






## V Description of the 2020 Route and itinerary 100km Medal

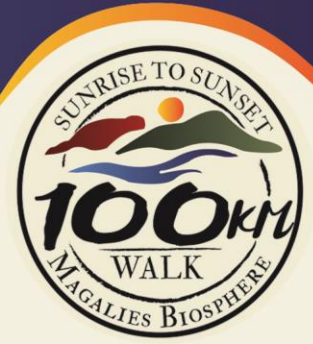
**Day 1: Flintbeck to Rhenosterhoek (28.5 km)**


**Wednesday 18 March 2020**

|    | Activity  |   | Time          | Distance |        |
|----|---|---|---------------|----------|--------|
| 1  | Wake-up call, get dressed   |   | 04h00         |          |        |
| 2  | Pack everything for the days hike and bring to breakfast packing  |   | 04h50         |          |        |
| 3  | Coffee and packing own breakfast and lunch packs at <b>ODH</b>  | <br>2 toilets available    | 05h00         |          |        |
| 4  | Blessing – <b>Susan Bredell</b>   |   | 05h20         |          |        |
| 5  | Roll call 1   |   | 05h25         |          |        |
| 6  | Bus transport to <b>Flintbeck Farm.</b>   | <b>Lelapa Travel &amp; Transfer</b>   | 05h30         |          |        |
| 7  | Stretching & start walking  | Leader: Alna<br>Middle: Lindiwe<br>Sweeper: Mia   | 06h00         |          |        |
| 8  | <b>Section 1:</b> Walk from the statues at the entrance past the Bonsmara kraals on the green hiking trail  |   | 06h15 – 07h30 | 5.5 km   |        |
| 9  | Meet and greet the <b>Flintbeck Family and staff</b>  | <br>8 toilets available | 07h30 – 08h00 |          | Exit 1 |
| 10 | <b>Section 2:</b> Meander through the game farms Blue and Yellow hiking trails, spot all different kinds of game and cattle. Exit <b>Flintbeck Farm</b> to the <b>Naaupoort School.</b> |   | 08h00 – 09h30 | 7.5 km   |        |
| 11 | <b>Section 3:</b> Breakfast stop at <b>Quirkifarm Organic</b>   | <br>1 toilet available  | 09h30 – 10h00 |          | Exit 2 |
| 12 | Walk on the Naaupoort Road to the Servitude Gate  |   | 10h00 – 10h30 | 2km      |        |

Tel. +27 (0) 81 817 9416 | Email. [info@sunrisetosunset.co.za](mailto:info@sunrisetosunset.co.za)

RUSTENBURG ADVENTURES TOURISM & ACCOMMODATION: [rustenburg.rata@gmail.com](mailto:rustenburg.rata@gmail.com)



|    |   |   |               |       |        |
|----|---|---|---------------|-------|--------|
| 13 | <b>Section 4:</b> Enter into Game Farm and walk up to the highest point for THE most amazing view | PLAN B ladies turn around here and walk the 4.5km back to the R24. Collected by the support vehicle and taken to Boons Road drop off. | 10h30 – 11h00 | 3.5km |        |
| 14 | Enter into <b>Rhenosterhoek Farms</b> and head for the stone ruins                                | PLAN B ladies walk from the yellow house on the Boons road, enter RH main entrance.   | 11h15 – 12h00 | 3 km  |        |
| 15 | <b>Section 5:</b> Proceed to <b>Rhenosterhoek Private Bush Camp</b>                               | Proceed past the camp and meet up with the main group at the picnic spot up the hill to finish 8km in total.                          | 12h00 – 13h30 | 4 km  |        |
| 16 | Lunch and coffee pit-stop at the <b>Rhenosterhoek Private Bush Camp</b>                           |  <p>2 toilets available</p>                       | 13h30 – 14h15 |       | Exit 3 |
| 17 | Proceed to yellow house and complete Soenies circle   |   | 14h15 – 15h00 | 3km   |        |
| 18 | Roll Call (2)   |   | 15h00         |       |        |
| 19 | Bus departs to <b>Ons Dorpshuis Guest House</b>   | <b>Lelapa Travel &amp; Transfer</b>   | 15h15         |       |        |
| 20 | Free time (Please pre-book and pay for sessions at Candy Corner and get a voucher)                | Physiotherapy, massages, hair dressing salon, water refill station.   | 15h45 – 18h30 |       |        |
| 21 | Bus departs from <b>Ons Dorpshuis</b> for dinner at <b>Platinum Market Team</b>                   | <b>Lelapa Travel &amp; Transfer</b>   | 18h30         |       |        |
| 22 | Dinner and info session for Day 2   | <b>Alna van der Walt</b>  | 18h30 – 20h00 |       |        |
| 23 | Bus departs to <b>Ons Dorpshuis Guest House</b>   | <b>Lelapa Travel &amp; Transfer</b>   | 20h00         |       |        |
| 24 | Bed time  |   | 20h30         |       |        |