

The PONDO TRAIL® Info Pack

Meals:

- All meals will either be freshly prepared by our team along the way or provided by the lodge where we are staying.
- **When completing the indemnity form, please notify us of any specific dietary requirements or any food allergies. Especially seafood, shellfish, vegan or vegetarian.**
- **Please understand that supplies are sent down to Pondoland prior to the start of your trip and quantities are calculated accordingly. Therefore, personal dietaries cannot be changed on the trail, and neither can we accommodate intolerances or preferences if these have not been communicated in your guest info/indemnity document.**
- 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, 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:

- Drinking water will be provided at each overnight stop.
- You will need to fill your water bottles each morning before the walk.
- A soda-machine is available for sparkling water.
- There are beautifully clean rivers along the way to re-fill water bottles and your guide will notify you of these. **Please do not re-fill at any rivers without your guide's approval.**

Accommodation and drinks:

- Guests are accommodated in 2-sleeper units. All units are equipped with an en-suite toilet and hot water shower.
- Linen, bath towels (1 per guest) and soap are provided.
- Your linen and towel will travel with you to each overnight stop so it's in your own best interest to preserve your towel as best as possible. Our system ensures that your linen will be moved onto your same corresponding bed at the next camp.
- Charging points are available at all camps. However, there are no plug points in the units (they are solar powered) and therefore, hairdryers are not compatible. Hair is dried around the fire on the beach each evening.....
- You will be responsible for your own bar tab at Mbotyi River Lodge.
- All drinks at our beach camps will be provided. There will be a selection of soft drinks, local beers, wine, and our now famous (infamous) Gin & Tonic. You are more than welcome to bring along a bottle of your favorite tippie if you like.
- Our premium bar service, which offers selected spirits as well as a more varied range of beers and wines is provided with premium departures.

The walk itself:

- Daily distances range between 10 and 20km which will take us between 5 and 8 hours. Each day presents different challenges and new opportunities. The key is to travel light and to be as mobile as possible as spontaneity is often 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, catch crayfish, harvest oysters, watch whales and dolphins or have a siesta. River crossings are influenced by tides and may require getting wet or a short swim. The physical and fitness requirements of the walk are not hugely demanding. However, there is no doubt that the fitter you are the more enjoyable it will be. A few nice long walks beforehand 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 highly recommended. **Please pack lightly as space is very limited and life is simple in Pondoland.**
- Comfortable pair of walking shoes that can get wet. Shoes, as opposed to hiking boots, are advised. Trail-Running type shoes are first choice. Avoid leather. Your shoes WILL get wet. Some of our guests enjoy bringing along a pair of lightweight rock shoes for river crossings.
- 6 pairs of walking socks – if it's wet you may like to change them at the lunch stop on the longer days.
- 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. A small quick dry towel works well in your backpack for drying off after a swim or river crossing.
- 2 x comfortable, lightweight / quick-dry shorts or tights to walk in.
- 4 x comfortable lightweight shirts to walk in.
- Lightweight waterproof shell jacket to go in your backpack.
- Cap / peak / hat
- Sunglasses
- Walking stick or hiking poles – highly recommended.
- Costume / 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
- A roll of 50mm Elastoplast for blisters
- Personal medication, including tick and mosquito repellent.
- Mask and snorkel if you want to dive for crayfish.
- A plastic bag for dirty or wet clothes and socks.
- Your guide will have a dry bag for electronics and valuables at river crossings, however, if you have your own, please bring them along.

We will provide the following:

- Medical kit (general medication and first aid).

Comms:

- We take pride in a mostly forced, yet highly encouraged digital detox. There is very limited cell phone reception along the trail. It's not called the Wild Coast for nothing!
- We have secret, strategic cell phone reception points that we can reach in case of an emergency on the trail.
- At overnight camps, a short walk to reception points will allow you to check in with your loved ones each night. Please understand that the signal in Pondoland is sporadic at the best of times – especially during loadshedding.
- We will provide you with an emergency number for your loved ones to be able get hold of you while on the trail.

Handy 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. 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 real problem. Pack a roll of Elastoplast. Elastoplast + Zambuk = no blisters!
- Chafe – If you suffer from chafe then pack a pair of tights, they are always handy. Also, always carry a tin of Zambuk. Always the 1st item in our backpack!
- 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....

See you in Pondo Paradise!

Wild Child Africa



BE WILD. BE FREE. EXPLORE AFRICA HOW IT WAS INTENDED TO BE.