

KNYSNA EXTREME 0.5

RACE GUIDE

01.11.2025



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Triathlon in its purest form

INTRODUCTION

The Knysna Extreme 0.5 is a shorter alternative of the Knysna Extreme Triathlon. Although shorter, the Extreme 0.5 is extremely challenging in its own right. Covering a total of 132.5km with an elevation gain of nearly 1,700 meters, the Knysna Extreme 0.5 promises an incredible and thrilling challenge for participants.

Triathletes will start with a 2.5 km swim in the Knysna Estuary, followed by a 100 km cycle through the stunning Garden Route, and finishes with a 30 km run through the Knysna forest, ending at the Diepwalle Forest Station.

It is not mandatory for Knysna Extreme 0.5 athletes to have a supporter to follow them throughout the race, however, supporters are encouraged to share their triathlete's journey and provide any mechanical, nutritional and emotional assistance along the route.

The 6th edition of the Knysna Extreme 0.5 will take place on the 1st of November 2025.

So, the question is: how far are you willing to push yourself?

HOW TO GET HERE AND ACCOMMODATION

Pezula Nature Retreat is the official accommodation partner for the Knysna Extreme. They are offering all athletes a significant discount on accommodation over the race weekend.

Pezula Nature Retreat

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<https://pezulanatureretreat.com>

<https://www.knysnaextreme.co.za/pezula-nature-retreat>

PEZULA
NATURE RETREAT

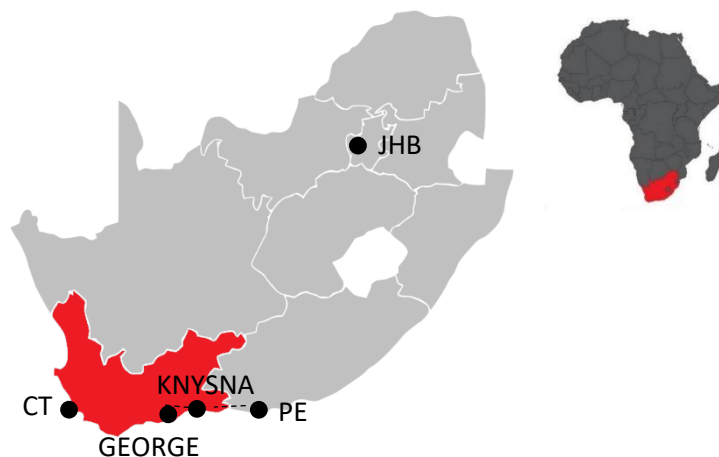


When planning your travel to and from the race, keep in mind the following:

George Airport is the closest airport and is only 70 km away.

Alternatively, Port Elizabeth Airport is 273 km to the East.

For more information and links to very useful resources, go to <http://www.visitknysna.co.za>



KNYSNA EXTREME ENTRY

LIMITED ENTRY

Entry to the Knysna Extreme 0.5 is limited to 100 individual athletes and 10 team entries that will be based on a First-Come-First-Serve approach. A waiting list will become available once all slots are filled.

INDIVIDUAL / GROUP ENTRIES

Individual and limited Group Entries will be available

ENTRIES FEES

ENTRY OPTIONS	SUPER EARLY BIRD 1 st Dec – 28 th Feb	EARLY BIRD 1 st Mar – 31 st July	STANDARD ENTRY 1 st Aug – 12 th Oct
INDIVIDUAL	R2,500	R2,950	R3,450
TEAM	R3,600	R3,950	R4,550

ENTRY INCLUDES

Your Entry into the Knysna Extreme includes:

- Entry into the best half distance triathlon on the African continent
- Bragging rights
- Athlete Race Pack
- Finisher's shirt and medal

EVENT OVERVIEW

It is important to keep in mind that the Knysna Extreme 0.5 is a tough event and should not be taken lightly. You will face challenges, such as tidal currents during the 2.5 km swim. The cycling leg will be moderately challenging, with humid conditions on the coastal side of the mountain and headwinds at certain points. The run is the most difficult discipline, featuring steep climbs, narrow winding dirt roads, and spectacular scenery through the Knysna Forest. Be sure to carry enough food and water to keep yourself well-nourished throughout the race, ensuring you can complete the Knysna Extreme 0.5.

THE SUN AND TIDES

SUN RISE	05h27
SUN SET	18h57
LOW TIDE	06h11
HIGH TIDE	12h37

SUPPORTER ROLE

The Knysna Extreme 0.5 Triathlon is an unforgettable experience for all athletes participating in the event. Unlike the Knysna Extreme Triathlon, athletes in the Knysna Extreme 0.5 do **not** need a supporter to accompany them throughout the race. However, having supporters is encouraged. Supporters are welcome to join the event, enjoy the athlete's experience, and provide nutritional and mental encouragement.

Only one support vehicle is allowed per athlete, though multiple supporters may ride along in the vehicle.

Athletes are permitted to have a supporter follow them on the cycling leg (via vehicle) or assist them during the running leg—on foot, by mountain bike, or via vehicle.

COURSE DESCRIPTION

Athletes will battle tidal currents in the Knysna Estuary, then cycle along the N2 coastal road, passing through Sedgefield and turning around in Wilderness before heading back to Knysna. Temperatures will be moderate and humid along the lush, green coastal route. The run leg challenges athletes from the start with a steep climb up Old Cape Road to the Simola Golf Course, continuing into the Knysna forest on Gouna Road, and ending at Diepwalle Forest Station. With nearly 1,700m of ascent, athletes will be tested on all sections of the route.

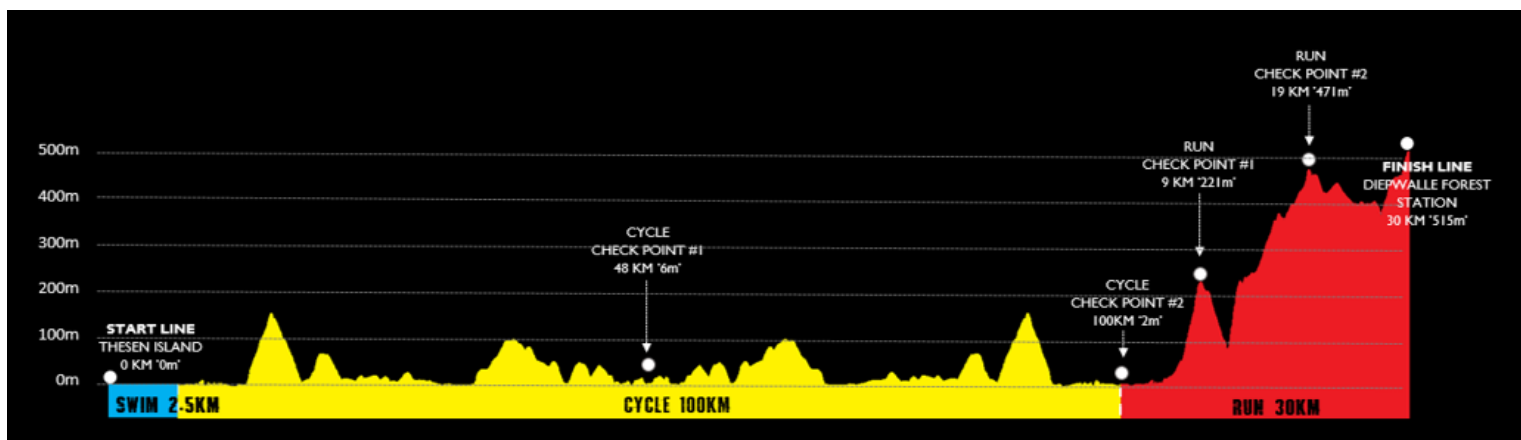
Total Distance

132.5 km (82.33 Miles)

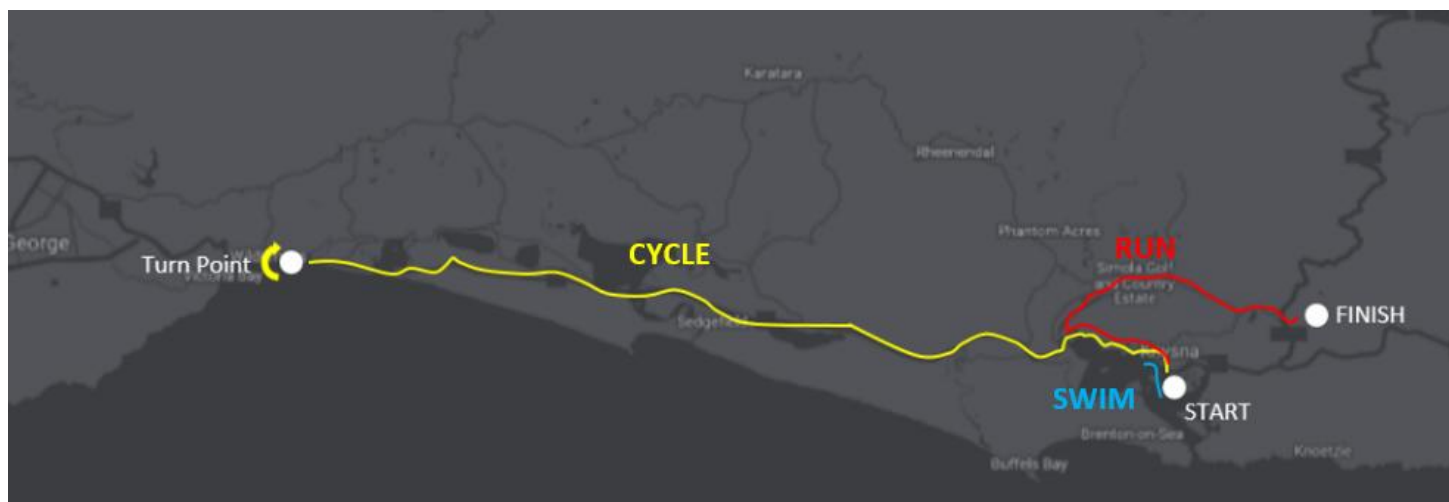
Total elevation

+1,962m (6,4237 ft)

RACE PROFILE

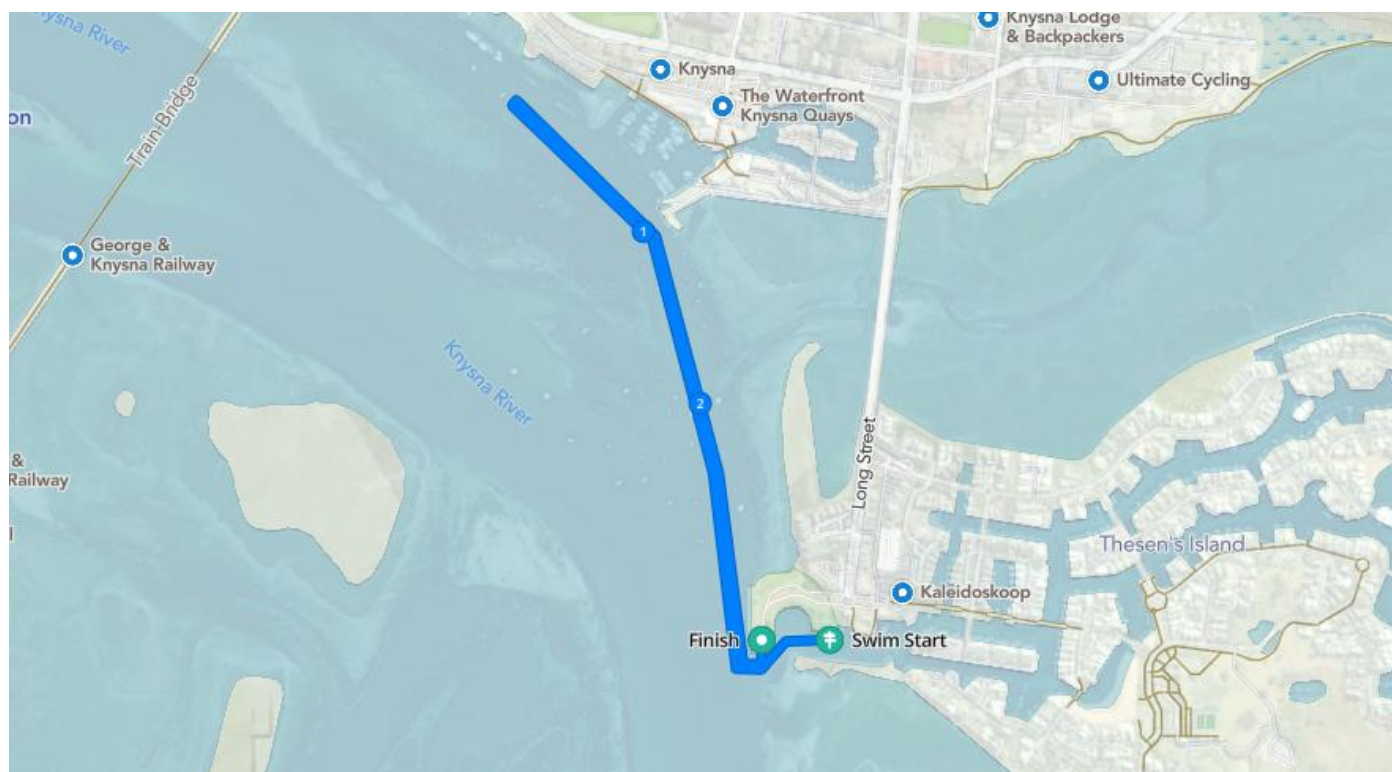


RACE MAP



SWIM – 2,5 KM

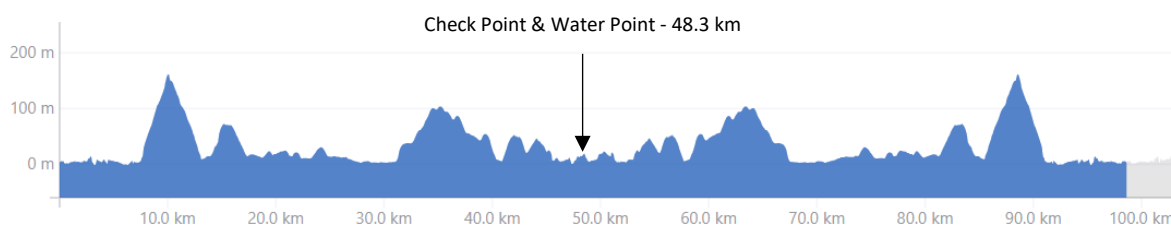
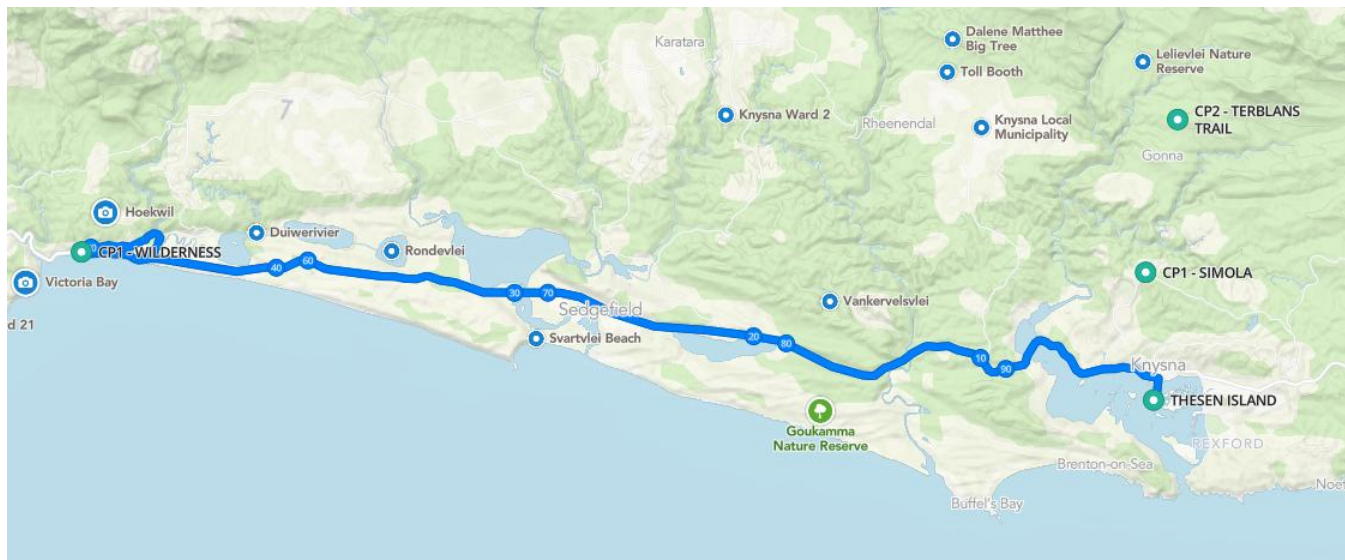
Athletes will start on the jetty next to Sirocco at 05:05 and follow anti-clockwise direction towards the Knysna Yacht club and the first turn point. Once around the turn, the outgoing low tide will then assist the athletes as they make their way back to the swim exit at the SA National Parks Board slipway.



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

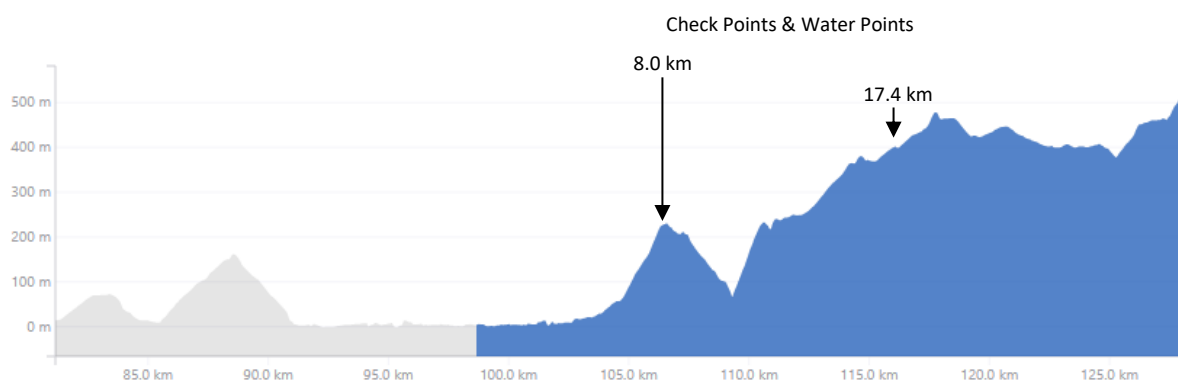
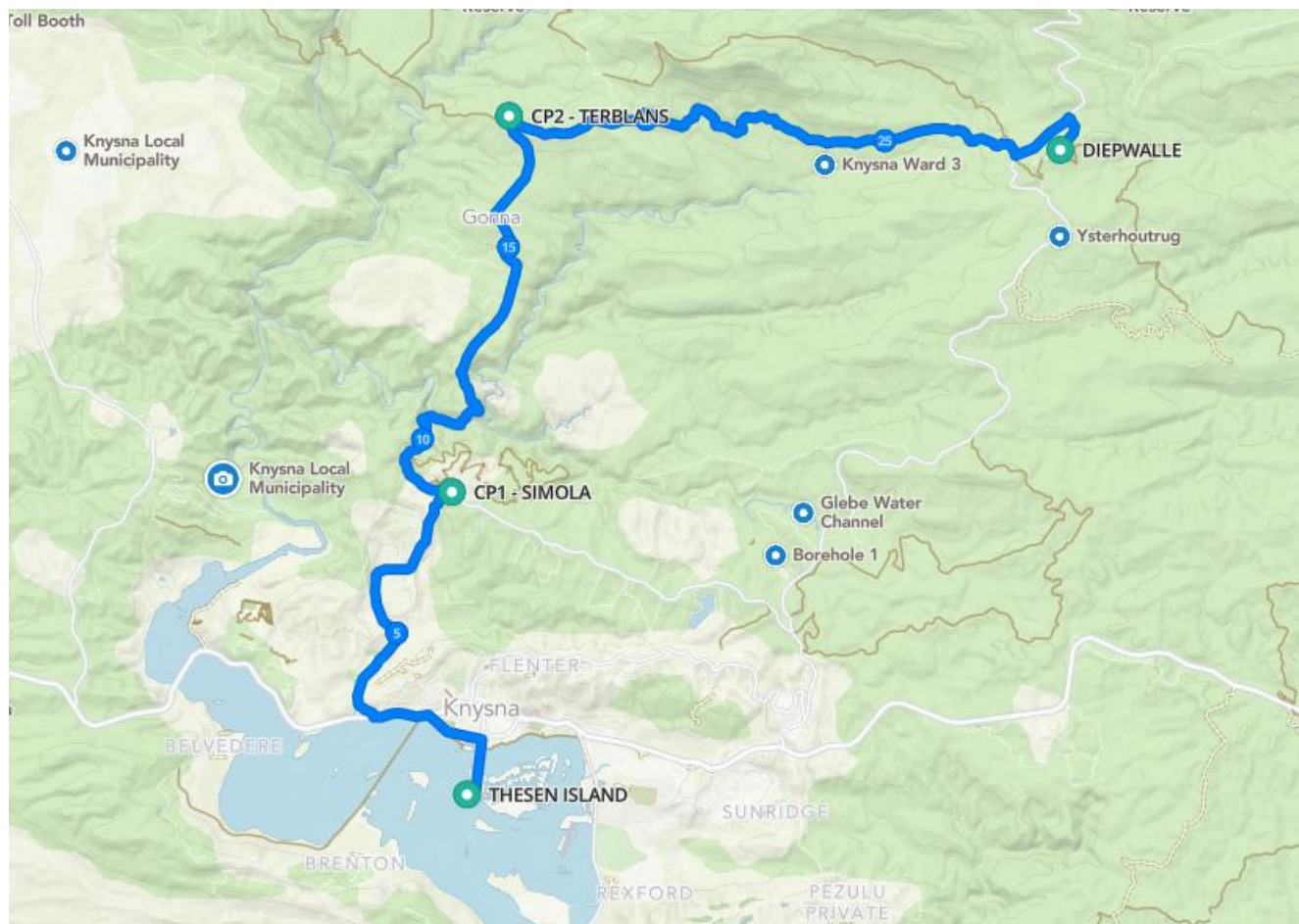
CYCLE – 100 KM

Athletes will cycle along the Garden Route on the N2, passing through Sedgefield to the first checkpoint in Wilderness. Here, the Extreme and Extreme 0.5 routes split and head off in opposite directions. Extreme 0.5 athletes will cycle through Wilderness, over the old train bridge, through SANParks Ebb-n-Flow, and then back onto the N2. From there, it's the return leg back to Knysna and Transition on Thesen Island. The total ascent is over 880 meters.



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.



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: Wilderness Hotel (50 km)
- WP #2: 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, 31 st October	Registration Pezula Nature Retreat, The Heads	15h00 – 16h00
	Mandatory Race Briefing Pezula Nature Retreat, The Heads	16h00 – 17h00
Saturday, 1 st 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, 2 nd 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 – 48 km The Wilderness Hotel	09H00
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 200 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 0.5 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, 2025
- 70% refund from August 1, 2025, to September 30, 2026
- 0% refund from October 1, 2025, onwards

** Refunds will be paid less EntryTickets transaction fees (5% + R3)*

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 done by midnight the 7th of October 2025.
- A transfer fee of R500 will apply for each transfer / change / upgrade
- For upgrades to the Extreme, the difference between the 0.5 entry and the Extreme entry will be charged accordingly.

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

DEFERRALS

Entries can be deferred to 2026 however a R500 deferral fee will be charged. Entries may not be deferred to 2025 after 1st October 2025. 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.