

#WalktheMountain

Cape Town Mountain Walk



For this year's crazy Crazy for Walking challenge we are facing the mountains! Being confronted with stigma and working towards recovery is often like trekking up a difficult mountain, but when we stand (and walk) together we can destigmatise mental illness and conquer these mountains together. So join us for this Crazy Walk!

Crazy Socks available:

R50

4 – 10 October

Send off Event: Wednesday, 3 October @ 17:30

Included in the cost:

Daily guided walk in Table Mountain (with trained, experienced guides)
Daily lunch pack and snack
Return transport to starting point
Check in spaces & support
Crazy for Walking Shirt
Crazy Socks
Send off event
Arrival event (for you and your loved ones)
A good luck gift
Little treats and surprises along the way

Cost:

7 days of walking @ R3300
1 day @ R900
2 days @ R1300
3 days @ R1700
4 days @ R2100

The Route:

Day 1 - Noble Square, V&A | Seapoint Swimming Pool | Fresnaye residential area | Lower Signal Hill | Kloof road parking area, Approximately 10km

Day 2 - Kloof road parking area | Contour path to Saddle | Saddle, Saddle Rock | Devils Peak | Oppelskop | Newlands Ravine | Newlands forest parking area, Approximately 11km

Day 3 - Newlands forest parking area | Constantia contour path | Constantia Nek parking area, Approximately 10km

Day 4 - Constantia Nek parking area | Constantia corner | De Villiersdam | Constantia Jeep track | Constantia Nek parking area, Approximately 8km

Day 5 - Kirstenbosch parking area | Nursery Raving | Via Dams | Kasteelpoort | Theresa road parking area, Approximately 10km

Day 6 - Theresa road parking area | Kasteelpoort | Tranquility Cracks | Corridor Ravine | Theresa road parking area, Approximately 6km

Day 7 - Tafelberg road parking area | Platteklip | McClears' beacon | Cable way house | Cable car | Kloof road parking area, Approximately 7km

Please contact us if you are able to sponsor a walker or items for the walk

Registration forms available:
marlene@crazyforwalking.co.za

