

Silent Steps Shoreline of the San



Detailed Programme

Not only does the coastline of the West Coast offer pristine beaches, undiscovered coves, caves and even a labyrinth, it also offer hikers the very unique opportunity to discover and walk in the footsteps of the San, later followed by the Khoi-Khoi people of South Africa, leaving behind a lasting legacy dating back as far as 30 000 years.

The Shoreline of the San hiking trail is sandwiched between the Berg- and Olifants rivers and commences in the little West Coast town of Elands Bay, two and a half hours drive from Cape Town. This 50km trail, with sleepovers in Elands Bay, Lambert's Bay and Doringbaai, meanders through an untouched rocky and mostly sandy coastline. Hikers will have the opportunity to trek where only a select few have ever hiked before.

With special permission and access to private property, we are able to offer you the untamed beauty of the West Coast whilst having peace of mind that help is close by, should we need access to a vehicle.

What is included?:

- Transport shuttle between places
- All accommodation
- All meals including restaurant meals

What is excluded:

- Any cool drinks or alcoholic beverages
- Your own snacks en-route

You must bring:

- A small back pack (25 or 30litre)
- Hiking clothes
- Something warm and rain proof
- Normal running/ hiking shoes
- Sunscreen, hat and sunglasses
- Personal and medical items



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Day 1: Arrival

We meet at Vensterklip, 5km from Elands Bay, from where we depart on our journey the next morning. A journey indeed, as you are about to experience so much more than just hiking.

Check-in time at your booked accommodation is from 16h00 - 17h00. On the afternoon of day one hikers will meet each other, the tour guide and the logistics team/ support crew. A short briefing on the history, religious beliefs and habits of the San will follow. The evening will be spent around the table with a hearty dinner prepared by Vensterklip.

To travel to Elands Bay you have a choice of options:

- Drive to Elands Bay and leave your vehicle at Vensterklip for the duration of the hike. The shuttle, which will transfer you during the hike, will transport you back to your vehicle on the last day.
- Take the Silent Steps shuttle from Cape Town International Airport to Elands Bay and back- at an additional cost of R1200 per person return.
- Fly to Cape Town International Airport and make use of the Silent Steps shuttle service which will collect and drop you off at the airport, at an additional cost of R1200 per person return.



Day 2: Elands Bay- Steenbokfontein (17km)

We depart from Elands Bay at around 07h00 (depending on the tide) on our first day of hiking. By this time you would have had a scrumptious breakfast at Vensterklip, or provided with a breakfast pack, depending on the tide.

Once you arrive at Steenbokfontein, situated behind one of the shell middens left by the San, you will be transported to your accommodation in Lambert's Bay. Here you have the opportunity to take a warm shower before we sit down to a delicious home-made lunch at Eagles Nest, our accommodation, right on the beach. During the afternoon hikers can visit Bird Island, experience a wine tasting of wines produced in the area or spend the afternoon at your own leisure.

The popular Isabellas restaurant in Lambert's Bay is our restaurant of choice for the evening. Hikers will have a choice of dishes from a menu especially prepared for us. Isabellas also caters for vegans, vegetarians and pescatarians.



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Day 3: Steenbokfontein to Lambert's Bay (11km)

We start maneuvering the tides after breakfast. A stretch of today's hike could be challenging due to walking in thick sand at high tide. Our guide will tell interesting tales about the area- of shipwrecks and sailors and treacherous seas. Today we hike all the way to our accommodation in Lambert's Bay, which we should reach by 11h00.

There will be time for a quick freshen up before we depart to the very popular Muisbosskerm open- air restaurant where a feast awaits. Most of the afternoon will be spent here enjoying a variety of more than 25 different dishes on offer. From bakkoms to fresh fish braaied over the coals, smoked fish, fresh steamed West Coast mussels served with a creamy lemon butter sauce, fried calamari to a variety of potjiekos, eisbein and much more- and to top it all- the best koeksisters on the West Coast. The rest of the afternoon you spend at your own leisure. In the evening a light supper will be served at our accommodation overlooking the sea.

Day 4: Lambert's Bay to Doorspring (12km)

Today we will most probably not see another human being en-route, for the entire day's hiking. We depart early from Lambert's Bay, again depending on the tide.

Today's hike is along a beautiful stretch of deserted coastline on which very few people has ever walked. We hike through private property and this section offers white beaches as far as the eye can see. One we arrive at Doorspring, hikers are shuttled by our logistics team to the the very unique Fryer's Cove cellar and restaurant, situated in the harbour at Doringbaai. After a well deserved lunch and the tasting of good local wines, we settle in at our accommodation for the last evening of our hike. Doringbaai (directly translated to Thorn Bay) has a rich history and is a typical West Coast dorp (town) with interesting people and of course the stories that comes with.



Day 5: Doringbaai to Strandfontein (10km)

After a hearty breakfast, we depart from Doringbaai on the last stretch of the Shoreline of the San hike. Today is a short hike that hugs the coast and has been described by numerous hikers as the most beautiful section of the entire hike. Today is not a beach hike, but a hike along the cliffs overlooking the Atlantic Ocean with a few inclines and declines en-route. We, for the last time on the hike, meet our logistics team for a mini lunch and celebrations, where our journey ends. We say our goodbyes and hikers are transported by shuttle back to their vehicles in Elands Bay from where we all depart home, knowing that we walked in the footsteps of the San.



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Where do we stay?

- **Friday:** Vensterklip, Elands Bay
- **Saturday:** Lambert's Bay
- **Sunday:** Lambert's Bay
- **Monday:** Thorn Bay Accommodation, Doringbaai

Meals:

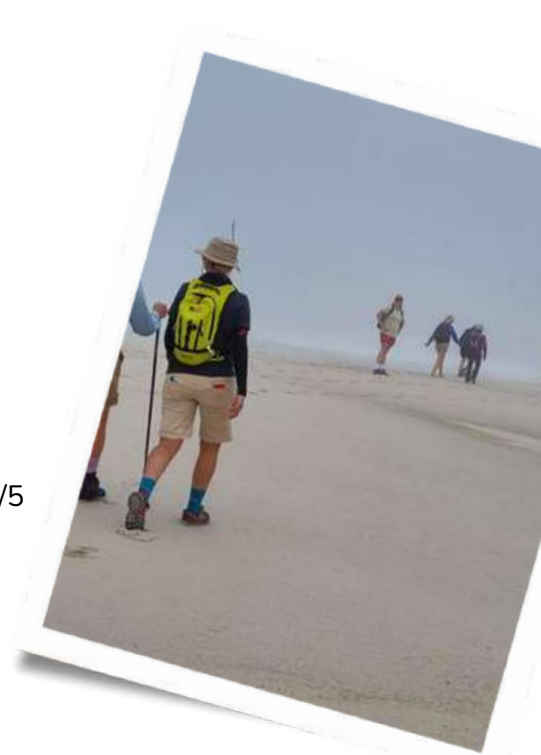
All meals are provided

Hike Rating:

Hikers should be fit enough to walk 17km's in 5 Hours. The hike rating is 2/5

Please Note:

- We are acutely aware of our footprint on our environment
- We save water
- We save electricity
- We support local businesses
- We buy local produce when/where we provide meals
- We support the development of local talent and skills
- We leave only our footprints behind



**Explore the ancient footsteps of the San on the
West Coast of South Africa**



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