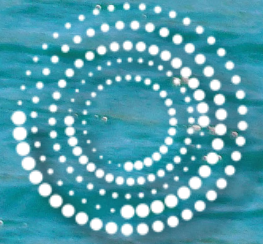


# WOESKUS

*Going Places*

WHERE IT'S  
LEGAL TO  
SHOOT YOUR  
FRIENDS...

**X COMBAT**



SENTIDOS  
*Beach Retreat*  
**MOZAMBIQUE**



**Eat  
Sleep  
Surf**  
*Travel*

**SA KNEELOS  
WESTSIDE  
CHALLENGE**

# EXPLORE



# WOESKUS

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## WOESKUS

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### BEST HOLIDAY AT SENTIDOS

A few years ago, my husband Ian and I spent our honeymoon at a holiday resort in Mozambique. We had such an awesome time, that we went back a second time for a holiday two years later.

Then in November, for our wedding anniversary, Ian surprised me with a trip to Mozambique which included a 10 day stay at the 5-star Sentidos Beach Retreat, Barra Beach.

Again, I was overwhelmed by the warm Mozambique welcome at the airport and the hotel. The smoothing and calming effect created by the sloped ceilings made out of bamboo against the Indonesian wood of the walls, give this resort an eerie feeling of entering a castle that has stood the test of time for centuries. Outside, the mangroves are inhabited by different species of exotic birds that overlook a deep blue ocean that once was travelled by sailors and pirates. The doors of our

suite opened up to a stunning view of the beach only 20m away. Supper was an incredible experience every evening, with exotic seafood and decadent dishes prepared under the watchful eye of the chef. Together with the manager and waiter, they created such a lovely atmosphere of joy and laughter, dinner became one of the highlights of our holiday every day.

The resort also boasts a "Sea Activity Center" managed by Joanne, Tyler and her awesome team, Zeca, Americao, Fernando and Sergio. The center that caters for every need, programs planned for every day and include snorkeling, electric fat biking, diving and quad biking as well as culture trips to Tofo.

Ian's favourite was the See Bob reef tour and after a quick overview of the "how to's" we experienced such a breathtaking underwater tour. This team will put a smile on you face, and will make sure you enjoy every moment at the beach.

Ian was hooked, Zeca simply could not get him out of the water after that first guided reef tour! After two hours in the water, I had to step-in. Only the call of an exotic dinner could get him out of the water!

For me, this trip was much more than just a holiday at a luxurious beach resort. I left there with everlasting memories filled with tranquility and enchantment, awesome experiences, delicious food, long walks on the beach every day and the best service one could ever desire.

It was a dream come true however, there was also a downside to our visit to Mozambique. Having been there a couple of years before and then in between, brought the stark reality of the consequences of global warming on the Mozambican coast to our attention.

Global warming or global warming...?

Climate change is making its mark of doom and gloom on these beautiful beach towns. The subject of global warming and consequent climate change, has become a cliché that is drowned by all the noise and protests, without any real actions.

Mozambique's coastal towns are among the most vulnerable in Africa to climate change. Combined with the lack of infrastructure, rising sea levels and frequent flooding, it is predicted that Mozambique's coast could lose up to 4,850 km of land in future.

The evidence is quite clear in the beautiful coastal town of Barra Beach. The ocean is fast claiming land that was previously used and occupied by people of this region. Severe erosion, salt water intrusion and loss of infrastructure are giving rise to diseases such as malaria, cholera and influenza.

How will this affect future tourism to this beautiful country with its magnificent coastline resorts? Only time will tell.

It is sad however, that very few technical or scientific studies are available about Mozambique. The people who are affected and really care, simply do not have the means, financially or otherwise, to make a difference.

This begs the question: what will the beautiful Mozambique coastal towns look like in 10 years? Will they even exist?

Will I go back to Mozambique?

**Yes, without a doubt!**

Teresa Hollander

Tyler & Joanne



see ACTIVITY CENTER



# Dio Dell' Amore

## Guest House 042 296 1946



## A Dream Holiday

Come and experience the opulence and charm of Tuscan life along the shores of the Kabeljous River Mouth in Jeffrey's Bay. Eight stylish rooms have each been individually decorated and furnished with everything you'll need for a comfortable and relaxing stay. Equipped with air-conditioning, DSTv, mini bar, WiFi and tea & coffee facilities, as well as a balcony or patio from which to enjoy the stunning sea, lagoon, garden and mountain views, you'll feel right at home.

You'll be ideally positioned to explore bustling Jeffrey's Bay and its surrounds. There is plenty on offer, from adventure activities

such as hiking, mountain biking, zip-lining and scuba diving, to an array of exciting attractions including the Lion Park, Addo Elephant Park, Supertubes, Cheetah Sanctuary, the Tsitsikamma National Park and much more. A selection of fantastic restaurants and shops will also be at your fingertips.

Tuck into delicious breakfasts each morning before heading out for the day, or simply unwind next to the swimming pool and catch some sun in the summer. Hosts Ted and Louise are ready to welcome you warmly to their little slice of Italy in South Africa, be it for business or leisure.

### INFOOD J-BAY



At Infood Jeffreys Bay, everything is done with conscious thought. Jayne's aim is to keep the Infood stable carbon footprint to an absolute minimum without compromising her exacting standards.

This organically-inspired establishment offers casual dining with a healthy twist. All meals are prepared with wholesome ingredients and are sourced locally. Most dishes can be tweaked for vegetarian or banting requirements. All made with the finest ingredients, organically grown, locally sourced as far as possible and Infood's secret ingredient – soul!

The great thing about this place is that all meals are prepared fresh, so waiting a little while longer is worth it. All breads used in the dishes are also freshly baked on site, which is a special treat. It is no wonder that foreigners flock to InFood when in Jeffrey's Bay.

Corner Jeffrey & Schelde  
Phone: 042 293 1880

### PIACERE J-BAY



Piacere Restaurant is situated at Dio Dell' Amore, an up-market elegant Tuscan Guest House. Which has the best views in Jeffreys Bay.

Set on the Kabeljous River Mouth with breaker views, the lagoon with all the water sport, whales and dolphins. If you know the chef, Steve, then you know to expect something good.

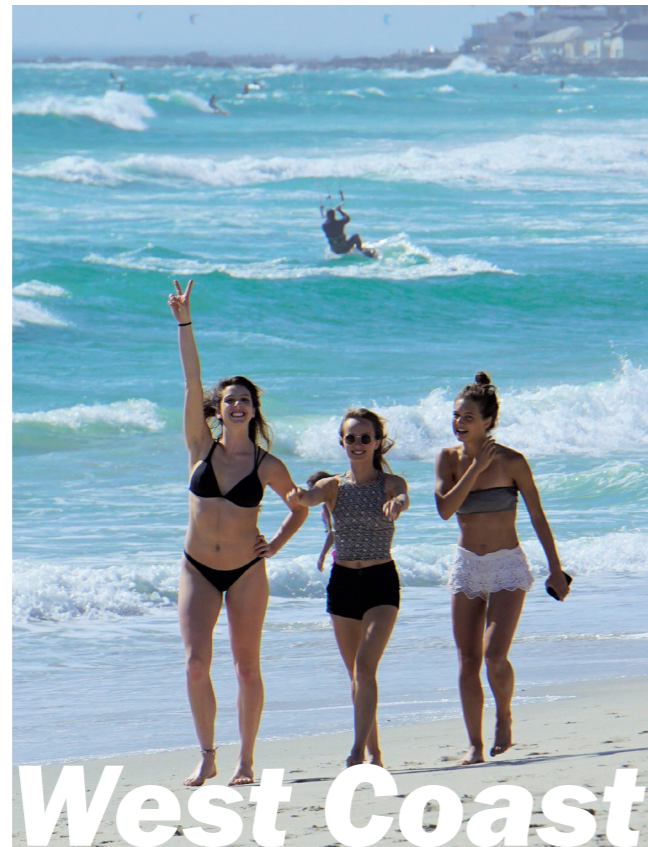
With beautiful stylish Antique furnishing, settings and a Tuscan feel to it all- large trickling water feature set into the wall. A touch of elegance for that perfect evening out. Exclusive, great food, excellent presentation, awesome staff and service. Definitely recommended!

Dio Dell'Amore Guest House  
c/o R102 & Da Gama Rd, Kabeljous  
Jeffrey's Bay

Phone: 042 296 1946



# WEST COAST Cape Town



West Coast



## discover a different world

The Blouberg region, one of the fastest growing areas in the Western Cape, lies just North of Cape Town City. It is considered the gateway to the West Coast and offers break-away experiences truly unlike any other holiday destination.

For those who just want to leisure around, holiday makers will discover a fascinating beach area, offering unique experiences with many bars, restaurants and shops to suit every taste, as well as local arts and crafts on display along the beach road. In contrast, the shopping malls are surrounded by style.

It is best to head for the beaches however, where brave kite surfers and kite boarders battle the waves and wind with awesome aerial maneuvers. Due to its incredible coastline and infamous wind, "The Cape Doctor", the

Blouberg area is a surfing destination of choice for pro's and beginners alike from all over the world. For those adventurous enough to surf the wind, there awaits an adrenaline rush, unforgettable experiences and memories to last a lifetime. Luckily, the wind does not blow all the time and the beach promenade offers a great walk along the beach, where holiday makers can gently wander along at their own pace.

The more adventurous and those wanting to keep fit can of course run or jog along this path that stretches from Milnerton Lagoon Beach all the way to Melkbos Strand. Life is a journey with many splendours adventures along the way, particularly the exciting journey through the Blouberg area. Why not discover this idyllic holiday destination for yourself? Eat, drive, surf and be merry!



# Where it's legal to shoot your friends...



X Combat is a professionally run paintball, airsoft and laser tag field based in Somerset West, located 45 minutes outside of Cape Town.

Alistair Hill opened X Combat, originally known as X Paintball, in 2010. After spending more than 10 years in the IT and event management industry, he felt he needed a break from the corporate world and wanted to move in a totally different direction in life.

Being a hands-on person, Alistair found joy in the paintball industry. From building various structures on the field, to developing the field's website and witnessing the excitement and joy his clients experience, Alistair knew this was the industry he was meant to be in.

X Combat started out small from the back of a bakkie with 10 markers (paintball guns) behind a water park in Somerset West. After 6 months, X Combat moved to a bigger, better premises up the road where they are still currently located. Thanks to the amazing support from the landowners, Mike and Bea St. Arnaud, Alistair has been able to make the field what it is today.

From an empty overgrown area, to having electricity, running water and flushing toilets the field has come a long way. The social braai and undercover area's located next door to the dam have become a great crowd pleaser, along with the single storey viewing deck where spectators can watch all the action and have a good chuckle as people run around shooting each other.

In 2013, Alistair started laser tag at the field to accommodate children under 10 years that were desperate to play paintball. Laser tag players play the same games as the paintball players but without the pain and safety concerns that can be associated with paintball.

In 2019, X Combat finally introduced airsoft to the field after safety upgrades in order to expand their client base.

After this upgrade, to avoid confusion, X Paintball started trading as X Combat. X Airsoft, X Paintball and X Laser tag are all sub-branches of X Combat.

Since opening, the field has more than doubled in size. At present the field consists of seven small fields making up one large playing field. The field consists of a forest, tire, junk yard, urban, single storey and double storey container fields.

Each of the various sections bring their own challenges, obstacles, and difficulty levels. This makes it possible to run multiple bookings at the same time as each group is rotated through the field playing different scenario-based games, tailor-made to the specifications of each sub field.

This also makes it possible to use the entire field for our open sessions which can have 80 plus people on the field at the same time.

The games played during private bookings vary from capturing a car in the middle of the junk yard to holding back the enemy in a double storey container base. Open session games become more advanced and strategic including games such as protecting and transporting a VIP, defusing bombs or eliminating rebels held up in the urban area.

X Combat caters for kids and "big kids" from ages 6 to 100. Starting at a young age, kids are introduced to the field through laser tag with a minimum age of 6, then at the age of 10, they can start playing paintball and finally playing airsoft from 13.

Due to the nature of paintball and airsoft, safety is the number one concern at X Combat. Strictly implemented safety protocols have been put in place to make sure players and spectators are always safe and a detailed safety briefing is given to all players before they are allowed on the field. Marshals are always on the field overseeing the various games.

## WHICH ONE IS BEST FOR YOU & FAQ

**Laser Tag**  
Minimum Age: 6  
Target market: Perfect for young kids or people not wanting the sting of a paintball or bb hitting them.  
Accuracy: Excellent  
Face protection needed: None  
Pain: None  
Play in the rain: No  
Ammo: Unlimited

**Laser tag FAQ**  
Can the laser damage your eyes? No  
Can you see the laser? No  
How far can it shoot? We have found it can shoot the full length of the field +- 100m.  
How do you know when you are shot? The gun stops shooting, flashes red lights and makes a beeping sound. Can you see your stats? At the end of each game you can see your stats on the back of the gun.

**Paintball**  
Minimum age: 10  
Target market: Perfect for kids and adults alike wanting a bit more of an adrenaline rush.  
Accuracy: Medium  
Face protection needed: Yes  
Pain: Medium  
Play in the rain: Yes  
Ammo: Package dependent

**Paintball FAQ**  
How much does it hurt? It feels similar to being flicked with an elastic.  
Will it leave a mark? It can leave a mark if shot on bare skin.  
What should I wear? Old baggy clothes are best and closed shoes.  
Does the paint stain? No, it washes out of clothes easily.  
What are the paintballs made from? A mixture of Propylene Glycol, Sorbitol, colour dye and sometimes a little wax.  
What is the difference between speedball and bush ball? Speedball is played in an artificial environment, generally with blow up bunkers. Bush ball is played in a natural environment and is based more on "real life" scenarios.  
How do you know when you are shot? There will be paint splatted where you were shot.



**Airsoft**  
Minimum age: 13  
Target market: Aimed at teens and adults wanting to take it to the next level  
Accuracy: Good  
Face protection needed: Yes  
Pain: Medium  
Play in the rain: No  
Ammo: Package dependent

**Airsoft FAQ**  
How much does it hurt? It feels similar to being flicked with an elastic  
Will it leave a mark? It can leave a mark if shot on bare skin.  
What should I wear? Old baggy clothes are best and closed shoes  
How do you know when you are shot? Airsoft works on honesty and you will either hear or feel when you are shot.  
What does an airsoft gun shoot? Biodegradable BB's are used on our field ranging in weight from 0.2 to 0.28grams

**Private bookings**  
Private sessions are aimed at groups that do not want to play with other people. Minimum booking size is 10 players. X Combat has rental equipment for airsoft, paintball and laser tag. Our main booking types are bachelor parties, birthday parties, corporate functions, school outings and team building events. It is perfect way to get the kids off the couch and out into nature for a safe and healthy active alternative to computer games or watching Netflix.

**Open Sessions**  
Open sessions are perfect for small groups or individuals that want to come play with other people or do not have enough people to make a private booking. These are very social and great fun. You can rent or bring your own equipment to play with. No prior experience is needed to join. X Combat has their paintball open sessions every first and third Sunday of the month and airsoft every second and fourth Sunday.

For more information or bookings  
**Alistair Hill**  
0732175972  
www.paintball.co.za / www.airsoft.co.za  
www.xlasertag.co.za



Ivan Stander



The two Stander brothers, Ivan & Ruwhon



## WHAT DOES THE FUTURE HOLD FOR OUR YOUNG SOUTH AFRICANS?

**D**igital technologies have indeed made the world a smaller place due to the significant shift in the open economy of talent sourcing, which have dramatically changed the global working environment.

In South Africa, the labour market is significantly influenced negatively by external forces and labour laws. On top of that, youth unemployment is at a staggering 64%, whilst a growing number of skilled and qualified young people are desperately seeking employment. Globalisation has fortunately opened the door for labour mobility, despite culture and language differences.

Those who are lucky, with the right skills and attributes, find work overseas. Consequently, many South Africans are currently working overseas, whether on a contract basis or permanently. This begs the question: do they miss this beautiful country of ours, their family and friends?

I was fortunate enough to meet one of these young South Africans, Ivan Stander,

living in Dubai, and chat to him about his life abroad. This is his story.

**Occupation:** Structural Inspector for World Crane Services, an international company based in Dubai, offering inspection services to manufacturers of new container handling as well as quality inspection services designed to enhance the quality and performance of mechanical handling equipment. I have been working in this industry since 2013 and never looked back.

**What about your work do you like the most?** Undoubtedly the travelling. I get to see the world, although mostly from a work perspective. It gives me a thrill to see the best of what engineering construction can offer in the world. I've been to so many countries and I've met so many people from all different cultures. I just love my job!

**In which countries have you been working?** Wow, there are so many, I started travelling since age 20, studying while working and all the time trying to improve my employability and personal attributes.

Australia was the first country that I visited namely Melbourne and Sydney. Thereafter the company sent me to Malta, Cabinda in Angola, Egypt, Ghana, Gabon, Tenerife (the largest of Spain's Canary Islands), Las Palmas, Oman (an Arab country), Dubai, Doha, Namibia and to work on the RMS Mauretania. I am stationed in Dubai and although it is not South Africa, I enjoy living here.

**Which is your most favourite place in the world?** Cape Town, without a doubt. That is where I was born and raised. It sounds like a cliché, but that is where I long to be, it's home and will always be home. It may not be as cool as some other places I have been to, but it bears my best memories, including my school years at Jan van Riebeeck High.

They say home is where the heart is and my heart will always be in Cape Town. That is where my family and friends are, whom I miss terribly when I am away from home, and of course, my older brother Ruwhon, whom I am very close to. I will not trade my family and friends for any riches in the world.

**Where will your journey take you next?** It will probably be Malaysia, where a new contract has just been concluded.

**Tell us about your hobbies.** Anything that involves water or a board. I love to surf and wakeboard when back home or in Dubai. I spend lots of time in the ocean with my friends. My favourite wakeboarding spot is Blue Rock in Somerset West, what a cool place! I love to surf in Melkbosstrand or Elands Bay.

**Your most favourite restaurant?** Undoubtedly Hell's Kitchen in Dubai, a place I love to visit. When I was still a kid we watched the series as a family, laughing at Gordon Ramsay grilling other chefs trying to make a name for themselves. Since then it had been one of my dreams to eat at one of his restaurants. I really appreciate good food and I love cooking.

Cooking has become one of my passions. Trying out new recipes, or creating my own, excites me and it gives me a wonderful feeling of satisfaction when people really enjoy my creations. I must admit, however, that many times I miss my mother's home cooking.

**What motivates you to be successful?** Making my mother and step-dad proud. My mom, because she is the dearest to my heart and will always be the most important person in my life. My step-dad Ian, because I look up to him and respect him. He has such great influence on my life and that of my family.

I know I can trust him with anything, and I really appreciate that. His patience and grace is inspiring and motivates me to be as good a man as he is.

**What is the biggest regret in your life?** I made many mistakes, but no regrets. I learnt from my mistakes and tried to be better at it the next time. I would not have been where I am today if not having made those mistakes. It just made me a better person today.

**What are your plans for the future?** I would like to settle down in the next 5 years, buy a house and start a family of my own. I would like to travel less then. Unfortunately, it won't be in South Africa, my country and my home, and it makes me sad.

IVAN Stander





Chris Rosie

Lester Sweetman

Stephen Cruickshank



# THE WESTSIDE BACKDOOR CHALLENGE



JEDD MCNEILAGE



Chris Rosie



STEPHEN CRUICKSHANK

February 2020. Lester Sweetman and Jedd McNeilage are driving to Melbourne Airport in Australia. The week before they had competed in the Kneebord World Champs in New Zealand. They were now headed to compete in the prestigious Phillip Island competition.

“When we are back home, why don’t we put on an invitational comp on the Westside? The best kneelos we can get together to showcase the sport” The seed planted, a vision created.

**Then COVID intervened.** With the hard lockdowns, (a thing of the past forever hopefully), it was time to resurrect the idea of a local kneelo comp. They started up the conversation again, pulling in some other key members of the Westside, Johan Rademan and Larry Berger and Head Judge, Mickey Kirsten.

The Westside Kneelos are based in and around Melkbos so this was the obvious venue. In my mind, I was competing in a small kneelo competition. You know those comps where the competitors also have to judge? The ones where the surf is poor and there is a small flag system starting and ending heats? Wow, was I in for a surprise?

I arrived at Melkbos expecting to see a gazebo and four chairs for the judges. Some tattered competition vests for the riders. This is how I remember kneelo contests from years back. You would sometimes be late for your heat because you were judging the heat before. I was feeling bad for the judges who I presumed would be

sitting out in the cold and rain. While we, the competitors, could at least keep warm in our cars.

This is where I was surprised as we approached the contest venue in Melkbos, I noticed some big facility type trucks in the car park. I presumed a film shoot was on the go. As I parked, I realised this was no film shoot, this was the contest infrastructure. Lester and his team had arranged a mobile office truck as the judges’ tower. This was impressive. All the infrastructure was already in place. There were mobile toilets. Not those blow over in the wind type porta-loos but, you know, those fancy numbers with running water. Brad Sweetman was the facilities manager (a kneelo comp with a facilities manager!?).

Brad and his crew had everything set up already for the 8am start, and come 8am, to the second, the hooter for the first kneelos sounded. Wow, these Westside Kneelos had it all organised.

The Westside Kneelos Backdoor Challenge was an invite only event (thanks to COVID). 24 top South African kneeboarders took part. The roving venue was from Melkbos up to Yzerfontein with the first morning kicking off at Orca’s Bank in Melkbos.

The format was also something new – something all inclusive. Competitors placing third and fourth in the main event ended up in a separate competition; The Backdoor. All the way up to the semi-finals of the main event riders flowed into the Backdoor.

This allowed competitors to remain in the event. A great concept and one that keeps the interest, and vibe, going throughout the competition.

Conditions had changed from Saturday to Sunday. This is where the mobile judges tower showed it’s worth. The venue for Sunday moved to a spot closer to Blaauwberg. Come 8am and again, the whole contest scene was set up. The first heat of finals day started in perfect 3-4 offshore waves.

Lester Sweetman was the standout of the event. He showed what competition surfing is all about – consistent high-level riding.

He scored in the 14-15 point range (out of a possible 20) in all his heats, winning each one all the way through to the final. Chris Rosie, who spends most of his time flying above the lip, was second. Steve Cruickshank took the third spot.

There were plenty big manoeuvres throughout the two days. Lots of riders claimed 8 and 9 point rides, out of a possible 10.

This was a world class event and one of, if not the best, competitions I have witnessed. The organisation was superb and the facilities top notch. It’s rare that in any sport, a top rider also gets involved in the running of the events. Thank you Lester, for being different and taking this on. I see bigger and better things to come in the future of SA Kneebording.

Kneeboarders are a different breed. When they get together there is a special bond, a brother(sister)hood. This competition was no different. Again, it was kneebording that won the day and set new standards for competitive surfing.

Going forward we are targeting a Tri-Series for 2021. This will include contests hosted by the Kalk Bay Kneelos, The “Deep South” and The Westside Kneelos. With hopes of reigniting the Surf/Kneelo club culture.

Raising awareness of the sport for the younger generation and providing a platform for the previously disadvantaged communities to experience the sport in a safe and well supervised environment.

The tri-series will crown a Western Cape Champion as well as a Western Cape Team with the prospects of touring to other provinces and competing in Inter-provincial competitions.

## Official Results:

**1st** - Lester Sweetman

**2nd** - Chris Rosie

**3rd** - Stephen Cruickshank

**Team Award:** Westside Kneelos

**Sportsmanship Award:** Linnie Ash

**Best Manoeuvre:** Chris Rosie

**Highest placed Junior:** Finlay Schellhorn

Special thanks needs to go to our main sponsor in Melkbos, the Rademan family for their incredible support and hospitality.

Pia Ferraris for the incredible handmade Trophies.

Stephen van der Watt for our one of a kind T-Shirt print as well as donating a custom painting for the winner.

Fresh Unit Logistics for the equipment and facilities. Reef Wetsuits, Surf Zone, Mike Theys, Jurie Erwee, Craig Seale, Abe Shiburi and the logistics crew.

BY STEPHEN CRUICKSHANK  
Photos by Sean Thompson

Lester Sweetman





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GREG BERTISH

Photo by Grant Scholtz

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# WEST COAST Camino



West Coast Way

The desire started small- running along the beach from Dwarskersbos to Elands Bay, camping halfway, covering the 46km over two days. But after a 16km casual run along the pristine beach of Dwarskersbos in September 2019, I started toying with the idea to juice up the adventure a bit... what is an additional 26km to Lambert's Bay among friends after all! And so the idea and the desire grew and after a few planning iterations it ended up as a four day running adventure along the beach from Dwarskersbos to Olifants River Estuary (near Papendorp) covering more or less 125km (all mapped out in detail on Google Earth to get the distances accurate). The idea seemed so cool that it got a name... the West Coast (Extreme) Camino.

The intention of this adventure was to celebrate health and to relish the breathtaking, endless beaches of the West Coast and the serenity it offers with a small group of likeminded souls. Rather than a race, it was intended more as a figurative personal journey, accompanied by the background music of the ocean.

I pitched the idea to a few friends and running partners, and before long I had four enthusiastic comrades. It is worth mentioning that only two of the company of five, excluding moi, have covered more than 21.1km running before... let's call the rest brave! The latest plan now included comfortable accommodation at our stopovers, as well as a support vehicle to provide water top-ups along the way. Also, to provide the option of calling it a day if the conditions became too extreme for anyone.

Despite the national lockdown, with events being cancelled one after the other, our accommodation was booked in March and the date was set for the start of September 2020. The date was chosen to minimise the likelihood of rain and wind, and at the same time avoiding the scorching summer heat, as well as to reap the benefits of graciously timed low tides around spring tide.

It was quite a challenge to remain fit and motivated when the hard lockdown was extended... crazy things, like running half marathons around our houses, happened in May as a mild compensation for the cancelled Two Oceans event that we signed up for. After regaining freedom to (legally) exercise outdoors once more, we started focusing on gradually getting more time on our legs to prepare them for what would await us in September.

Unfortunately, this did not include any beach running, but hey, one works with what one has!

And before long, September was upon us. It was a bit nerve wracking since two members of our company hail from Potchefstroom, and the ban on inter-provincial travel was only lifted 18 August... big smiles all around when we got the news.

When the company of six (five runners



and our highly dedicated support vehicle driver and friend) converged at Kersbosstrand (Dwarskersbos) the afternoon of the day before the kickoff of our adventure, it was just after a fairly significant cold front started vacating the Western Cape, and even then, the wind and the sea was still fairly hectic and restless.

We conservatively followed the Stellenbosch remedy to calm our nerves- fill your wine glass, take another sip, sit back, and be in the moment... what will be, will be.

The next morning we awoke, and to our surprise there were no clouds, no wind- absolutely everything one could have hoped for! When we (somewhat nervously) reached the beach for our 07:00 start, we saw that the stormy sea, combined with spring tide, leveled the beach to closely resemble a running track for the start of Day 1.

The strategy was to approach the 46km of Day 1 with respect... slow

but steady, in an attempt to thwart injuries and conserve energy for the remaining three days. Also, not neglecting walking a bit every now and then to fully be in the moment and appreciate the breathtaking surroundings and tranquility to the max. And so Wouter, Wim, Wilhelm, Sanri and Jouba excitedly started the adventure they had been planning, and looking forward to for months, with Leon as the most dependable support vehicle driver ever.

The first 23km was a gentle breeze with the beach stretching as far as the eye could see. After briefly meeting up with the support vehicle, we set forth for the second leg. This proved to be more challenging as the temperature climbed and the sand became a bit softer and Elands Bay's mountain seemed to resemble the end of a rainbow in its ever shifting nature.

We received the message that our support vehicle driver got us a table on the beautiful lawn of Elands

Bay Hotel and we rushed our tired bodies onwards to the promise of cold draughts (filled to the brim!) that awaited us. But first, we had to sign in and pass the mandatory Covid-19 temperature test- all good things come to those who wait.

After thoroughly quenching our thirst and taming the hunger a bit we set forth to find our accommodation, cleaned up, and took a rest before enjoying another awesome braai while savouring some of Distell's finest products.

In my mind, Day 2- which covered Elands Bay to Lambert's Bay along the beach (26km)- should have been like dessert after Day 1. Soon after heading out just after 07:00, we found out that this was not the case. The sand was softer, the angle of the beach steeper and the beach itself was way more undulating compared to the previous.

To top it all, there was a mild breeze from the front. On the positive side, it was a cool and cloudy

morning, ideal for running and the invigorating sound of the ocean was putting one's mind in a semi trancelike state.

We once more had a brief support vehicle stop about halfway. It was with great joy when we laid our eyes on Lambert's Bay after turning a sharpish corner!

We were of course way too early to check into our accommodation and killed time by visiting the closeby Lambert's Bay Bird Island Nature Reserve. After cleaning up, we enjoyed an absolutely fabulous seafood lunch at the Weskus Kombuis.

The evening's proceedings entailed phoning helpful, friendly locals to double check our options for the support vehicle stops for Day 3, and another scrumptious braai (including lamb chops from Pietie Se Vleis Huis). We called it an early evening to recharge for the next day of our adventure.





We awoke to the sound of softly rippling gutters the next morning. The light rain was not ideal, but at least there was no wind. We had 37km to cover and had a lunch reservation at Fryer's Cove Winery (Doornbaai) at 14:00, followed by a personal wine tasting by its winemaker at 15:00- none of which was an option to miss out on. After some deliberation, we decided to shave 9km off our planned route - given the weather conditions and our lunch arrangements- and we were dropped off to start our journey around 07:30.

The light rain subsided before long and we enjoyed the fresh, cool air in cloudy conditions.

The terrain was much better suited for running than what we experienced the previous day. The scenery was breathtaking, to say the least, including stunning rock formations. Once more, we had a brief rendezvous with the support vehicle before we set out for the last stretch of the day's journey.

The last 6km to Doornbaai turned out to be a bit of an anticlimax as we experienced fairly soft sand and the picturesque scenery was now mostly limited to the beach only. We kept Doornbaai's lighthouse in our sights and continued to progress slowly but surely and thankfully, without injury.

After removing sand dunes from our shoes, thoroughly rinsing off the sweat, and grabbing more suitable attire, we set forth to Fryer's Cove Winery. We found the restaurant buzzing with visitors attracted by the beautiful wild flowers presently blooming in the region- a welcome sight after lockdown indeed.

We were treated by an excellent wine tasting by Fryer's Cove Winery's winemaker and founder, Jan Ponk van Zyl- not only did he give us insights into each of his wines, but also enlightened us with the inspiring story about where the dream and subsequent journey to create top quality wines near the ocean in the area, which is now a reality, started



Dr Wilhelm Uys  
Stellenbosch



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years and years ago. The evening featured finger-licking good, braaied fish (hangbergers), flushed down with an excellent 2015 vintage to conclude another memorable day.

We awoke to perfect weather the next morning and started out for the 9km stretch to Strandfontein at round about 07:30. This entailed running on an undulating single track elevated on the high cliffs above the ocean- absolutely spectacular and a good change of terrain after running on the beach for the past three days.

Much too soon, we approached Strandfontein and traversed the town to get to its pristine beach to tackle the last 6km of our adventure. It was quite thrilling running on beautiful pebbles at one stage, walking through a small tunnel through the massive rocks barricading the beach, and climbing over another rocky outcrop to reach the next beach area!

The last 3km to the Olifants River Estuary boasted some of the widest beaches we have ever seen, and the open vastness behind the dunes reminded me of Namibia. Then we saw the estuary looming in the distance and tried our best to increase our pace in the soft sand to finish our adventure in style. Luckily our support vehicle driver (Leon) was able to drive very close to the estuary and we only had to walk about 100 meters to reach the vehicle.

It was quite a long drive getting back to Dwarskersbos (with a few stop-and-go's to spice things up). Two of our party of six unfortunately had to leave for Stellenbosch that afternoon, so we opted to skip the shower and head to Charlie's Brewhouse at Port Owen (Velddrif) for a celebratory beer and a proper farewell.

The remaining four comrades left for West Coast Luxury Tents offering a unique experience to put the cork in the West Coast Camino 2020 vintage.

It was a truly unforgettable experience that exceeded our expectations, and equally challenged the body whilst soothing the soul- a journey that will be repeated in 2021 for sure!

# ELANDS BAY

## Beachfront Holiday

Photo by Sean Thompson



The Perfect Breakaway

### 7 Galjeen Elands Bay South

An open plan studio with kitchenette, en suite bathroom/shower, and a patio/braai area with front row, unobstructed and (arguably) the best local views of the beach, vlei and waves.

It offers off street parking for 2, along with private garden and direct beach access.

Best suited to a couple, can also sleep 3 individually if you're happy being cosy.

E-mail Toby:  
[tobyclarke101@gmail.com](mailto:tobyclarke101@gmail.com)



The Picture Perfect Wedding



# 10 Years After Meeting On A Blind Date A Romantic Outdoor Wedding on South Africa's West Coast

*Chanel & Stevo*  
DIRNBERGER

### Backstory to our love story...

We met on a blind date back in September 2010, in Johannesburg (where we both grew up). We lived fairly normal lives for the first half of our relationship – working hard at our careers in the advertising industry, enjoying small trips together on weekends and holidays, and finally chose to move in together, officially, after three years. Then in early 2015 we quit our jobs, sold almost everything we owned, and purchased a one-way ticket around the world looking to take a year-long sabbatical in search of creative enlightenment. What we thought would be a “short” trip, turned into a five-year-long adventure to sixty countries, traveling around the world together, inseparable, working as travel and lifestyle photographers and filmmakers whilst documenting our journey on our blog, [howfarfromhome.com](http://howfarfromhome.com), and Instagram account, [@howfarfromhome](https://www.instagram.com/howfarfromhome).

### The proposal and wedding plan...

When Stevo finally popped the question, at the top of a mountain in northern Italy, on the seven year anniversary of our blind date, we visualised a wedding adventure that celebrated love and the great outdoors – a magical expedition which symbolised our own ten-year journey, and celebrated our love for each other, for travel, and for our beautiful planet. We also wanted to celebrate with our friends and family, who we hadn't seen in so long since we were constantly travelling, so our compromise was a two-part wedding celebration: an adventure wedding elopement in Namibia, for romantic just-the-two-of-us vow readings, and a magical day back home in South Africa with eighty of our closest loved ones.

### Our wedding day...

On the morning of our wedding day, Chanel woke up before the sun and looked out the window of her room to see a family of Springbok hopping about in the dunes. It was a surreal sight to see, and surely nature's blessing? Stevo went for a swim in the ocean with his best men, and then once both parties were ready, they had their “first look” which was an emotional rollercoaster and definitely one of the highlights from the day.

Since travel forms such a big part of our lives and our relationship, we:

1. Decided to have a destination wedding, having friends and family come from 12 different cities in 5 countries around the world.
2. Made our ceremony and reception at two locations, an hour's drive apart, along South Africa's beautiful West Coast,



Draaihoek Lodge in Eland's Bay for the ceremony and Bosduifklip in Lambert's Bay for the reception.

3. We also tried to bring travel through in as many touch-points as possible

### The small details...

We served welcome snacks and candy during a movie screening (before our ceremony) from different countries that we'd travelled to.

Our officiant was our mutual friend Ani, who actually set us up on our blind date back in 2010.

The guest book was a series of postcards we'd collected on our travels.

The seating map was a “where in the world are you sitting” map.

Each table was named after one of our favourite countries that we'd travelled to.

Alcohol from those featured countries was served for the groom's speech toast, with instructions to say “cheers” in the countries' native language eg “Kippis!” at the Finland table, and a

backstory into our travels through the country.

We designed our own stationery, which included a custom stamp, we used for the popcorn bags for our pre-ceremony movie screening, travel map from ceremony venue to reception venue, coasters, and all the other little bits and pieces.

We sourced our attire and vendors from around the world too – dresses from Australia, suit from Belgium, shoes from Turkey, headpiece and robe from the US, rings from Denmark and the US, wedding planner from the US, and photographer from Canada for a truly international event.

We had a sand ceremony using sand we'd collected from seven special locations on six continents.

We learned the samba for our first dance, from that time we travelled to Rio de Janeiro in Brazil.

The food we served at our big buffet at Bosduifklip came in the form of a traditional South African West Coast spread, serving paella, snoek on the braai, roosterkoekies, malva pudding and so much more.

*Chanel Dirnberger*

Photos: Jennifer Maher  
Ceremony: Lambert's Bay, Venue: Bosduifklip





# COMBAT

Where it's  
legal to  
shoot your  
friends

