

# Grootbos Fynbos Route

## 15 November 2020

This is a very challenging route because of the elevation and terrain. Walkers attempting this route need to be very fit.

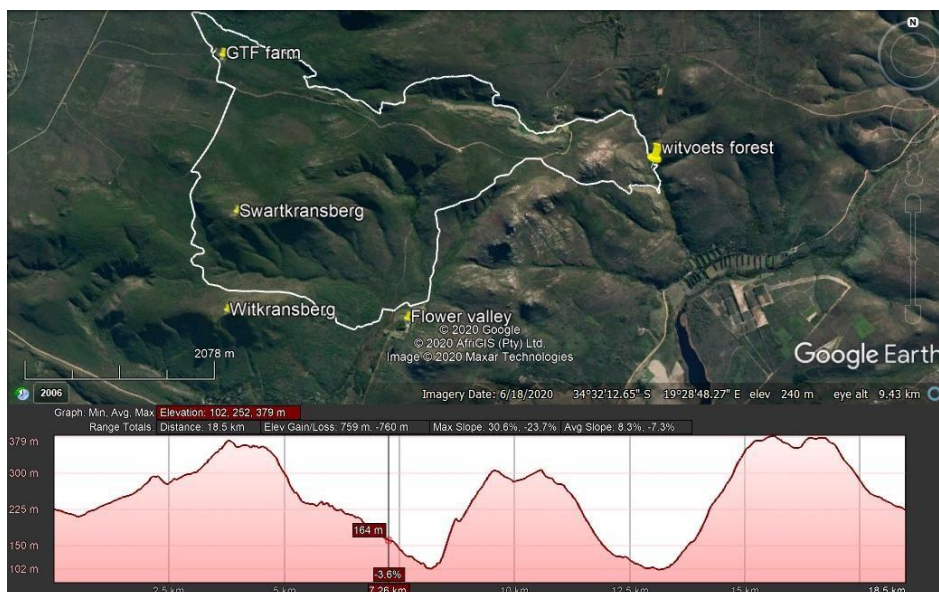
- **Distance:** 18.5km
- **Time:** 7+ hours
- **Terrain:** Fynbos path – this is a very tough route and walkers need to ensure that they are fit enough to complete the walk. This is a difficult to access route should anyone be injured.
- **Rest stops:** Grootbos restroom facilities
- **Meeting point & Time:** Grotto Beach parking lot at 05h30 to register and sign indemnity. We are all travelling on the bus to Grootbos because of limited parking at the starting point.
- **Theme:** Movember – wear your favourite moustache

The meeting point at Grootbos is NOT at the main gate. Walkers travelling from Hermanus are able to meet at Grotto Beach parking lot at 05h30.

However, walkers travelling from Gansbaai or Stanford can meet at the Grootbos alternative gate.

### Please note:

- Walkers with allergies to bee stings must please bring along antihistamine or epi-pen as there are bees en route
- Everyone needs to sign an indemnity form – it is easier if you download the form (see [http://lighthouse2lighthouse.co.za/wp-content/uploads/2020/10/L2L-Vrywaringsvorm-Afr\\_Indemnity-Eng-2020.pdf](http://lighthouse2lighthouse.co.za/wp-content/uploads/2020/10/L2L-Vrywaringsvorm-Afr_Indemnity-Eng-2020.pdf)), sign it and bring it along on the day of the walk
- Remember to bring your own sunscreen, water, snacks, lunch and first aid kit for the day
- Gaiters will be sold – R100 per pair (cash only)



Contact Esmé at [practice\\_walks@lighthouse2lighthouse.co.za](mailto:practice_walks@lighthouse2lighthouse.co.za) with any additional queries.

