











# Sunrise to Sunset 100km Woman's Walk

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	<b>DAY 4 LOERIE RUSKAMP- GAMTOOS</b>	HIGH TIDE: 05h56 / 18h15 LOW TIDE: 11h57 / 00h25 SUNRISE: 06h43	Time	Distance	
				Section	Cumulative
1	Wake-up call, get dressed.		04h30 – 05h30		
2	Breakfast and Lunch packing at <b>Seashells Holiday Apartments</b>		05h30 – 06h00		
3	ROLL CALL and transport to <b>Loerie Ruskamp</b>		06h00 – 06h30		
4	Stretching & Start walking	 	06h30 – 06h45		
5	Start walking from the Loerie boom-gate on well-worn trails.		06h45 – 09h00	9.5km	9.5km
6	Breakfast Stop	 	09h00 – 09h45	2 hours 15 min 45min	
7	From breakfast to the lunch stop, still in Loerie Lime property		09h45 – 11h30	5.8km 1 hour 45 min	15.3km
8	Lunch stop		11h30 – 12h15	45 min	
9	Last section of Loerie Ruskamp to end at Swimming Pool and freshen up for End Function	 	12h15 – 14h00	6.2km 1 hour 45 min	21.5km
10	Freshen up and change into S2S T-Shirts for one last group photo. Transport to <b>Gamtoos Ferry Hotel</b>	 	14h00 – 14h45	45 min	
11	Medal ceremony at the <b>Gamtoos Ferry Hotel</b>		15h00 – 17h00		
12	Transport back to <b>Seashells Holiday Apartments</b> locals can depart directly from <b>Gamtoos Ferry Hotel</b> afternoon at leisure		17h00		
13	Last dinner together at <b>Seashells Holiday Apartments</b>		18h30		

