



Camino Experience IN THE EASTERN FREE STATE

























"Life is either a daring adventure, or nothing."
HELLEN KELLER



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.

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PARKING
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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.





Sandy's Shoes

6 Days 7 Nights | 116kms

GROUP SIZE: 6-14

**Surcharge for single rooms (on availability)*





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.

 APARTMENT: SINGLE & DOUBLE BEDS
MILK PARLOUR: MATTRESSES ON PALLETS
BEDDING: DUVETS & BLANKETS

 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



DAY 3

Walk 22kms to Malutizicht Guest Farm (M) or 25km Valuta Guest Farm (V)

Enjoy picturesque views set against the Witteberg mountain and over the Maluti mountain range. If overnighting at Valuta, walk 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

Walk 14km (from Malutizicht), or 11km (from Valuta) to Nebo Mountain Lodge (N)

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.

 **SINGLE & DOUBLE BEDDING PROVIDED**

 **DINNER: SIT DOWN
BREAKFAST: SIT DOWN**



ACTIVITIES



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) _____ **(MNR)** _____



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



ACTIVITIES





DAY 6
Walk 10km (MGF)/ 19 (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 BENJAMIN'S RESTAURANT
 BREAKFAST: PRE-PACKED



Cold drinks and wine available from the honesty basket. (Benjamin's is not licensed). 

ROSENDAL TOWN  

ACTIVITIES     

DAY 7
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     





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 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

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

