










# Sunrise to Sunset 100km Woman's Walk

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| DAY 1<br>From Seashells to Papiesfontein<br>Beach Horse Rides |  | HIGH TIDE: 04h40 / 17h00<br>LOW TIDE: 10h44 / 23h06<br>SUNRISE: 06h47   | Time          | Distance                                  |            |
|---|--|---|---------------|---|------------|
| 1   | Wake-up call, get dressed.   |   | 04h30 – 05h30 | Section                                   | Cumulative |
| 2   | Breakfast and lunch packing at <b>Seashells Holiday Apartments</b>   |   | 05h30 – 06h00 |   |            |
| 3   | Blessing, stretching and start walking Roll Call (1)   |   | 06h00 – 06h15 |   |            |
| 4   | Depart directly from <b>Seashells Holiday Apartments</b> and head up Noorsekloof road. Enjoy walking the labyrinth en-route. Follow AD Keet & Poplar to Albertros beach passing Pili Pili Restaurant to Kabeljous lagoon to <b>Suikerbossie Farm Stall</b> . | Meet the <b>Dorp van Drome</b> team at the spekboom labyrinth.  | 06h15 – 09h00 | 10.5km<br><b>2 hours</b><br><b>15 min</b> | 10.5km     |
| 5   | Breakfast stop at <b>Suikerbossie Farm Stall</b> . Take money if you want to buy any additional snacks or coffee   |     | 09h00 – 09h45 | <b>45 min</b>                             |            |
| 6   | Depart from <b>Suikerbossie Farm Stall</b> and head towards <b>Kabeljous Nature Reserve</b>  | Water-point by <b>Edge Gym</b> at the Kabeljous Reserve Entrance   | 09h45 – 11h15 | 7.5km<br><b>1 hour</b><br><b>30 min</b>   | 18km       |
| 7   | Exit Kabeljous and walk along the beach to <b>Papiesfontein Horse Rides</b>  |   | 11h15 – 12h00 | 2.5km<br><b>45 min</b>                    | 20.5km     |
| 8   | Lunch at <b>Papiesfontein Horse Rides</b> Green Grass  |    | 12h00 – 12h45 | <b>45 min</b>                             |            |
| 9   | Take the <b>Papiesfontein Farm Hiking Trail Loop</b> .   |   | 12h45 – 15h00 | 9Km<br><b>2 hours</b><br><b>15 min</b>    | 29.5km     |
| 10  | Freshen up at Papiesfontein Stables in S2S Shirts for official photo at Main Beach   |    | 15h00 – 15h15 |   |            |
| 11  | Bus to drop off at the main beach for official photo then back to Seashells Apartments   |   | 15h15 – 16h20 |   |            |
| 12  | Afternoon at leisure, free ice buckets. Massages (by appointment)  | <b>Bobbles Day Spa</b>  | 16h20 – 18h00 |   |            |
| 13  | Info session on Day 2  |   | 18h00 – 18h30 |   |            |
| 14  | Dinner at <b>Seashells Holiday Apartments</b>  |   | 18h30 – 19h30 |   |            |
| 15  | Bed time   |   | 20h00         |   |            |

