Total distance: With shortcut - 40km; without shortcut - 43km

Day 1: The hike starts from Chelinda Camp or Lodge (depending on where the guests are staying) and follows the road to dam 3 from where the trail cuts south west to Sangule which is the first overnight camp. Guests have the option of having lunch en route or at Sangule and then going for an afternoon walk. Three streams are crossed on day one and the distance covered is 12km. Though there will be a few ups and downs, it is generally not a strenuous day. The overnight camp is close to the centuries old iron smelting works.

Day 2: The trail follows the road until Lake Kaulime, from where it descends to the Zungwala River, which is site for the overnight camp. The distance covered on day two is 15km. Much like day one, there are a few ups and downs, as well as stretches of level terrain.

Day 3: This is the most strenuous part of the trail and involves a steep ascent from Zungwala to the western edge of the air strip. Three streams are crossed during this sector of the trail. There is a choice of a distance of either 13 or 16 km on the final day. The shortcut brings hikers back to Chelinda via cottage 3 whereas the longer day skirts the air strip and plantation, arriving at Chelinda via the forest road between the camp & lodge.

Notes: This trail can also be done in reverse (anti-clockwise). This option makes day two the most strenuous sector of the trail. The Sangwala trail can also be a one night & two- day trail (as opposed to a two night & three day trail.) This is because both overnight camps are reasonably accessible by road and also because the trail has been designed in such a way that that it provide hikers with the option to walk back to Chelinda should a shorter hike suits them.

The name of the trail (Sangwala) is derived from a combination of the names of the two overnight camps (Sangule & Zungwala).

There are many interesting features and sights on this trail and hikers can expect to see antelopes such as Roan, Eland, Reebuck Bushbuck and Duiker. Zebras, warthogs & many species of birds could also be seen and if very lucky there is even a chance of seeing leopard, serval, porcupine and honey badgers.

The Sangwala trail is fully catered with three substantial meals per day with snacks and water etc, available between meals. Tents, sleeping bags, ground mattresses and all camping equipment are provided. A hot water shower and eco (long drop) toilet are set up at each overnight camp. Guests are only required to carry a small day bag with them of personal items such as sun cream, medicines, cameras, binoculars, reference books and note pads. Guests should remember to bring strong hiking boots, a wide brimmed hat, suitable wet and cold weather clothing and any personal items.