

| # | Day | Tr | Route | Tr | Night |  | Number of Passes | <input type="checkbox"/> | Resupply | # | Distance (km) | # | Elevation Gain (m) | # | Elevation Loss (m) | Notes |
|----|-----|----|----------------------------------------------------------------------------------------------------------------|----|-----------------------------------|-----------------------------------------------------------------------------------|------------------|--------------------------|----------|---|---------------|---|--------------------|---|--------------------|----------------------------------------------------------------------------------|
| 1 | | | Up Namahadi Pass Summit Mont Aux Sources Down Chainladders Up Gully to Ifidi Cave | | Ifidi Cave |  | 3 | <input type="checkbox"/> | | | 24.1 | | 2259 | | 1047 | Can start from Witsieshoek or Fika Patso Dam |
| 2 | | | Down Icidi Pass Up Ifidi Pass | | Ifidi Cave |  | 2 | <input type="checkbox"/> | | | 31.5 | | 2379 | | 2368 | Can stow packs |
| 3 | | | Down Mbundini Pass Up Madonna Pass | | Rat Hole Cave |  | 2 | <input type="checkbox"/> | | | 14.4 | | 1383 | | 1461 | |
| 4 | | | Down Fangs Pass Up Fangs Pass North Gully Down Rwanqa Pass | | Camp at base of Rwanqa Pass |  | 3 | <input type="checkbox"/> | | | 8.3 | | 760 | | 1615 | Could receive tents at Rwanqa base |
| 5 | | | Up Black and Tan North Pass Down Manxome Pass | | Camp at base of Pins Pass |  | 2 | <input type="checkbox"/> | | | 6.59 | | 1209 | | 1172 | |
| 6 | | | Up Pins Pass Around and Down Mnweni Pass | | Camp at base of Pins Pass |  | 2 | <input type="checkbox"/> | | | 11.7 | | 1202 | | 1202 | Leave packs at camp |
| 7 | | | Up Ledgers Pass Down Rockeries Pass | | Camp at Rockeries/Nguza campsite |  | 2 | <input type="checkbox"/> | | | 11.9 | | 1399 | | 1502 | |
| 8 | | | Up Nguza Pass Down Ntonjelana Pass Up Twins Pass | | Twins Cave |  | 3 | <input type="checkbox"/> | | | 15.7 | | 2382 | | 1591 | Couple of route options for Twins Pass |
| 9 | | | Down Bell Traverse Up Mlambonja Pass | | Twins Cave |  | 2 | <input type="checkbox"/> | | | 24.1 | | 3073 | | 3073 | Leave packs at camp |
| 10 | | | Down Elephant Gully Down Cockade Pass Up Xeni Pass North Down Xeni Pass South Up Cockade Variation | | Camp on the escarpment |  | 4 | <input type="checkbox"/> | | | 13.7 | | 2028 | | 1906 | Drop packs when going down Cockade Pass Not counting Elephant Gully as a pass |
| 11 | | | Summit Cleft Peak Down Tseketeke Pass Up Camel Pass Include Organ Pipes Variation | | Rolands Cave |  | 3 | <input type="checkbox"/> | | | 18.2 | | 2258 | | 2156 | |
| 12 | | | Down Thuthumi Ridge Up Thuthumi Pass Up Smuggler's Pass Down Tlanyaku Pass | | Camp at the base of Tlanyaku Pass |  | 3 | <input type="checkbox"/> | | | 24.3 | | 1498 | | 2680 | Not counting Smuggler's Pass as a pass |
| 13 | | | Up Didima Pass Down Gray's Pass | | Camp at Keith's Bush Camp |  | 2 | <input type="checkbox"/> | | | 17.3 | | 1614 | | 1326 | |
| 14 | | | Over Cowl Pass Up Ship's Prow Pass Summit Champagne Castle | | Camp on the escarpment |  | 2 | <input type="checkbox"/> | | | 17.6 | | 2473 | | 1732 | |
| 15 | | | Down Ape's Pass Up Leslie's Pass Summit Mafadi | | Upper Injisuthi Cave |  | 2 | <input type="checkbox"/> | | | 18.9 | | 1736 | | 1397 | |
| 16 | | | Down Around the Corner Pass Up Corner Pass Down Judge Pass | | Bannermans Hut |  | 3 | <input type="checkbox"/> | | | 19.7 | | 1304 | | 2329 | |

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| 17 | | | Up Gypaetus Pass Down Bannerman Pass | | Bannermans Hut | | 2 | <input type="checkbox"/> | | | 5.51 | | 948 | | 949 | Leave packs at camp Rest day |
| 18 | | | Up Thumb Pass Down South Hlubi Pass Up Bond Pass Down Langalibalele Pass | | Camp on contour | | 4 | <input type="checkbox"/> | | | 17.4 | | 1800 | | 1809 | |
| 19 | | | Up North Jarateng Pass Down Central Jarateng Pass Up South Jarateng Pass Across to Katana Pass | | Katana Cave | | 3 | <input type="checkbox"/> | | | 11.3 | | 1692 | | 954 | |
| 20 | | | Down Katana Pass Contour and Up Giant's Pass Summit Giant's Castle | | Giant's Summit Cave | | 2 | <input type="checkbox"/> | | | 12.1 | | 1259 | | 1131 | Summit Giant's Castle without packs |
| 21 | | | Down Elandshoek Pass Up Elandshoek Pass Across to Lotheni Pass South Fork Gully | | Lotheni Cave | | 2 | <input type="checkbox"/> | | | 15.7 | | 1276 | | 1499 | Do Elandshoek Pass without packs |
| 22 | | | Down Lotheni Pass Up Ntubeni Pass Across and Down Uklebe Pass Up Ka-Masihlenga Pass | | North Hlathima Cave | | 4 | <input type="checkbox"/> | | | 16.5 | | 1789 | | 1818 | |
| 23 | | | Down Hlathima South Pass Up Hlathima North Pass Down Redi Pass Up Buttress Pass - The Passage | | North Hlathima Cave | | 4 | <input type="checkbox"/> | | | 15.3 | | 1683 | | 1683 | Leave packs at camp |
| 24 | | | Down Mlahlangubo Pass Up Nsupenyana Pass Down Ngaqamadolo North Pass | | Camp on contour | | 3 | <input type="checkbox"/> | | | 11.1 | | 813 | | 1406 | Leave packs at camp for final two passes of the day |
| 25 | | | Up Ngaqamadolo South Pass Down Mkhomazi Pass Up Mkhomazi Pass | | Camp on the escarpment | | 2 | <input type="checkbox"/> | | | 15.9 | | 1867 | | 1258 | Leave packs on top of Mkhomazi Pass |
| 26 | | | Down Mohlesi Pass Up Nhlangueni Pass Summit Thabana Ntlenyana Down Ka-Ntuba | | Camp on contour | | 3 | <input type="checkbox"/> | | | 19.2 | | 1506 | | 1991 | |
| 27 | | | Up Manguang Pass Down Mqatesheni Pass Up Phinong Pass | | Sani Backpackers | | 3 | <input type="checkbox"/> | | | 16.1 | | 1926 | | 1454 | |
| 28 | | | Rest Day | | Sani Backpackers | | 0 | <input type="checkbox"/> | | | 0 | | 0 | | 0 | Rest day |
| 29 | | | Down Sani Pass Up Masubasuba Pass Down Amakehla Pass (Pholela Cave) | | Pholela Cave | | 3 | <input type="checkbox"/> | | | 24.4 | | 1301 | | 2095 | |
| 30 | | | Up Minaret Pass | | Camp on the escarpment | | 1 | <input type="checkbox"/> | | | 7.24 | | 1147 | | 363 | |
| 31 | | | Down Pitsaneng East Pass Up Pitsaneng West Pass Down Stones North Pass Up Stones South Pass | | Sandleni Cave | | 4 | <input type="checkbox"/> | | | 12.5 | | 1543 | | 1612 | |

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| 32 | | | Down Sandleni Pass Up Mzimkhulu North Pass Down Mzimkhulu South Pass Up Verkyker Pass | | Pigeonhole Cave |  | 4 | <input type="checkbox"/> | | | 15.6 | | 1999 | | 1834 | Can do section between Mzimkhulu Passes without packs |
| 33 | | | Down Rhino Pass Up Mashai Pass Down Wilson's Pass | | Sleeping Beauty Cave |  | 3 | <input type="checkbox"/> | | | 19.4 | | 1672 | | 2420 | Adjusted route for Merv's shortcut |
| 34 | | | Up Bollard Pass Down Tsepeng 1 Pass Up Tsepeng 2 Pass | | Mzimude Cave |  | 3 | <input type="checkbox"/> | | | 9.54 | | 1531 | | 685 | |
| 35 | | | Down Mzimude North Pass Up Mzimude South Pass Down Walker's Pass (Mzimude) | | Camp on contour |  | 3 | <input type="checkbox"/> | | | 9.41 | | 1072 | | 1655 | |
| 36 | | | Up Walker's Pass (Ridge) Down Isicatula Pass Over Saddle Nek Pass Detour to Ngwangwe Pass via top of Nqwangwane Pass | | Bushman's Cave |  | 5 | <input type="checkbox"/> | | | 9.29 | | 1435 | | 1637 | |
| 37 | | | Down Nqwangwane Pass Up Thamathu Pass Knuckles Traverse Pass Up Knuckles North Pass Down Knuckles North Pass | | Camp along Knuckles Traverse |  | 3 | <input type="checkbox"/> | | | 22 | | 1494 | | 1202 | |
| 38 | | | Up Knuckles South Pass Down Knuckles South Gully Pass Down Lammergeier Pass | | Camp at base of Tarn Cave Pass |  | 4 | <input type="checkbox"/> | | | 10.7 | | 797 | | 1478 | |
| 39 | | | Up Tarn Cave Pass Down Bushman's Nek Pass | | |  | 2 | <input type="checkbox"/> | | | 14.3 | | 664 | | 786 | Option to leave out as these are sandstone |