

Sunrise to Sunset 100km Magalies Biosphere Women's Walk Itinerary 2018

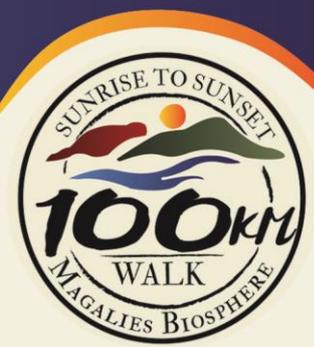
Welcoming night – Wednesday, 21st March 2018

- 14h00-16h00:
 - Book in at allocated accommodation (if applicable).
 - Bus transfer to function at Manor Hills Guest Lodge.
- 17h00-18h00:
 - Arrival and Welcome.
 - Registration at the RATA (NPC) desk, receive goodie bag, including T-shirt.
- 18h00:
 - Settle in the beautiful garden square where complimentary welcoming drinks will be served.
 - (Cash bar available)
 - Browse the exhibition stalls of sponsors and enjoy the art exhibition set up by local artists.
- 18h30:
 - Take part in the Opening Ceremony with VIP's from North West Tourism Board.
 - A speaker will inform us on interesting facts on the Magaliesberg Biosphere.
 - The evening will include a briefing session on the itinerary of Day 1.
- 19h30:
 - Enjoy a scrumptious dinner with Greek entertainment hosted by the excellent team of the Manor Hills.
- 20h00:
 - Depart to central accommodation by bus. Unpack and prepare for an early start of Day 1.

Day 1 – Thursday, 22nd March 2018

- 04h15:
 - Rise and shine. Remember to fill water bottles and take walking sticks, hats and sunblock.
- 05h00:
 - Roll call and bus departs for starting point.
- 05h15–05h45:
 - Bus arrives at the gathering point at the Kloof Holiday Resort for all to have coffee and pack breakfast as well as a lunch pack for later. No harm done to have a quick bite as well!
- 06h00:
 - Pastoral blessing and roll call again before the Leader takes the lead to show the way. The first few kilometres will wind through the resort until the Kgaswane Nature Reserve boundary is reached.
 - After a quick pitstop at Witkruiskrans camp, we complete a short loop past the group camp after which the trail turns to a steep 3km challenging uphill and some effort will be required to conquer the mountain before a well-deserved resting spot is reached for breakfast.
 - The rest of the day is still fairly challenging and the route will join with an existing hiking trail. In the afternoon the trail becomes easier with the most wonderful views especially at the beacon where a treat of ice cold water awaits us.
 - Easy stroll on good roads to the Day visitor's area.
- 15h30:
 - Roll call before the bus transports all back to the central accommodation.

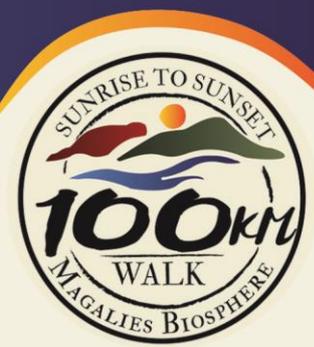
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- 16h00:
 - Leisure time, to visit the on-site physio therapists for either **minor complimentary treatments** or major assistance (for your own account).
 - Massages will be available, which need to be **booked** in advance at your **own cost**.
 - Feel free to support the Candy Corner and **stock up** on some necessities.
 - Relax, unwind and prepare to be picked up for dinner.
- 18h00:
 - Be ready for shuttle bus to depart for dinner at Ons Dorpshuis Guest House (if applicable).
- 18h15:
 - Welcoming drink and dinner at Ons Dorpshuis Guest House.
 - During dinner the complete briefing on the itinerary for the next day will be handled.
 - If you make use of own accommodation or only walk 1 or 2 days, please ensure to join the group for dinner (every time on the night before your walk) in order not to miss out on information and action!
- 20h30:
 - Roll call and bus departs to accommodation sites where applicable.

Day 2 – Friday, 23rd March 2018

- 04h15:
 - Rise and shine. Remember to fill water bottles and take walking sticks, hats and sunblock.
- 5h00:
 - Have coffee and a quick bite. Pack breakfast as well as lunch pack for later at Ons Dorpshuis Guest House dining room.
- 05h30:
 - Roll call and bus departs for starting point.
- 05h45–05h55:
 - Gather at the main entrance of Kgaswane Mountain Reserve for final roll call before entering to start at the Vantage point.
- 06h00:
 - The Leader will head the group for another day of pristine beauty, waterfalls, waterholes, magnificent views and past wetland areas.
 - The route also meanders past an old house, in a neglected state, where family of President Paul Kruger once lived.
 - Lunch will be at Avon More camp under welcoming shaded areas before the last stretch to the Deck with the most unforgettable view over Olifantsnek Dam, where the last of your supplies from your backpack should be consumed before tackling the very steep, but paved decline to the finish at the Boma at Protea Hotel Hunters Rest.
- 15h30:
 - Roll call before bus departs to central accommodation.
- 16h00-18h00:
 - Same as day 1, Dinner at Kenny Gee's with Welcoming Drink AND Live entertainment. Briefing for next day.
- 20h30:
 - Roll call and bus departs to accommodation sites.



Day 3 – Saturday, 24th March 2018

- 04h15:
 - Rise and shine. Remember to fill water bottles and take walking sticks, hats and sunblock.
- 04h45:
 - Roll call and bus departs for starting point.
- 05h15–06h00:
 - Bus arrives at the gathering point at Paramount for all to have coffee and pack breakfast as well as a lunch pack for later and a quick bite.
 - Before roll call, put your best foot forward for a very special GROUP PHOTO.
- 6h15:
 - Depart from the beautiful green lawns, onto the ring road, past the De Wet's Farm towards the entrance of Milorho Lodge.
 - Brace yourself for a few hours and a few kilometres of slow and steady climb whilst progressing fairly steep uphill. The reward comes when it is time to sit down for breakfast and one can look back over the valley with disbelief in what you have just achieved.
 - Just a few short kilometres further another short break right on top will allow the opportunity to a magnificent view, through a window to the SOUTH, before going off road!
 - From here there is a 6km OFF ROAD, which will test even the strongest of the group. Look around, enjoy the scenery and remind yourself that this is the reason why you are here! There is no other way to have come to this specific spot on this specific mountain with this specific group. A Blessing!
 - When Breedt's Nek is reached, the end is in sight! This year we will proceed to the southerly direction through a game farm towards a remarkable shady finish where the bus driver is waiting.
- 15h30:
 - Roll call and bus departs for central accommodation.
- 16h15:
 - Same as Day 1 & 2
- 18h00:
 - Welcoming drink and dinner at Mike's Kitchen. Briefing for next day.
- 20h30:
 - Roll Call and bus departs to accommodation sites.

Day 4 – Sunday, 25th March 2018

- 04h15:
 - Rise and shine. Remember to fill water bottles and take walking sticks, hats and sunblock.
- 05h00:
 - Luggage to the bus and booking out of accommodation. Breakfast, coffee and packing of lunch packs at Ons Dorpshuis dining room.
- 5h45:
 - Roll call and bus departs to starting point of day 4.
- 6h15:
 - Start immediately on the route through Rhenosterhoek Farm. In this stretch the route will pass by the very interesting and extensive historic stone wall village built between the 1600 and 1820's. We will have breakfast before entering Konka Camps for the last 13 km of the event. Be on the lookout for all types of game such as impala, kudu, giraffe and many other species. The view to the mountain is from South to North.



- For lunch we will sit down alongside a pool where you will be able to take a quick dip, before heading out towards the final spot where the bus will pick us up to transport us to the finish line at Brauhaus am Damm.
- There will be a place close to the final 10km mark, where the group will meet up with some representatives from North West Tourism Board and all will change into the Sunrise to Sunset T-shirt. This year we have a special red T-shirt for our 'celebrity' entrants who also took part in the 2017, inaugural event.
- 15h30:
 - At Brauhaus am Damm, family and friends, media and sponsors await you to share in the celebrations.
- 16h00-17h00:
 - Closing function at Brauhaus am Damm. Luggage to be fetched in storage.

Sunrise to Sunset was initiated by a group of enthusiastic ladies from RATA (NPC) based on the success of the Lighthouse 2 Lighthouse concept in the Western Cape. This walk was specifically designed to showcase the diversity of the Magaliesberg Biosphere and enable access to areas not normally accessible for everybody. It also creates awareness of the existing hiking trails, accommodation establishments, entertainment facilities and natural environment of our area.

Recommended fitness level: (7/10)

Day 1, 3 & 4 have steep inclines that will require cardio vascular fitness as well as leg strength. Day 2 is more on level surfaces, but very steep declines and short rocky areas towards the waterholes and another steep decline at the end. (Age: 20-70 years)

Recommended packing:

All participants will stay in graded accommodation facilities. Rooms are shared (Single beds). Linen and towels are provided. All units have kitchenettes, therefore snacks and milk can be stored. Basic coffee & tea is provided.

- Personal medical supplies.
- Walking stick(s) and glove.
- Good, worn-in shoes. (Bring a second pair if possible, for emergencies when the first pair gets wet or develop some problem!) PS, we will talk a lot more about shoes before the event.
- Hat.
- Sunblock.

Bookings subject to availability and terms & conditions.

Maximum available spaces for this year is 60!

Come and explore the Magaliesberg Mountain and Biosphere with a group of like-minded individuals in a once in a lifetime opportunity.

Let's go places together....

"If you want it, work for it!"

SUNSHINE GIRLS 2018!!

Nelson Mandela: "It's always impossible, until it is done!"

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