



Wild Coast Cultural Hiking Experience

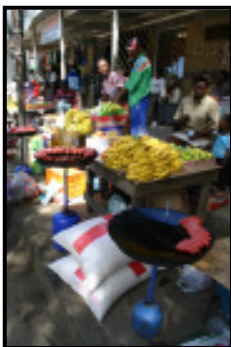
5 Day Traditional Hiking Trail

Port St Johns to Coffee Bay

Hiking the Wild Coast is the most pure and traditional form of accessing this phenomenal stretch of coastline.

Our 5 Day trail has been developed in conjunction with Nkanyiso Joseph, an amaMpondo guide who lives in the rural village of Madakeni at the mouth of the Mgazana River.

The trail begins in the bustling and vibrant African town of **Port St Johns**, set on the banks of the mighty Umzimvubu River –



Umzimvubu meaning place of the hippo – the towering Mt Theisiger and Mt Sullivan as the backdrop. Circled by the Gosa Forest and fronted by the Indian Ocean, Port St Johns is steeped in the history of shipwrecked survivors, early traders and elephant hunters.

The hike departs Port St Johns heading south and ending in Coffee Bay. Footpaths cling precariously to steep hill sides and uninhabited coastal vistas open as giant cliffs stand proud against the dynamic Indian Ocean.

The route winds itself through the culturally rich and remote villages of the amaMpondo and Tshomane before reaching Bomvanaland, or the place of the red

people. Rural villages, representing a life unchanged for centuries, dot the hillsides. Here children shout and run freely and folk greet with a curious charm seldom found in today's busy cities.



Meeting Mama Chezi, a sangoma (traditional healer) outside the home of Nkanyiso Joseph.

Accommodation –

The trail utilizes rural village based accommodation with members of the community hosting hikers. The accommodation is, by nature, therefore very basic with hikers sleeping in communal rondavels (traditional Xhosa style houses).

There is not always running water in the villages and ablution facilities are basic.

Sleeping mats are provided at the overnight stops.



Catering –

Breakfast and dinners are prepared by the host community. Due to the remote and often inaccessible locations of these villages, the menu is dictated by what is available.

Typical dinners could include some of the following foods: potatoes, samp (maize) and beans, spinach, carrots, butternut, rice, chicken, fish and meat stews.

Breakfasts will range from eggs and toast to delicious porridge which is prepared on open fires in three legged pots.

Lunches are the responsibility of the individual hikers. Small shops, called Spazas, are accessible throughout the trail and they stock absolute basics. It is recommended that some foods for lunches and snacks are purchased prior to departure from Port St Johns.

Recommended minimum packing list -

- ✓ 1st Aid Kit with re-hydration mix
- ✓ Sleeping bag & bottom sheet
- ✓ Toiletries
- ✓ Torch and spare batteries
- ✓ Small, light camera
- ✓ Sunblock and hat – important!
- ✓ Good walking shoes & sandals/slops
- ✓ 2 x shorts
- ✓ 3 x t-shirts (quick drying if possible)
- ✓ 1 x sweater, long sleeve
- ✓ 1 x long trousers for evenings
- ✓ Underwear & socks
- ✓ Costume
- ✓ Travel towel
- ✓ Rain jacket
- ✓ Woolen hat in winter
- ✓ Small denomination money

Recommended shopping list –

- ✓ Peanuts and raisins
- ✓ Energy bars & chocolate
- ✓ Muesli bars
- ✓

- ✓ Provita biscuits
- ✓ 3 x cans tuna
- ✓ Cold meat for first & second day
- ✓ Cheese wedges in foil
- ✓ Loaf health bread (stays fresh)
- ✓ Dried fruit

Optional Extras –

Porters – local porters can be hired to carry backpacks and supplies for the duration of the trail.

AHJ will be happy to organize pre and post trail accommodation, transfers, flights or any other logistics related to your experience.

Tour Includes

- ✓ Accommodation for 4 trail nights
- ✓ Meals as outlined in programme
- ✓ Professional community guides
- ✓ Cultural experiences
- ✓ Ferry fees

Tour Excludes

- ✓ Alcohol and travel snacks
- ✓ Lunches
- ✓ Porters
- ✓ Pre and post tour accommodation
- ✓ Transport
- ✓ Phone calls

Cost of Tour

Individual quotes given on request as they are group specific.

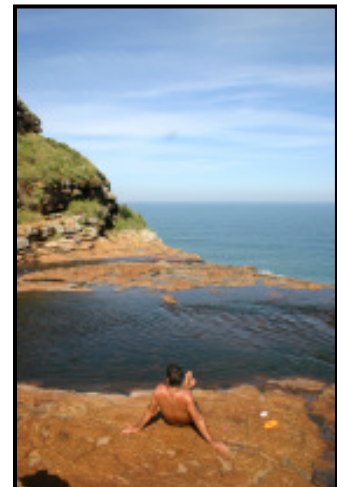


Photo gallery AHJ Traditional Hiking Trail - 5 Days

