

# 100km Namibia Trek



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# 100km Namibia Trek

Conquer the mighty Namib desert and dramatic Damaraland!

Namibia defines the meaning of epic scale. There is nowhere else on the vast African continent that quite compares with its rugged, almost lunar grandeur!

Join us on this dramatic, awe-inspiring, soul-filled desert 100km trekking adventure as we conquer Damaraland and the Namib Desert with its natural wonders, jaw dropping landscape, history, adorned with ancient rock art and stunning wildlife.

Our trek begins at Brandberg mountain at 2573m, Namibia's highest peak. It has a towering presence and serves as a majestic centerpiece to the trek. We spend five, long days, traversing foothills offering a glimpse into the geological and cultural tapestry of this region. We traverse along the Ugab River Valley, home to a small population of desert-adapted elephants, which adds an element of excitement and conservation awareness to the trek. These majestic creatures, uniquely adapted to survive in harsh desert conditions, symbolize the resilience of life in challenging environments.

There is also a high chance we will encounter other iconic wildlife habitats, including black rhinos, desert lions, and giraffes, springboks, kudus, oryx, jackals, ostriches and a myriad of bird species.

We are welcomed by the local Damara people, who still maintain traditional lifestyles amidst the rugged terrain, and who provide valuable insight about their experiences living alongside the desert elephants and offering us a deeper understanding of the complexities and challenges of conservation efforts in the region.

Overall, this trek promises not only to be a physical challenge and adventure, but also a journey of cultural immersion and environmental appreciation as we trek through Namibia's incredible landscapes, camping under the stars and enjoying delicious local meals cooked over a crackling campfire.



# Detailed itinerary

## Day 1: Depart London to Namibia

Depart London for overnight flight to Windhoek or Walvis Bay, Namibia via Cape Town.

## Day 2: Arrive Namibia

Upon arrival, we will be met by our guides and transferred to our hotel in Swakopmund. Sandwiched between Atlantic rollers and the Namib Desert, Swakopmund is one of those great traveller way stations along the African road. Full trek briefing, dinner and overnight hotel.

## Day 3: Swakopmund to White Ladies Camp

After breakfast we transfer four-hours to the trek's starting point, stopping enroute for a leisurely lunch. Before arriving at camp late afternoon, which is close to the famous Brandberg mountain which is the dried core of an ancient extinct volcano.

Geology enthusiasts will find this area particularly captivating, with its association with the famous desert plant *Welwitschia mirabilis*. The landscape bears witness to ancient Bushman habitation, and our guides will weave tales of the area's rich history as we explore. Dinner and overnight camp.



## Day 4: White Ladies camp to Numas Gorge

**Distance: 18kms / trekking hours: 7-8hrs**

An early start, with the aim of hitting the hiking trail as soon as possible to take advantage of the morning's cooler temperatures. Although September daytime temperatures are generally mild, warming up as the day progresses, we expect not to exceed 30°C at the peak of the day's heat.

Our route gracefully winds through the foothills of the Brandberg as we circumnavigate the mountain. This region is renowned for desert black rhinos, prompting our vigilant guides to keep an eye out for any fresh tracks. Despite the seemingly dormant nature of this desert area, your guides will reveal the intricate web of life sustained by many species of desert-adapted plants, insects, birds, and mammals. After covering 9km, we'll pause for lunch by the Numas River.

We continue for another 9km, leading us to our camp nestled in the sandy embrace of the Numas Gorge. As the day winds down and depending on the lunar phase, an engaging talk about the night skies may be on the agenda after dinner—a perfect opportunity to marvel at the celestial wonders above.

# Detailed itinerary

## Day 5: Numas Gorge to Brandberg Valley

**Distance: 20kms / trekking hours: 8-9hrs**

Yet another early start beckons as we set out to conquer a 13-kilometer stretch before the lunchtime bell rings! Our journey guides us over undulating terrain, firm underfoot, until we reach the Naib River, where a well-deserved lunch awaits. In the afternoon, our trajectory points us towards the Ugab, and we remain vigilant in the black rhino territory, carefully scanning for any signs of fresh tracks. It's a tough afternoon as we hike along the Brandberg valley which eventually connects with the mighty Ugab River. Overnight camp.

## Day 6: Brandberg Valley to Rocky outcrop camp

**Distance: 20kms / trekking hours: 7-8hrs**

Today we will follow a valley carved through shallow rolling hills. As we enter the primary home range of the Ugab West desert elephant herds in the winter months, our guides and local team will have already assessed any elephant movements. With a total population of just 21, this group has reached an 'unviable' status. During our lunch break, we will gain more insight into the current status and challenges faced by this elephant population.

## Day 6: cont.

After lunch we hike back into the mountains, an enchanting 8km walk with the river valley unfolding below. Our camp, nestled between rocky outcrops, offers a view that will be etched in your memory.

## Day 7: Rocky outcrop camp to Bushman's camp

**Distance: 25kms / trekking hours: 8-9hrs**

Tough day with a formidable distance to conquer! The terrain ahead is relatively flat, but will also include some sand underfoot at some points. We closely follow the course of the Ugab River, and we will be on the keen lookout for the elephants. The morning leg of our trek covers the majority of the day's total, a robust 16km, followed by a 9km trek in the afternoon. Our lunch break will again be a serene affair, nestled under the shade of trees along the river. As the day unfolds, we'll traverse captivating scenery, drawing near the village of Anixab, renowned for its striking outcrops resembling carefully stacked round rocks. Tonight's camp finds its spot in an ancient Bushman camp hunting ground, offering a captivating view of a wetland in the Ugab River.



# Detailed itinerary

## Day 8: Bushman's Camp – Final camp

**Distance: 18km/ trekking hours: 7-8hrs**

It's our final day – a bittersweet occasion! We start by descending down to the Ugab River. Along today's hike, we'll have the privilege of meeting community members and a local school which our local guides and team have supported and worked with for many years. Our first stop is Gariseb Primary School, the team's primary partner school, where they have provided learning resources, mattresses, blankets, washing machines, playgrounds, and more! With 450 children attending, all residing on farms prone to elephant visits, this project holds special significance, as the elephants often roam through the school grounds.

Lunch will once more be in the soothing shade of trees. In the afternoon, we have an opportunity to meet some farmers, and we'll hear firsthand about their experiences living alongside elephants. Our goal is to reach base camp by sunset, with the final stretch leading us through a beautiful natural spring. Upon arrival, a celebratory sundown awaits us atop the cliffs at camp, where we'll witness the sunset over the Brandberg Mountain, marking the spot where our journey commenced. Tonight, we will celebrate with a great meal and some fun entertainment.

## Day 9: Swakopmund

Following a relaxed wake-up and breakfast, our journey concludes as we make our way back to the coastal town of Swakopmund (approx. 3hrs). Known as Namibia's adrenalin capital there is a wide range of gut-curdling activities from sand boarding and quad-biking to skydiving and camel riding, plus seal watching and relaxing boat trips to enjoy. Or you can simply spend some time exploring this fascinating German colonial town. Overnight dinner and hotel.

## Day 10: Depart for London

Transfer to airport for flight back to London via Cape Town.

(Option to extend and stay on in Cape Town.)

## Day 11: Arrive London

## Challenge grade

Moderate/Tough

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*This itinerary is complex and subject to change.*



# Breakdown of costs – Namibia 100km Trek

## Included

- Scheduled international return flights from London to Namibia
- Transfers upon arrival and departure and all internal transfers
- Local English speaking guides
- Hotel accommodation at the beginning and end in Swakopmund - twin share
- Camping on trek - twin share
- Full board (except lunch day 2/9/10)
- Celebratory dinner on final night
- Ultimate Challenges UK Doctor
- Ultimate Challenges UK Expeditions Leader

## Not Included

- 3 lunches
- Optional extensions in Cape Town
- Gratuities
- Personal expenses
- Personal travel insurance
- Personal trekking kit (a full packing checklist will be provided when you sign up)

## Trek costs:

To sign up for the trek you will need to pay:

- 1) Non refundable registration fee of £250
- 2) £500 Airport taxes (due November 2024)
- 3) Prostate Cymru ask you to raise a minimum sponsorship of £4000.

***80% of the sponsorship is required by 30 June 2025.  
100% required by 17 August 2025.***

***Sign up here!***

***<https://www.ultimatechallenges.co.uk/challenges/afrika/prostate-cymru-namibia-trek/>***

