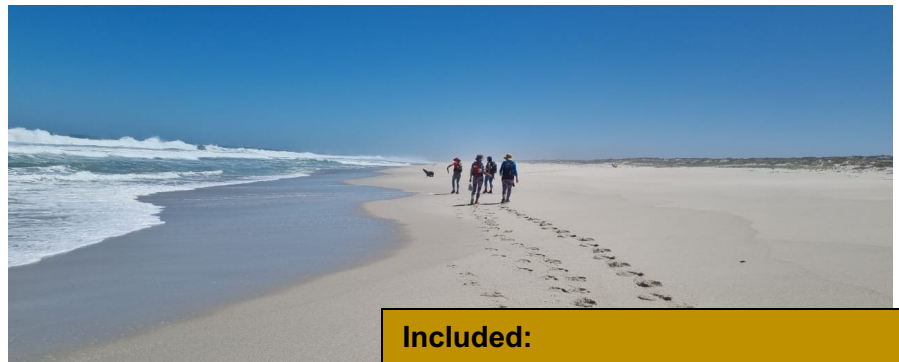




16 Mile (26km) Beach Hiking Challenge



*Hike the longest uninterrupted beach in the country!
Book the 16 Mile Beach Hiking Challenge over a weekend for yourself, or bring your friends!*

The 16 Mile Beach slack packing challenge between Yzerfontein and Tsaarsbank, in the West Coast National Park, offers a unique West Coast experience for those who are relatively fit and healthy, regardless of age. With a one- or two-night stay-over option in the lovely Yzerfontein, the organisers ensure that hikers, friends and family, will experience true West Coast cuisine, culture, history and hospitality!

This guided trail requires hikers to be walking fit on Level 4 (where 5 is extremely fit) and is also suitable for groups or a family, but no children under 16 please.

This hike is subject to a minimum of 7 and a maximum of 20 hikers.

Participants arrive in Yzerfontein at the overnight accommodation, enjoy a typical West Coast meal and information about the area, before departing on the hike early the following morning.

Upon arriving at the finish point at Tsaarsbank, hikers who chose the one-day hiking challenge will be transferred back to Yzerfontein by shuttle and head home, or stay for another night (two-day hiking challenge) where everything for the afternoon and evening is included in the price.

“This short but captivating and extremely affordable experience, situated only an hour away from Cape Town, is not only a wonderful personal challenge but also a great opportunity for a break-away – to disconnect from stress, reconnect to the beauty of nature and with yourself. This is an experience of West Coast living at its best!” says Anette Grobler, owner of Silent Steps.

Included:

One-day hiking challenge

- Accommodation for one night
- Guiding fee for 1 guide
- National Park Fee
- Transport (transfers)
- Supper
- Breakfast (or a breakfast pack)
- Promotional items/ badge/ certificate

Two-day hiking challenge

- Accommodation for two nights
- Guiding fee for 1 guide and one driver
- National Park Fees
- Transport (transfers)
- Wine tasting
- Suppers
- Breakfasts (or breakfast packs)
- Promotional items/ badge/ certificate

Excluded

- Travelling to Yzerfontein and back
- Snacks en route
- Lunches (Saturday and Sunday)





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The 16 Mile challenge incorporates parts of the West Coast National Park, which hosts some of the oldest archaeological sites in our country and is internationally known for its extensive bird and plant species.

Participants will experience and discover this area in a unique way - through the eyes of Honorary Field Rangers who have been working for many years in the park on a volunteer basis and knows the area like the back of their hand. There are also two archaeological sites that will be discussed by the guides en route, but unfortunately only one can be visited by hikers.

Itinerary

Day 1 (Friday)

17:00 - Meet at Grounded Restaurant for welcoming drinks and a “meet and greet”. Apart from meeting our guide(s), we also meet the Head of the NSRI Station 34, who will brief us on emergency assistance en route and inform us of the role of the NSRI on the West Coast. Hikers will be given an overview of Yzerfontein / Langebaan MPA and the West Coast National Park

18:00 - Depart to our overnight accommodation in Yzerfontein

19:00 - Supper served by a local chef at our accommodation (depending on the number of hikers), alternatively at a local restaurant for a true West Coast dinner.

Day 2 (Saturday)

05:00 - Depart to Yzerfontein Main Beach for a 16 Mile/ 26km hike to Tsaarsbank, in The West Coast National Park.

05:30 - Hike commences (ETD will depend on the tide on the day)

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

The hike is expected to take between 6 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 House of Blake.

Participants who complete the hike will receive a badge and certificate to commemorate their achievement. This will be followed by a wine tasting.

16:00 - Hikers staying for a 2nd night depart to our accommodation in Yzerfontein. Hikers who chose the One-day challenge depart for home.

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

18:30 - West Coast dinner experience.





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Day 3 (Sunday)

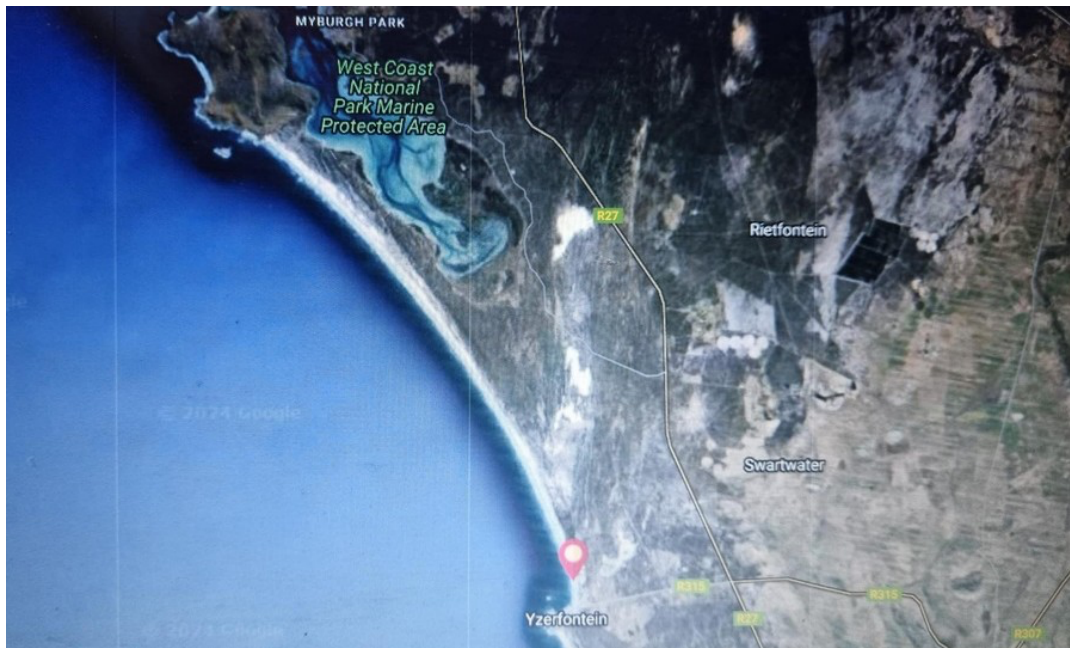
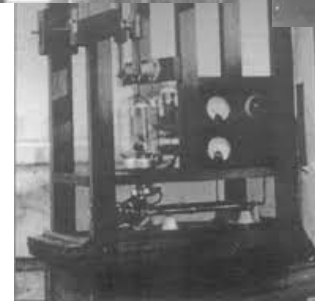
08:00 – 09:00 Breakfast at our accommodation

09:10 – Transfer to the main beach from where we hike all the way to Schaapeneiland and back (4km).

En route we show hikers where 6 females used to “man” the Radar station built in March 1943 during World War II. These females’ sole purpose was to track enemy ships and air traffic, and to especially look out for enemy submarines threatening the Allied forces and troopship convoys.

12:00 - Lunch at our accommodation

14:00 - Check out



Map of the beach where we will be hiking. It is clear that there is no escape route, so hikers need to be fit and have enough water to complete this route.



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COST

One-day hiking challenge (one-night stay)

R1 850 per person sharing

Two-day hiking challenge (two-night stay)

R2 950 per person sharing

What will you see en-route?

Less than 2km from Yzerfontein's main beach, you will walk past the very popular Strandkombuis. Approximately 8 km further, you will enter the West Coast National Park that will not be that obvious, but the guide will inform you accordingly. Apart from seals, sea birds, whales (depending on the time of year) and dolphins, we have even seen some ostrich on the beach previously!

Fitness level

4/5 where 5 is extremely fit.

All water needs to be carried as there is no access to water en-route.

Temperatures

Temperatures vary depending on the season, but this stretch of the coastline has moderate temperatures between 15 and 32 degrees. As the beach has changed significantly in the past few years, we have to take the tides into account when doing this hike, as the whole hike is walked below the high tide mark to not disturb any breeding activities or sensitive animal life.

Dates this hike will be offered in 2024

09 - 11 August

06 - 08 September

20 - 22 September

04 - 06 October

18 - 20 October

01 - 03 November

15 - 17 November

06 - 08 December

For bookings: Please contact us at: office@silentsteps.co.za

Once you book for this hike, an online indemnity form as well as a packing list will be sent to you

