



The PONDO TRAIL® Info Pack - 2021

Meals:

- All meals will either be freshly prepared by our team along the way or provided by the lodge where we are staying.
- **Please make sure we are notified of any specific dietary requirements or any food allergies. Especially seafood or shellfish.**
- After breakfast, you will receive a snack-pack to take with you each morning to keep the energy levels up throughout the day's walk. It will consist of nuts, fruit, dried fruit, biltong and sweets etc.
- A more substantial lunch-pack will be provided for the longer days or a lunchtime braai will be enjoyed along the way.
- Please note: Not from lack of effort or caring, but our snacks are packed in plastic un-eco-friendly packaging for shelf-life and hygienic reasons. We will provide a recycling bag at the end of each days walk to collect these awful packets.

Water:

- Spring water will be provided at each overnight stop.
- It will be your own duty to fill your water bottles each morning before the walk.
- A soda-machine is available for sparkling water.
- There are many beautifully clean rivers along the way to re-fill water bottles and your guide will notify you of these. Please do not re-fill without your guides approval.

Accommodation and drinks:

- All accommodation is two per room sharing with en-suite toilet and hot water shower.
- Linen, bath towels and soap are provided.
- Beach camps are solar powered with no charging points (except Manteku).
- You will be responsible for your own bar tab at Mbotyi River Lodge if in the itinerary.
- All drinks at our beach camps and cottages will be provided. There will be a selection of soft drinks, bottled water, beers, wine and limited hard tac. Please let us know if you require any other specifics.

The walk itself:

- Daily distances range between 10 and 20km which will take us between 5 and 8 hours each day. Each day presents different challenges and new opportunities. The key is to travel light and to be as mobile as possible as often spontaneity is the key to a hidden secret. We will always walk as a group and there will be numerous stops along the way

to swim, take photos, watch whales and dolphins or have a siesta. River crossings are influenced by tides and may require getting wet or a short swim. The physicality and fitness levels of the walk are not hugely demanding and very manageable to all, but the fitter you are, the more you will enjoy it. A few nice long walks before-hand will put you on the front foot!

Advised packing list:

- Back-pack (between 15 – 25 litre). We'll be walking light with only water, camera, snack-pack, warm top etc.
- Duffel bag – for the rest of your equipment that will go with the support van to each overnight stop. Dust-proof / water-proof duffels are advisable. **Please pack lightly as space is very limited.**
- Comfortable pair of walking shoes that can get wet. Shoes as opposed to boots are advised. Salomon-style trail shoes are first choice. Avoid leather. Your shoes WILL get wet.
- 5 pairs of walking socks.
- 2 x water bottles or hydration bladder to carry a minimum of 1.5 litres at a time.
- Beach towel or sarong to travel in your duffel bag.
- 2 x comfortable, lightweight / quick-dry pairs of shorts to walk in.
- 4 x comfortable lightweight shirts to walk in.
- Lightweight waterproof shell jacket for walking back-pack
- Cap / peak / hat
- Sunglasses
- Walking stick or hiking poles – highly recommended. Handmade sticks by Professor available at 1st overnight stop.
- Bikini / swimming shorts (we'll swim along the way)
- Camera
- Casual clothes and a pair of jeans for camp
- Slops or comfortable shoes for camp
- Warm jumper
- Headlight
- Toiletries and sunscreen
- Specific medication

We will provide the following:

- Dry bags for electronics and valuables at river crossings.
- Medical kit (general medication and first aid).
- Daily snack packs for each day's hike.
- Snorkeling equipment
- Fishing equipment – bring your own too if you wish
- Transport of luggage to each overnight stop.

Comms:

- We take pride in a mostly forced yet highly encouraged digital detox during your time in Pondoland. There is no cell phone reception for 90% of the trail. It's not called the Wild Coast for nothing!
- We will have a satellite phone on the trail in case of any emergencies and our ground crew will be reachable at all times.
- We do have some 'secret' strategic cell phone reception points along the way and at overnight camps where you will be able to check in with your loved ones only if need be.

Other tips:

- Water and weight – there are many beautifully clean rivers along the way that offer perfect drinking water. It's not wise lugging full, heavy water bottles to these crossings, so we need to be strategic about how much water we carry and when we carry it.
- Blisters – If you are planning on getting new shoes for the hike, make sure you do a few good walks to wear them in beforehand to avoid blisters on the trail. Blisters are nasty and can put a real dampener on your mood. Prevention is always better than cure so please notify your guide if you are feeling any discomfort whatsoever so he can sort it out before it's a problem.
- Chafe – If you suffer from chafe then pack a pair of tights, they are always handy. Also, carry a tin of ZAM-BUK. Always the 1st item in our backpack!
- Knowledge is passion. You always enjoy a place more when you know a bit about it. The Wild Coast is a magical place and 'The Sunburnt Queen' by Hazel Crampton is a wonderful non-fiction book about the Wild Coast if you have the time to read it before the trip.
- Be self-sufficient yet work as a team. There is no use carrying 12 bottles of sunscreen between the group. There is also no use carrying 1 bottle of water between the group....

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