



Old Ghost Ultra

Tour

20 - 23 February 2020

The Old Ghost Road is the ultimate in backcountry trail running in New Zealand.
Dare to test yourself over its stunning 85km course.

Have you got what it takes?



What we'll get up to:

This will be a long weekend to remember. The [Old Ghost Ultra](#) (OGU) debuted in March 2016 to rave reviews. And for good reason... this race takes in some of the most stunning and dramatic scenery that the West Coast, indeed New Zealand, has to offer. Add to that a massive dose of great Coast hospitality, a stay in the gorgeously rustic [Rough and Tumble Bush Lodge](#), great food, a beer or two & the company of some like-minded running folk, and you have the perfect recipe for a great trip.

Your hosts, Mal & Sally Law, will greet you at Westport airport on Thursday afternoon and whisk you north to the magical Rough and Tumble Lodge at Seddonville (50 minutes away) where we'll spend a leisurely evening. After a hearty cooked breakfast on Friday morning we'll stretch our legs on some scenic local trails followed by lunch on the coast nearby. There'll be time to organise race gear before heading to Westport for race registration, briefing and dinner.

With the start line literally on our doorstep on Race Day we'll get to have a relative 'sleep-in' (every minute counts eh!) before breakfast, then it's showtime at 0600. Spend the entire race in awe of the wonders of the Old Ghost Road - pristine wilderness in all its shining glory. You'll be tested and tired when you step triumphantly over the finish line in Lyell. Your hosts and tour mates will be there to help celebrate the achievement. We'll partake in brews and bbqs before heading to our Westport accommodation.

But wait there's more! On Sunday the flight out of Westport doesn't leave until the afternoon so after stuffing ourselves with breakfast and reliving the race at prize giving we'll take a tour to Cape Foulwind (nothing to do with Mal) and the seal colony. We'll have yet more food in a fabulous coastal restaurant for lunch before having to say our final goodbyes.





COST and inclusions:

- ✓ Ground transportation (tour starts in Westport)
- ✓ Old Ghost Ultra race entry
- ✓ 3 nights accommodation
- ✓ All food (except what you need during the race)
- ✓ Preview run on a section of the course
- ✓ Running Wild hosting service
- ✓ Guaranteed good times!

Ultra Package \$1,195 (incl. GST) per person ex Westport

(NOTE: Wellington/Westport return flights are available via Sounds Air. They've provided a group airfare that we will pass on - let us know if you're interested in flights as an add-on)

To confirm your place on the Tour you will need to pay a non-refundable deposit of \$550.
The final payment will be required not later than 30th November 2019.



More information:

Flights on Sounds Air:

Thursday 20th February, depart Wellington at 3:30pm, arrive Westport at 4:15pm
Sunday 23rd February, depart Westport at 4:45pm, arrive Wellington at 5:30pm

Old Ghost Ultra:

- 85kms of epic trail
- 2600m of approximate elevation, mostly in the second half
- Starts in Seddonville, 50 minutes north of Westport
- Finishes in Lyell, 50 minutes east of Westport
- Compulsory gear: see the OGU website

Tour:

- Limited to 10 guests
- Prices are per person, twin share
- Accommodation at Rough and Tumble is 4 to a lodge room (2 downstairs, 2 upstairs mezzanine)
- Transportation is via minivan
- Deposit of \$550 to secure a spot, final payment not later than 30 November 2019
- Payment of the balance may be made via installments (email us for details)
- Itinerary is subject to variation to allow for weather or other eventualities beyond our control
- Travel insurance is strongly recommended and is available from online providers at around \$35pp**
- Cancellation charges:
 - Prior to 30 Nov: \$550
 - Between 1-31 Dec: 50% of tour price
 - After 1 Jan: 100% of tour price



Running Wild contact details:

Malcolm & Sally Law
P O Box 472
Wanaka 9343
Otago
mal@runningwildnz.com
sally.law@xtra.co.nz

