



Sunrise to Sunset 100km Woman's Walk

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Sunrise to Sunset 100km Woman's Walk – Jeffreys Bay 2026

Sunrise to Sunset Woman's Walk - Jeffreys Bay 2026 is officially open for enrolment. This unique 100km endurance walk for women takes place over 4 days, covering different areas in the Kouga, St Francis and Gamtoos districts. The 4 routes cover an average of 25km per day. Participants will only carry a day pack with water, food and personal items. You will need to fly into Port Elizabeth and make your own way to Jeffreys Bay on Tuesday, 29 September 2026



Dates

- Arrival in Jeffreys Bay, introduction, day of rest and preparation: **Tuesday, September 29th 2026 at 18h00**
- Hiking starts **Wednesday, September 30th** through to **Saturday, October 3rd** at **06h00** daily.
- Depart for home: **Sunday, October 4th**



Background

Sunrise to Sunset was initiated by a group of enthusiastic ladies from Rustenburg. The walk was specifically designed to showcase the surroundings, natural beauty, tourist attractions, existing hiking trails and accommodation establishments in the area. Eight very successful Magaliesberg 100km events have been completed since 2017. We spent some time in September 2021 in Jeffrey's Bay, to test the routes, establish logistics etc, then hosted the first official Jeffreys Bay walk in 2022, it is now time for the **fifth** event in the beautiful Eastern Cape.



Additional Services:

Ice bucket stations will be available at the central accommodation facility on completion of each days walking. Mini massage sessions will be available between 16h30 and 18h00 for your own account. Sessions are 20 minutes long **Pre-Bookings are essential.**



Accommodation:

Beach front accommodation is supplied by Seashells Holiday Apartments in Jeffreys Bay, and is just 2km away from the main beach in Da Gama Road. It is central to shops and the many pristine beaches.



Meals:

Dinners, as well as packing of breakfast & lunch will be at Seashells Holiday Apartments, and is included in the package cost.

Entry Fees:

Package Number	Cost	Description	Exclusions / Inclusions
# FSH01	R10450.00	Includes 4 days hiking, all meals, breakfast, lunch and dinner, entry fees to parks and attractions. All transport during the walking days, insurance, goody bag and much more. Five (5) nights accommodation, sharing . NO transport from Gauteng – fly or drive in . You are responsible to get yourself to Jeffrey's Bay by no later than Tuesday 30 th Sept 2026 18h00.	Shared accommodation, excluding transport from Gauteng / NW. Person to fly or drive in at own cost
# FSS01	R12950.00	Includes 4 days hiking, all meals, breakfast, lunch and dinner, entry fees to parks and attractions. All transport during the walking days, insurance, goody bag and much more. Five (5) nights accommodation, in your own private bedroom & bathroom, shared living area and kitchen. NO transport from Gauteng – fly or drive in . You are responsible to get yourself to Jeffrey's Bay by no later than Tuesday 29 th Sept 2026 18h00.	Single supplement accommodation, excluding transport from Gauteng / NW. Person to fly or drive in at own cost. Single supplement ensures you your own room and bathroom but shared living areas in the apartment



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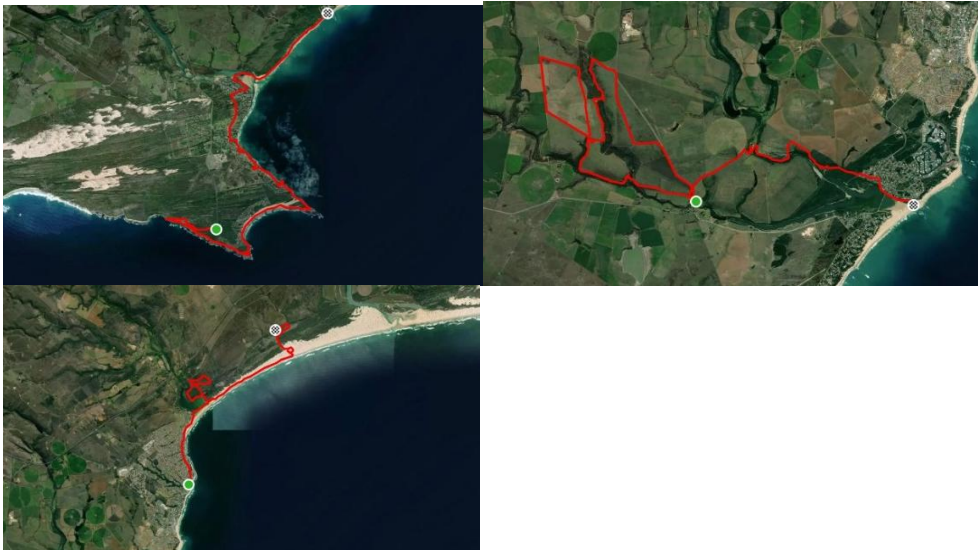
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# LP01	R7950.00	Locals package, this enables local residents to still join us but sleep at their own homes. The package includes 4 days hiking, all meals, breakfast, lunch and dinner, entry fees to parks and attractions, all transport during the walking days, insurance, goody bag and much more. You will need to join the group for the first time for dinner & info session on Tuesday 29 th Sept 2026 18h00. Excluding accommodation	Excluding accommodation, excluding transport from Gauteng / NW.
	Deposit:	To secure your place, a non-refundable deposit of R500.00 is payable with entry. The balance can be paid off and should be settled before 31 August 2026. Entries close when the capacity for the event has been reached. Limited spots available. Cancellations up to 31 August 2026 will be refunded, any payments made up to that point, minus the R500.00 non-refundable deposit. Cancellations after 31 August 2026 are not able to be refunded.	**Terms and Conditions Apply



Routes:



For any queries Mia on 0766560067, Louise on 0823389830 or email info@sunrisetosunset.co.za

Entry forms can be completed on our website: <https://sunrisetosunset.co.za/>

To see more of what the S2S franchise has to offer, visit our Facebook page:

<https://www.facebook.com/sunrisetosunset100km>



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