Camino Experience IN THE EASTERN FREE STATE

The *Sandy's Shoes* route, covers 116kms of the full 211km circular Sungazer Pilgrimage Route, and offers varied and unique views of the spectacular Eastern Free State landscape. You can expect to see beautiful views, birds, and wildlife in peace and tranquility, while passing farms, game farms with little to no traffic. Please note that you will be walking along provincial gravel roads, tar roads, and farm roads.

Overnight accommodations along the route include charming Guest Farms, Game Farms and a Mountain Lodge. Dinner, bed and breakfast is included.

GAME

DRIVES

WILDLIFE

WATCHING

Paul Roux Village is situated in the Eastern Free State, overlooking the Witteberg Mountains at an altitude of 1539m.

SIGNAL

TOWELS

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WASHING

MACHINE

"Life is either, a) daring adventure, or nothing."

HELLEN KELLER

ALCOHOL

Experience the magic of this authentic village, with attractions including historic Ox Wagon tracks dating back to the 1820s, galleries,

TASTING

GAZER PILCA

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PAUT

CASH

ATM

CARD

FACILITIES

charming shops and restaurants.

ART

HONESTY

RASKET

The weather is mild to hot during spring and very hot in summer. Winter days are lovely and warm, with cold evenings and early mornings. Autumn is the ideal time to walk, and this is also the rainy season.

FISHING

SWIMMING

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CYCLING

TRAILS

TRAILS















DAY 1 Arrive in Paul Roux, transport to Uitzicht

Arrival by 12h00 at the Pink Tricycle Tearoom for lunch (provided), and briefing meeting shortly thereafter. Pilgrims will be transported to overnight at Uitzicht Game Farm at 2:00pm. Towels provided.

Parking is available for your vehicles for the duration of your pilgrimage.



SINGLE & DOUBLE BEDS BEDDING: DUVETS & BLANKETS



DINNER: SIT-DOWN DINNER BREAKFAST: CONTINENTAL



Stock up on snacks and cold drinks in the village.

PAUL ROUX VILLAGE

ACTIVITIES



DAY 2 Walk 20km to Emden Guest Farm

Enjoy the beautiful views of the Maluti Mountains, while walking past cherry farms as you approach Emden Guest Farm. Towels provided.

DAY 3

Walk 25km Valuta Guest Farm

Enjoy picturesque views set against the Witteberg mountain and over the Maluti mountain range.

DUVETS. BLANKETS & ELECTRIC BLANKETS

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Towels provided.

DOUBLE BEDS.

DINNER: SIT DOWN

BREAKFAST: SIT DOWN

3



DINNER: SIT DOWN TO A PREPARED MEAL BREAKFAST: HELP YOURSELF TO BREAKFAST PLACED IN THE KITCHEN



Bird lovers be sure to visit the farm dam.

ACTIVITIES

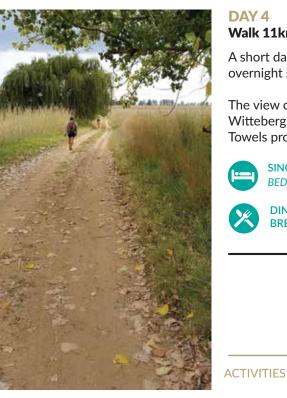


ACTIVITIES









DAY 4

Walk 11km to Nebo Mountain Lodge

A short day, with a bit of a climb as you walk to the overnight stop.

The view of the Mountain Kingdom of Lesotho, and the Witteberg Mountain range is your reward. Towels provided.



BEDDING PROVIDED

DINNER: SIT DOWN BREAKFAST: SIT DOWN



DAY 5

Walk 13km to Moolmanshoek Nature Reserve (MNR) OR 28km to Mosamane Guest Farm (MGF)

Slow and steady on this route with two steep hills along the way to Mosamane. A shorter day for those walking to Moolmanshoek.

Towels provided at both accommodations.



(MGF) BEDDING PROVIDED (MNR) BEDDING PROVIDED



(MGF) DINNER: BRAAI, SALAD & ROLLS BREAKFAST: EGGS, ROLLS, SAUSAGE (ALL INGREDIENTS IN THE FRIDGE) (MNR) DINNER: BUFFET BREAKFAST: BUFFET

(MGF) 뽔습



Snacks and refreshments provided at Mosemane. Beer and wine can be purchased at Moolmanshoek.

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DAY 6

Walk 10km (MGF)/19km (MNR) to House Beautiful

This is an easy walk partially along a tar road with breathtaking views. Enjoy an alternate route which includes a single track, also part of this day. House Beautiful is a classic guest house in the small farming town and arts colony of Rosendal.

Towels provided.



SINGLE & DOUBLE BEDS BEDDING: DUVETS & BLANKETS



DINNER: 2 COURSE AT DALEEN'S PLACE -POTLUCK RESTAURANT **BREAKFAST:** PRE-PACKED

-X 7

Colddrinks and wine available from the honesty basket. (Daleen's Place is not licensed).

ROSENDAL TOWN

ACTIVITIES



Walk 27km to Dunlin B&B* in Paul Roux

This longer walk takes you up a steep hill or two with beautiful views along the way to Dunlin B&B in Paul Roux where you will overnight.

Towels provided. Breakfast and lunch included.



SINGLE & DOUBLE BEDS **BEDDING: DUVETS & BLANKETS**



DINNER: SIT DOWN **BREAKFAST & LUNCH: SIT DOWN**



*Dependant on group size & availability, pilgrims might overnight at one of two alternate accommodations in Paul Roux.

PAUL ROUX VILLAGE

ACTIVITIES











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3 x water bottles Hat Sunblock Raincoat Wash & wear clothing Bathing suit Bath & swimming towel Warm jacket Comfortable walking shoes Sandals/easy shoes (evenings) Adaptor (cell phone charger) Washing powder (small) Clothes pegs Toiletries Toilet paper Binoculars

FIRST AID KIT

Band aids Antiseptic/antibiotic cream Headache tablets Mercurochrome Needle Vaseline: To minimise the

possibility of painful feet and blisters, apply Vaseline to your feet every day for a month before your pilgrimage. **Magnesium supplements:** Assists with sore muscles and minimizes cramps



WHAT YOU WILL RECEIVE

Many Pilgrims use the Sungazer Pilgrimage as an opportunity to slow down and experience the upliftment of nature. A passport/journal is provided with information, a map and directions of your route.







ADDITIONAL INFORMATION



INFORMATION SESSION

An information session will be held with the pilgrims at The Pink Tricycle at 12H00. Lunch is provided.

You will receive your passport/journal and other information.



TAILORED ROUTES

We're finding new and exciting ways to help you break away from the stress and routine of modern life. Whether you enjoy cycling, slack-packing, or a brisk and bracing hike, we customise routes, designed around your preferred activities, accommodation and diet.

Contact us to discuss your route, accommodation and dietary preferences, or register online.



SLACK-PACKING & SUPPORT VEHICLE

For tariffs:

Please contact us for rates and more information regarding slack-packing.

Should there be an emergency, a Support Vehicle is available.



We do hope you spot a Sungazer Lizard on your journey!

SUNGAZER PILGRIMAGE

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