



# Sunrise to Sunset 100km Woman's Walk











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## Description of the 2023 Route and itinerary

### 100km Medal

#### Day 4: From Kgaswane View Point to Thaba Legae (26km)

	Activity		Time	Distance	
1	Wake-up call, get dressed		04h00		
2	Pack everything for the days hike and bring to breakfast packing.	Leave baggage at the designated points.	04h50		
3	Coffee and packing own breakfast and lunch packs at <b>ODH</b>	2 toilets available  	05h00 – 05h20		
4	Blessing – <b>Susan Bredell</b>		05h20		
6	Roll call (1) Bus transport to <b>Kgaswane Reserve Gate</b>	<b>Lelapa Travel &amp; Transfer</b>	05h45		
7	Stretching & start walking from Little Bltch		06h00		
8	<b>Section 1:</b> Easy going, on the tarred surface on the loop, to Naga Camp entrance.	 Exit 1	06h15 – 07h45	6km	6.0km
9	Enjoy the magic views on your way to the beacon for breakfast stop		07h45 – 09h30	4km	10.0km
10	<b>Breakfast at the Beacon</b>		09h30 – 10h00		
11	<b>Section 2:</b> Proceed on the plateau back to the Visitors Centre braai area for lunch stop		10h00 – 11h30	7.5km	17.5km
12	Lunch pit-stop at the Visitors Centre braai area	   8 toilets available Refreshments provided by <b>The Rotary Club Rustenburg</b>	11h30 – 12h00		
13	<b>Section 3:</b> Take the cement road to the North and take in the views at the last viewpoint. Enjoy the downhill to Wildevy gate past Witkruiskrans Campsite. Exit Kgaswane Mountain Reserve and enter <b>Kloof Holiday Resort.</b>		12h00 – 14h00	6.5km	24km
14	Enter the <b>Kloof Holiday Resort</b> and finish off your 100km at the last pool area.		12h30 – 13h30	2 km	26km
15	Enjoy a cold water stop and to change into our S2S T-Shirts. (Take off your walking shoes)	  8 toilets available	14h00 – 14h30		
16	Roll Call (2) Bus departs to <b>Thaba Legae Guest Lodge</b>	<b>Lelapa Travel &amp; Transfer</b>	14h30		
17	<b>Section 4:</b> Drop off <b>Thaba Legae</b> for Thanksgiving at the Chapel.		14h45		
18	Medal Ceremony and Lunch	<b>Thaba Legae</b> 	15h00		
18	Depart for home	<b>Lelapa Travel &amp; Transfer</b> or private transport	17h00		



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