

Camino Experience IN THE EASTERN FREE STATE





The **Tour de Gazer** cycling route, covers 186kms 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 cycling along provincial gravel roads, tar roads, and farm roads.



Overnight accommodations along the route include charming Guest Farms, B&Bs, Game Farms, Mountain Lodges, as well as backpacker style accommodation. Dinner, bed, and breakfast is included.

- 
PARKING
- 
SIGNAL
- 
TOWELS
- 
WASHING MACHINE
- 
ALCOHOL
- 
HONESTY BASKET
- 
CASH
- 
ATM
- 
CARD FACILITIES
- 
ART
- 
WINE TASTING
- 
HISTORIC PLACES
- 
HORSE TRAILS
- 
BIRD WATCHING
- 
WILDLIFE
- 
GAME DRIVES
- 
FISHING
- 
SWIMMING
- 
TRAILS
- 
CYCLING TRAILS



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



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



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.





Tour de Gazer

4 Days 5 Nights | 186kms

GROUP SIZE: 4-14

**Surcharge for single rooms (on availability)*





DAY 1

Arrive in Paul Roux

Welcome, information session and dinner at the licensed Pink Tricycle Tea Room. Overnight at Dunlin B&B. Towels provided.

Parking is provided for the duration of your pilgrimage.

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

 SINGLE & DOUBLE BEDS
BEDDING: DUVETS & BLANKETS

 DINNER: EITHER 2 OR 3 COURSE MEAL
BREAKFAST: SIT DOWN



Stock up on snacks and cold drinks in the village.

PAUL ROUX VILLAGE



ACTIVITIES



DAY 2

Cycle 55kms to Willowdene Guest Farm

Cyclist will start the cycling route after breakfast. This leg of the route winds up and downhill, as you approach Willowdene Guest Farm, nestled in the Witteberg Mountains.

Towels provided.

 SINGLE & DOUBLE BEDS
BEDDING: DUVETS & BLANKETS

 DINNER: GENERALLY PASTA, SALAD, ROLLS
BREAKFAST PACKS: PACK YOUR OWN WITH COLD MEATS, ROLLS, BOILED EGGS & YOGHURT



Willowdene will contact you for your refreshment preferences after arrival.




ACTIVITIES



DAY 3

Cycle 58kms to Malutizicht Guest Farm (M) or 61kms to Valuta Guest Farm (V)

Enjoy picturesque views of farms set against the Witteberg mountain and views over the Maluti mountain range. If overnighting at Valuta, cycle an additional 1.5km on the tar road, and 1.5km from the turn off onto the farm road to Valuta. Towels provided at both accommodations.

 (M) SINGLE & DOUBLE. DUVETS & BLANKETS
(V) DOUBLE BEDS. DUVETS, BLANKETS & ELECTRIC BLANKETS

 (M) DINNER: BRAAI, SALAD & ROLLS BREAKFAST: EGGS, ROLLS, SAUSAGE (ALL INGREDIENTS IN THE FRIDGE)
(V) DINNER: SIT DOWN BREAKFAST: SIT DOWN



Accommodation depends on group size, and sharing preferences.





DAY 4

Cycle 27kms (M)/ 25km (V) to Moolmanshoek Nature Reserve (MNR) OR 42km (M)/ 39km (V) to Mosamane Guest Farm (MGF)

Steady on this route with two steep hills along the way to Mosamane. A shorter cycle for those overnighting at 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: SIT DOWN BREAKFAST: SIT DOWN*

(MGF)

(MNR)



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



ACTIVITIES



DAY 5

Cycle 46km (MNR)/37km (MGF) to Paul Roux

This stretch has part tar, part gravel, with loose stones along the way, so please be careful. You will enjoy beautiful views along the way to Dunlin B&B in Paul Roux where you will overnight.

Towels provided. Depart after breakfast in the morning.



SINGLE & DOUBLE BEDS
BEDDING: *DUVETS & BLANKETS*



DINNER: *CAN BE 2 OR 3 COURSE MEAL*
BREAKFAST: *SIT DOWN*



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



ACTIVITIES





WHAT TO PACK

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 minimises 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 Dunlin B&B the evening before your journey starts.

You will also 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

RENEE WOLFAARDT: +27 82 304 7006
sungazerjourney@gmail.com

