mix of mid-range bed & breakfast and boutique lodge-style, often with a view and nearly always within walking distance to the town or village center. We use unique, family-run establishments whenever possible for an authentic experience with local impact; you can expect clean, cozy, welcoming places each night!



FOOD & DRINK

Days begin with hearty Irish breakfasts (think eggs, sausages, toast, yogurt, fruit, muesli, etc) and lunches are a mix of packed sandwiches, serve-yourself type picnic spreads and pub fare. In each destination we'll enjoy dinner in either a local establishment, and two nights are homecooked by award-winning local chefs. In a typical pub you'll most frequently come across perfectly poured pints of Guinness, Smithwicks, Murphy's and Harp, though you can also find craft brews making an appearance in bigger towns and cities. Ireland is also known for its whiskey, and you'll find no shortage of tea and coffee options throughout the country.



VISIT OUR WEBSITE FOR MORE!



RUN IRELAND

THE HIDDEN NORTHWEST





Ireland: Yes, it really is everything that you imagine it to be. This is a land of dramatic coastal cliffs, cozy pubs, crumbling castles, oft-moody weather, astoundingly green hills, rich traditions and warm, hospitable locals that will leave you feeling right at home no matter where you roam.

This itinerary ventures off the well-worn tourist track of the southwest and heads north, taking in a special section of the Wild Atlantic Way including the 'surf coast' of Sligo whose beauty is eternalised by the poetry of WB Yeats, a cross-border peek into County Fermanagh's Marble Arch Caves Geopark, and finally County Donegal; often called Ireland's forgotten county (and best kept secret!) way up in the Northwest.

Stunning beaches, wild ocean views, soaring sea cliffs, rugged mountains, soft and craggy bog lands, quiet country roads, and endless fresh air. Every run will be unique taking in various terrain types and immersing you in the history and lore of the land along the way.



STARTS / FINISHES:
Dublin, Ireland



TIME OF YEAR:
June or August



TRIP LENGTH:
8 days



GOOD FOR:
Runners of all levels who are up for a variety of terrain & weather conditions



LANDSCAPES

Dramatic sea cliffs, rugged mountain ranges, sheep-covered hillsides, thick bog, quaint villages, castles and brilliantly green grass.



MILEAGE & TERRAIN

Daily runs range from 8-13 miles and all runs are flexible in distance. Terrain includes road, dirt road, single track trail, grass path & bog!



WEATHER

The weather in Ireland is unpredictable at best; wind, rain and fog are always a possibility, but so are brilliantly clear days where the landscapes glow green beyond belief. Temperatures in will rarely rise above 65F/18C with lows typically around 50F/10C.



ACCOMMODATION

The accommodation is a mix of mid-range bed & breakfast and boutique lodge-style, often with a view and nearly always within walking distance to the town or village center. We use unique, family-run establishments whenever possible for an authentic experience with local impact; you can expect clean, cozy, welcoming places each night!



FOOD & DRINK

Days begin with hearty Irish breakfasts (think eggs, sausage, toast, yogurt, fruit, muesli, etc) and lunches will be a mix of packed sandwiches, serve-yourself type picnic spreads and pub fare. In each destination we'll enjoy dinner in a local establishment, including one special award-winning fine dining experience!

In a typical pub you'll most frequently come across perfectly poured pints of Guinness, Smithwicks, Murphy's and Harp, though you can also find craft brews making an appearance in bigger towns and cities. Ireland is also known for its whiskey, and you'll find no shortage of tea and coffee options throughout the country.

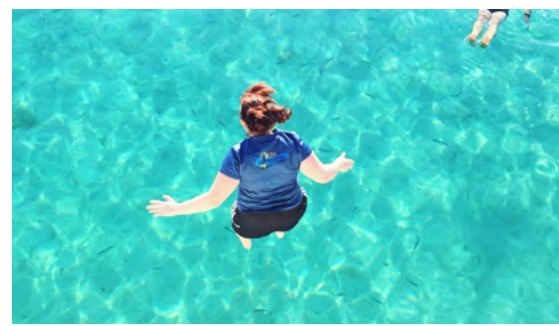


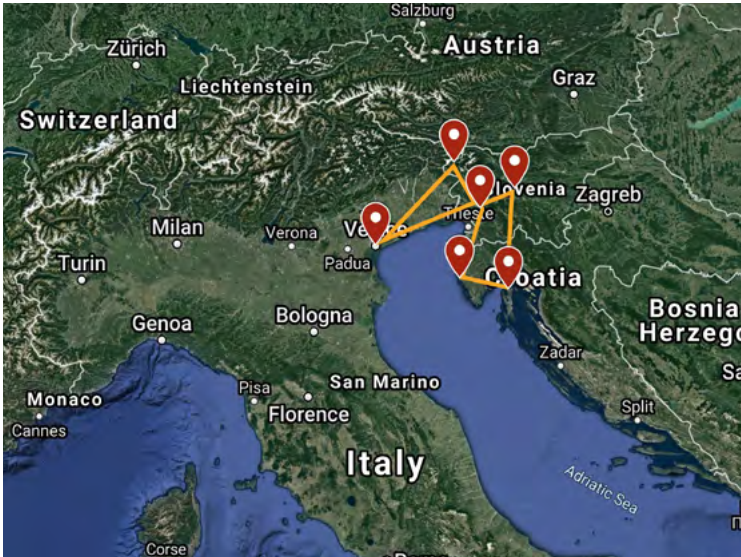
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RUN ALPE-ADRIA

SLOVENIA & CROATIA





Encompassing Slovenia, Croatia and a taste of Italy too, Run Alpe-Adria treats runners to both the hidden gems and better-known indulgences of the region.

Run quiet, stunningly beautiful trails through thick forests, idyllic meadows, rolling vineyards, alpine lakes and along the electric-blue Soca River. Explore caves, castles and hidden villages, sail the Adriatic and take in the grandeur of the Julian Alps. Wonder why on earth there aren't more tourists around, and then be very, very thankful that there aren't.

Nights are spent in beautifully restored farmhouses, quaint B&Bs and mountain chalets, and meals are indulgent multi-course affairs, featuring the local specialties of each region. And of course, there will be wine. Lots of wine.



STARTS / FINISHES:
Venice, Italy



TIME OF YEAR:
May and September



TRIP LENGTH:
9 days



GOOD FOR:
Runners of all levels who are up for a variety of terrain and love to eat!



LANDSCAPES

Vineyards, mountains, thick forests, rocky coastline, Adriatic sea, glacial lakes, hilltop castles. Basically, everything!



MILEAGE & TERRAIN

Daily runs range from 6-18 miles and all runs are flexible in distance with vehicle support. Terrain includes single track trail, road, dirt road & meadow paths.



WEATHER

Generally speaking, in Slovenia you can expect mild daytime temps between 60-70F /16-21C and nights around 45F/8C. In Croatia the climate becomes more Mediterranean, with daytime temps between 70-80F/20-25C and nights comfortably cool.



ACCOMMODATION

The accommodation is a mix of beautifully restored farmhouses, friendly B&B-style hotels and mountain chalets. We use unique, family-run establishments whenever possible for an authentic experience with local impact. You can expect clean, comfortable, memorable places each night!



FOOD & DRINK

Farm to table! Expect long, lingering meals full of handmade pastas, cheeses, prosciutto, hearty stews, colorful seasonal salads from the garden, homemade sausages, the highest quality olive oils, rustic bread, truffles... and make sure you save room for dessert! The strudels and cream cakes and gelato shouldn't be missed, especially when paired with a thick espresso.

Wine drinkers are in luck! Only a border drawn on a map separates Slovenia's wine country from that of Italy; the quality is world-renowned, and you'll have many chances to taste and learn about regional specialties that are rarely found stateside; coffee is top-notch as well.



VISIT OUR WEBSITE FOR MORE!



RUN OREGON

USA





Fresh mountain air, wild rivers, towering waterfalls, innumerable trails to discover and ohhhh, those magical old growth forests!

Central Oregon is an outdoor mecca, and one of the top trail running areas in the country. This small group trip features epic, off-the-beaten track trail running, delicious meals, nonstop views and more than a few opportunities to kick back and soak it all in with a local brew in hand.

All running levels can be accommodated – this is an excellent trip for both relaxed hike/running and those who want to test their legs on steep terrain. We take care of all the details, and you show up ready to play!



STARTS / FINISHES:
Redmond, Oregon



TIME OF YEAR:
June/July



TRIP LENGTH:
6 days



GOOD FOR:
Runners of all levels who want to hit the trails - no trail experience necessary!



LANDSCAPES

The area around Central Oregon is incredibly diverse. You'll experience high desert canyons, wild rivers, old growth forest and tons of waterfalls!



MILEAGE & TERRAIN

Daily runs range from 5-14 miles with several distance options each day. All runs take place on single track trail; the footing is occasionally technical and the terrain is rarely flat, but don't let that stop you! You'll be free to go at your own pace and enjoy the stunning scenery.



WEATHER

Generally speaking you can expect bright sunny days with highs in the 70s or 80s, cool nights with temps in the 50s and very little humidity.



ACCOMMODATION

We will stay at three unique properties during this trip, each one intimate and welcoming in a way that only locally-owned lodges can be. The first involves an assortment of cozy cabins and lodge rooms in the Crooked River Canyon, where your door will open to sweeping canyon views and that magical high desert light. The second is a charming bed and breakfast located in a tiny town called Westfir, where you can kick back on the patio, listen to the river and gaze straight up at steep, forested slopes of the Cascades, and the third is a lodge nestled in the old growth forest near the legendary McKenzie River where the group will share a sprawling, light-filled mountain home with tons of gathering space both indoors and out.



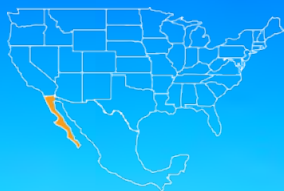
FOOD & DRINK

Breakfasts are hearty and prepared by our B&B hosts. A typical buffet spread will include fruit, yogurt, homemade granola, waffles, bacon, frittatas and plenty of coffee! Lunches will be post-run picnic style - sandwiches, fruit, salty and sweet snacks, etc. Dinners are sourced from a variety of great local restaurants or breweries and will always feature plenty of healthy, fresh, delicious food.

Bend has 22 different breweries! We'll take a tour of the most famous - Deschutes - and enjoy one dinner at another local spot. Non-beer drinkers don't need to worry - there are plenty of other beverage options to be found, including local wine, kombucha and coffee.

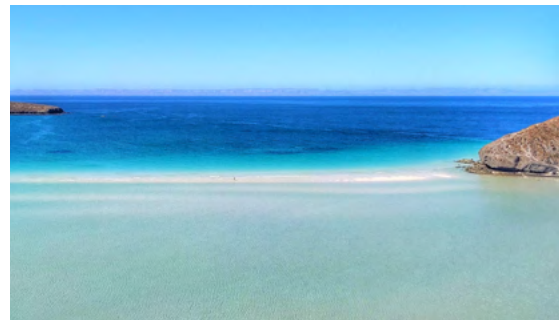


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RUN BAJA

BAJA CALIFORNIA SUR, MEXICO





Baja California Sur is a land of wild mountains and crashing surf, where enormous cacti preside and the sun both rises and sets over sparkling seas. It's home to picturesque ghost towns, pristine beaches and chic hotels too, where there is always something worth finding at the end of a dusty dirt road. The inhabitants are shopkeepers and surf-seekers, weathered ranchers and wandering artists, early-rising fishermen and award-winning chefs. It's a bit old west and a bit new age, with a uniquely Baja vibe that is at once both highly traditional and captivatingly cool.

This adventure will take us from the vibrant pueblo magico of Todos Santos on the rugged Pacific coast, into the historical gold and silver mining towns of the Sierra de la Laguna mountains and eventually over to the Sea of Cortez, where the brilliant turquoise waters are teeming with some of the best-protected marine life in the world. We'll run stellar single track trails up and down dramatic sea cliffs, along quiet coastal

roads and through the arroyos, amongst the biggest cacti on the planet. We'll kick back with taco lunches and indulge in multi-course, locally-sourced dinners served on beaches, in a family vineyard and at an award-winning restaurant as well. We'll have the opportunity to snorkel amongst the last living reef in North America, and will spend our nights in modern, boutique hotel rooms, cozy cabanas and cap it all off with a very special ecolodge that you'll never, ever want to leave. Ready? ¡Vamos!



STARTS / FINISHES:
Los Cabos International Airport



TIME OF YEAR:
November/December



TRIP LENGTH:
7 days



GOOD FOR:
Runners of all levels who want to hit the trails - no trail experience necessary!



LANDSCAPES

Pacific coastal cliffs, sparkling turquoise seas, white sand beaches, the rugged and remote Sierra de la Laguna mountains, old gold mining towns, colorful fishing villages and cactus, everywhere!



MILEAGE & TERRAIN

Daily runs range from 5-12 miles and all runs are flexible in distance. Terrain includes single track trail & dirt road.



WEATHER

Generally speaking you can expect bright sunny days with highs in the 70s, cool nights with temps in the 50s and little to no humidity. In other words, perfect!



ACCOMMODATION

Two nights are spent at a sleek, modern boutique hotel in the center of historical Todos Santos; two nights are spent in cozy cabanas near the old gold mining mountain town of El Triunfo, and two nights are spent at a gorgeous luxury ecolodge located on a remote stretch of the Sea of Cortés.



FOOD & DRINK

Breakfasts will generally be served at our accommodation and offer plenty of options from pastries and fruit to a variety of egg dishes. Post-run lunches will be casual and delicious; we'll visit some of our favorite local establishments where you'll find a wide range of tacos, quesadillas, tostadas, cold beer and fantastic salsa bars and also enjoy a catered picnic on the beach one day. Dinners will be multi-course affairs, from an award-winning farm-to-table restaurant and a sunset dinner on the beach to a private dinner hosted at a family vineyard and a couple of memorable feasts overlooking the Sea of Cortés. You can expect exceptionally fresh seafood, sustainably raised local meat, plenty of healthy veggies and vibrant Baja flavors.



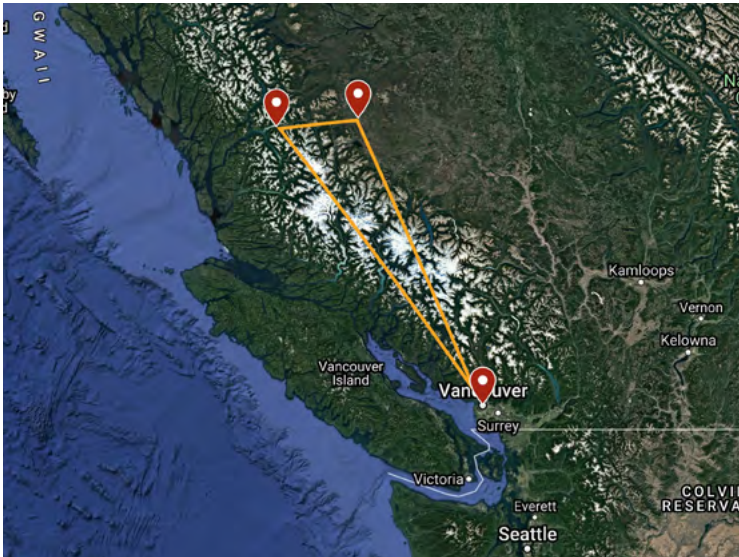
VISIT OUR WEBSITE FOR MORE!



RUN BC

BRITISH COLUMBIA, CANADA





Whether you're a regular visitor to Canada or if it remains unchecked on your bucket list, let us take you way up into the lesser-explored frontier of northern British Columbia to get you in touch with your wild side!

Be among the privileged few to have experienced the trails in the Bella Coola Valley, and enjoy abundant wildlife viewing, sweeping vistas of waterfalls, glaciers, river valleys and all kinds of mountains! We will start our trip with comfortable lodge accommodation and multi-course meals before venturing deep into the mountains to a private lakeside campsite. After a couple of days off-grid we'll head back into civilization, finishing up at another cozy lodge with all necessary creature comforts on offer. Ready to unplug and head into the wild? Then Run BC is the trip for you.



STARTS / FINISHES:
Vancouver, BC, Canada



TIME OF YEAR:
July & August



TRIP LENGTH:
9 days



GOOD FOR:

Runners with the ability to complete two challenging 10 mile trail days and who are comfortable with true wilderness



LANDSCAPES

Glacier-topped mountains, lush river valleys, waterfalls, high alpine meadows and old growth forest.



MILEAGE & TERRAIN

Daily runs range from 5-12 miles with two mandatory 10 mile mountain days; all other runs are flexible in distance. Terrain includes technical forest trail, smooth single track and dirt roads. Please note that this is grizzly bear territory; runners are required to carry bells and bear spray (provided), and no one will be permitted to run solo.



WEATHER

July/August are typically the driest and warmest of all the months. You can expect highs around 70F/21C and lows around 55F/12C. Rain is always possible, but nice sunny days are the norm this time of year.



ACCOMMODATION

The first four nights are spent in a newly-renovated local lodge with cozy rooms, great gathering spaces, a hot tub and gourmet home-cooked meals. The next two nights are spent at a remote lakefront campsite where we sleep in tents or very rustic cabins. The trip finishes with the final two nights spent in cozy, classic log cabins at a lakeside lodge resort featuring all necessary creature comforts and jaw-dropping views!



FOOD & DRINK

Breakfasts are fresh, substantial continental-style affairs - eggs, bacon, cereals, yogurt, fruit, pastries, coffee, etc. Lunches will generally be picnic-style or packed for taking on the trail - expect sandwiches, fruit, nuts, plus at least one waterfront grill-out at the finish line of your run! Dinners at the first lodge will be multi-course, chef-prepared meals with a focus on gourmet, locally sourced ingredients. Camp dinners will be prepared by a dedicated camp chef and equally impressive, including a fresh salmon barbeque. Dinners at the second lodge are homestyle and hearty.



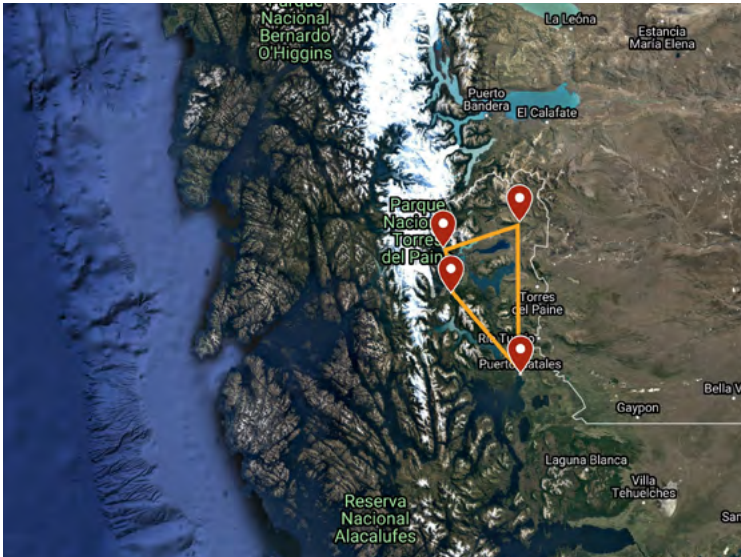
VISIT OUR WEBSITE FOR MORE!



RUN PATAGONIA

CHILE





Patagonia: the name alone gives rise to feelings of wonder and adventure. There are few places on earth with such wild, raw beauty, and it has attracted intrepid rock climbers and mountaineers for generations. Running is a more novel approach, but it gives us a chance to get up close and personal with this majestic landscape in a different way. The trails and roads are quiet and endless, the pace of life is as relaxed as it comes, and the climate, though fierce at times, makes you feel alive as never before.

Between running, hiking and plenty of chances to explore the lakes and glaciers, this trip is all-action and perfect for anyone with a keen sense of adventure. You don't have to be a trail runner to go to Patagonia with us, but we guarantee that you'll leave as one!



STARTS / FINISHES:
Puerto Natales, Chile



TIME OF YEAR:
January & February



TRIP LENGTH:
8 days



GOOD FOR:

Runners with the ability to complete two challenging 10 mile trail days and who are comfortable with true wilderness



LANDSCAPES

Mountains, fjords, glaciers, open pampa, waterfalls, glacial lakes, forests, the sea!



MILEAGE & TERRAIN

Daily runs or hikes range from 5-12 miles with one mandatory 7 mile day; all other runs are flexible in distance. Terrain includes single track trail & dirt road.



WEATHER

Patagonia is known for unpredictable weather! You'll generally find pleasant daytime temps between 50-70 F / 10-20 C and nights around 40-45F / 5-7C. You're sure to experience that famous wind - gusts can hit more than 100mph / 160kph - and beautiful sunny days too!



ACCOMMODATION

The first two nights are spent at a modern boutique hotel in Puerto Natales. Three nights are spent at a gorgeous lodge on the edge of Torres del Paine National Park with unparalleled views, One night is spent at a refugio in the park, expect clean, modern bunk room and stunning views of their remote surroundings. The final night will be spent in a beautifully restored historical family estancia. Everywhere that we stay will be welcoming, warm and memorable!



FOOD & DRINK

Meat and potatoes! There are not a lot of crops that grow well in Patagonia, so you'll find that the locally sourced dishes focus on lamb, fish, potatoes and tomatoes (thanks to greenhouses).

That said, Chile as a whole grows a wide variety of crops and much of it makes its way south these days, so you'll experience a wide range of fresh, delicious meals throughout your time there. Wash it all down with world-famous Chilean wine, and expect to be served more than a few pisco sours!



VISIT OUR WEBSITE FOR MORE!



RUN SOUTH AFRICA

THE GARDEN ROUTE





If you're searching for one place that has it all, this may well be your spot.

First, the landscapes: Picture dramatic cliff faces plunging into a turquoise ocean, iconic Table Mountain presiding over Cape Town, powder soft beaches, thick forests, carpets of flowers, miles of gently rolling vineyard-covered hills and golden sunsets. Then, the wildlife: We'll spot sunbathing seals, look for migrating whales and get up close and personal with majestic elephants. And, the food: From the foodie scene in Cape Town to a traditional backyard braai, you'll find an exotic fusion that tells the story of the region's many inhabitants. You'll find great coffee, a thriving craft beer scene and, of course, South Africa's legendary wines right at the source.

Finally, the history: It's no secret that this country has had a long, difficult past, and we will take the time to understand the struggles and complexities that have made South Africa the place it is today.



STARTS / FINISHES:
Starts in Cape Town & finishes in Port Elizabeth



TIME OF YEAR:
November



TRIP LENGTH:
9 days



GOOD FOR:
Runners of all levels who are up for a variety of terrain and other types of activities too!



LANDSCAPES

Rugged coastal cliffs, rolling vineyards, dramatic mountain ranges, indigenous forest, rivers, lagoons and lush vegetation.



MILEAGE & TERRAIN

Daily runs range from 5-14 miles and all runs are flexible in distance.. Terrain includes single track trail, road & dirt road.



WEATHER

November is late springtime in South Africa. Generally you can expect clear nights with temperatures around 60F/15C, bright, sunny days with high temps around 80F/26C and a comfortable, moderate level of humidity. Rain is rare this time of year, but always possible.



ACCOMMODATION

The accommodation will be a mix of boutique hotels, safari lodge, friendly B&B-style hotels. We use unique, family-run establishments whenever possible for an authentic experience with local impact. You can expect clean, comfortable, memorable places each night!



FOOD & DRINK

Menus focus on a diverse mix of regional specialties and traditions. Breakfasts tend to be hearty, with plenty of savory and sweet options. Lunches are fresh, filling picnics and dinners will feature a mix of restaurants and home cooked meals. You will get to experience a traditional South African braai (bbq) and poike pot (think campfire stew). Come hungry!

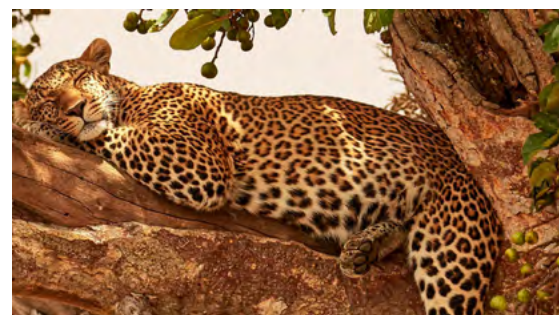
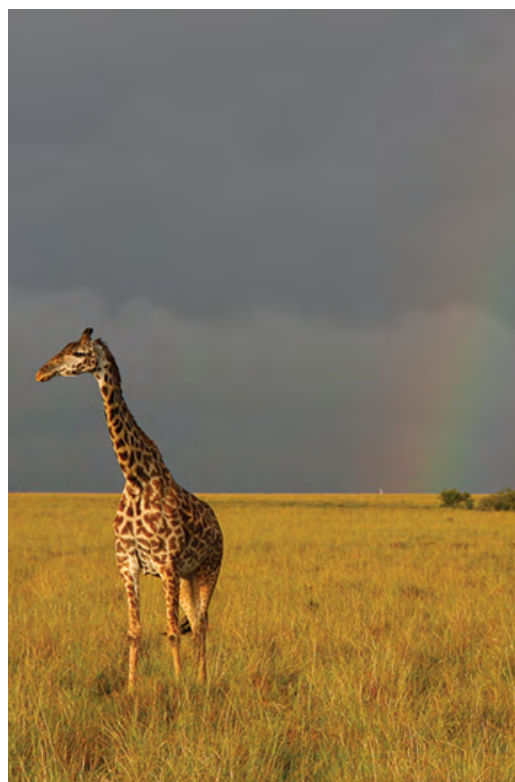
South Africa has become renowned for its wine, and you'll be able to fully indulge with a night spent right in Stellenbosch, right in the heart of wine country. Beer is everywhere, as is good coffee and tea.



VISIT OUR WEBSITE FOR MORE!



RUN KENYA





Experience Kenya as few ever do: Explore the Great Rift Valley, spot the Big 5 (and so much more!) in some of the world's best game reserves and experience the training grounds of legendary distance runners.

Lace up your shoes and hit those famed red dirt backroads each day, running alongside inspiring local athletes who will let you in on sights & sounds that are missed on the typical tourist circuit. In the evenings, refuel and recover at unique lodges and luxury tented safari camps with a feast, a sundowner and a blanket of stars overhead as you listen for the roar of lions in the distance.

Let us go ahead and forewarn you: you may never want to leave.



STARTS / FINISHES:
Nairobi, Kenya



TIME OF YEAR:
August or October



TRIP LENGTH:
9 days



GOOD FOR:
Runners of all levels who are interested in an active alternative to the typical safari-only experience in Kenya!



LANDSCAPES

Fertile highlands, volcanic mountains, the lake-studded Great Rift Valley, low plains and sweeping grasslands.



MILEAGE & TERRAIN

Daily runs range from 5-16 miles and all runs are flexible in distance with some vehicle support. Terrain includes some single track trail and lots of those famous red dirt roads! All runs take place at altitudes between 5000-8000 ft. above sea level.



WEATHER

October weather will be warm but mild, varying a bit among our destinations. Generally speaking, expect lows of 50-60 F / 10-15 C degrees and highs around 75 F / 24 C. Afternoon showers are possible, though they tend to be short and rarely impact plans.



ACCOMMODATION

The accommodation includes a mix of upmarket hotels, cottages and luxury safari camps. The accommodation in Iten is a bit more basic due to limited offerings, but still very clean, comfortable and with an incredible view! All lodging meets high standards of comfort and hospitality.



FOOD & DRINK

We will eat fresh, healthy meals throughout the trip, with a wide range of choices at most meals. Large breakfast buffets with plenty of international options are common. Lunches are basic and generally boxed to accommodate our travel schedule; expect sandwiches, hard-boiled eggs, cheese + cracker and fruit. Dinners feature plenty of local specialties - ugali, stewed greens, lentils, grilled meats, tubers - along with international fare - lots of Indian curries, pastas, etc.

Kenya is known for excellent coffee and you'll have plenty of it, though locals prefer tea - chai - made with lots of milk. Exotic fresh fruit juices are abundant and fantastic. Tusker Lager the preferred local adult beverage.



VISIT OUR WEBSITE FOR MORE!



RUN ICELAND





The Land of Fire and Ice: Iceland is one of those mythical places that captures the imagination and lures travelers with a promise of raw, wild beauty and limitless opportunity for adventure; those who have never been dream of it, and those who have yearn to return. We have long dreamt of creating an adventure in the far north to run amongst the volcanoes, glaciers, crashing waterfalls, enormous lava fields and bubbling hot springs, and we've finally made it happen.

Join in for dreamy trail running amidst otherworldly landscapes, river rafting, wildlife spotting, waterfall viewing, volcanoes galore and plenty of chances to kick back and soak it all in from the nearest natural hot spring. Along the way we stay at comfy guesthouses, sample all kinds of great local cuisine, settle into the rhythm of Icelandic summer life during those loooong daylight hours and get the full geological tour of one the world's most fascinating landscapes.



STARTS / FINISHES:
Reykjavic, Iceland



TIME OF YEAR:
August



TRIP LENGTH:
8 days



GOOD FOR:

Runners of all levels who are up for a mix of running & hiking and don't mind getting wet - this one has wild weather and lots of hot springs!



LANDSCAPES

Glacier-carved valleys, lava fields, steaming rivers, open tundra, waterfalls and volcanic mountains both ancient and active.



MILEAGE & TERRAIN

Daily runs range from 5-10 miles and occasionally involve hiking as well. Terrain is a mix of well-maintained paths, rocky trails and steep mountain ridgeline climbs.



WEATHER

The weather changes frequently and is often wet, but generally speaking you can expect highs and lows to span a range of 50-60 F / 10-15 C degrees. Bring warm layers and rain gear and know that when the sky does clear, it's amazing!



ACCOMMODATION

Accommodation includes a cosy lakeside guesthouse on the outskirts of Reykjavic, a comfy B&B in the countryside with amazing breakfast and a great garden to enjoy and a modern hotel near the southern coast. In all cases you can expect quiet, scenic locations, welcoming staff, great wifi and stylish rooms that will leave you feeling right at home.



FOOD & DRINK

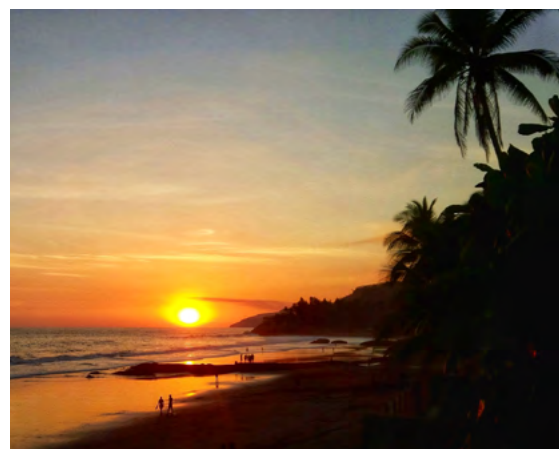
Breakfasts will be served at the hotels and will include typical cooked and continental style breakfasts with options that cater to all tastes. For lunch and dinner, we will visit local establishments that highlight the best of Icelandic cuisine from fresh local seafood to hearty lamb dishes. Most special diets can be accommodated, but if you have a unique combination of requirements we suggest that you get in touch first so that we can make sure this trip is a good fit for you.

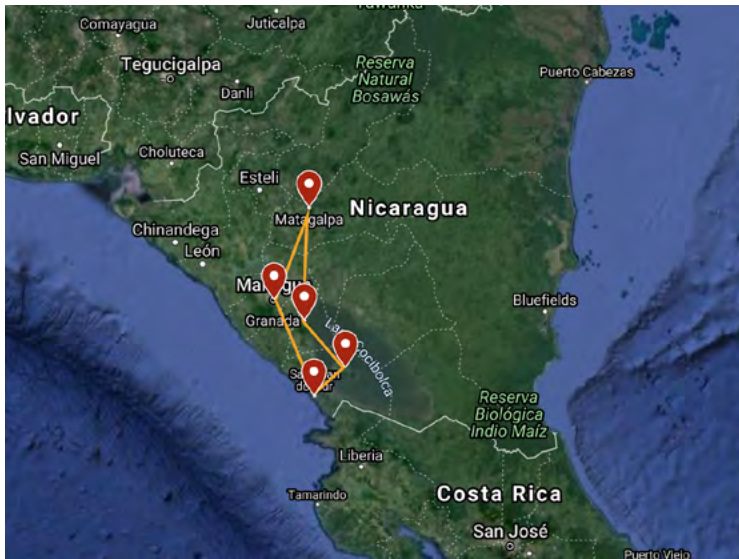


VISIT OUR WEBSITE FOR MORE!



RUN NICA





Nicaragua has long remained a hidden gem with big rewards for those who take the time to fully explore it. Best known for a distinctive landscape dotted with lakes and volcanoes, those who venture to this beautiful corner of Central America will also find unspoiled cloud forests, serene Pacific beaches, coffee plantations, charming colonial cities and tranquil islands as well!

Beginning in the mountainous highlands of Matagalpa, we will visit the lush, green cloud forests of the coffee-growing region from a stunning private farm. Next, a short stay in Granada, the cultural capital of the country, where we will tackle Mombacho ascend the trails of its forest-cloaked slopes. Then, two nights on the mystical volcanic island of Isla de Ometepe, a truly unique place where we will base on an expansive private farm growing a wide variety of organic fruits, vegetables and spices.

And of course, no trip to Nica would be complete without a visit to the Pacific coast. Sun, sea, surf, sailing and sunsets complete an action packed trip!



STARTS / FINISHES:
Managua, Nicaragua



TIME OF YEAR:
January



TRIP LENGTH:
8 days



GOOD FOR:
Runners of all levels who are excited to mix some challenging hikes in with the running



LANDSCAPES

Cloud forest, jungle-cloaked volcanoes, sweeping coastline, sandy beaches, thick, tropical vegetation



MILEAGE & TERRAIN

This trip features a mix of running and hiking (trust us, you don't want to *run* up these volcanoes!) and generally cover 5-10 miles per day. Terrain is a mix of dirt roads and singletrack trail - the runs are quite runnable, but the hikes are technical and steep!



WEATHER

Nicaragua's wet season lasts until mid November which typically means December is a fresh and green month just after all the rain. Temperatures should be no higher than the 80s and it may even feel chilly in the evenings, especially in the highlands on the first two days. Generally there are fresh coastal breezes on the coast and on Isla de Ometepe making it great for outdoor adventure!



ACCOMMODATION

Accommodation includes a beautiful private coffee farm with mountain views, a colonial-style hotel in central Granada, a serene waterfront farm in a quiet corner of Isla de Ometepe and a spectacular property recently developed on the Emerald Coast featuring treetop cabanas that fully blend in with the beautiful natural surroundings.



FOOD & DRINK

Breakfasts will include lots of fresh fruits, often the options of gallo pinto, a Nicaraguan classic of beans, rice, eggs and of course local coffee. For lunch we will sometimes picnic and sometimes go a la carte at a restaurant or cafe. For dinners we will have a private chef for the first two nights and eat at highly rated restaurants in Nicaragua for the rest of the trip. Expect everything from local classics like mixed ceviche and pollo a la plancha (grilled chicken) to asian curries, great pizza and delicious fresh local salads.

Most special diets can be accommodated, but if you require a combination of special requirements please check with us before signing up so that we can ensure that this trip is a good fit for you.



VISIT OUR WEBSITE FOR MORE!



OYO

Rogue OYO is an app-based tool that lets us share everything we know to help you create your own Rogue-style getaway and show up ready to hit the ground running!

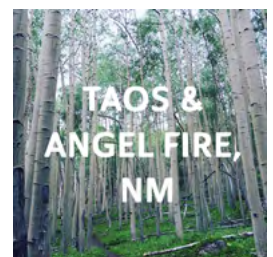
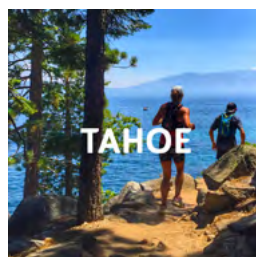
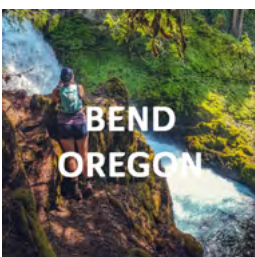
Are you itching for a running adventure on your own schedule, with your own crew?

Want to be in control of where you stay and what you eat, but don't want to spend hours doing the research? Want to be sure that you get to experience the best of the best trails, but don't want to waste your days scouring the internet, studying maps, designing routes or worrying about how to navigate once you get there?

We get it, and we've got you!

\$40 gets you a personalized access code to our routes, powerful navigation tools and information via the Ride With GPS app and puts everything you need (and nothing you don't) right in the palm of your hand.

Current destinations include:





PRIVATE TRIPS

INTERESTED IN A PRIVATE TRIP FOR YOU AND YOUR CREW?

There are lots of possibilities! We can:

- Reserve one of our existing itineraries just for your group
- Create a customized guided trip just for your group
- Design a customized plan that gives you all of the information, tools and support needed to put your own adventure together, on your own time!

Whether you have a group of running friends, an active family, an adventurous crew of co-workers or want expert-level planning for your next solo adventure, we can make it happen.



**CLICK TO START
THE CONVERSATION!**



ANY QUESTIONS?

Does anyone sign up solo?

Yes, most people join on their own!

I'm slow. Will I be last?

Nearly everyone tells us that they're slow. Someone will be last - maybe it will be you, maybe it will be someone else, but it doesn't matter either way.

First or last, the point is to enjoy the experience!

What should I pack?

Sign up and we'll give you an itemized list.

Which trip should I choose?

Well, we love them all and chances are that you won't stop with just one, but we're happy to make suggestions based on your interests / ability level / schedule. Use the button below to get in touch!



CLICK TO GET IN TOUCH