



RUN AFRICA

The EA Guide to the
Victoria Falls Marathon

Sunday 6 July 2025





Welcome to your Victoria Falls Marathon adventure

Congratulations!

You're about to run in one of the most awe-inspiring marathon settings on Earth. The Victoria Falls Marathon isn't just a race; it's an experience that takes you through a UNESCO World Heritage Site, across an international border, and past some of Africa's most breathtaking scenery. With the thunder of the mighty Zambezi River in the background and the possibility of spotting wildlife along the course, this is truly a marathon like no other.

This ebook is your complete guide to making the most of your race and your time in Victoria Falls. From course details and race-day logistics to top places to stay, explore, and unwind, we've got everything covered. Whether you're aiming for a personal best, soaking up the vibrant race atmosphere, or turning your run into a once-in-a-lifetime African adventure, this is your chance to experience something unforgettable.

So get ready for an incredible race in the adventure capital of Africa – your Victoria Falls Marathon journey starts here!





Race details

Where & when

The Victoria Falls Marathon starts and finishes in Victoria Falls town, Zimbabwe. The next race will take place on Sunday 6 July 2025 (2026 date TBC).

How to register

Visit www.vicfallsmarathon.com and follow the prompts. Entries are limited, so early sign-up is recommended. This is the only thing you need to organise yourself – Encompass Africa will do the rest!

Race options

Marathon (42.2km) – starts at 6:30am; cut-off time 6.5 hours.

Half Marathon (21.1km) – starts at 7:00am; cut-off time 3.5 hours.

Half Marathon Relay (2 x 10.5km) – starts at 7:00am; cut-off time 3.5 hours.

Fun Run (7.5km) – starts at 8:15am; cut-off time 1.5-hours.

No qualifying times are required for any race distances.

Entry costs

Approximate costs: Marathon: USD \$70–\$90; Half Marathon (& Relay): USD \$60–\$80; Fun Run: USD \$30–\$40.

Race bibs

Race packs and bibs are collected at the race expo in Victoria Falls, usually held over the two days before the race. Encompass Africa can assist with collection logistics.



Getting there

There are no direct flights from Australia to Africa, but excellent connections are available via major hubs such as Dubai (Emirates), Doha (Qatar Airways), and Johannesburg (Qantas & SAA codeshares).

For the Victoria Falls Marathon, most runners fly into Victoria Falls Airport (VFA) in Zimbabwe or Harry Mwanga Nkumbula International Airport (LVI) in Zambia, just across the border in Livingstone. From there, it's a short transfer to the race start. Both airports are well-served with flights from Johannesburg, Cape Town, Nairobi and Addis Ababa, making connections smooth from Australia via the Middle East or South Africa.

Flight times vary from 14 to 24 hours, depending on your route. Consider adding a layover in Dubai, Doha or Johannesburg to break up the journey and arrive feeling fresher. With race weekend being a busy time, booking flights and accommodation early is recommended.

Australian passport holders require a visa for Zimbabwe, which can be obtained on arrival or online in advance. If you plan to visit both Zimbabwe and Zambia, consider a KAZA UniVisa, which allows multiple entries between the two countries. Always check for the latest entry requirements before travelling.





What to pack

In addition to your regular travel gear, we recommend you pack the following:

Your race kit

Wear what you always do on race day, but remember that temperatures can vary from cool mornings to hot afternoons. Pack gear for all conditions, including a light rain jacket and warm layers for pre-dawn starts. Your race shoes (broken in, but not worn out!) are a must – but bring a backup pair of shoes and running kit in your carry-on, just in case your luggage is delayed.

Other essentials

A hat, sunscreen and sunglasses are vital in equatorial and high-altitude conditions, while insect repellent is essential, especially in mosquito-prone areas. Bring a printed race confirmation and medical certificate if required. A running watch is useful for tracking your pace and progress on race day.

Hydration gear

Check whether hydration vests or belts are allowed on course.
Bring electrolyte supplements or energy gels you've trained with – availability can be limited locally.

Recovery gear

Pack your favourite post-race recovery tools, such as a foam roller or massage ball, compression socks, and electrolyte sachets.





Health & vaccines

Travelling to Victoria Falls requires some basic health precautions to ensure a safe and enjoyable trip. It's always best to consult a travel doctor or visit a travel clinic at least 4–6 weeks before departure for personalised advice on vaccinations and health precautions, but here are some top tips:

Yellow Fever

A yellow fever vaccination certificate is required if you're arriving from or transiting through a country with a risk of yellow fever transmission. While Zimbabwe and Zambia are not yellow fever risk areas, some airlines and border officials may ask for proof of vaccination if you've travelled through affected regions.

Malaria

Victoria Falls is located in a malaria-risk area, so antimalarial medication is recommended. Use insect repellent, wear long sleeves in the evenings, and sleep under a mosquito net where available.

Routine vaccinations

Ensure you're up to date with routine vaccinations, including hepatitis A & B, typhoid, tetanus, measles and influenza.

Drinking water & food safety

Stick to bottled or filtered water, avoid ice in drinks unless confirmed safe, and choose freshly prepared, well-cooked food to minimise the risk of foodborne illness.





Where to stay

Choosing the right accommodation can make a big difference to your race experience. Where possible, we recommend staying close to the start or finish line – ideally within walking distance. This will minimise stress on the morning of the event, and makes it easy to return and recover afterwards.

We carefully select runner-friendly hotels and lodges that offer early breakfasts on race day, quiet rooms for quality sleep, and nutritious meal options in the lead-up to the event. Many properties experienced in hosting marathon runners go the extra mile with welcome packs, late check-outs, or shuttle services to the race venue. We'll take care of all bookings and fine details, ensuring everything is sorted so you can focus on your run.

If you're travelling with friends, family, or a tour group, we'll arrange accommodation that keeps you together, so you can share the excitement and support each other before and after the race. Many of our recommended properties are also perfect for spectators and support crews, offering easy access to key viewing spots or event hubs. Just be sure to book early – accommodation fills quickly on race weekend!



When you arrive

Aim to arrive at least three to four days before race day. This will give your body time to adjust to the local climate, altitude and time zone – which is especially important if you’re travelling from Australia or New Zealand, where the time difference can be substantial. This arrival window is especially important if your race is at altitude or in a warmer climate than you’re used to – your body will thank you for the extra time to adapt. Early arrival also allows you to attend pre-race briefings, collect your bib, get in some light sightseeing or shakeout runs, and settle in without stress.

Take it easy in the days leading up to the race. Focus on hydration and sleep, walk the course and do a gentle jog the day before the race to loosen your legs and get familiar with the conditions. Resist the temptation to pack in too much sightseeing at this stage! Stick to familiar foods where possible, especially in the 48 hours before the race. If there’s a race briefing, attend if possible. You’ll get final details, route updates, and practical tips from organisers. Use your arrival time to collect your race bib and get a feel for the start line layout. Wherever you’re staying, ask about mealtimes and transport on race morning to avoid any surprises.





Training and preparation

Preparing for a marathon in Africa comes with unique challenges, from altitude and heat to maintaining your routine while travelling. Here's how to set yourself up for success:

Training for altitude

If you're coming from sea level, altitude can affect your performance more than you expect. Arriving a few days early helps, and incorporating hill training and strength work into your program will build the resilience you need for high-elevation courses.

Tapering before race day

Stick to your taper even while travelling – it's your chance to arrive fresh and ready. Many runners combine their marathon with a safari or holiday, maintaining fitness with shorter runs and active recovery while allowing for proper rest.

Heat & hydration

African races can be deceptively hot, even early in the day. Hydration is key – know your needs, use water stations strategically, and consider electrolytes in extreme conditions. Practise this in your training so your strategy is second nature on race day.

Stick to what you know

Race week isn't the time to experiment. Avoid new shoes, unfamiliar foods, or last-minute treatments like massages or ice baths if they aren't part of your usual routine. Trust your training, and stay consistent.





Why book with Encompass Africa?

Planning a marathon abroad can be overwhelming – but with Encompass Africa, you can focus on your training while we take care of everything else. From flights and pre-race accommodation to post-race safaris and seamless transfers, we handle every detail, making your marathon experience effortless.

We've handpicked the best stays and support, ensuring you have comfortable, well-located hotels, nutritious meals, and reliable transport – all designed to help you perform at your best. Whether it's a pre-race hotel near the start line or a luxury safari extension, we know what works because we've been there.

With Jonathon's passion for running and deep knowledge of Africa, we understand what runners need – whether it's race-day logistics, recovery recommendations, or insider tips. When you book with us, you're not just signing up for a trip; you're getting a team that's as invested in your race as you are.

Ready to run Africa?

Let's make it happen – get in touch today!

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