

KNYSNA EXTREME 0.5

RACE GUIDE

07.11.2026



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Triathlon in its purest form

WELCOME TO THE KNYSNA EXTREME 0.5

There are races that push your body.

Then there are races that reward determination.

The Knysna Extreme 0.5 offers athletes the opportunity to experience the spirit of the Knysna Extreme in a more accessible, but still demanding, endurance challenge. Set against the breathtaking backdrop of the Garden Route, you'll race through the tidal waters of the Knysna Estuary, along scenic coastal roads and into the beautiful forests that make this part of South Africa so special.

Your journey begins with a 2km swim in the Knysna Estuary before taking on a challenging 100km bike route through the surrounding countryside. The day finishes with a 30km run that winds its way through the indigenous Knysna forest to the finish at Diepwalle Forest Station.

While the distances may be shorter than the full Knysna Extreme, the experience is every bit as rewarding. Success comes from smart pacing, careful preparation and the determination to keep moving forward when the day becomes tough. Like the full event, your support crew plays an important role, providing encouragement, nutrition and assistance throughout your race.

Whether you're taking on your first long-distance triathlon, stepping up to a bigger challenge, or using the event as a stepping stone towards the full Knysna Extreme, the Knysna Extreme 0.5 promises an unforgettable day of adventure in one of South Africa's most spectacular settings.

We look forward to welcoming you to Knysna and sharing another memorable day of endurance racing.

HOW TO GET HERE

Knysna is situated in the heart of South Africa's Garden Route and is easily accessible by both road and air.

By Air

George Airport

70 km from Knysna (approximately 1 hour)

Chief Dawid Stuurman International Airport (Gqeberha)

273 km from Knysna (approximately 3 hours)

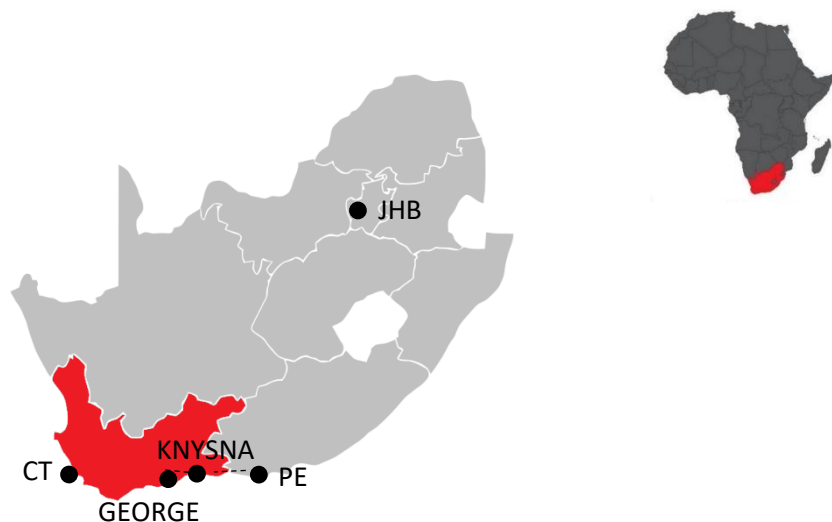
Car hire is available from both airports and is recommended for athletes and support crews.

By Road

Knysna lies along the N2 between George and Gqeberha, making it easily accessible from both Cape Town and the Eastern Cape.

Please allow sufficient travel time, particularly during the busy Garden Route season.

For accommodation, attractions and local visitor information, visit: www.visitknysna.co.za



KNYSNA EXTREME 0.5 ENTRY

Entry Categories

To maintain the unique experience of the Knysna Extreme 0.5, entries are strictly limited.

- **100 Individual Entries**
- **10 Team Entries**

Entries are allocated on a first-come, first-served basis. Once capacity has been reached, a waiting list will be activated.

Individual Entry

An Individual Entry includes:

- One athlete
- Optional support crew member

Team Entry

A Team Entry consists of:

- Three athletes
- Optional support crew vehicle (Team members can be the support crew)

Teams complete the race as a relay, with each athlete completing one / two disciplines.

Entry Fees

Flexible payment plans are available for both Early Bird and Standard entries.

Entry Type	Super Early Bird 1 Dec – 28 Feb	Early Bird 1 Mar – 31 Jul	Standard 1 Aug – 14 Oct
Individual	R2,450	R2,850	R3,350
Team	R3,550	R3,850	R4,350

COURSE DESCRIPTION

IMPORTANT NOTICE: The initial 2026 route has been revised due to storm damage and ongoing road repairs affecting sections of the original course.

The Knysna Extreme 0.5 is a point-to-point adventure that captures the essence of the Knysna Extreme while offering a shorter, but still rewarding, endurance challenge through the spectacular landscapes of the Garden Route.

The day begins with a **2.5km swim** in the Knysna Estuary. Athletes navigate the tidal waters before exiting at the SANParks slipway to begin the next stage of their journey. From there, competitors take on a challenging **100km bike** ride that showcases the beauty of the Garden Route. The revised 2026 route heads west to Buffelsbay and Sedgefiled before returning towards Knysna, with rolling terrain, steady climbs and spectacular coastal scenery providing a memorable ride to Transition on Thesen Island. The final leg is a **30km run** that takes athletes from Thesen Island through the forests and plantations surrounding Knysna before finishing at the picturesque Diepwalle Forest Station.

While shorter than the full Knysna Extreme, the course still demands smart pacing, determination and respect for the terrain. The 2026 Knysna Extreme 0.5 delivers an unforgettable day of endurance racing, combining challenging courses, incredible scenery and the unique atmosphere that has made the Knysna Extreme a favourite among athletes.

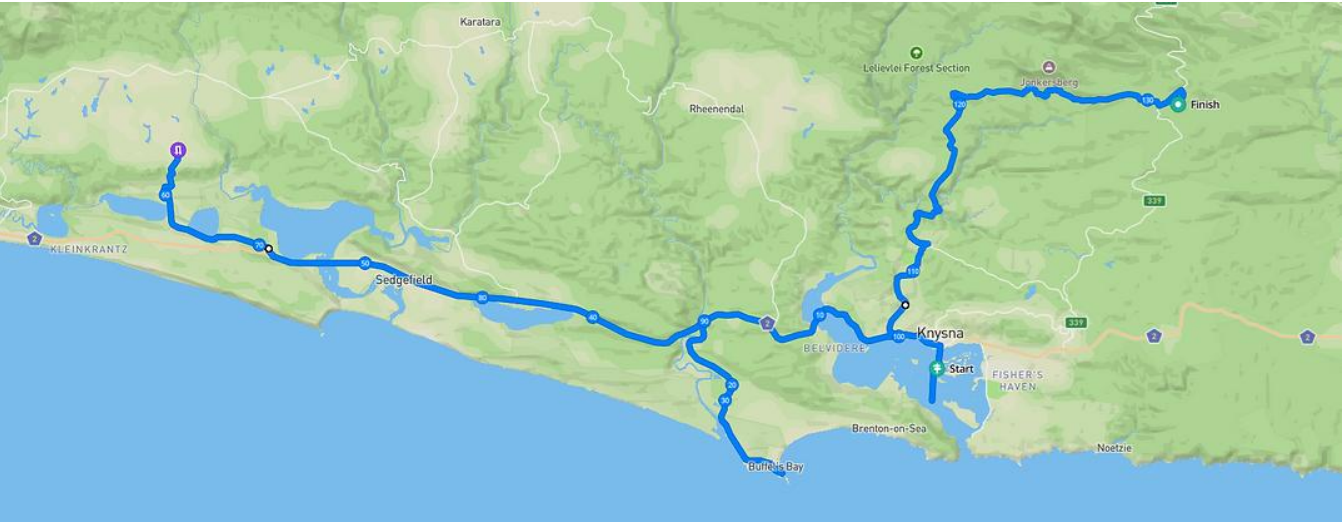
Total Distance: 135.5 km (84.19 Miles)

Total Elevation: +2,140 m (7,020 ft)

Sunrise: 05H21 | **Sunset:** 19H01

Low Tide: 08H21 | **High Tide:** 02H23

RACE MAP

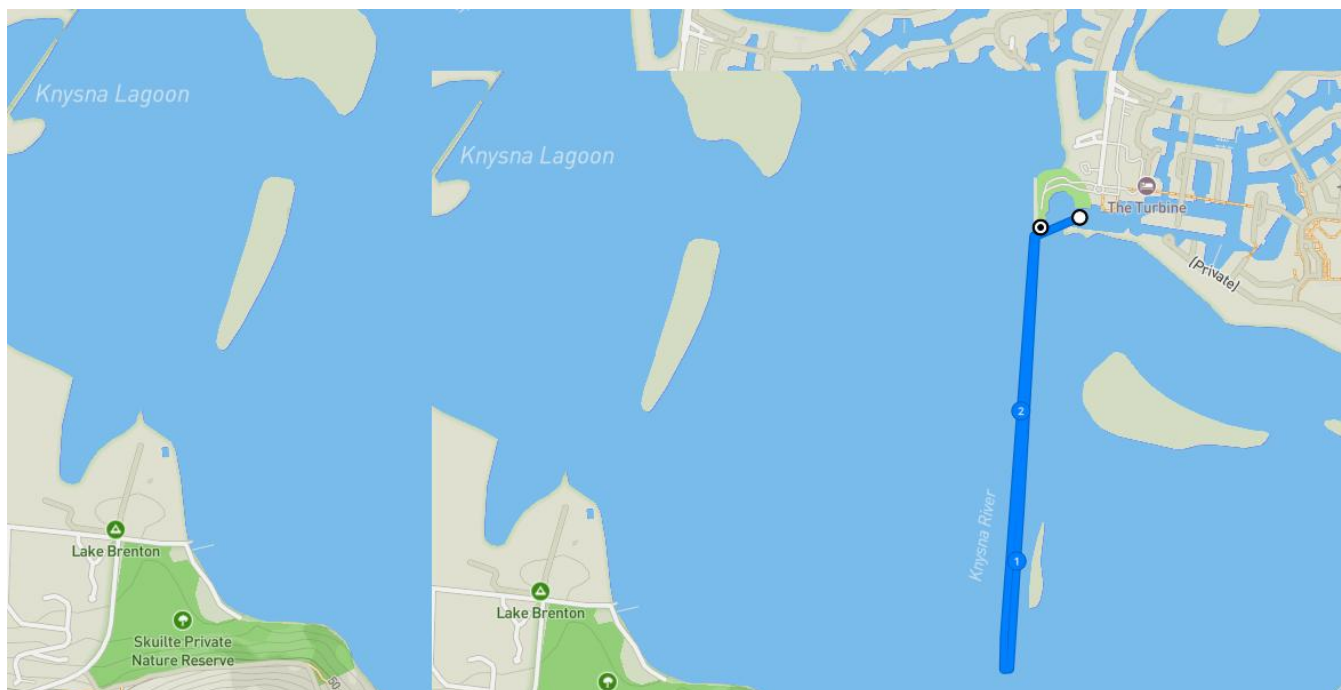


RACE PROFILE



SWIM – 2,5 KM

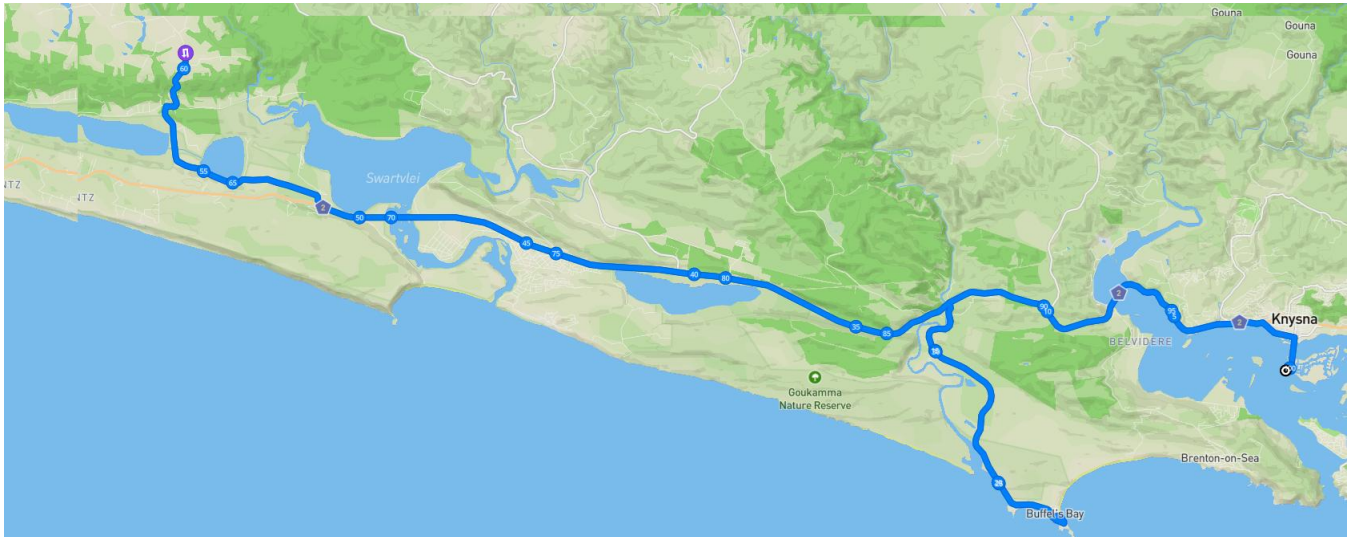
Athletes will start on the jetty next to **Sirocco** at **05:05** and follow a clockwise direction towards the **Knysna Heads** and **Leisure Isle**. The outgoing current will help athletes get into the rhythm before the turn point. Once around the turn, athletes will then swim into the outgoing low tide as they head back and past the swim exit at the **SANParks slipway**.



NB – The organisers may change the swim route depending on the weather and tidal conditions on the day.

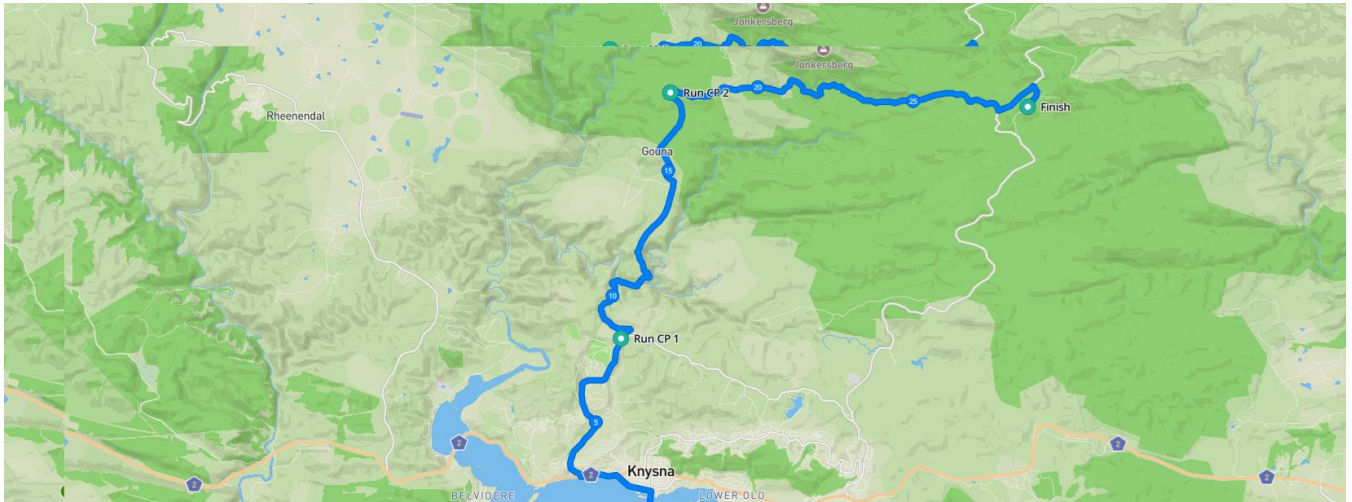
CYCLE – 100 KM

Athletes will cycle along the Garden Route on the N2, around the Knysna Estuary, and ride to a turnaround point at **Buffels Bay**. From there, the course heads west towards **Sedgefield** before the final turnaround, with athletes returning to Transition **on Thesen Island** in Knysna. While the revised course is predominantly coastal, it still delivers a demanding ride with spectacular ocean views and the endurance challenge expected of the Knysna Extreme.



RUN – 30 KM

The **30 km run** route takes athletes through the stunning **Knysna Forest** along **Gouna Road** to the finish line. With an altitude gain of just over 800 m, this leg of the Knysna Extreme 0.5 triathlon is the toughest and most challenging. After a steep initial climb to **Simola Golf Course**, athletes continue through the forest along narrow, winding gravel roads before facing an intense ascent that leads to the finish line at Diepwalle Forest Station. finish line at **Diepwalle Forest Station**.



WATER POINTS / TRANSITION

There are checkpoints and water points along the cycling and running routes. However, we encourage all athletes to plan their nutrition requirements accordingly.

CYCLE WATER POINTS

- WP #1: Buffelsbay (22 km)
- WP #2: Sedgefiled (60 km)
- WP #3: Transition 2, Thesen Island (100 km)

RUN WATER POINTS

- WP #1: Simola Golf Course (8 km)
- WP #2: Terblans Nature Walk Picnic Spot (17.4 km)

TRANSITION – BIKE AND GEAR SECURITY

Athletes can leave their bikes and race gear at Transition on Thesen Island. A secure area with security personnel will be provided to ensure that all athlete equipment remains safe during the event. Athletes can collect their items at any time during the event, provided they have their race numbers visible and sign out their items.

Security will be present at Transition until 16:00. After that time, athletes will be responsible for their own equipment.

SCHEDULE

Friday, 6 th November	Registration TBC	15h00 – 16h00
	Mandatory Race Briefing TBC	16h00 – 17h00
Saturday, 7 th November	Transition Opens and GPS Collection SA National Parks Jetty, Thesen Island	03h30 – 04h40
	Swim Check-In Thesen Island	04h30 – 04h50
	Knysna Extreme Start Thesen Island	05h00
	Knysna Extreme Finish Diepwalle Forest Station	00h00
Sunday, 8 th November	Brunch and Finishers Ceremony Dry Dock, Knysna Quays	09h00 – 11h00

CUT-OFF TIMES

Cut-offs are necessary for the safety of athletes. Athletes are not permitted to continue the race if they fail to meet a cut-off time. The cut-off times listed below will be enforced. Please note that cut-off times may change depending on weather conditions on the day of the race. Any updates will be communicated to athletes in the morning.

Security will be present at the transition area until 16:00, after which athletes will be responsible for their own equipment.

Water Exit (T1)	07H00
Cycle Checkpoint #1 – 22 km Buffelsbay	08H00
Cycle Checkpoint #2 – 60 km Sedgefiled	09H30
Transition (T2) – 100 km Thesen Island	11H00
Run Checkpoint #1 – 8 km Simola Golf Course	13H00
Run Checkpoint #2 – 19 km Terblans nature walk picnic spot	14H30
Finish – Diepwalle Forest Station	16H00

FINISH LINE

Limited nutrition, food, and recovery drinks will be available at the finish line. A 'Finish Line Trailer' will be provided for athletes to store any additional bags containing nutritional items, warm clothing, or other necessities they may need at the finish line. This trailer will be accessible to athletes upon crossing the finish line.

Please note that there is NO shuttle service to take athletes back to Thesen Island (Transition 2). Athletes are required to find their own way back to the start. There will be several athletes returning to Knysna who may be willing to offer lifts. Keep in mind that Knysna is 22 km from the finish line.

THE DAY AFTER

FINISHER CEREMONY AND BRUNCH

A finisher ceremony and brunch will be held for the Knysna Extreme Triathlon athletes at Dry Dock, Knysna Quays, between 09:00 and 11:00. During the brunch, Knysna Extreme Triathlon finishers will receive their finisher t-shirts and medals.

Knysna Extreme 0.5 athletes are more than welcome to join the brunch and be part of the overall Knysna Extreme Triathlon experience.

Brunch tickets can be purchased online when athletes register for the Knysna Extreme or at the venue for ZAR 280 per person. Space is limited and will be allocated on a first-come, first-served basis.

LOST AND FOUND

Any “lost and found” items left in the transition zones will be at the venue for collection.

WITHDRAW / REFUND POLICY / T&Cs

The starting slot in Knysna Extreme is allocated to a specific individual. However, it can be transferred, sold, or given to another person with prior permission from the event organizers. Any person starting Knysna Extreme using someone else's race number without prior approval will be disqualified and removed from the race.

REFUNDS

Refunds will be granted based on the following dates:

- 100% refund before and including July 31, 2026
- 70% refund from August 1, 2026, to September 30, 2026
- 0% refund from October 1, 2026, onwards

** Refunds will be paid less EntryTickets transaction fees (10% + R25 Administration Fee)*

In the event of a race cancellation due to a storm or other "Acts of God", my entry fee is non-refundable.

TRANSFER DEADLINE AND FEE

An entry can be transferred from one athlete to another. Entries can also be changed to a Team Entry or upgraded to the Extreme race option.

- All transfers must be completed by midnight on October 10, 2026.
- A transfer fee of R500 will apply for each transfer, change, or upgrade.

DEFERRALS

Entries can be deferred to 2027 however a R500 deferral fee will be charged. Entries may not be deferred to 2026 after 1st October 2026. This is due to the incursion of race-related costs.

TERMS AND CONDITIONS

Ultra-Distance / Extreme Triathlon Awareness

Each athlete acknowledges and understand that they are aware of the risks and hazards associated with participating in the Knysna Extreme Triathlon and attest that they are physically fit and able to compete in the Knysna Extreme Triathlon.

Standard Waiver

Each athlete has accepted that they have read, acknowledged, understand and agree to the terms and conditions and athlete waiver, as described on the Athlete Waiver, that can be found on the Knysna Extreme website.

Athlete Manual

Each athlete accepts that they have read and understand the contents of the Athlete Manual that can be found on the Knysna Extreme website.

Race Briefing

Each athlete acknowledges and understand that the Registration and Race Briefing is mandatory.

Withdraw / Refund Policy

Each athlete accepts that they have read, understand and accepted the withdrawal and transfer policy as described on the Knysna Extreme website.

By entering the Knysna Extreme, each athlete acknowledges and agrees to the above terms and conditions.