









Sunrise to Sunset 100km Woman's Walk

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DAY 2 From Blowhole to Valpariso		HIGH TIDE: 05h06 / 17h25 LOW TIDE: 11h08 / 23h31 SUNRISE: 06H46	Time	Distance	
				Section	Cumulative
1	Wake-up call, get dressed.		04h30 – 05h30		
2	Breakfast and lunch packing at Seashells Holiday Apartments		05h30 – 06h00		
3	Roll Call (1) Transport to starting point via Hummansdorp to Cape St Francis Blowhole Parking		06h00 – 06h30		
4	Blessing, stretching and start walking		06h30 – 06h45		
5	Section 1: Start the morning at Blowhole Hiking Trail		06h45 – 08h30	7.5km 1 hour 45 min	7.5km
6	Breakfast on the Cape St Francis Beach		08h30 – 09h15	45 min	
7	Section 2: Continue onto the Seal Bay Nature Reserve towards the St Francis Harbour – mainly beach & boulder section walking		09h15 – 11h00	6.5km 1 hour 45 min	14km
8	Section 3: Pass the St Francis Harbour, continue along the two harbours route to Kromm Trust Heritage Garden and Grannies Pools at Bruce's Café.	Fresh Feet are joining us here	11h00 – 11h45	3km 45 min	17km
9	Lunch at the Kromme Trust Community Garden Take cash for coffee or treats	A talk by Truss from the Kromme Trust 	11h45 – 12h30	45 min	
10	Section 4: Walk through the town center to the Cove boat pick up point on the Kromme River.	  	12h30 – 13h45	4.75km 1 hour 15 min	21.75km
11	Transfer via ferry to Paradise Beach side of the Kromme River	Boat trip by St Francis Safaris Water point by DA St Francis	13h45 – 14h15	30 min	
12	Walk a beach section to the exit at Valpariso Guesthouse on the gravel road		14h15 – 15h30	4.85km 1 hour 15 min	26.6km
13	Roll Call (2) Depart via busses back to Seashells Holiday Apartments		15h30		
14	Afternoon at leisure, free ice buckets. Massages (by appointment)	Bobbles Day Spa	16h20 – 18h00		
15	Info session on Day 3		18h00 – 18h30		
16	Dinner at Seashells Holiday Apartments		18h30 – 19h30		



