












# Sunrise to Sunset 100km Woman's Walk

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DAY 3 From Lombardini to Walskipper		HIGH TIDE: 05h31 / 17h49 LOW TIDE: 11h32 / 23h56 SUNRISE: 06h45	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	Roll Call (1) Transport to starting point <b>Lombardini Game Farm</b>		06h00 – 06h30		
4	Chapel Thanksgiving & blessing		06h30 – 06h45		
5	Stretch and start walking		06h45		
6	Start walking from <b>Lombardini Game Farm</b> entrance to the barn venue for breakfast	  	06h45 – 08h45	8km 2 hours	8km
7	Breakfast stop at the <b>Lombardini Barn venue</b>		08h45 – 09h30	45 min	
8	From the venue we walk a small section then have a rhino encounter. After we meet the "ladies" we head out of <b>Lombardini Water-point by Lombardini Farm</b>	NO PHOTOS OR VIDEOS MAY BE TAKEN OF THE RHINOS PLEASE UNDERSTAND THAT IT IS IN THE INTEREST OF PROTECTING THESE RHINOS FROM POACHERS 	09h30 – 11h15	8.5km 1 hours 45 min	16.5km
9	Dirt road section to <b>Rosebarn Wedding Venue</b>		11h15 – 11h45	2km 30 min	18.5km
10	Lunch stop at <b>Rosebarn Wedding Venue</b>	Grab a sweet treat from the <b>Lelik maar Lekker</b> team, take cash or card for coffee or cash bar	11h45 – 12h30	45 min	
11	Exit <b>Rose Barn</b> and enter <b>Green Flamingo</b> . Continue alongside the <b>Seekoel</b> River towards Paradise Beach, passing the <b>Aston Bay Community Hall</b> .	   Water point by <b>Cape Cross Veterinary Services</b>	12h30 – 14h00	5.5km 1 hour 30 min	24km
12	<b>Section 3:</b> Carry on along the beach towards <b>Walskipper Restaurant</b> .	<b>Fresh Feet</b> are joining us for the last section	14h00 – 14h45	1.6km 45 min	25.6km
13	Bring cash if you would like to enjoy a cold beverage at the <b>Walskipper</b> with the most amazing views.	 	14h45 – 15h45	1 hour	
14	Roll Call (2) Depart via busses back to <b>Seashells Holiday Apartments</b>		15h45		
15	Afternoon at leisure, free ice buckets. Massages (by appointment)	<b>Bobbles Beauty Bar</b>	16h20 – 18h00		
16	Info session on Day 4		18h00 – 18h30		
17	Dinner at <b>Seashells Holiday Apartments</b>		18h30 – 19h30		

