



## **HighFlyer - Itinerary**

### **First Day**

08h00: Depart Cape Town

09h30: Arrive at Breede River (Worcester)

Settle into Accommodation

10h00: Race Briefing & Dividing into Teams

10h30: Race Begins

13h00: Lunch is served

14h00: Race resumes

17h00: End of Activities for the Day

18h00: Sundowners and African Cooking Competition begins

20h00: Dinner is served

Evening Revelry

### **Second Day**

08h00: Breakfast Served

09h30: Race Activities to Resume

12h30: End of Race

13h00: Lunch Served

14h00: Prize Giving

14h30: Depart at Leisure