



Select lodges or camps — like Elewana Loisaba Tented Camp in Kenya — where it is possible to go running

ELEWANA COLLECTION

RUNNING WITH IT

After countless safaris, I never grow tired of the sights and sounds of the African wilderness and her majestic wildlife. I rarely miss a morning or evening game drive and am always thrilled when a planned three-hour safari turns into five hours or more as our guide follows a pack on the hunt or tracks an elusive, but alluring species. To alleviate the impact of this sedentary activity, along with the inevitable temptations of the lodge's culinary delights, I always pack my running shoes and have enjoyed numerous memorable bush runs and hikes, including running with Maasai in the Mara and Tarangire; and across the rocky desertscape of Damaraland, Namibia. To avoid running away from predators I have also enjoyed post-safari workouts in gyms with amazing views,

including of the Great Rift Valley at Angama Mara and the Zambezi from Victoria Falls River Lodge. Another calorie-burning bush activity I suggest to clients is an e-bike safari, now offered by many lodges, with Cottars (Kenya) and Phinda Forest (South Africa) my top recommendations.

BY GREG FOX, CO-FOUNDER, MAHLATINI LUXURY TRAVEL



WILD FRONTIERS / KILIMANJARO MARATHON



WILDERNESS

E-bikes at Wilderness Little Kulala, Sossusvlei, Namibia



PARTICIPATE IN A MARATHON

Why not plan your travels around one of the many marathons now hosted across Africa? Not only will it be invigorating to run in a totally different environment, but they're fun, great for the local economy and an excuse to raise funds for local projects. Most have 5km, 10km or half-marathon options so it needn't break you, and often there are holiday packages around them — or you can organise your own safari or beach holiday before or after! Here's a selection that might appeal:

Uganda Marathon
(26 May - 2 June)

Madagascar Marathon
Isalo NP, Madagascar (8 June)

Lewa Safari Marathon
Kenya (29 June)

Victoria Falls Marathon
Zimbabwe (7 July)

Amazing Maasai Marathon
Kenya (3 August)

Cape Town Marathon
South Africa (19-20 October)

Great Ethiopian Run
Ethiopia (November)

Marrakech Marathon
Morocco (January)

Kilimanjaro Marathon
Tanzania (February)

Can't attend? There are an increasing number of races or challenges that encourage competitors to participate virtually, either by running or walking, in order to raise awareness and funds for conservation causes. If you can't physically attend a race of your liking, perhaps you can still join in? Find a cause you'd like to support and see how you can get involved. The Zambezi Elephant Fund, for example, participate in the New York Marathon and you can support them by running locally.

"We conceived the Kili marathon in 2002 as a way of attracting more people to visit Moshi. Four years later we launched the Victoria Falls marathon. The best thing is seeing the number of social runners of all ages participating. They start with the fun runs, then the half-marathon then the iconic full marathon. Great people: fit, fun and happy!"

JOHN ADDISON, WILD FRONTIERS