



#walkthemountain

Crazy for Walking Cape Town – Walk the Mountain

7 days walking on the splendid scenic Table Mountain in support of fighting the stigma against mental illness and to overcome the personal mountains in front of all of us!

This year Crazy for Walking is a walk for all, so join us if you are a family, friend, clinician, corporate or fighting mental illness yourself.

Included in the walk ...

7 day guided and supported walking route; Crazy for Walking shirt, Crazy Socks and a special gift; daily lunch pack, transport back to a central starting point; Send-off event and celebratory Arrival event; daily mindfulness practice and tons of learning, growing and FUN!

R3300 per person

4 – 10 October 2018

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