

# Waterberg Traverse

Not for the faint hearted

## Checkpoint Menu



### Water Point 1 - Bateleur



Coke  
Sports Drink  
Water

ShoxBar  
Fruit  
Koeksisters  
Date Balls

### Check Point 1 - L'Abri Fountain Brewery



Coke  
Sports Drink  
Water

ShoxBar  
Fruit  
Jelly Babies  
Banana Loaf  
Potatoes

### Check Point 2 - Koekepan Pub



Coke  
Sports Drink  
Water  
Milo & Coffee

ShoxBar  
Fruit  
Koeksisters  
Potatoes  
Sandwiches

### Check Point 3 - Marakele



Coke  
Sports Drink  
Water  
Hot Chocolate & Coffee

ShoxBar  
Fruit  
Banana Loaf  
Droëwors  
Soup & Bread

### Water Point 2 - Rankin's



Coke  
Sports Drink  
Water

ShoxBar  
Fruit  
Koeksisters  
Date Balls  
Potatoes

### Check Point 4 - Alma Primary School



Coke  
Sports Drink  
Water  
Milo & Coffee  
Steri-Stumpy

ShoxBar  
Fruit  
Banana Loaf  
Droëwors  
Soup & Bread

### Check Point 5 - Rhenosterpoort



Coke  
Sports Drink  
Water  
Fruit Juice  
Hot Chocolate & Coffee

ShoxBar  
Fruit  
Banana Loaf  
Koeksisters  
Potatoes

### Water Point 3 - Bateleur



Coke  
Sports Drink  
Water

ShoxBar  
Fruit  
Koeksisters  
Date Balls

### Finish - ATKV Klein Kariba

aQuellé  
Beer  
Steri-Stumpy

Spur Burger

