

MONKS COWL

*Double Summit*

2025

21-23 MARCH

MAX 10 GUESTS



# INTRODUCTION

We believe a berg hike is an all-encompassing experience with the environment, the wildlife and our fellow hikers. There is no rush, and we take our time to soak it all in.

The following itinerary is therefore just a guideline, and apart from the meeting time at the start, we will go according to what suits the group best.

This particular hike allows hikers to choose between participating in one/both of the summit hikes, or just remaining at the base camps and enjoying the scenery.



# **ITINERARY - 21 March**

## **Monks Cowl to Blind Mans Corner - 6km**

**7:00** - meet at monks cowl overnight hikers parking (safe parking)

sign mountain register

**7:15** - briefing, gear check

**7:30** - commence hike, via crystal falls, sphinx, breakfast stream, to blindmans corner

**13:00** - arrive at blindman's corner camp at base of Sterkhorn. Have lunch in the forest

**14:00** - setup camp, tea/coffee, swim, chill

**16:00** - tea time

**18:00** - dinner

**19:00** - chocolate/coffee/hot choc

# **ITINERARY - 22 March**

## **Summit Sterkhorn and contour to Intunja camp - 12km**

**6:00** - coffee and breakfast

**7:00** - crew hiking up sterkhorn (assistant to remain at camp with any other guests who prefer not to summit)

**9:30** - summit sterkhorn

**12:00** - arrive back at camp, lunch in the forest

**13:00** - break camp

**13:30** - depart for Intunja camp

**15:30** - arrive at camp on mhlwazini river

**16:00** - tea time, swim, chill

**18:00** - dinner

**19:00** - chocolate/coffee/hot choc

# ITINERARY - 23 March

## Summit Intunja and return to Monk's Cowl - 13km

**6:00** - coffee and breakfast

**7:00** - crew hiking up intunja depart (assistant to remain at camp with any other guests who prefer not to summit)

**09:00** - summit intunja

**11:30** - arrive back at camp, swim, lunch

**12:30** - break camp

**13:00** - depart for return hike. contour back to blindmans and descend to monk's cowl

**17:00** - arrive back at monk's cowl. hot showers are available at camp

# R4,250 pps

(R2,000 deposit to secure spot)

## INTO THE BERG will provide...

- All meals, snacks, hot drinks
- Guiding
- Tents (2 people per 3 person tent)
- Hiking Permits
- Basic First Aid
- Trowels
- All meals, cooking gear carried for you

## What to bring...

- Hiking Backpack
- Personal clothing and footwear
- Sleeping bag (0°C comfort) and sleeping mat
- Bowl, utensils, mug, water bottle
- Torch/headlight/phone
- Toiletries, and sun protection
- Your comprehensive snack bag will be given to you at the start of the hike
- You will be required to share the carrying of a tent with one other person (approx 1.5kg each)

# GEAR HIRE

Into The Berg has the following items you may choose to rent

Backpack	R450
Sleeping bag with liner	R300
Sleeping mat inflatable	R300
Sleeping mat foam	R200

Please liaise directly with Geoff if you require

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