

PREPARING FOR THE L2L FOUR DAY WALK

GETTING FIT

The 100km walk can only be completed within the four-day time frame if you are able to keep up the pace. The terrain varies, but we walk mostly on hard and sandy beaches or tracks.

Participating in the practice walks leading up to the main walk is an option. They will give you an idea of the pace we walk at, as well as the different types of terrain and distances we will be walking.

FITNESS

Journalist and adventurer Fiona McIntosh writes in her article *The long walk to fitness* that "strong legs can carry you to new worlds". The walk will require strong legs from each of the walkers to complete it.

The route entails generally level walking along the coast with a few inclines along rocky fynbos tracks on occasion. First time walkers tend to underestimate the effect on one's feet after walking 6-7 hours per day, for four consecutive days in a row. Feet can swell sometimes even if you are a regular runner or cyclist with a fair level of fitness.

It is recommended that each walker sets herself a goal of three to four walks a week, with one long distance walk of 12km+ once a week. When planning your walks, try not to cover only tarred roads, but add different types of terrain such as sand, gravel and bush tracks.

Another option is to join a walking group to motivate you and share your daily exercise with like-minded walking enthusiasts. We also host monthly practice walks leading up to the main walk to encourage fitness, participation and exposure to different types of terrain.

It is essential to have a general health assessment by your GP (general practitioner) to rule out any physical or mental health risks before commencing on a fitness program and build your strength to enjoy a memorable walk.

As Fiona McIntosh explains, "Jogging on a treadmill is not everyone's idea of an inspiring experience. According to sport scientists it's much easier to exercise and get fit if you have a specific goal in mind. So, while you're on the treadmill try to imagine the crunch of earth under your feet, the grass brushing against your legs and a cool breeze caressing your arms".

(Source: www.health24.com/Lifestyle/Man/Yourlife/TheLongWalktoFitness-20120721)

HEALTH & MEDICAL CONDITIONS



The risk involved in medium to strenuous exercise during the 100km walk will vary from one individual to the next. It is recommended that each walker consult her medical practitioner after gaining entry to assess your health risks, fitness level and plan a realistic fitness program if needed.

The popular BACKPACKER magazine offers some helpful tips on how to improve one's hiking fitness before a long walk:

1. It is better to do a little and often, than to do a lot once in a while- if you push too hard too soon, you will develop sore muscles and feet. It is far better to start slowly and progress consistently over the duration of a few months.
2. Stretch after every hike- stretching after a hike decreases your risk of injury, can help prevent muscle imbalances and speeds your recovery process.
3. Improve your balance- balance is one of the most important components of a fitness program. Balance practice will help prevent injuries, knee damage and ankle rolls during a hike.
4. Strengthen your core- all movement originates from your core, including hips, upper legs and waist muscles. A strong core promotes proper posture, improves breathing and lessens risk of injury.
5. Fine tune your water intake- aim for 0.75l of water per hour during your practice walks. Consider your hydration system carefully, not to deplete your body salts with too much water nor dehydrate due to too little water intake.
6. Food is your fuel- a long walk or hike is not the place for a calorie restricted meal plan. Stop and snack an average of 200 calories every hour to replenish your energy levels and keep your blood sugar levels stable. For all-day hikes, plan full meals with protein, carbohydrates and healthy fats.

(Source: www.backpacker/skills/11-hiking-fitness-tips)

We require each walker to carefully study, agree to and sign both the Terms & Conditions, and Accident Waiver and Release of Liability form when applying for an entry to the walk.

Both documents contain further conditions regarding the fitness of the walker, self-knowledge of one's abilities and the right to ask a walker to withdraw should the walker be in poor physical condition or suffer from poor health.

TRAVEL ARRANGEMENTS

If you are travelling from out of town it is important that you make your arrangements to keep the following in mind:

1. You need to sign in on Wednesday before we start walking on Thursday.



2. We need to leave from Hermanus on a bus at 6am on Thursday and drive to Cape Agulhas Lighthouse - our starting point.
3. It takes a minimum of two hours to travel from Cape Town International Airport to Hermanus.

DEPARTURE AND TRANSPORT

DEPARTURE: 6am on Thursday from Hermanus by bus - this is arranged by L2L

STARTING POINT: 8am at Cape Agulhas Lighthouse

All registered walkers are required to arrive at a centralised meeting point in Hermanus, Western Cape on the morning of the first day of the L2L Ladies Walk 2020 from 5:15 am. The Departure/Meeting point for the 2021 Walk will be confirmed closer to the time.

If you slept over at a B&B then arrange for early departure on Thursday at 5:15am.

The group of walkers will be met at the departure point by the L2L Ladies Walk committee. You need to sign-in and drop-off your luggage to be loaded onto the bus. You will be allocated to a bus when signing in.

Departure time is set for 6am sharp, to ensure a timely arrival at Cape Agulhas Lighthouse by 8am and to start the walk on schedule. Please note that the tide table (low and high tide) play a pivotal role in the daily schedule and planning of the walk.

The walkers will be transported by bus to and from each day's starting and finishing points and to the accommodation at Die Dam Holiday Resort situated along the coastline between Cape Agulhas and Uilenkraalsmond.

There is limited space for your luggage. Remember we travel from Hermanus to our accommodation at Die Dam by bus.

WHAT TO PACK

Your luggage is made up of

- (a) 1x tog bag for four days' clothing, snacks, toiletries, first aid kit, etc. (bag supplied)
- (b) 1x sleeping bag and pillow (bag supplied)
- (c) day pack with your daily supplies, etc. (own bag required)
- (d) camping chair

EQUIPMENT CHECKLIST



Walkers will be allowed to bring two bags and a camping chair to be packed into the bus (tog bag and a bedding bag). You must also bring a day backpack for during the walk. You may bring a stick if you use one.

The following is a guideline of what to bring:

- Camping chair - used to sit on at the eating area
- Sleeping bag
- Pillow
- Mattress cover / fitted sheet
- Active wear hiking clothing: 3-4 pairs of hiking shorts/pants/tights; 3-4 comfortable t-shirts/tops
- Bathing suit
- Official L2L Walk t-shirt
- Comfy shoes and clothes to wear at camp
- Lightweight rain jacket / poncho
- 7-8 pairs of socks
- Warm set of pajamas
- Torch head light/lamp
- A few pegs and washing powder to rinse out clothes for next day
- Quick drying towel
- Toiletries: personal hygiene toiletries, Shower gel, Wash pegs, Sun block / UV lip protection, Mosquito repellent
- Cutlery utensil bag with: Plastic plate / cup / glass / knife / fork / spoon set, Tupper Container to pack your lunch from the breakfast spread, Bottle opener, Drying cloth
- First aid kit - see list below

FIRST AID KIT:

We suggest that the following items are included in the First Aid kit:

- Bandages & gauze (4 rolls),
- Waterproof plasters (pack of 20),
- Blister plasters,
- Pain killers (10 tablets),
- Anti-inflammatories (10 tablets),
- Anti-septic cream (1 tube),
- Diarrhoea tablets (20),
- Hydro-cortisone cream for skin rashes & inflammation (1 tube),
- Burn shield (small tube),
- Microspore tape,



- non-drowsy Antihistamine tablets (10),
- Nausea tablets (10),
- Sting & bite ointment (1 tube),
- Anti-inflammatory patches (5),
- Mosquito repellent,
- Eye drops,
- Powder for feet and socks,
- Vaseline or anti-chafing cream (lubricant),
- Rehydrate sachets (16),
- Personal medication

This will be packed in the day pack, so only bring along what is needed for the day and buy the smallest size necessary.

LUNCH, SNACKS & DRINKS

Each walker must carry a day pack on each day's walk. She must equip her backpack with the following for the first day's 18km walk:

- 3 litres of water
- Lunch meal and snack pack for one day
- Roll of toilet paper / wet wipes / tissues
- Lightweight rain jacket / poncho
- Mini first aid kit (including personal medication)
- Sun hat / sunscreen / sarong or towel to sit on
- Camera / cell phone / additional battery pack if necessary
- Walking sticks if desired

The day backpack is taken on the bus by each walker and remains in her personal possession throughout the four-day walk.

Walkers will be able to pack lunch bags and snacks for days two to four during breakfast at camp each morning. It is the responsibility of each walker to replenish her water and food for the day's walk. Filtered water will be available to all walkers free of charge at camp to fill up their containers.

Coffee and tea will be provided free of charge to all walkers at camp. A tuck shop at camp will sell cooldrinks, energy drinks, sweets, chocolates and salty snacks to the walkers daily. All profits will be put towards the funding goal of the walk.

CATERING



We eat very well so if you have special requirements make sure that you indicate this when you register. The catering is generous, and our sponsors usually make sure that we have lots of snacks for each day. Be that as it may, you might still want to bring your own treats and snacks and even a bottle or two of wine (It is a tough walk, but we have lots of fun at night).

Three dinners and breakfasts are catered for all ladies during the annual walk. The Lighthouse 2 Lighthouse committee endeavours to provide wholesome and nourishing meals to energise the women and replenish body and mind. Special dietary needs are accommodated for as much as possible.

We gather each evening at a central point in camp, where we get comfortable in our camp chairs, pour ourselves a drink and reminisce with new-found friends about our day's experiences. The committee relays any necessary information regarding the next day's walk, such as breakfast time, assembly time and other useful tips as needed.

The dinners and breakfasts are laid out buffet style and walkers are served a balanced meal around the campfire. This is made possible by the very generous sponsorship and donations made by businesses in the food & beverage industry of Hermanus and the wider region. Local restaurants also offer their culinary skills to assist in the preparation of the meals to be transported to the camp.

Each year a hardworking group of catering volunteers assists the committee at camp to set-up the kitchen area, warm-up and prepare the fresh dishes for every meal and wash-up the dishes, pots and pans afterwards. Without these kind individuals, the walkers would not be able to continue the walk and raise funds for charity each year - so please be kind!

ACCOMMODATION

During the four-day annual L2L Ladies Walk, all participants will reside in privately owned beach cottages at Die Dam Holiday Resort, situated between Cape Agulhas and Pearly Beach. Each walker's entry fee covers the cost to rent the chalets for the three-night stay.

The chalets vary in size and design:

- It can accommodate from 2 - 6 walkers per chalet
- Each one offers basic amenities such as a fridge, microwave, kettle and two-plate stove which walkers may use as long as it is cleaned afterwards
- Each chalet has one bathroom that consists of a shower, toilet and basin which are available to the walkers
- Walkers are required to keep the chalets clean and not make use of any privately owned equipment or utensils in the chalet
- Rooms consist of a combination of beds, such as single / double / bunk beds
- Double beds are shared to maximise the accommodation capacity



Each walker will be allocated a chalet by the committee member in charge of accommodation. Groups of registered walkers can place a request for friends / family to be placed together in a chalet before the walk. Requests will be accommodated as far as possible.

Die Dam Holiday Resort also offers camping facilities with an ablution block in the centre of the camp. Should a walker request to camp, it is the responsibility of the walker to bring all the camping equipment and set-up her campsite the day before the walk commences or on the afternoon of Day 1.

