



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 3: From Kgaswane Highest Viewpoint to Excalibur Boutique Hotel (25km)

	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	  2 toilets available	05h00		
4	Blessing – Susan Bredell		05h20		
5	Roll call 1		05h25		
6	Bus departs to Kgaswane Mountain Reserve	Lelapa Travel & Transfer	05h30		
7	Stretching & start walking		06h00		
8	Section 1: Walk from the highest viewpoint to the Peglarae Trail via Dragons Back, do the full Peglarae Trail to the braai area.	 Exit   10 bathrooms available.	06h00 – 09h00	9.5km	9.5km
9	Cold water and breakfast stop	Water-point sponsored by ROTARY CLUB Rustenburg 	09h00 – 09h30		
10	Section 2: Make your way to the Tierkloof falls via the Serengeti and then up to the highest viewpoint.		09h30 – 11h00	5km	14.5km
11	Section 3: Walk downhill, past the conference rooms and then onto the Blougat	 Exit   2 toilets available	11h00 – 12h30	4km	18.5km
12	Blougat lunch and a swim, bring your cozzies		12h30 – 13h30		
13	Section 4A: Hike to Avon More Camp and out of the reserve on Chateau Road		13h30 – 14h30	3.5km	22.0km
14	Section 5: Walk out the reserve for the last section of the day to the Excalibur Boutique Hotel		14h30 – 15h30	3.0km	25.0km
15	Roll Call (2)		16h00		
16	Bus departs to Ons Dorpshuis Guest House	Lelapa Travel & Transfer	16h00		
17	Free time (Please pre-book and pay for sessions at Candy Corner and get a voucher)	Massages, water refill station.	16h30 – 19h00		
18	Dinner and info session for Day 4	Alna van der Walt	19h00 – 20h00		
19	Bed time		20h30		



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