

# Sunrise to Sunset 100km Woman's Walk

Mia 0766560067 I Louise 0823389830  
[info@sunrisetosunset.co.za](mailto:info@sunrisetosunset.co.za)

## 2025

**Come and join us in this unique opportunity to explore and enjoy the beautiful UNESCO sanctioned Magaliesberg Biosphere, The Mountains of Wonder.**

This unique 100km Women's **Endurance** Walk will happen over 4 days, covering different areas and geological sites in the Magaliesberg Biosphere. The 4 routes will cover an average of 25km per day. Busses will transfer participants to the starting point every morning and return to central accommodation in Rustenburg at night. You carry only your day pack with food (breakfast & lunch), water and personal supplies. Capacity for this event is 50 ladies, so please keep in mind it is a group walk.



### Sunrise to Sunset 100km Magaliesberg Biosphere Women's Walk 2025

**Over 4 days: Wednesday 2<sup>nd</sup> April to Saturday 5<sup>th</sup> April 2025 – Opening Evening: Tuesday 1<sup>st</sup> of April**

- Arrival and introduction night, **Tuesday, April 1<sup>st</sup> 2025** at 17h00
- **Wednesday 2<sup>nd</sup> – Saturday 5<sup>th</sup>** the participants will be walking through the UNESCO registered Magaliesberg Biosphere, averaging 25km per day over the 4 days.
- The Closing Ceremony with dignitaries in the Tourism Industry, will be held at 16h00 on Saturday 5<sup>th</sup> April 2025.
- Participants may also choose to walk only 1, 2 or 3 days at a specific daily rate where meals, T-shirt and Transport is included.



### Background

Sunrise to Sunset was initiated by a group of enthusiastic ladies from Ons Dorpshuis Guesthouse and RATA (NPC) based on the success of the magnificent Lighthouse 2 Lighthouse concept in the Western Cape. This walk was specifically designed to showcase the diversity of the Magaliesberg Biosphere and enable access to areas otherwise not accessible to the public. It also creates awareness of the existing hiking trails, accommodation establishments, entertainment facilities and natural environment of the area.



### Fundraising

In the Tourism industry, we have recognized the need for events in our area, and we are creating some! At the same time we have the need to generate funds to channel back into the area.

The funds created by this event will be channeled into the Tourism Industry of this area.

Our walk aims to:

- a. Develop young and upcoming Tourism businesses and create jobs in the industry.
- b. Run Collaborative Marketing initiatives with local tourism partners that assist tourists and visitors to gain information on activities and accommodation in our area.
- c. Create infrastructure, such as Magaliesberg Biosphere route markings.
- d. Create Tourism related products and packages around the Magaliesberg Biosphere areas to boost economic growth.
- e. Keep our support to different charities going, you can choose to use the walk as a vehicle to raise funds for a charity close to your heart, please contact Mia if you wish to find out more about "Walk for a Cause"



facebook.com/sunrisetosunset100km



100kmwomanswalk



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## Entry fees:

Full 4 Days walking	Description	T's & C's
R8750.00	Includes 4 days hiking, all meals, breakfast, lunch and dinner, entry fees to parks and attractions, transport, t-shirt and goody bag. Including 4 nights of shared accommodation.	Shared accommodation (T's & C's Apply)
R6950.00	Includes 4 days hiking, all meals, breakfast, lunch and dinner, entry fees to parks and attractions, transport, t-shirt and goody bag. NO accommodation.	No Accommodation (T's & C's Apply)
R10550.00	Includes 4 days hiking, all meals, breakfast, lunch and dinner, entry fees to parks and attractions, transport, t-shirt and goody bag. Including 4 nights of Single Supplement Accommodation, own room and own bathroom.	Single accommodation (T's & C's Apply)
Daily Rate	Description	T's & C's
R1950.00	Includes 1 day hiking, all meals, breakfast, lunch and dinner (night before walking day), entry fees to parks and attractions, transport, t-shirt and goody bag. You can choose to walk for a 75km (3 days), 50km (2 days) or 25km (1 day)	Excluding Accommodation (T's & C's Apply.)
<b>Deposit:</b>	To secure your place, a non-refundable deposit of R1000.00 is payable with entry. The balance can be paid off and should be settled before 31 January 2025. Entries close on 31 December 2024 or when the capacity for the event has been reached. Limited spots available.	T&C's apply
<b>Cancellation T's &amp; C's:</b>	Cancellations up to 31 December 2024 will be refunded any payments made up to that point, minus the R1000.00 non-refundable deposit. Cancellations after 31 January 2025 are not able to be refunded.	T&C's apply

## Additional Services:

Every day on completion of the hike, ice bucket stations (free). Massage stations (for your own account) will be available between 17h00 and 18h30. **Bookings essential.**



## Accommodation:

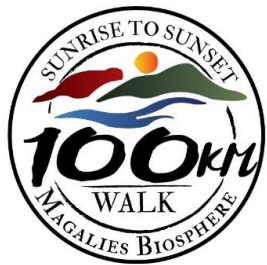
2 Single beds per room sharing, in B&B and Guest Houses in Rustenburg, Bo-dorp. DSTv with business bouquet or My Family Cinema, fully functional kitchenettes with microwave and bar fridge, shower/bath, linen and towels provided. If you prefer to share with someone specific, please provide their names and contact details in your entry form. If you would like single supplement accommodation please indicate so on your entry form.



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## Meals:

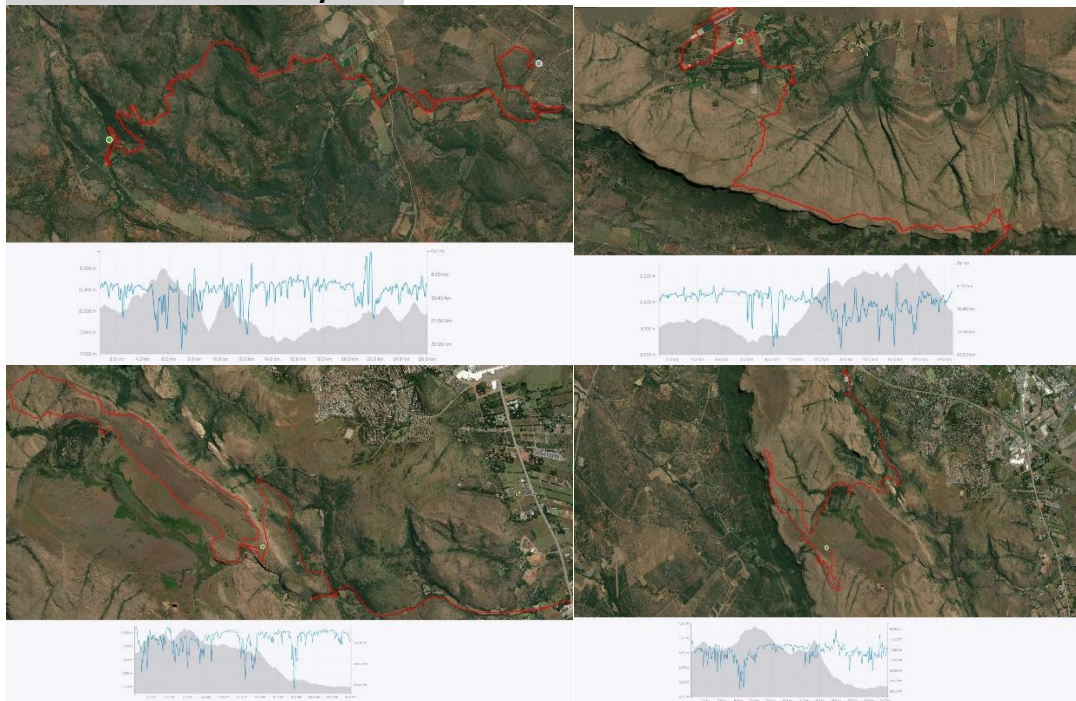
Dinner will be on site at Ons Dorpshuis Guest House or off-site at one of RATA (NPC) members' facilities between 18h30 and 20h00. The bus will transport all participants there and back. All arrangements for the next day's walk will be handled during dinnertime. Any locals not sleeping at the central accommodation need to join us for evening meals. Breakfast will be at either the starting point of each day or at the guesthouse where there will also be an opportunity to pack breakfast and lunch boxes.



## Recommended fitness level: (7/10) (Age 20 - 65 yrs)

This is an **endurance** event, steep inclines will require cardio vascular fitness as well as leg strength. If you are in the Gauteng or North West areas, please do try and join us for training hikes to experience the terrain. Routes vary from level surfaces, to rocky areas. This walk is rated as moderate to difficult in terms of energy expenditure.

## Routes & Elevations Day 1 - 4:



**Maximum available spaces for the eighth year of this event are 50!**

For any further information call Mia Gain on 0766560067 or email [info@sunrisetosunset.co.za](mailto:info@sunrisetosunset.co.za) or visit our website: <https://sunrisetosunset.co.za/>