



Sunrise to Sunset 100km Woman's Walk

Mia 0766560067 I Louise 0823389830

info@sunrisetosunset.co.za

Description of the 2023 Route and itinerary

100km Medal

Day 2: Overvaal Farm to Intaba Thulile (25.5km)

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 own breakfast and lunch packs at ODH	05h00		
4 Blessing – Susan Bredell	05h20		
6 Roll call (1) Bus transport to Rietfontein Valley	Lelapa Travel & Transfer		
7 Stretching & start walking from Paramount Gate	06h15		
8 Section 1: Walk on gravel road into Overvaal Farms , walk around the working blueberry, fig and cherry farm then proceed to Milorho Lodge	06h15 – 08h00	8.5 km	8.5km
9 Breakfast pit-stop on the lush green lawns of Milorho Lodge . Pose for Official Group picture on steps of the chapel, remember to wear your S2S t-Shirt and Bandana	08h00 – 09h00		
10 Section 2: Join Milorho trail to first window to the South.	09h00 – 10h30	3.5 km	12km
11 Quick stop at the First Window to the South	10h30 – 10h45		
12 Continue alongside the fence line to the second window	10h45 – 11h45	3.0 km	15km
13 Section 3: Continue with this magnificent section, off road to the lunch area close to Breedtsnek	11h45 – 13h30	4.0 km	19km
14 Section 4: Stunning views to the South and of where we walked on Day 1. Enter into Intaba Thulile game farm and pass a grave site memorial on the way.	13h30 – 15h00	4.5km	22km
15 Section 5: Walk the dirt road loop in Inthaba Thulile , join up with the Green Route ladies. Finish the day at the Inthaba Thulile lapa	15h00 – 15h45	2.0 km	25.5km
16 Roll call (2) and bus departs to ODH	Lelapa Travel & Transfer		
17 Free time (Please pre-book and pay for sessions at Candy Corner and get a voucher)	Massages, water refill station		
18 Dinner and info session for Day 3	Alna van der Walt		



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