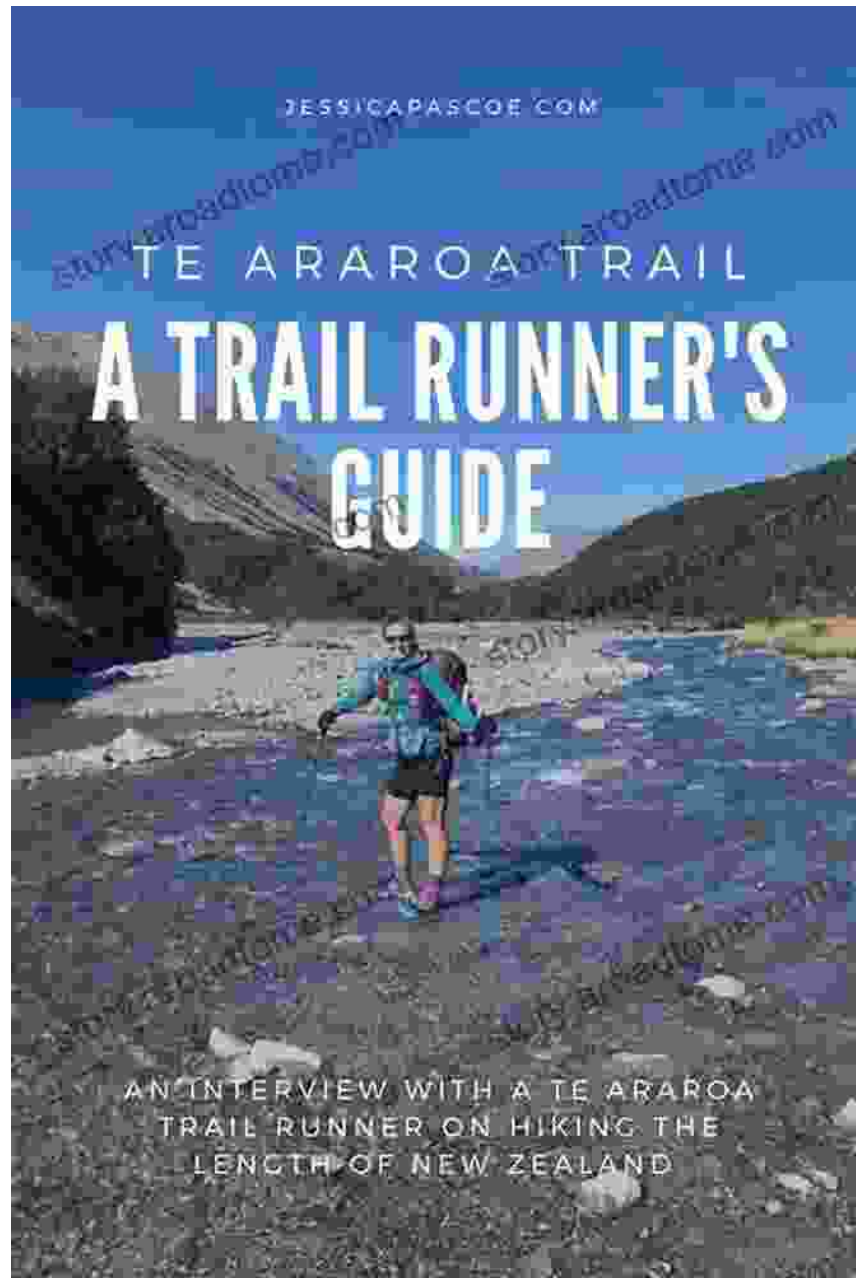
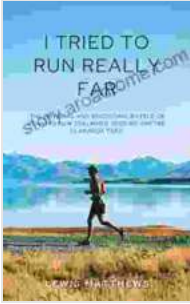


The Physical and Emotional Battle of Running New Zealand's 3000 Kilometre Te Araroa Trail



I Tried To Run Really Far: The physical and emotional battle of running New Zealand's 3000-kilometre Te Araroa Trail. by Lewis Matthews

★★★★☆ 4.3 out of 5



Language	: English
File size	: 6774 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 315 pages
Lending	: Enabled



The Te Araroa Trail is New Zealand's longest trail, stretching 3000 kilometres from Cape Reinga at the northern tip of the North Island to Bluff at the southern tip of the South Island. It's a challenging trail, both physically and emotionally, but it's also an incredibly rewarding one.

I ran the Te Araroa Trail in 2019, and it was one of the most challenging things I've ever done. But it was also one of the most rewarding experiences of my life. In this article, I'll share some of the highs and lows of running the Te Araroa Trail, and I'll offer some tips for anyone who's thinking about taking on this epic challenge.

The Physical Challenge

The Te Araroa Trail is a tough trail. It's long, it's hilly, and it's often wet and muddy. There are days when you'll feel like you can't go on, but you keep going because you know that you're capable of more than you think you are.

The physical challenge of running the Te Araroa Trail is not just about the distance or the elevation gain. It's also about the relentless weather conditions. New Zealand is known for its unpredictable weather, and you

can expect to experience everything from scorching heat to freezing cold, torrential rain to gale-force winds.

But the physical challenge is only part of the story. The Te Araroa Trail is also an emotional challenge.

The Emotional Challenge

Running the Te Araroa Trail is a lonely experience. You're spending most of your time alone, with your thoughts. And those thoughts can be dark. You'll start to doubt yourself. You'll wonder if you're good enough to finish the trail. You'll worry about your family and friends back home.

But you'll also experience some of the highest highs of your life. You'll see some of the most beautiful scenery in the world. You'll meet amazing people. And you'll learn a lot about yourself.

The emotional challenge of running the Te Araroa Trail is just as important as the physical challenge. It's what makes the trail so rewarding.

Tips for Running the Te Araroa Trail

If you're thinking about running the Te Araroa Trail, here are a few tips:

- Be prepared for a physical and emotional challenge.
- Train properly before you start the trail.
- Be flexible with your plans. The weather can change quickly on the trail, so be prepared to adjust your plans accordingly.
- Be patient. It takes time to complete the trail. Don't try to do too much too soon.

- Enjoy the experience. The Te Araroa Trail is an amazing journey. Take the time to soak in the scenery and meet the people you meet along the way.

Running the Te Araroa Trail is a life-changing experience. It's a challenge, but it's also an incredible reward. If you're up for the challenge, I highly recommend it.

To learn more about the Te Araroa Trail, visit the official website at <https://www.teararoatrail.org.nz>.

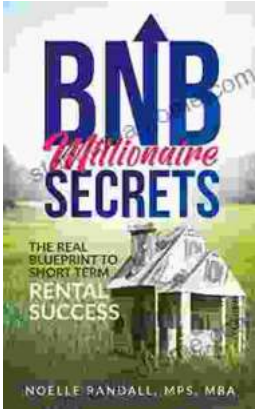


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