

KNYSNA EXTREME TRIATHLON

RACE GUIDE

07.11.2026



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Triathlon in its purest form

WELCOME TO THE KNYSNA EXTREME

There are races that test your fitness.

Then there are races that test your character.

The Knysna Extreme is one of South Africa's most demanding one-day endurance events, taking athletes on an unforgettable journey through the spectacular landscapes of the Garden Route. From the tidal waters of the Knysna Estuary to the coastal roads of the Garden Route and the ancient indigenous forests surrounding Diepwalle, every kilometre presents a new challenge.

Your race begins with a 5km swim through the Knysna Estuary before transitioning onto a demanding 176km bike course that showcases some of the country's most spectacular coastal scenery. The final challenge is a 52km ultra marathon through forests, plantations and mountain roads, finishing deep within the indigenous forests at Diepwalle Forest Station.

Success at the Knysna Extreme is about far more than physical ability. It demands patience, resilience, determination and the ability to adapt when conditions become difficult. It is also one of the few triathlons where athletes and their support crews compete as a team. Throughout the day your support crew will become your mechanic, nutritionist, driver, motivator and biggest supporter.

Whether your goal is simply to finish or to compete for a podium position, every athlete earns the same respect. The Knysna Extreme has built its reputation on challenge, camaraderie and the shared experience of pushing beyond what you thought was possible.

The 2026 edition marks the ninth running of the Knysna Extreme.

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

How far are you willing to go?

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)

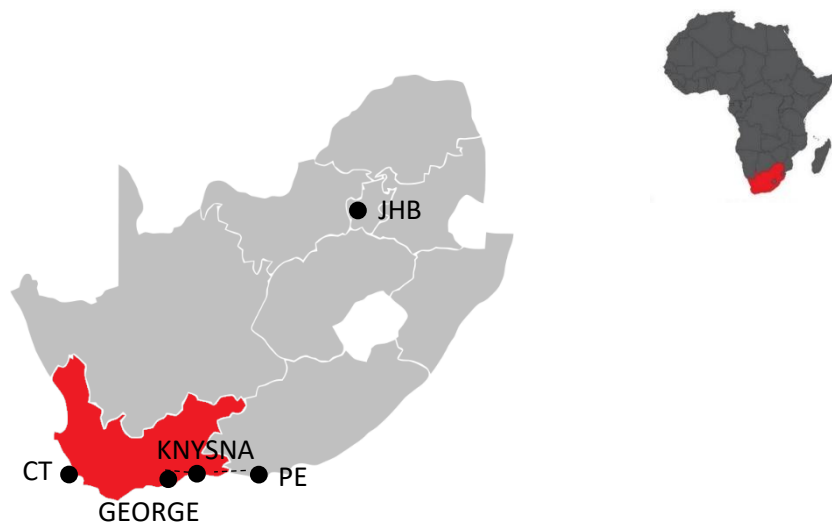
Car hire is available from both airports and is recommended for athletes and support crews.

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 ENTRY

Entry Categories

To maintain the unique experience of the Knysna Extreme, 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
- One mandatory support crew member

Team Entry

A Team Entry consists of:

- Three athletes
- One mandatory 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	R4,850	R5,350	R5,750
Team	R5,750	R6,550	R6,850

ENTRY INCLUDES

Every Knysna Extreme entry includes:

- Entry into one of South Africa's toughest endurance triathlons
- Official athlete race pack
- Official supporter T-shirt
- Official finisher T-shirt
- Finisher Ceremony brunch ticket for both athlete and supporter
- Professional race timing
- Medical support during the event
- GPS tracking
- The unforgettable experience of completing the Knysna Extreme

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 is a true point-to-point adventure that showcases the very best of the Garden Route while testing every aspect of an athlete's endurance.

The race begins with a **5km swim** in the Knysna Estuary, where athletes navigate the tidal waters around the Knysna Heads and Leisure Isle before exiting at the SANParks slipway.

From there, competitors take on a **176km bike ride** featuring over **2,300m of elevation**. The revised 2026 route follows the spectacular Garden Route coastline, travelling east through Plettenberg Bay to near Nature's Valley before returning to Knysna. The course then loops around the Knysna Estuary, continues to Buffels Bay and Sedgfield, and finishes at Transition on Thesen Island.

The final challenge is a **50km run** with more than **1,350m of climbing**. Starting from Thesen Island, athletes follow the Half Extreme course before heading into the forests and plantations surrounding Knysna. The route then takes athletes onto 2 trail sections and through the Knysna Forest itself and to the finish at Diepwalle Forest Station.

The 2026 route remains every bit as demanding as previous editions, combining breathtaking scenery, relentless climbs, and the unforgettable experience that defines the Knysna Extreme.

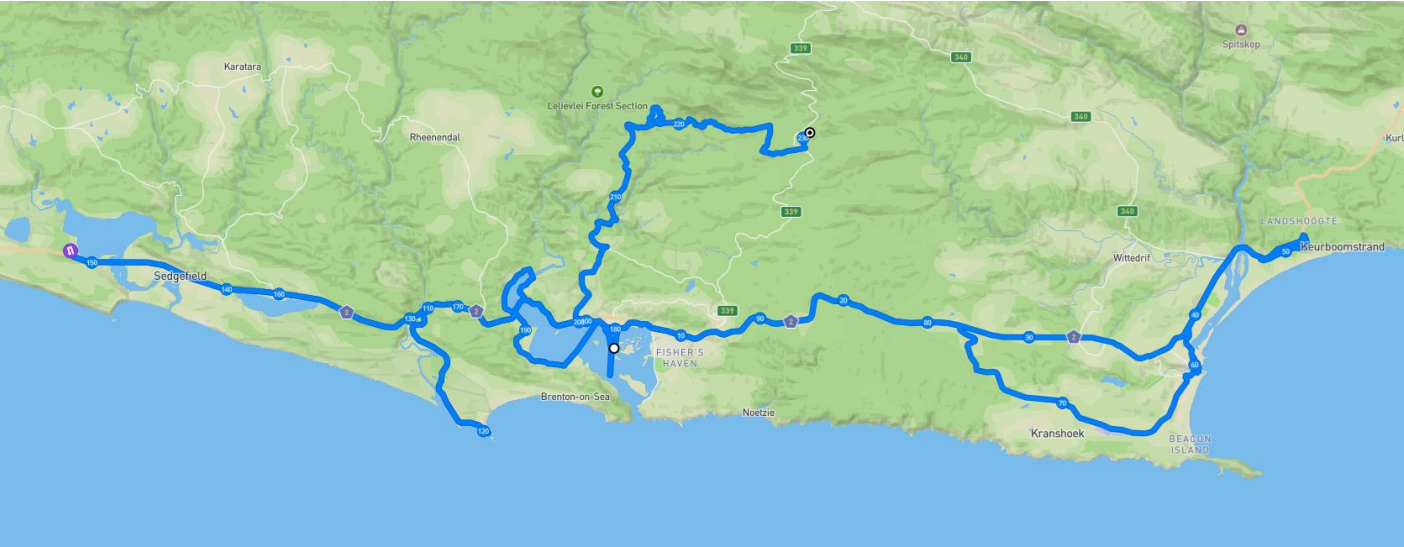
Total Distance - 229 km (142 Miles)

Total elevation - +3,331m (10,928 ft)

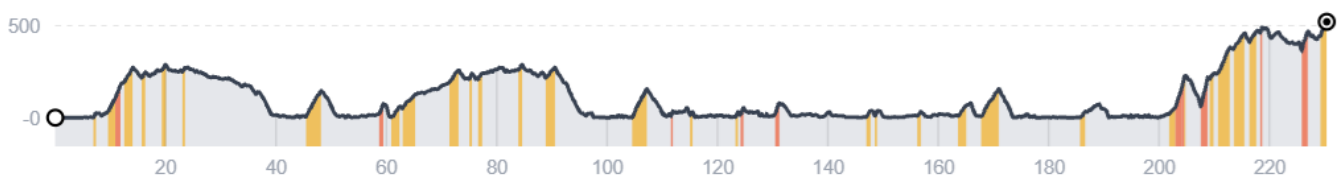
Sun Rise 05H21 | **Sun Set** 19H01

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

RACE MAP



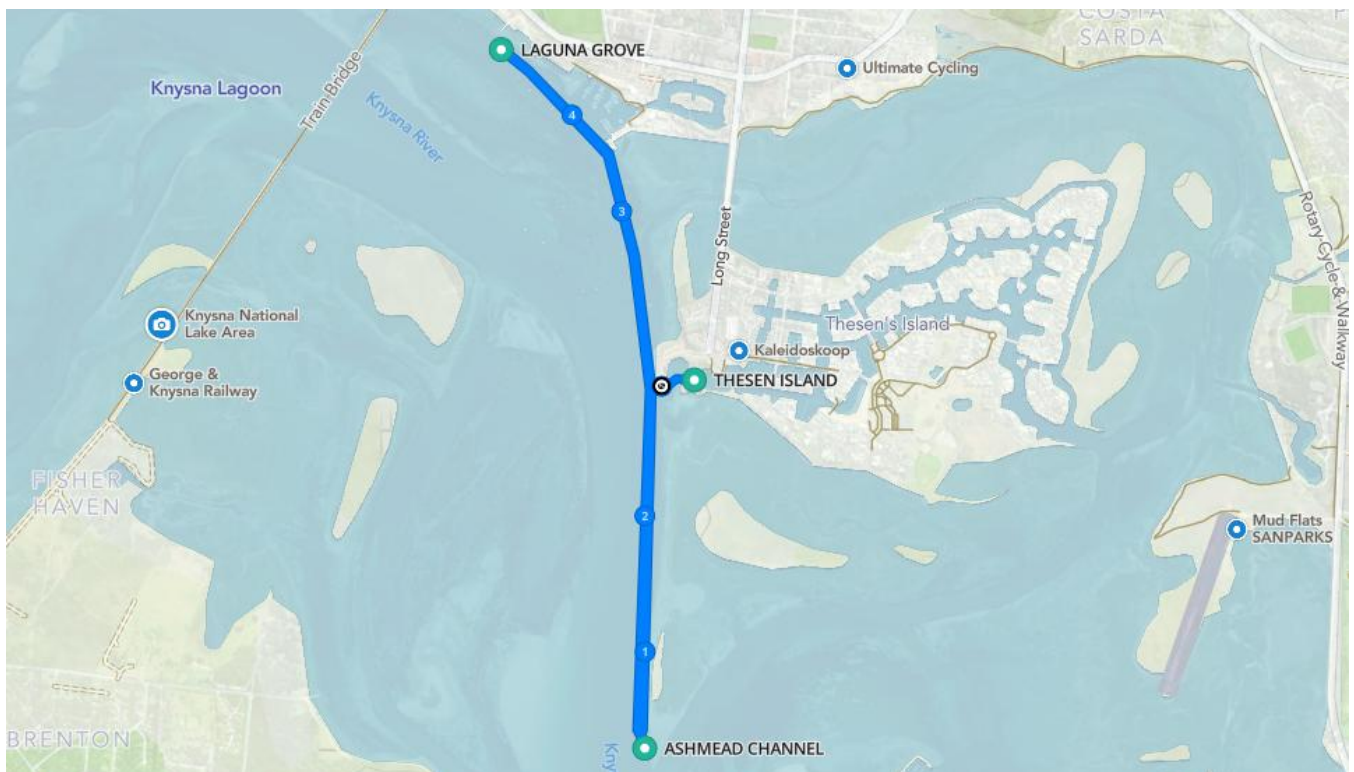
RACE PROFILE



3,331m elevation

SWIM – 5 KM

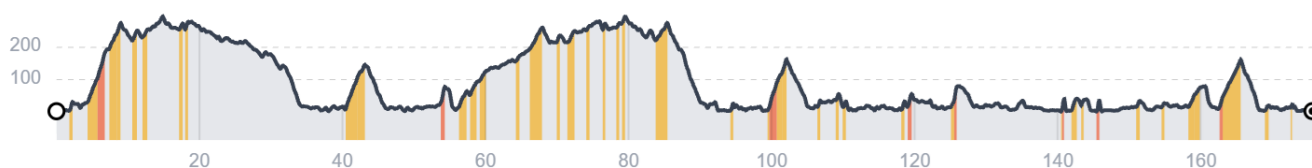
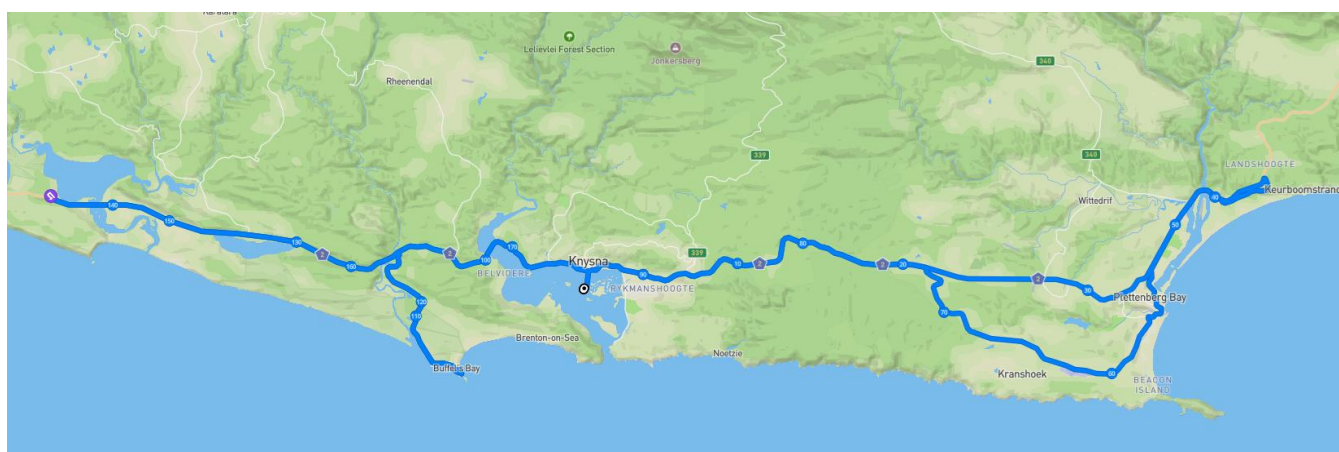
The race will start on the jetty next to Sirocco at 05:00 and follow a clockwise direction towards the **Knysna Heads** and **Leisure Isle**. The outgoing current will help athletes get into the rhythm before the turn point. Once around the turn, athletes will then swim into the outgoing low tide as they head back and past the swim exit at the SA National Parks and to the second turn point near **Laguna Grove**. The final stretch of the swim will be with the outgoing current and towards the finish at the SA National Parks Board slipway.



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

CYCLE – 174 KM

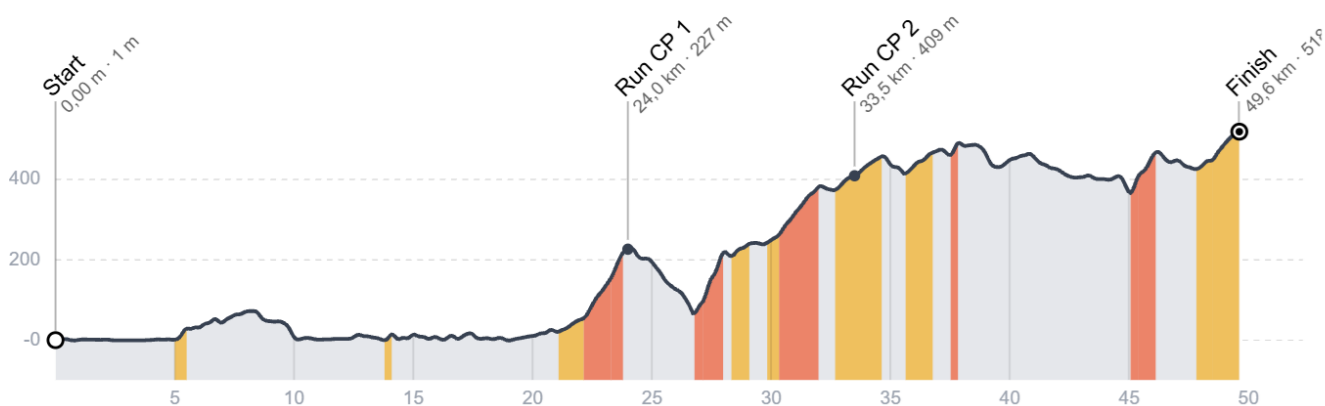
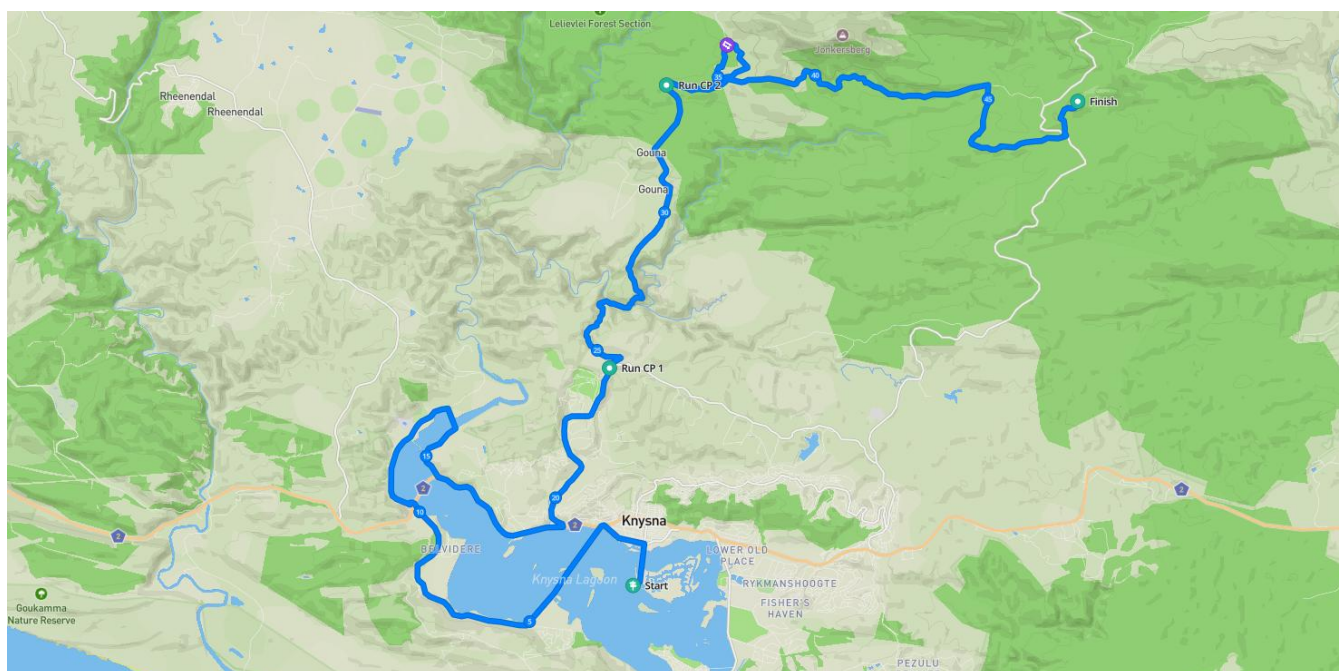
The 2026 bike course follows a scenic out-and-back route along the iconic Garden Route coastline. Starting in Knysna, athletes will ride east along the N2 through **Plettenberg Bay** to the turnaround point near **Keeurboom Beach**. On the return journey, the route takes a slight detour through Plettenberg Bay and along Airport Road before heading back towards Knysna. Rather than entering transition immediately, athletes will continue through Knysna, loop around the Knysna Estuary, and ride to a second 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.



2,3567m elevation

RUN – 50 KM

The 2026 run course has been revised following the changes to the bike route while still delivering the iconic finish of the Knysna Extreme. Athletes will begin their 50km run from Transition on Thesen Island in Knysna, then crossing over the old train bridge and doing a loop around the Knysna estuary. From there, the course follows the same route as the 0.5 for most of the way to Diepwal. There are 2 sections on the route that will take participants along trail sections in the Knysna Forest – Terblans Trails and the Elephant Trails. The revised course remains every bit as challenging, combining demanding climbs, spectacular scenery, and an unforgettable finish.



1,153m elevation

SCHEDULE

Friday, 6th November	Registration TBC	15h00 – 16h00
	Mandatory Race Briefing TBC	16h00 – 17h00
Saturday, 7th 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, 8th 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.

Water Exit (T1)	07h30
Transition (T2) – 176KM Thesen Island	17H00
Run Checkpoint #1 (18 km) Terblans Trails	19H25
Run Checkpoint #2 (41 km) Buffelsnek Winkel	22H45
Finish – Diepwalle Forest Station	24h00

All athletes are required to stop at the checkpoint and provide a marshal with their name and race number. Parking is available for support cars.

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.

THE DAY AFTER

FINISHER CEREMONY AND BRUNCH

The Knysna Extreme experience is only complete after the Finisher Ceremony. Brunch will be served between 09:00 and 11:00, during which finishers will receive their Finisher T-shirts as part of the buffet. Each athlete and supporter will receive a brunch ticket included in their entrance fee for the Knysna Extreme. Additional tickets can be purchased online when athletes register for the event or at the venue. Space is limited and tickets are issued 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.

ATHLETE SUPPORT CREW

The Knysna Extreme Triathlon offers an unforgettable experience, but significant risks remain for all athletes participating in the event.

Having your own support team is mandatory for participation in the Knysna Extreme. Athletes rely entirely on their supporters during the race, as they are responsible for providing all mechanical and nutritional assistance, as well as support, security, and mental encouragement.

Supporters must also clear all of their athlete's gear and equipment from both transition areas.

Only one supporter vehicle is allowed per athlete; however, several people may ride along to accompany the athlete. Each supporter vehicle will be marked with Knysna Extreme Triathlon signage.

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.