



Camino Experience

IN THE EASTERN FREE STATE



"Life is either a daring adventure, or nothing."
HELLEN KELLER



The Maluti Mountain Camino, covers 62kms, and offers varied and unique views of the spectacular Eastern Free State landscape and Lesotho Mountains. You can expect to see panoramic views, with birds, and wildlife in peace and tranquility, as the landscape changes dramatically along the route. This is predominantly a single track route, with minimal walking along roads.



Overnight accommodation along the route are at various Guest Farms, where the warm Fouriesburg, and Clarens hospitality in the Eastern Free State, is a unique experience.

Dinner, bed and breakfast, included.



Paul Roux Village is situated in the Eastern Free State, overlooking the Witteberg Mountains at an altitude of 1539m.



Experience the magic of this authentic village, with attractions including historic Ox Wagon tracks dating back to the 1820s, galleries, charming shops and restaurants.



The weather is mild to hot during spring and very hot in summer. Winter days are lovely and warm, with cold evenings and early mornings. Autumn is the ideal time to walk, and this is also the rainy season.



PARKING



SIGNAL



TOWELS



WASHING
MACHINE



ALCOHOL



CASH



ATM



CARD
FACILITIES



ART



WINE
TASTING



HISTORIC
PLACES



HORSE
TRAILS



BIRD
WATCHING



WILDLIFE



FISHING



SWIMMING



TRAILS



CYCLING
TRAILS

MALUTI MOUNTAIN CAMINO

Duration: **4 Days | 5 Nights**

Distance: **62kms**

Difficulty: **Moderate**

Route Type: **Single Track Fully Guided**

Slack-Packing: Included

GROUP SIZE: 6-12

***Includes Bed, Breakfast and Dinner**

**Shared Accommodation.*

**Booking Start Day: Sunday Last Day: Friday*



Route Information

Maluti Mountain Camino

Day **1** ~ After lunch at The Pink Tricycle, take the shuttle to **The Fat Mulberry Guest Farm**

Day **2** ~ Walk to **Mafube Mountain Retreat** (18.5kms)

WINETASTING STOP OVER

Rose House & Mile High Vinyards (12kms)

Day **3** ~ Walk to **Lesoba Guest Farm** (8.74kms)

Day **4** ~ Walk to **Barbet Country Cottages/Omega Mountain Luxury Retreat** (17.58kms)

Day **5** ~ Walk to **Old Mill Drift Guest Farm** (17.17kms)

Day **6** ~ Shuttle back to **The Pink Tricycle Tea Room** in Paul Roux

Maluti Mountain Camino *flipped*

Day **1** ~ After lunch at The Pink Tricycle Tea Room, take the shuttle to **Old Mill Drift Guest Farm**

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Day **4** ~ Walk to **Mafube Mountain Retreat** (8.74kms)

Day **5** ~ Walk to **The Fat Mulberry Guest Farm** (18.5kms)

WINETASTING STOP

Rose House & Mile High Vinyards (6.5kms)

Day **6** ~ Shuttle back to **The Pink Tricycle Tea Room** in Paul Roux

DAY 1

Arrive in Paul Roux by 12h00. Light lunch at the Pink Tricycle Tea Room. Transported to The Fat Mulberry Guest Farm where you will overnight.

Parking is provided for the duration of your pilgrimage.

Enjoy the picturesque views set against the over the Maluti Mountain Range. Towels provided.



SINGLE & DOUBLE BEDS.
BEDDING PROVIDED & ELECTRIC BLANKETS



DINNER: SIT DOWN
BREAKFAST: SIT DOWN



to Fat Mulberry



ACTIVITIES



DAY 2

Walk 12km to The Rose House Accommodation & Mile High Vineyards. After lunch and wine tasting, walk to Mafube Mountain Retreat (6.5km) to overnight.

Enjoy the spectacular views along your guided walk and experience the quiet beauty of the Eastern Free State landscape. After lunch walk to Mafube and enjoy more local hospitality and a good nights rest. Towels provided.



SINGLE & DOUBLE BEDS.
BEDDING PROVIDED



DINNER: SIT DOWN
BREAKFAST: SIT DOWN



ACTIVITIES



DAY 3

Walk 8.74km from Mafube Mountain Retreat to Lesoba Guest Farm.

You will marvel at the red and yellow sandstone mountains, surrounded by wonderful wilderness areas and breathtaking views of Lesotho from the top of the mountain. Towels provided.



SINGLE & DOUBLE BEDS.
BEDDING PROVIDED & ELECTRIC BLANKETS



DINNER: SIT DOWN
BREAKFAST: SIT DOWN



ACTIVITIES



DAY 4

Walk 17.58km from Lesoba Guest Farm to The Barbet Country Cottages or Omega Luxury Mountain Retreat.

Enjoy panoramic views of Lesotho, the Caledon River and the Fouriesburg area, with unusual, daunting rock formations, as you walk towards The Barbet. Towels provided.



SINGLE & DOUBLE BEDS
BEDDING: PROVIDED



DINNER: SIT DOWN
BREAKFAST: SIT-DOWN



ACTIVITIES



DAY 5

Walk 17.17km from The Barbet Country Cottages, or, Omega Luxury Mountain Retreat, to Old Mill Drift Guest Farm.

This section is absolutely spectacular as the wilderness areas change and reveal the magic scene of the Caledon River which you follow to reach Old Mill Drift Guest Farm. Towels provided.



SINGLE & DOUBLE.
BEDDING PROVIDED



DINNER: SIT DOWN
BREAKFAST: SIT DOWN



ACTIVITIES



DAY 6

Drive to Paul Roux

Pilgrims are collected at Old Mill Drift Guest Farm between 8:30 & 9:00am, and transported back to Dunlin B&B in Paul Roux where your vehicle is parked.



to Dunlin B&B



PAUL ROUX VILLAGE



ACTIVITIES





WHAT TO PACK

2 x water bottles
Hat
Sunblock
Raincoat
Wash & wear clothing
Bathing suit
Swimming towel
Warm jacket
Comfortable walking shoes
Sandals/easy shoes (evenings)
Adaptor (cell phone charger)
Washing powder (small)
Clothes pegs
Toiletries
Toilet paper
Binoculars

FIRST AID KIT

Band aids
Antiseptic/antibiotic cream
Headache tablets
Mercurochrome
Needle
Vaseline: To minimise the possibility of painful feet and blisters, apply Vaseline to your feet every day for a month before your pilgrimage.
Magnesium supplements:
Assists with sore muscles and minimises cramps.



WHAT YOU WILL RECEIVE

Many Pilgrims use the Maluti Mountain Camino as an opportunity to slow down and experience the upliftment of nature.
You will receive a buff to wear for your guided walk.





ADDITIONAL INFORMATION



INFORMATION SESSION

An information meeting will be held at 12h00 at The Pink Tricycle Tearoom in Paul Roux before pilgrims are transported to either The Fat Mulberry Guest Farm, or Old Mill Drift Guest Farm.

You will also receive your buff and other information.



TAILORED ROUTES

We're finding new and exciting ways to help you break away from the stress and routine of modern life. Whether you enjoy cycling, or a brisk and bracing hike, we customise routes, designed around your preferred activities, accommodations and diet.

Contact us to book your groups tailored route.



SLACK-PACKING & SUPPORT VEHICLE

Slack-Packing is included on the Maluti Mountain Camino and the Flipped Route.

Should there be an emergency, a Support Vehicle is on standby.

MALUTI MOUNTAIN CAMINO



Register online today:
sungazerpilgrimage.co.za/maluti-mountain-camino



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082 304 7006



Email us:
sungazerjourney@gmail.com

