



Camino Experience IN THE EASTERN FREE STATE

























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



The *Sandy's Shoes* route, covers 93.8kms 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
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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 | 93.8kms

COST PP: 1-4: ZAR5870

5-12: ZAR5720






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 your vehicles for the duration of your pilgrimage.

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

 **DINNER: CAN BE 2 OR 3 COURSE MEAL**
BREAKFAST: PACKED. CONTAINS YOGHURT, FRUIT, EGGS, COCKTAIL SAUSAGES OR MEATBALLS, & A SANDWICH.



Stock up on snacks and cold drinks in the village.

PAUL ROUX VILLAGE



ACTIVITIES



DAY 2
Walk 20.49km to Emden Guest Farm

Pilgrims are transported to Uitzicht Game Farm gate, the starting point for this route.

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: PORRIDGE & SNACK PACK WITH A MUFFIN OR SANDWICH, YOGHURT & FRUIT.



Bird lovers be sure to visit the farm dam.


ACTIVITIES



DAY 3
Walk 20.44kms to Malutizicht Guest Farm (M) or 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, walk an additional 1.5km on the tar road.

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



Valuta's honesty basket includes wine & cold drinks. Accommodation depends on group size, and sharing preferences.





DAY 4
Walk 15.76km to Earthrise Mountain Lodge

A short day, with a bit of a climb towards the end as you reach Earthrise. The view of the Mountain Kingdom of Lesotho, and the Witteberg Mountain range is your reward. If walking from Malutizicht, 1.5km will be along a tar road. Get an early start.

Towels provided.

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

 **DINNER: 3 COURSE**
 BREAKFAST OR PACKS: SIT DOWN (06H00) TO BE ARRANGED, ELSE BREAKFAST PACKS SUPPLIED



Earthrise restaurant is fully licensed.

ACTIVITIES



DAY 5
Walk 24.5kms to Langkloof Guest Farm

Slow and steady on this route with two steep hills along the way to Langkloof.

This is rustic accommodation with solar and gas, no electrical points.

 **SINGLE & DOUBLE BEDS**
 BEDDING: MATTRESS COVERS & BLANKETS
 TO BRING: PILLOW & TOWEL. BLANKET IN WINTER

 **DINNER: PREPARE FROM INGREDIENTS PROVIDED**
 BREAKFAST: PREPARE YOUR OWN FROM INGREDIENTS SUPPLIED. SNACKS PROVIDED



Snacks are provided with meals. Refreshments including fruit juice, cold drink also provided.

ACTIVITIES






DAY 6
Walk 17.2kms to House Beautiful

This is an easy walk partially along a tar road with breathtaking views.


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: PREPARE YOUR OWN - INGREDIENTS PROVIDED



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

ROSENDAL TOWN



ACTIVITIES



DAY 7
Walk 28.3km to 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. Depart after breakfast in the morning.

 SINGLE & DOUBLE BEDS
 BEDDING: DUVETS & BLANKETS

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



PAUL ROUX VILLAGE





WHAT TO PACK

3 x water bottles
Sleeping bag
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

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 supplied with information, a map and directions of your route. In addition all pilgrims will receive buffs and reflective jackets to worn on your journey.

Your certificate will be emailed to you.





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 which includes information, a map and directions of your route, and a buff and reflective vest.



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 preferences.

Contact us to discuss your 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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