

Practice Walk Programme 2020/2021

The dates are as follows and some of the routes will be confirmed closer to the time:

- Sunday, 18 October 2020 - Fernkloof (22km)
- Sunday, 15 November 2020 - Kleinmond Harbour (15km)
- Sunday, 6 December 2020 - Sopies Klip (10km)
- Sunday, 17 January 2021 - Betty's Bay (22km)

Practice Walk 1: Fernkloof - 18 October 2020

- **Theme:** Breast Cancer Awareness - wear pink
- **Route:** Gateway Shopping Centre - Rotary way - Fernkloof Reserve - Grotto Beach - Hermanus coastal path - Gateway Shopping Centre
- **Distance:** 22km
- **Time:** 6-7 hours
- **Terrain:** Fynbos bush track
- **Rest stops:** Fernkloof Nature Reserve & Grotto Beach
- **Meeting point & Time:** 7h00 @ The Beanery Coffee Shop at Gateway Shopping Centre, Hermanus

Practice Walk 2: Grootbos Fynbos Trail - 15 November 2020

- **Theme:** Movember
- **Route:** Grootbos Fynbos Trail
- **Distance:** 20km
- **Time:** 7 hours
- **Terrain:** Coastal fynbos path
- **Rest stops:** Grootbos restroom facilities
- **Meeting point & Time:** Grootbos

Ladies (&Gents) travelling from Hermanus may want to share transport, meeting at Grotto parking lot at 6h15, to leave at 6h30 for Grootbos

***Please note the tide table has been taken into consideration to set the date for this walk**



Practice Walk Programme 2020/2021

Practice Walk 3: Sophie's Klip - 6 December 2020

- **Theme:** Christmas - wear red & green with something shiny!
- **Route:** Grotto beach to Sophie's Klip and back (in Walker Bay)
- **Distance:** 12km
- **Time:** 3 hours
- **Terrain:** Hard, wet sand at low tide
- **Rest stops:** On beach at Sophie's Klip
- **Meeting Point:** Parking lot at Grotto beach next to main building rest rooms

*Please note that the tide table has been taken into consideration to determine the date of the walk

Practice Walk 4: Betty's Bay Walk - 17 January 2021

- **Theme:** Fun in the Sun
- **Route:** Denys Heesom coastal trail starting point in Otter street, Betty's Bay - Dawid's Kraal bay beach - coastal path around Stony Point - Silversands Bay - Sea Farm Private Nature reserve - back to Denys Heesom trail point
- **Distance:** 22km
- **Time:** 7 hours
- **Terrain:** Fynbos trail path, sandy beach, rocky footpaths, soft sand dunes
- **Rest stops:** Betty's Bay main beach
- **Meeting point:** parking lot in Otter street, near starting point of Denys Heesom coastal trail @ 7h00

*Please note that the tide table has been taken into consideration to determine the date of the walk

