



Frequently Asked Questions

SERENGETI GIRLS RUN 2026

What running gear should participants pack?

- Trail or running shoes with a good grip are advised, as the route comprises dirt and gravel roads, and some single track trails which may be uneven and slippery if it rains.
- Race nutrition, e.g. gels and energy bars.
- Knee and/or ankle straps, if required.
- A running belt or hydration pack to carry additional items (food and water tables will be available during each run).

What food & beverages are available along the route?

- Water tables are located at the 7 km and 14 km marks on each day of the event.
- The lodge will also provide healthy snacks and beverages.
- Participants are welcome to request specific items or bring their own to have available at these stops.

How tough is the route?

- Covering 21 kilometres of relatively flat terrain (between 50-100 metres of elevation) each day for three days, we suggest some prior training to reduce the risk of injury.
- Participants can opt to walk sections of the route or hop onto a support vehicle if they feel tired.
- Throughout the event, we encourage participants to look up, take in the beautiful surroundings, and enjoy the special setting they find themselves in. Ultimately, this isn't a race, it's a journey of learning and experience through an iconic stretch of African wilderness.

What time does the run start?

- We'll start every leg of the run, at sunrise, to ensure that participants avoid running during the heat of the day.
- Some days may see us start earlier than others, depending on how far we need to travel to the starting point.

What clothing should participants wear on the run?

- Comfortable running apparel. We advise participants to try to blend in with the bush by wearing neutral colours such as green, khaki, or grey.
- It's advisable to avoid white, blue and black, as these colours may attract tsetse flies.
- We also recommend participants wear a peak cap to ward off the hot African sun.



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Is it dangerous to run through the reserve?

- While Singita Grumeti is home to a rich array of wildlife, including predators, participants will be accompanied by armed anti-poaching scouts throughout each run. These scouts know the area extremely well and are expertly trained on animal behaviour.
- Support vehicles will clear the route ahead and transport participants past any potential threats.
- There are bathroom bags in each support vehicle, containing loo paper and hand sanitiser. Your guide or host will be happy to pick out a secluded tree.

What about bathroom breaks during the run?

Once we've completed the day's running, what will we do for the rest of the day?

- Participants usually gather at the finish line to cheer for the rest of the group, then cool off in the pool, where post-run snacks and beverages are served.
- After a scrumptious brunch, you'll get some downtime to relax. This is the ideal time to enjoy a restorative wellness treatment and all the features and activities the lodge offers.
- An optional game drive with a sundowner stop, followed by a dinner surrounded by the sounds of the wild, makes for an idyllic end to each day.

Will there be other guests at the camp?

No. Sabora is booked exclusively for participants of the Serengeti Girls Run for the duration of the event.

What are the travel requirements for Tanzania?

Please refer to our [Tanzania Destination Guide](#), which contains important information to ensure your journey to Singita Serengeti is seamless.

What if I need to cancel my trip last minute?

Please refer to the event [Terms & Conditions](#) for any trip and travel-related information.

CONTACT DETAILS

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