



5 COOL CANADA

Pack the bear spray and head to the Canadian Rockies. Abundant bird life and ice-blue lakes abound below towering, jagged rock massifs that disturb the crisp blue skies – running in the Canadian Rockies is ‘selfie’ heaven. Extensive trail networks are signposted to a high standard so route-finding is easy. Information centres in Banff and Jasper National Park are geared up to help trail runners with plentiful information and maps.

Jackson Canyon is a popular walk so leave early to get a clear run up to the ice-blue ponds. Heading further along the trail beyond the tourist loop will take you higher in the mountains and provide tantalising vistas of the Rockies all around.

Craving a sense of isolation? Take the TransCanada Highway dirt road to the Kananaski Range and run around the lakes; if it feels a little familiar it is because the movie *Brokeback Mountain* was filmed in this location.

***Good to know:** the only downer – the coffee. A mug of Joe is just as underwhelming as it sounds.

Travelling runners packing list

- Shoes – opt for a medium trail tread so you are comfortable on the roads yet can go off-road with confidence
- Shorts – women may want to pack tights as in some countries it is offensive to expose the legs
- Top – choose something lightweight and that covers the shoulders and midriff. This will stop you from overheating and not cause offense in a foreign environment
- Cap or head covering – will keep you protected from the sun and may be advised for religious customs in some countries
- Water bottle or mini running pack – stay hydrated with water you trust
- Money, ID and a cash card – in case you get lost, find a trinket or need more fuel
- Phone – so you don’t get lost
- Hotel address – grab a business card from reception as you are leaving
- Soap powder – carry a little in a Ziploc bag to do a sink wash post run: no-one appreciates a stinky runner



6 NATURAL NEW ZEALAND

New Zealand’s appeal as a running destination is its enormous variety within a relatively small space. A good base for a running holiday is Nelson, at the top of the South Island. From here the runner can access coastal trails such as the Abel Tasman and Queen Charlotte. Head to Nelson Lakes for some alpine ridge running or out to Kahurangi National Park for a true taste of backcountry running.

Those keen to immerse themselves in the dense, lush forest that New Zealand is famous for can look to Wellington’s Tararua and Rimutaka Ranges. The tourist destinations have their own unique running environments: visit Rotorua’s famous Whakarewarewa Forest to run among the giant Redwoods, or Taupo’s beautiful riverside and lake front trails. Even the sprawling city of Auckland boasts the fabulous forests of the Waitakere and Hunua Ranges, as well as many regional parks that each showcase a different ecological environment.

***Good to know:** New Zealand’s weather is localised and can deteriorate rapidly, particularly in mountainous regions. Plan and prepare your route well and always take extra clothing and food, and a communication device.