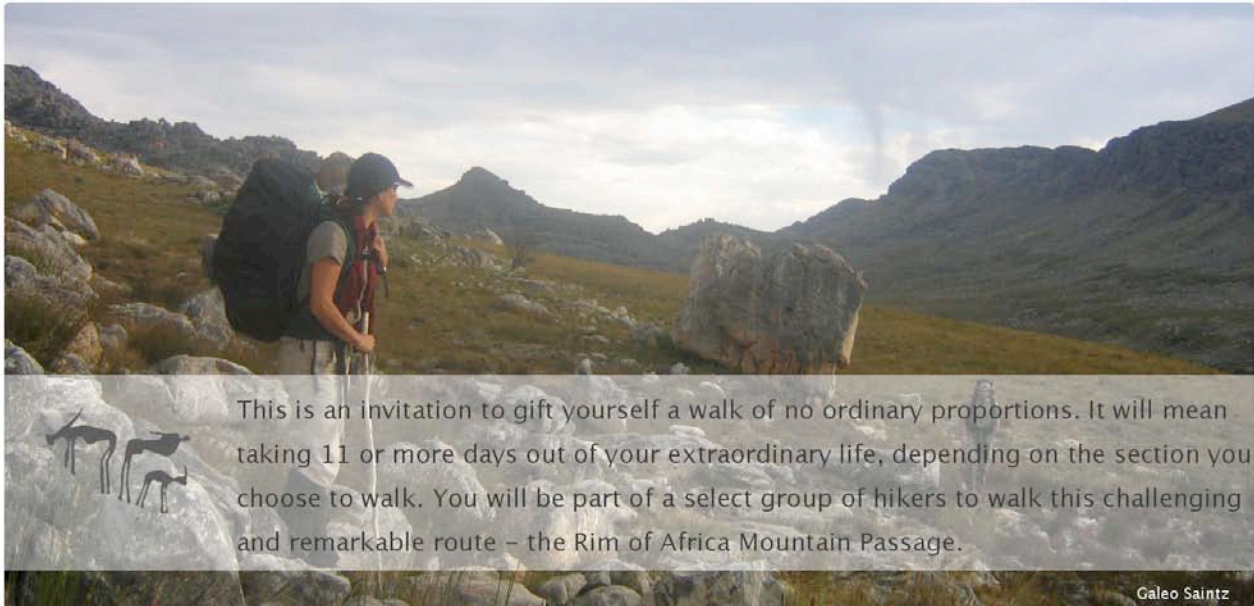




RIM OF AFRICA

A WALK OF NO ORDINARY PROPORTION



This is an invitation to gift yourself a walk of no ordinary proportions. It will mean taking 11 or more days out of your extraordinary life, depending on the section you choose to walk. You will be part of a select group of hikers to walk this challenging and remarkable route – the Rim of Africa Mountain Passage.

Galeo Saintz

You are Invited . . .

Friends and intrepid hikers, you are invited to take a walk of no ordinary proportion. It will mean taking 11 days out of your extraordinary lives to walk the 1st Stage of the Rim of Africa Mountain Passage.

The route begins in mountain wilderness near Pakhuis Pass in the northern Cederberg and continues on to the central Witzenberg high in the Koue Bokkeveld, following the length of the Cederberg and the Skurfteberg.

Freedom is an ever changing dimension of consciousness, like the wind, it blows past you, cools you, wraps around you, and is gone before you know it. Walking roots you to the wind.

About the Trail

The Rim of Africa follows a natural line along the mountain ridges of the Western Cape. It is Africa's first long-distance hiking initiative based on the likes of the Appalachian and

Continental Divide Trails in the USA, the Camino de Santiago in Spain and the more recent Sendero de Chile in South America.

The Rim of Africa stretches from the greater Cederberg wilderness area on the Cape's West Coast to the Outeniqua Mountains in the Garden Route, traversing close to 750km of mountain paths. The trail is walked in sections at a time and the route takes in the Cederberg, Skurweberg, Hexrivier, Keeromberg, Langeberg and the Outeniqua representing a flagship hiking product of international significance, attracting hikers from around the world.

The vision of the Rim of Africa is to create a mega-distance trail on a par with the best the world has to offer. Mega-distance trails in Europe and the USA play an important role in giving access to time in wilderness while stimulating a walking culture.

Mountain Passage

Older cultures have known about the

transformative power of the wild and its ability to heal for centuries. The Rim of Africa is a mountain passage which fosters and supports a way of being in the wild that allows each walker to bring their own story and their own initiation for a new beginning.

Exposure to wilderness is a medicine. When walking for 11 days in mountain wilderness our senses are heightened in new ways. We become more aware of the world around us, the sound of birds, the way grasses move in the wind, and suddenly everything has potential for a different kind of meaning.

When walking through tough terrain with no path, over boulders and across rivers and streams, through thick Fynbos and in searing

experience value in conserving nature, then there is no meaningful way of conserving it. Large scale landscape hiking and direct exposure to nature is one way of achieving this.

The all-inclusive cost for any 11-day stage is R 8 500. This includes support materials, permits, guides and camping and ALL MEALS for the duration of the hike. The participation fee also includes transport to the start and return to Cape Town at the end of the hike. Participants carry a full hiking pack with a tent, plus food packs for 3 days at a time.

The Rim of Africa is being registered as a NGO and a Public Benefit Organisation as



The Rim of Africa Trail is Africa's first long-distance hiking initiative based on the likes of the Appalachian and Continental Divide trails in the USA, the Camino de Santiago in Spain and the more recent Sendero de Chile in South America. The Rim of Africa traverses close to 650km of mountain wilderness in the western Cape.

Photo: Graeme Robinson

heat, our bodies demand a new perseverance - the will to reach the end.

When in the wild and facing our own limits, we are greeted by an opportunity to transcend and walk a passage to a new becoming, a different self. We are challenged not only physically but possibly spiritually and emotionally as well.

Conservation and Experience

The primary aim of the Rim of Africa is to create a platform for transformative experiences in nature that directly link cultural practices to conservation.

At the end of the day if society does not

such all funds raised from your participation go back into making this route a continuous link of conserved landscape with well managed and maintained access.

Your participation helps establish trails, cultural practices and conservation linkages between existing protected mountain areas.

The Thread that Links

The Rim of Africa has been likened to an "African beaded necklace", where the trail itself is the thread that literally strings together existing "beads", where the beads are the region's biodiversity treasures, made up of conservancies, existing national parks and protected areas, tourism destinations, communities, rock art sites and important

conservation corridors.

Join us and walk the Rim of Africa.

There are only 12 places available on this journey, so early commitment is recommended.

Ivan Groenhof and **Galeo Saintz**
Founders

Please visit our website for much more detailed information, images and inspiration:

www.rimofafrica.co.za

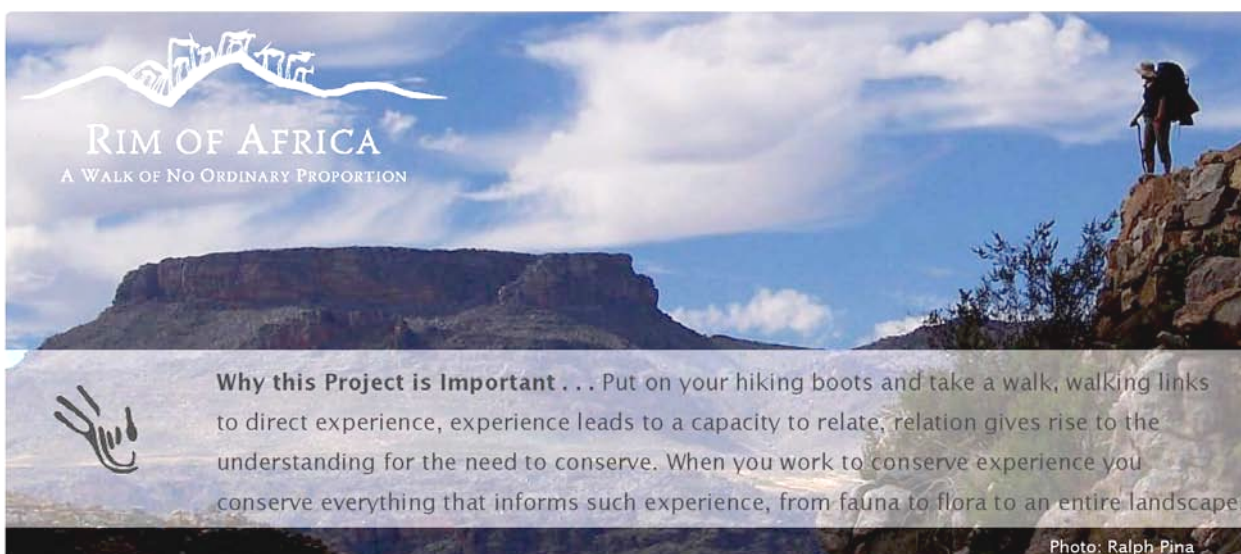


Fundraising Hikes

- ROUTE:** Northern Cederberg to Kouebokkeveld.
- UNIQUENESS:** Traversing the Cape's most dramatic mountain areas, nature reserves and private farms.
- DATES:** 4 – 15 October 2010
11 – 22 October 2010
18 – 29 November 2010
- PUBLIC BENEFIT:** Currently registering as a Non-Profit Organisation, NGO and Public Benefit Organisation, PBO.
- LOGISTICS:** Hikers carry full packs with food parcels for 3 days.
- HIKE COST:** R 8 500
Fully inclusive of transfers and food for any 11-day section.
- PARTICIPANTS:** Limited to 12 hikers per party.
- CONTACT US:** galeo@rimofafrica.co.za
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Why this Project is Important . . . Put on your hiking boots and take a walk, walking links to direct experience, experience leads to a capacity to relate, relation gives rise to the understanding for the need to conserve. When you work to conserve experience you conserve everything that informs such experience, from fauna to flora to an entire landscape.

Photo: Ralph Pina

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