



ACTIVITIES & GUIDE BOOK

Jan 2019 edition
V 3.0 C

REA U AMOHELA

WE WELCOME YOU

www.tradingpostlodge.com

You can also follow us on social media for updates :-)

<https://www.facebook.com/romatradingpost> and

<https://www.instagram.com/romatradingpost>

EXPLORE THE HISTORIC ROMA TRADING POST...

...and see how trade has changed over the past centuries in Lesotho. The only road from Maseru to Roma used to pass right through the property (through the shop side). The old mill (next to the shop entrance) is still running today and used almost daily by the community to grind crop. The old hangar hosted the truck workshop and is now a bicycle shop (open 7 days a week). Right behind the hangar, the pump track was built in the area where donkeys and horses were loaded for long treks to the next trading post(s) deep in the mountains...

WHERE IT ALL BEGAN...

The Trading Post, affectionately called Ha Baseane, by the Basotho, was established by John Thorn in 1903, in the community town called Roma. A shop was created for pioneering his trade into the blue Maloti's, which soon became the most popular hub for trading agricultural goods.

To this day, donkeys are still herded to the original maize mill, carrying sacks of different grains for grinding. Cattle, pigs and chickens roam freely among the blanket-clad horsemen who come to the Trading Post.

Roma is a settlement under the Manonyane Community Council in the Maseru District of Lesotho, some 34 kilometers southeast of Maseru, the capital of Lesotho. The Roma valley is broad and fertile, and is surrounded by sandstone cliffs topped to the East by basalt mountains which provide magnificent scenery. Founded in 1862 by Roman Catholic missionaries in the valley known as Tloutle, Roma now has three seminaries and various novitiates, and they began the institution that became the National University of Lesotho.

Roma Trading Post Lodge is one of Lesotho's oldest lodges, steeped with history and culture - a perfect base for adventure in the Mountain Kingdom for local and international travellers. Be it on hooves, bicycle, foot or motor powered 2 and 4 wheelers - you will see the beauty and experience the adventure of Lesotho with Roma. In addition, we proudly host Roma's only bicycle shop as well as a state-of-the-art pump track built by Velosolutions.

GENERAL INFORMATION

Reception number available at all times +266 50245001 (also on WhatsApp) :-)

Meals are available upon request (please order at least 2 hours prior)

- **Check In** time from 2pm
- **Check Out** time by 11am
- Campers welcome any time :-)
- Roma Trading Post has its own borehole and our **water** is safe to drink. If you prefer bottled water, we have enough for sale at the bar.
- **WiFi** is available at reception. We offer 100 MB free per day, per device. If you need more than that you can buy internet vouchers at reception.
- **ALL SELF CATERERS** ARE EXPECTED TO CLEAN THEIR YOUR OWN DISHES OR BOOK OUR EXTRA SERVICES

OUR FACILITIES

- Guest Lodge with 33 lodge beds En- Suite + 13 backpacker beds + big campsite
- Beautiful garden and lawns with scenic views and bonfire pits
- Swimming pool
- Free Wi-Fi at Reception
- Bar & lounge with fireplace (open 7 days a week)
- Bicycle shop for rentals & sales and pump track (open 7 days a week)
- Multiple self-catering and braai facilities
- Lots of activities and different ways to explore the area (see below) :-)

2019 PRICES

Rondavels	M 440 Single / M 770 Double or Twin
Rooms	M 440 Single / M 770 Double or Twin
Dorm Rooms (5 sleeper)	M 200 per person
Camping	M 125 per person
Main House Group Special (15 sleeper)	M 3300
Bed & Breakfast Special	M 495 Single / M 880 Double or Twin
Dinner, Bed & Breakfast Special	M 605 Single / M 1,100 Double or Twin

*We offer 10% discount as STO Rates to all registered Tour Operators (note STO rates apply to accommodation only)

EXTRA SERVICES

(PLEASE BOOK AT RECEPTION)

- BAG OF WOOD SMALL / BIG M 40 / M 80
- ROOM SERVICE FOR MEALS (DAILY RATE) M 50
- DISHES CLEANING (FOR SELF CATERERS) M 100 per day
- CAR / MOTORBIKE WASH M 100 per vehicle
- BICYCLE WASH -----> PLEASE BOOK & PAY DIRECTLY AT THE BIKE SHOP
- LAUNDRY SERVICES SMALL / BIG LOAD M 50 / M 100
- NANNY & BABYSITTING SERVICES M 50 per hour or M 150 per day
- SEWING & STITCHING (cost varies on amount of work)
- **TAXI AND TRANSPORT SERVICES** (please note that the cost may vary according to the provider, the vehicle required, distance traveled and total number of people). Roma Trading Post does not charge commission on any transport services and works with the most reliable service providers.

LEHAHENG BAR

The Lehaheng Bar (= Sesotho for cave) is located in the same building as reception. We have a selection of local and international beers, wines and spirits as well as soft drinks and juices. The bar is the only place with DSTV (satellite TV) at the lodge and you are welcome to watch your preferred channel when the bar is open.

MEALS & DRINKS (2019 PRICES)

Breakfast:

- Rise 'n Shine M55
Cereal with milk, tea/ coffee & Juice
- Continental M77
Cereal with milk, Fruit Salad, Yoghurt, Toast,
Butter & Jam, Tea or Coffee & Juice
- Full English M99
Continental + eggs, beans, tomato mix, bacon or sausage

Lunch (the menu is on the whiteboard at reception)

- Light Lunch M44
Sandwich or Salad (meat or vegetarian)
- Packed Lunch M77
Sandwich, Fruit, Sweet or Savoury Snack
- Sit Down Lunch (2 - course) M132
Chefs menu of the day + salad or dessert

Dinner (the menu is on the whiteboard at reception)

- Sit Down Dinner (2 - course) M132
Chefs menu of the day + salad or dessert
- Braai (Barbeque) Trading Post Style *(only for groups)* M165
Selection of at least 2-3 different meats served with chakalaka
(spicy sauce), papa (cooked millie meal) and Moroho (spinach)

BEING A RESPONSIBLE TRAVELLER

When visiting any country, it is vital to be respectful of the area, the culture and the environment. Roma strives to ensure that its activities have minimal impact on the environment and that only positive impacts are experienced by the local communities. With this in mind – please note the following:

- Please do not take photos of adults, children and their livestock without their permission.
- If money is requested in exchange for the photo, please rather refrain from taking it.
- Please do not hand out money and other items to people in the community, but rather use the systems established by Roma to facilitate any donations that you may want to leave
- Roma is proud to be working closely with the community to ensure strategic and sustainable development takes place.
- Please keep to the marked/known routes when using your mountain bike, motorbike or 4x4. The damage and erosion caused to this unique landscape can be irreversible.

KIDS IN ROMA

Many of our activities are kids friendly or can be shortened in order to keep it interesting and fun for younger guests. Our property is very safe and generally you don't have to worry about your kids roaming around.

The pump track is designed for big and small kids alike. We kindly request you to supervise your children when they are on the track as we do not accept liability for damages/injury. If you would like to go on a big tour without your beloved young ones, please speak to reception and book a nanny.

The most popular activities for children and youth are the pump track, visiting the dinosaur footprints as well as swimming in the Qiloane Falls and/or Metolong Dam.

BACKPACKING AND YOUTH TRAVEL IN ROMA

Roma is home to the National University of Lesotho (NUL) and when exploring the town and surroundings during semester times you will meet lots of students. A popular hangout spot is Kaycee's bar & restaurant (located opposite the university entrance along the main road) where you will always find cold beer and well priced food. Beware at night time, unfortunately travelers are an easy target for pickpockets and muggers. The safest option is always, not to go alone.

PETS IN ROMA

Roma Trading Post is a pet friendly destination. The whole property is fenced and our three dogs (Thor, Lizzy & Shelby) are roaming around freely most of the time.

VOLUNTEERING IN ROMA

The Leratong Community Centre is a learning institution for children. It is located about 700m up the gravel road past the lodge. The purpose of the centre is to have a secure and safe place for the youth of Roma, in addition to teaching life skills, teamwork and fairness. The motto is equality because "We are all the same" ("Kao fela rea tsoana"). It's aim is to support child headed families and orphans by assisting with homework but also through offering knitting, sewing and agriculture lessons. When the older kids know how to take better care of themselves, they are better able to take care of their siblings. Here it is easy to make new friends and have a good time.

Over the years, the centre has grown in possibilities and projects. The day to day running of the centre is supported by two full-time volunteers from Germany. They are based here for 12 months and assist with reaching the centres goals and objectives. The most popular activities at the centre are currently football, cycling and swimming. The centre opens at 9am and closes at 5pm. For most of the kids, it is an afterschool safe haven. On school holidays the opening hours depend on weather and activities planned.

Roma Trading Post Lodge (and guests) contribute to the Leratong Community Centre and our bicycle + pump track project in many ways.

People that like to contribute in meaningful ways we have always met at the right place and at the right time :-). Since we love sports and especially bicycles, if you feel like you would like to share something with us and our community, we look forward to listening to your idea.

EVENTS, PARTIES & WEDDINGS IN ROMA

We look forward to welcoming you and your friends to celebrate special occasions!

The following facilities are very popular with our guests:

- Swimming Pool
- 4x Bon-fire pits (outdoor)
- Big gardens & lawns for star gazing, camping & fires
- Lehaeng Bar with DSTV and indoor fire place
- Various houses and self-catering units with indoor fire places (ideal in winter)

TERMS & CONDITIONS*

EVENTS/PARTIES FOR DAY VISITORS

- You are most welcome to enjoy our facilities, including swimming pools, bon-fire pits, gardens, pump track etc. We reserve the right to close your event depending on check-in guests as well as the discretion of management.
- Own food and drinks are not permissible. Our bar & kitchen staff look forward to hosting you!

EVENTS/PARTIES FOR CHECK-IN GUESTS

- Please book early to avoid disappointment. We have several suitable party units, including houses, cottages & areas with own kitchens, fridges, indoor fireplaces as well as bonfire pits.
- Recommended group sizes 5-25 people: Each attending guest will be charged for his/her accommodation (camping, backpacker or lodge), regardless of whether the accommodation is actually being used. Note: check out our special rates online for booking out a whole unit.
- Self-catering is permissible
- Unless you book out the whole lodge we reserve the right to request silence in respect of other guests and at the discretion of management.

WEDDINGS

Minimum charge is M 7500 to book out the venue (from sunrise to sunset). If you would like to party with your guests the whole night we recommend to party safe, book out the lodge and offer accommodation to your friends and family.

***All parties & events need to be booked & signed for in advance at reception.**

GUIDED TOURS AND ACTIVITIES

1) CYCLING

Since the Lesotho Sky team has taken over the management of Roma Trading Post a lot has happened. Roma now has its own Velosolutions **pump-track** (for bicycles, skateboards & inline skates) as well as a **bicycle shop** specialising in sales of 2nd hand bicycles, rentals, tours & repairs. The shop is located in the commercial side of Roma Trading Post, you can follow the signs from the road or on the property.

There are plenty of cycling routes (both on and off-road) in and around the Roma Valley ranging from easy and open roads/paths to steep and technical trails. Our skilled guides know the area well and will find a suitable route for you.

Note: Some daring riders of the Lesotho Sky team have recently ventured into Enduro Mountain Biking and many new trails are being developed/scouted. Please ask at reception for more information.

Rental options:

- MTB Rental half-day* M 250
 - MTB Rental full-day M 400
 - MTB Bike guide half-day M 100
 - MTB Bike guide full-day M 200
 - BMX / Jump Bike rental** M 50
 - **Roma Town Ride Special** **M 100** (bike & guide included)
- One of our guides will take you on a roughly 1h ride through Roma town with a pit stop at the student pub as well as the local makoenya shop.

* Our rental MTBs are GIANT 29 or 27,5 hardtails with SLX/XT components

** Our BMX and jump bikes are SUBROSA and NSBIKES, the rental price is for 30min or 1h (if we are not busy).

Details:

- No Helmet, No ride (helmet included in rental)
- All cycling related activities are done so at your own risk
- Minors need to be accompanied by a legal guardian
- Self-guided routes are available to download on www.tradingpostlodge.com
- Please respect the areas that you ride

Please note:

* Cycling and sport development is a key priority for Roma Trading Post. The Pump Track was made possible thanks to a generous donation from Velosolutions (Switzerland). The bike shop is creating jobs for mechanics, guides and assistants and offers many kids and youth from the community an opportunity to ride (in exchange for keeping the track and equipment clean and tidy).

2) HORSE RIDING

Horse riding is popular amongst the Basotho and it is considered the most convenient means of transport where no vehicles can go. Our horse rides offer scenic views of the Roma Valley and town. All horses are owned by members of the community and come with a guide who will take you on a 1-2h ride (depending on your preference & skill).

Details: M 400pp (1 pax), M 300pp (2 pax), M 250pp (3 pax and more)

3) COMMUNITY AND BASOTHO FAMILY VISIT

Roma Trading Post is situated in the heart of Roma town. An area rich with history and adventure. The lodge and the community invite you to visit the town and experience the everyday life of the Basotho people in the area. Our guides, some of whom originate from the town, will take you on a guided walk to see the area and meet a few people along the way.

Your will experience:

- Makhakhe Family visit
Just across the road, you will visit the family home of 'M'e Mathabo Roma trading Post staff members as well as the head of the family who will prepare a local food dish for tasting.
- Traditional beer tasting with 'M'e Makhauhelo
A local hot spot 'shabeen' where two types of traditional beer are brewed and sold
- Leratong Community Centre
Meet 'M'e Motena and learn about her work with over 170 children between the ages of 5-18 years.
- The oldest mill in Roma
Forming part of the Roma Trading Post since it's beginning in 1903, it is the oldest maize meal and grain mill - still operational to the Roma community today.

Details:

- Time: 9am to 11 am (approximately 2h)
- Available from Monday – Saturday
- Cost: M 100 per person (minimum 2 people or otherwise M 200 for this tour!)

Please note:

* The monies from this tour go to members of the community who are providing a service to this visit. These donations are not to be given directly but paid at reception.

*Please ask before taking pictures of people

4) VISIT SOME OF AFRICA'S LARGEST DINOSAUR FOOTPRINTS

Less than a 30min hike away from the lodge, you will be able to see some of the largest dinosaur footprints on the African continent. This scientific sensation was discovered in May 2017 and made global headlines. It is safe to walk without a guide, otherwise ask the friendly people in the village for directions (in Sesotho a dinosaur is called Kholumolumo).

Details:

- Time: 30 mins - 1 hour (Depending on your pace)
- Please book in advance to make sure that a guide is available
- Costs: M 50 per person (minimum 2 people or M 100 for this tour)
- Please do not touch or stand on the footprints in order to preserve them

Please note:

* The monies received from our community tours are used to create more tourism related jobs in our community, e.g. training of guides, development of new hiking routes and activities

5) HIKE OR MOUNTAIN BIKE TO QILOANE FALLS

NOTE: own vehicle needed or meter taxi needs to be arranged a day prior!

The picturesque Qiloane Falls are close to the source of the Makhaleng River and are best accessible from the village of Setibing (on the A3 road on the way to Mohale Dam). Depending on the water levels the main fall is about 35m wide and deep. The big rock pool at the bottom always carries water and is amazing for swimming. The route follows the river and just before the falls you will climb over a saddle point and descend to the falls.

Details:

- The hiking/cycling route from Setibing is not always intuitive so we suggest to take a guide for the day (M 200).
- The route is 5km (one way), you will return the same way
- It is suitable for families, if your kids are able and willing to hike 10km
- Take enough drinking water, sun protection and a snack/picnic

6) EXPLORE THE #ROMARENA

Roma Trading Post is located in an amazing sandstone arena, criss-crossed by a networks of paths used by animals and people. We have selected two of our favourites routes for you to explore with one of our guides. Both hiking routes start and finish at Roma Trading Post. You may expect incredible scenery, views of Mount Machache, Thaba Bosiu and other high peaks in the area. The trail takes you over sandstone slabs, through forests, bushes and dongas (erosion craters).

Details:

- The half-day route is approx. 8km long
- The full-day route is approx. 15km long
- The hiking routes are not always intuitive so we suggest to take a guide at a cost of M 100 (half day) or M 200 (full day)
- It is suitable for families, if your kids are able and willing to hike
- Take enough drinking water, sun protection and a snack/picnic

7) CLIMB THE HIGHEST PEAK IN THE AREA - MOUNT MACHACHE (2886M)

NOTE: own vehicle needed or meter taxi needs to be arranged a day prior!

Mount Machache is the most prominent (and highest) peak in this part of the country. When traveling to Roma from Maseru you will clearly see the entire massif. Hikers will be rewarded with a breathtaking 360° view of the lowlands (incl. Metolong Dam) as well as the highlands.

There is a good gravel road to the beginning of the hiking route in the village of Sekhutlong. There a two route options from there:

- 1) Climb and descend via Belekomo Pass (up and down in 6h, including breaks, the total distance covered on foot is about 8km)
- 2) Ascend via Belekomo Pass and descend via circumnavigating the Machache Massif (9h including breaks, the total distance covered on foot is about 15km).

Details:

- Due to weather conditions it is important to leave Roma by latest 7am
- The route is steep in places but there is no need for ropes or climbing gear.
- Prior booking is essential, the guide costs M 200 per day.
- Good fitness is essential as well as hiking/trekking shoes!
- Don't forget to pack enough water, food, as well as sun protection!
- You will need one extra space in your vehicle for the guide
- A taxi can be booked separately at reception

SELF-GUIDED TOURS AND ACTIVITIES

8) THABA BOSIU, THE MOUNTAIN FORTRESS OF THE BASOTHO PEOPLE

Thaba Bosiu translates to 'Mountain at Night'. It was in July 1824 when the founder of the Basotho nation, King Moshoeshoe I, moved with his people from the Northern regions of the country and took occupation of this mountain which his brother Mohale had reconnoitred.

He named the mountain Thaba Bosiu because he and his people arrived there in the evening and the essential protective work took him until late at night. Many years later with the purpose of intimidating his enemies, the news was spread that at night time the mountain grew larger than usual. This is where the Basotho nation was built. The fortress has eight springs and seven passes, the main one being Khubelu. Thaba Bosiu was never conquered by its many invaders.

Directions:

- Turn left at main road from Roma Trading post lodge.
- Pass the A3 turn Thaba tseka
- Turn right at the second turn off to Thaba- Bosiu
- Stay on the road until you arrive at the Thaba- Bosiu Information Centre.
- The drive is about 20 minutes.

Details:

- Guided tours available at the visitor centre located at foot of the mountain

9) MORIJA

Morija is a town in western Lesotho, located 50 kilometres South West of Roma. Morija is one of Lesotho's most important historical and cultural sites, known as the Selibeng sa Thuto— the Well-Spring of Learning. It was the site of the first French Protestant mission in Lesotho, founded in 1833. The town also houses the Morija Museum and Archives, well known for supporting research and preserving valuable records and documents of Lesotho's history. Morija also hosts an Arts & Crafts Studio and shop in the Maeder House (next to Morija Printing Works). Café Mojo sells woodfired pizza that are well worth the wait.

Directions:

- Turn left on the tarred road towards Maseru
- Keep going straight 22km to Masianokeng and turn left onto A2 (Main South)
- Drive 30km on Main South and turn left into Morija

Details:

- Guided tours available for small fee at the museum

10) MALETSUNYANE FALLS IN SEMONKONG (WORLD RECORD ABSEIL)

The Maletsunyane Waterfall is one of the highest single-drop falls in the Southern Hemisphere and plummets 196 metres into a spectacular gorge creating clouds of spray visible from afar.

Semonkong Lodge offers you the chance to explore the magnificent scenery and culture of Lesotho. Guided hikes, pony trekking and donkey rides are their most popular activities. They also offer mountain bike rental. An unforgettable adventure is the Guinness World Record, longest abseil in the world (right next to the waterfall).

Directions:

- 82km drive from Roma Trading Post (just under 2h)
- Turn right at onto the tarred road and follow the signage to Semonkong

Details:

- The abseil needs to be booked in advance in order to do it in a single day, our reception will assist you with this

11) EXPLORE METOLONG DAM (AMAZING SWIMMING SPOT)

The Metolong Dam is the 3rd (and newest) dam in Lesotho. It provides clean water to the lowland areas of Lesotho, including the capital Maseru. Our favourite swimming spot is located about 35min drive away from Roma Trading Post.

Directions:

- Continue on the road past Thaba Bosiu (see number 6) for about 9,5km
- Then take a right turn at the T-junction
- After roughly 2,5km keep going straight (onto a good gravel road)
- After roughly 4km you will get to the village of Ha Masakale
- Look out for "Metolong Backpacker" sign and turn of right onto another gravel road through the village right to the end.
- Park next to Africa's longest suspension footbridge and enjoy :-)

Recommendations:

- The Metolong Backpacker is located in the same village, with very scenic views of the dam and self-catering backpacker rooms as well as campsites www.metolong.com
- Africa's longest suspension footbridge spans 249m long (and 50m high) across the dam with nice swimming spots on both sides

12) HA BAROANA CAVE PAINTINGS (Self-drive, for high clearance vehicles only)

Approximately 23km, or 35 minutes drive from Roma lie the rock paintings of Ha Baroana in a hillside cave on the Liphiring River. Meaning Home of the Bushmen, the cave walls feature significant paintings of bushman life that are estimated to be about 2000 years old. The Ha Baroana rock paintings site is near Nazareth, in the Maseru district on the way to Mohale Dam, seven kilometers on the gravel road to Ha Khotso village. The cave paintings are 23.4kms from Roma Trading Post Lodge, 35 minutes drive.

Details:

- 23.4 km from Roma – approximately 35 minute drive
- We recommend you stop at One Way General Dealer on your left hand side for freshly baked bread
- R30 per person entrance fee
- The road to the caves is not accessible by a normal car after heavy rain

Directions:

- From Roma Trading Post Lodge turn left onto tarred road
- Turn left at main road from the lodge
- On the A3 turn right to Thaba-Tseka
- Stop at One Way General Dealer on your left for freshly baked bread
- About 17km from the lodge turn left
- Continue on the gravel road
- Turn right at Ha Baroana
- Drive past the police station in Ha Matela
- Follow the arrows at T- Junction at Ha Baroana
- Follow Left arrow
- 35 minutes from Roma (vehicle with clearance recommended)

13) MOHALE DAM

Mohale Dam is part of the Lesotho Highlands Water Project and is the 2nd dam constructed after the completion of Katse Dam. Mohale Dam is a large rockfill dam, located at the confluence of the Bokong, Jorotane and Senqunyane River. Mohale Dam usually offers activities such as boat cruises, pony trekking and hiking. The visitor centre offers interesting facts on Lesotho's water, also known as white gold.

Directions:

- Turn left onto tarred road from Roma Trading Post Lodge
- Turn right onto A3 road (follow the sign to Mohale Dam)
- Stay on the road until you get to Mohale Dam
- About 75km (one way)

14) KOME CAVE VILLAGE (ROUTE VIA TEYATEYANENG)

The Ha Kome Cave Village is situated at Pulane area in Berea district. The caves were a hideout for the Basia and Bataung clans during the Lifaqane wars and periods of cannibalism. The cave is still inhabited by their descendants to this day. There are also faded San paintings in the cave which indicates that the San also occupied the cave before.

The Kome Crafts and Information Office is about 500 metres up the road from the caves houses. Available for sale are locally-made crafts.

At the Kome Crafts and Information Centre you can picnic. The helpful staff at the centre can help you organise pony treks around the Pulane area and even assist you with guided tours of the Kome Cave Village. Catering is available upon request. Camping is permitted but there aren't any shower facilities.

A high clearance vehicle is recommended if you driving down to the centre and sensible footwear for the walk to the cave dwellings.

On your way you will be passing Lesotho Mountain Crafts in Teyateyaneng, another place where you will find many locally produced arts and crafts. You will also find a tuck shop and a small café at the centre.

Directions:

- About 80km from Roma via Maseru (about 1,5h)
- Drive to Maseru and follow directions to Main North 1
- Follow road to Teyateyaneng
- When you arrive at the Teyateyaneng city centre look out for a sign to Kome Caves (on your right hand side)

15) 4x4 ROUTES

Lesotho's networks of roads both new and old are constantly changing. We are happy to share our knowledge of routes as well as hear about your favourite routes. Please enquire at reception for details. Self-guided tours and guided tours available on request.

16) ENDURO (Motorbike)

The notorious Roof of Africa Rally has been taking place in the Roma area for many years. There are countless routes in the surrounding valleys ranging from easy to extremely hard. We are happy to share our routes with you or take you on a guided tour (own bike required). Please speak to reception for details.

Roma & Ramabanta Lodge charge a Community Levy (per bike, per stay) of M 100.

This levy goes towards a community fund, which rehabilitates frequently used motorbike routes, supports schools in the areas and pays for damages.

MULTI-DAY HIKES

17) FOLLOWING THE HORSEMEN (2, 3 or 6 day hiking trail and/or horse trek)

The *Horsemen* route is inspired by a short-film about the oldest trading routes in this part of Lesotho. Long before roads were built, the only way to trade in Lesotho was through mule and donkey caravans travelling deep into the mountains. In its heydays Roma Trading Post was the mothership and supplied many other Trading Posts between here and Thaba Tseka. Hikers will follow these trading routes (also known as mostats) and experience an ancient world, while immersing themselves in Basotho rural village life and how people make a living in the highlands and in the often harsh conditions of the Maloti Mountains.

The Horsemen Trail finishes in Roma. The 6-day hike starts in Semonkong, the 3-day hike starts in Ha Ramabanta and there are 2-day options (long and short). The hikes involve lodged as well as camping accommodation (in tents and abandoned Trading Post). It is possible to do the hike any time of the year with the right equipment.

Prior booking is essential, especially for bigger groups. The total distance covered on the full 6-day route is 109km.

These are our 4 popular hikes (depending on your time and fitness level):

- 2-day, long 55km hike from Ramabanta Trading Post - Roma Trading Post
- 2-day short 34km hike from Makhalleng Trading Post - Roma Trading Post
- 3-day 64km hike from Ramabanta Trading Post - Roma Trading Post
- 6-day full 109km hike from Semonkong - Roma Trading Post

BRAND NEW: a 4-day combo (2-days on horseback, 2 days hiking) over the full distance from Semonkong to Roma Trading Post (109km)

Details:

- Link to the film that inspired the route: www.followingthehorsemen.com
- Prices depend on duration, group size and season, please contact christian@skyadventures.net for enquiries

SESOTHO - THE LANGUAGE OF LESOTHO

In case you do not know much about language and customs in Lesotho, a few words of Sesotho will always result in more smiles and friendly replies, regardless of your destination.

Greeting is considered very important in Lesotho and because the letter “d” does not exist in the Sesotho Language, what is pronounced “Dumela” is actually written

LUMELA

U phela joang?

Ke phela hantle.

I need help.

Metsi

Ke kopa Maluti a mabeli.

Ke rata ho palama baesekele.

Ke tsoa South Africa.

Ke lula Lesotho.

Ke bua lipuo tse hlano.

Letsatsi le monate.

GOOD DAY

How are you doing?

I am doing fine.

Ke kopa thuso.

Water

I would like 2 Maluti (beer).

I love riding bicycle.

I am from South Africa.

I live in Lesotho.

I speak 5 languages.

Have a nice day.

KEA LEBOHA

THANK YOU

OUR FAVOURITE DESTINATIONS IN LESOTHO

- 1) Malealea Lodge (2h from Roma)
- 2) Semonkong Lodge (2h from Roma)
- 3) Ramabanta Lodge (1h from Roma)
- 4) Morija Museum (40min from Roma)
(Lesothos' arts & culture hub)
- 5) Sani Top Lodge (6h from Roma)
- 6) AfriSki Lodge & Resort (3,5h from Roma)
- 7) Maliba Lodge (2,5h from Roma)
- 8) Kick 4 Life, Maseru (40min from Roma)

OUR FAVOURITE FOOD IN LESOTHO

- 1) Duck & Donkey Restaurant (Semonkong)
- 2) Primi (Maseru Mall, Maseru)
- 3) Steak night at Malealea Lodge (Malealea)
- 4) Grilled Trout at Piri Piri (Maseru)
- 5) No. 7 Restaurant (Maseru)
- 6) KCs grilled chicken (Roma)



WE ALWAYS STRIVE TO IMPROVE OUR SERVICES AND HIGHLY VALUE YOUR HONEST FEEDBACK.

THANK YOU FOR FILLING OUT OUR GUEST SURVEY (AVAILABLE AT RECEPTION) AND FOR RATING US ON TRIPADVISOR :-)

REA LEBOHA

WE THANK YOU

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