



Trails & Roots

Global Trail Running Adventures



Come for the Trails,
Stay for the People,
Come back for the Food!



www.trailsandroots.com

[@trailsandroots](https://www.instagram.com/trailsandroots)



Welcome to Trails & Roots

Our mission is to share the beauty and serenity of the mountains with a small group of runners who are searching for more, not just in their running endeavours, but in life.

Our Trail Camps go way beyond just about running. They bring together **adventure, community, personal growth and, of course, delicious food!**

Who are we?

The Trails & Roots team is a small but passion-driven collective of people who aspire to give each Camper a memorable, adventure of a lifetime.

Meet our Team [here>>>](#)



Why Choose a Trails & Roots Trail Running Camp?



Hassle-Free Adventure

We plan every detail for you, from stunning trails to relaxing accommodation, so you can focus on enjoying your adventure.



Balanced Experience

Mornings are for guided trail runs; afternoons and evenings are for yoga, coaching, relaxation, or cultural experiences.



Local Culture & Hidden Gems

Our local guides help us to create off-the-beaten-path experiences, meaning you won't find our routes in guidebooks!



Global Community

Connect with trail running adventurers from around the world who share your passion for exploration.



Culinary Adventure

Trails & Roots is proud to have two top-trained, highly regarded, plant-based chefs creating delicious meals. There's a reason why our Campers say: "Come for the trails, come BACK for the food!"



FAQs

How long are the runs?

It depends on the Trail Camp, but our runs are generally between 12-25km per day, with an average of 500m – 1,000m of elevation.

What sort of pace do you run at Camp?

Our Trail Camps are not boot camps or performance-focused Camps, although you will still be challenged! Pacing-wise, we find that people who can run a half-marathon distance at a pace of 6-6.15min/km pace on the flat or faster are best suited to Camp. However, at some Camps, we offer a more “chilled pace” group. Contact Heather for details.

What sort of people generally go to a Trails & Roots Camp?

This is one of the most common questions we are asked! Our Trails & Roots community is a mixture of people from all over the world, ranging in age from 23 – 65. Most people come to Camp solo, some come as a couple and others come with friends. You can read some of their stories [here>>>>](#)

What sort of experience do I need?

Again, it depends on the Camp. Some of our Camps (such as Georgia and Slovenia) are best suited to more experienced trail runners. Others, like Madeira & Chamonix, offer great opportunities for road runners who want more trail experience. Organise a 1:1 call with Heather to figure out which Camp is best suited to you.

Can I get a private room?

At most Trail Camps, we do have a limited number of private rooms for an additional single supplement. Contact Heather for details.

Do you offer payment plans?

Absolutely. We can create a bespoke payment plan tailored to your needs.

Do you cater for dietary restrictions?

Yes, we collect all of our Campers' food preferences before Camps, and our Chefs create a bespoke menu based on these preferences.



Ready to Choose Your Adventure?



Check out all of our Trail Camps [here>>>>](#)

Have more Questions?

Contact our **Chief Running Officer, Heather,**
directly at heather@trailsandroots.com

