



Sunrise to Sunset 100km Woman's Walk






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Description of the 2023 Route and itinerary

100km Medal

Day 1: Rhenosterhoek to Flintbeck (25 km)

Activity	Time	Distance	
		Section Distance	Total Distance
1 Wake-up call, get dressed	04h00		
2 Pack everything for the days hike and bring to breakfast packing	04h50		
3 Coffee and packing of own breakfast and lunch packs at ODH	05h00		
4 Blessing – Susan Bredell	05h20		
5 Roll call 1	05h25		
6 Bus departs to Rhenosterhoek Farms	Lelapa Travel & Transfer		
7 Stretching & start walking	06h30		
8 Section 1: Walk from the Yellow house, circle route, into Rhenosterhoek Farm past the Bush Camp and on to the Picnic Spot for a quick snack and water break.	 Exit 1	06h30 – 08h00	5.0 km 5.0km
9 Walk through the 400 year old stone ruins to the fence line to Shamba Yetu.		08h00 – 09h00	3.0km 8.0km
10 Section 2: Up and over the highest elevations for the day in Shamba Yetu Farm. Look out for lots of game, maybe even a giraffe. Down to their Restaurant for breakfast. A small swimming pool is available for those wanting to soak their feet.	 Exit 2  2 toilets available	09h00 – 10h00	3.0km 11.0km
11 BREAKFAST STOP		10h00 – 10h30	
12 Depart from Restaurant and head through the servitude past Quirki Farm Organic to the Flintbeck Gate at Naaupoort Secondary School		10h30 – 11h45	3.0km 14.0km
13 Section 3: Meander through the Flintbeck game farms Blue hiking trails, spot all different kinds of game.		11h45 – 12h45	4.5km 18.5km
14 Lunch break at the Flintbeck Farm Accommodation	 Exit 3  8 toilets available	12h45 – 13h30	
15 Section 4: The last portion of the day on Flintbeck's Green & Yellow Trails to the bus.		13h30 – 15h30	6.5km 25.0km
16 Roll Call (2)		16h00	
17 Bus departs to Ons Dorpshuis Guest House	Lelapa Travel & Transfer	16h00	
18 Free time (Please pre-book and pay for sessions at Candy Corner and get a voucher)	Massages, water refill station.	16h30 – 18h30	
19 Dinner and info session for Day 2	Alna van der Walt	19h00 – 20h00	
20 Bed time		20h30	



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