



WENCHILAKE TRAIL

2017 INFORMATION



ABOUT WENCHI CRATER LAKE

Wenchi crater lake, 155 km west of Addis Ababa, is known for its beautiful mountainous landscape. The lake is well known for an old sacred monastery situated on one of the islands.

The lake is in the remnants of a volcanic crater, and the highest point on the crater is 3,380 m asl (11,100 ft). There are a number of hot mineral springs, waterfalls, and beautiful valleys. About 4,000 people live in the crater, which is partially farmed. Colubus monkeys and the common bush-buck are some of the wild animals that can be seen roaming around the lake.



ABOUT THE EVENT

Wenchi Lake Trail is a tough 17km run/10 km walk around the spectacular extinct volcano crater, with steep downhill sections, and a gruelling uphill section, at an average attitude of over 3,000 metres.

The course will be marked, and there will be water stops at the 6 km and 13 km marks. You will need to carry any additional fluids that you require. You also need to have good protection against sun exposure and a sturdy pair of shoes (preferably trail shoes). Be aware also that mobile phone reception in the crater is poor.

We do not take responsibility for any injuries incurred by participants, but a doctor and basic first aid facilities will be available at the finish.

We will hold a briefing at the Negash Lodge at 6:30 pm on 28th April 2017. Following the briefing, there will be a pasta party at Negash Lodge in the treehouse restaurant (not included in the registration fee). For those travelling down on the morning of the event, we will hold another briefing at the race start point at 9:30 am on 29th April. The race will start promptly 10:30 am. There will be a time limit of three hours to finish the race, and a post-race lunch will be available at the finish. Participants are welcome to bring their own lunch or purchase food.



HOW TO GET THERE

Travel 115 km west of Addis Ababa on the Jimma Road to the town of Woli-so (also called Ghion). Half-way through the town take the clearly marked 38km dirt road to the top of the crater. A four-wheel drive vehicle is strongly advised. There is an alternative route to get to Wenchi Lake through the town of Ambo, but the road is under construction. The route through Woli-so is the best way to reach the lake.

The race will start and finish at the same point – just beyond the ticket office at the top of the crater. You should give yourselves three hours to travel from Addis Ababa to the top of the crater.



WHERE TO STAY

The best local accommodation and the official race venue is the Negash Resort, although there are other cheaper alternatives in Woliso. Alternatively, you can travel there and back on the day of the event.

Note: as there are limited rooms we advise you make your hotel booking as soon as you register. When you make your booking please tell the reservation officer that you are a Wenchi Lake Trail participant. RIA Ethiopia Sports has reserved a block of rooms, but it is your responsibility to reserve your own room.

Negash Resort Contact:
Mob. +251 965 181850
T. +251-115 15 28 75/113 41 00 02
E. reservations@negashresort.com
www.negashresort.com



REGISTRATION

800 ETB entry fee for local participants

Note:

- Water, snacks, and first aid support will be provided at the finish. Runners/walkers are also welcomed to bring a picnic too
- All participants will receive a T-Shirt and prizes will be awarded to the race winners
- 10 km walk participants will be accompanied by a guide, which is included in the registration fee
- Transportation is not included in resident entry fee, but will be available for 150 ETB
- If you wish to have horses as part of the walk please indicate this on your registration. Payment will be made separately to the Guide's Association

For local participants, please deliver the registration form together with the registration fee to RIA Ethiopia Sports (Bole Medhanalem AWLO Business Center, Cameron Street (across from Bole Medhanalem Church) 6th Floor, Off. No. 613) OR to Jim McKee at the British Embassy. E-mail confirmation will be sent to you.

International participants' race entry fee is \$100 including airport transfers and transportation from Addis to the race venue. A weekend package is also available for \$250 USD and includes: race entry and package, 2 night stay at Negash Lodge, meals and drinks, and transportation to and from airport. Alcohol, tips, and guide fees are not included. Please contact us for more information.

E: info@runinafrica.com

E: Jim McKee, jim.mckee@fco.gov.uk

E: Kaleab Getaneh, kegataneh@runinafrica.com

T. +251-116 672 646 /0936 011 318





NEGASH LODGE

THE SECRET OF PARADISE

Negash Resort is located in the Oromia Region of Ethiopia in the town of Wollisso. It was first built in the 1930s as a holiday home, and the site was chosen because of its proximity to a hot spring believed to have healing properties. It covers an area of 90,000 m² and incorporates a lush forest, indoor and outdoor swimming pools, and various wildlife. The hotel was privatized in 2005 and renamed the Negash Resort/Lodge - prior to this it was known as Ethiopia Hotel and the Ghion Hotel before that. Amenities of the resort include:

- Horse riding
- Children's playground
- Spa bath - thermal hot spring
- Sauna and steam
- Massage
- Volleyball, table tennis, basketball and pool
- Two conference halls (500 person/100 person)

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