



Document 1: Trail Information

The 16 Mile Beach Challenge in slack pack format between Yzerfontein and Langebaan offers a unique experience of the West Coast over the stretch of 1 night and 1 day with the option of a 2nd night after finishing the trial .

The hike has been designed to suit any walking fit individual looking for a challenge and an escape from daily routine and includes a unique introduction to the region and

the West Coast National Park , tasting the acclaimed local wines before enjoying a typical West Coast dinner and walking the pristine 16 Mile Beach (26 km), a hike along the longest uninterrupted sand beach in South Africa .

The trail requires hikers to be walking fit on Level 4 and is suitable for a group or family but with no children under 16. Reservations for groups of 7 and maximum 15 are welcome.



ITINERARY

Day 1

13:30 Meet at Yzerfontein Sports Club / Lullas Restaurant for welcome drinks.

14:00 Depart to the NSRI station 34 where hikers will be briefed on the role of the NSRI on the West coast and hikers will get an overview of the Yzerfontein / Langebaan MPA and West Coast National Park.

15:00 Walk from the Yzerfontein harbour to Schaap Island (30 min max) / photo opportunities.

16:00 Depart to overnight accommodation in Yzerfontein.

17:30 Wine tasting.

19:30 West Coast dinner.

Day 2

05:00 Depart to Yzerfontein Main Beach for walk to Tsaars Bank in The West Coast National Park.

*Note: vehicles will be parked at Community Hall area and will be supervised during the day by Yzerfontein Armed Response.

05:30 / 06:00 Hike commences (depending on weather conditions and tides).

* It is compulsory for hikers to stop every hour for a 10 minute snack & drinks break during which time the guide will share information of the area.

14:00 Latest arrival time at Tsaarsbank in the West Coast National Park.

*The hike is expected to take between 5 and 8 hours depending on the fitness of the group (focus will be on each hiker finishing the trail, not the speed of the hike).

* Transport will be waiting upon arrival at Tsaarsbank – hikers will have an opportunity to view points of interest in the West Coast National Park, and take photographs, for approximately an hour.

15:30 Arrival at the Yzerfontein Sports Club for celebratory drinks to toast the completion of the 16 Mile Challenge. Participants who complete the hike will receive a certificate to commemorate their achievement.

16:00 Hikers staying for a 2nd night depart to accommodation in Yzerfontein. Other hikers depart for home.

17:00 Reflecting on the walk – sharing personal experiences and take-away messages.

18:30 West Coast dinner experience.

Day 3

08:00 - 10:00 Breakfast and farewell.



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EMERGENCY PROCEDURES

Station 34 of the NSRI base in Yzerfontein is on standby to assist via sea on boats or with a quad bike on the beach for the first line of rescue. All hikers in the group should take notice of the following: Should any emergency occur, the group's pace and program will be influenced by the well-being of the hiker in physical distress and the hike will only continue once the hiker has been evacuated.

IMPORTANT

FOR OVERNIGHT: Own bedding & towels; Valid ID, Passport or Driver's License; Valid Wild Card for West Coast National Park.

FOR TRAIL: Comfortable day pack to carry the following items – hat, sunscreen, personal medication, 2 liter water, nutritious breakfast and lunch pack (provided) toilet paper, plastic bag for litter, light rain jacket , warmer jacket, comfortable walking shoes (trainers suggested for sandy conditions) and long socks and a head light for night walking

OPTIONAL: Binoculars, cameras, cell phone

GOOD TO KNOW

Temperatures vary depending on the season but this stretch of the coast has moderate temperatures between 15 and 32 degrees / [www. windguru.co.za](http://www.windguru.co.za)

Tides play an important role during the hike. As the beach has changed significantly in the past few years which means we have to take tides into account when doing this hike as: *the total walk takes place below the high tide indicators not to disturb any breeding activities or sensitive animal life*

Interesting websites to check out:

www.sanparks.co.za

www.westcoastway.co.za

www.yzerfonteinaccommodation.co.za



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