

MY WELLNESS



L2L ladies welcomed back

There were big smiles and a few tears of joy and relief as friends and family members descended on Grotto Beach on Sunday afternoon to welcome back the 118 women who participated in the 2019 Lighthouse 2 Lighthouse Ladies Walk. It was clear that the moms, wives, daughters and girlfriends had been sorely missed during their absence.

Although dogged by cold and rainy weather, this year's charity walk was another huge success and the walkers were all in high spirits. Among them was The Village NEWS' own Taylum Meyer, who was the official photographer on this year's charity walk. About her experience of the gruelling four-day coastal hike, Taylum said: "I walked with a great group of women who were all very supportive of one another. We all got on very well and shared a lot of laughs on the way."

She also mentioned something about sore muscles, insect bites and blisters, but added that she would love to do the walk again next year. "All I need now is a long, hot bath and a soft bed," she quipped.

Before their arrival at Grotto Beach in the late afternoon, the ladies had been officially welcomed at their destination, the Danger Point Lighthouse near Gansbaai, by L2L patron, Nicolette Johnson, the principal, PR officer and children of Camphill School (this year's L2L beneficiary), representatives of the Overstrand Municipality and various L2L sponsors. The L2L walk covers 100 km from the Agulhas Lighthouse to Danger Point Lighthouse and has become a major fundraiser for local charities since 2006.



Elaine Bayer of The Beanery, which is also one of the L2L sponsors, was welcomed back with open arms by her children and husband, Michael. Elaine is a veteran who has just completed her 7th L2L Ladies Walk.

