

HIKING & WALKING ROUTES

TABLE MOUNTAIN

Looming above Cape Town, this world-famous landmark is a desirable hiking scalp for most visitors to Cape Town and an obvious addition to any itinerary. Blessed with kilometres of hiking trails and interesting scrambling routes offering a distinctly wild and remote feel despite its urban location, any visitor to its slopes are spoiled for choice.

Listed below are our most popular ascents, but with over 300 ways of getting up the mountain, this is by no means an exhaustive list of routes on offer... Please feel free to discuss with your consultant should your guests prefer something a little more off the beaten track.

For **technical rock-climbing** activities in the national park, please contact our office for detail and pricing – we have accredited and experienced rock climbing guides available for bouldering, single pitch sport climbing and multi-pitch traditional climbing at a variety of venues along the Cape Peninsula.

HALF DAY TABLE MOUNTAIN HIKES

HD TABLE TOP EXPLORER

Duration: 2 to 4 hours / 4km (2½ miles)

Grade: Easy to Moderate – good mountain trails that can be rocky underfoot and the occasional short but steep ascent.

Starting Point: Lower Cableway Station, Tafelberg Road.

Description: This is a circular walk that starts from the Upper Cableway Station and **assumes the Table Mountain Aerial Cableway is operating**. The best route choice if guests enjoy hiking without the climbing, this involves a circular route offering great views, the highest point of Maclear's Beacon before descending into Echo Valley and returning to the Upper Cableway Station.

HD PLATTEKLIP GORGE ASCENT

Duration: 2 – 4 hours / 4 km (2½ miles)

Grade: Hard to Challenging – sustained ascent on good rock steps with gently undulating mountain trails on top of the mountain

Starting Point: Platteklip Gorge, Tafelberg Road.

Description: A steep and sustained ascent on a rocky trail through a sheer gorge, with options on top to either visit the highest point at Maclear's Beacon (another 1hr of hiking) or traverse across the Western Table to descend via the Table Mountain Aerial Cableway.**

HD INDIA VENSTER ASCENT

Duration: 3 – 4 hours / 4 km (2½ miles)

Grade: Hard to Challenging – sustained ascent on mountain trails with loose rock underfoot. Some rock scrambling required and narrow ledges experienced, requiring a good head for heights.

Starting Point: Lower Cableway Station, Tafelberg Road.

Description: Our favourite route on the mountain that offers both brilliant views and an adventurous ascent. Steep rocky trails wind up the front of the mountain to a series of short vertical faces protected by chains and staples, followed by a series of ledges that swing from views over Cape Town to vistas of Camps Bay and the 12 Apostles. Options exist from the top to continue to the highest point at Maclear's Beacon (another 1hr of hiking) or traverse across the Western Table to descend via the Table Mountain Aerial Cableway.**

ACTIVE *africa*

Luxury, Active Travel Experiences

HD KLOOF CORNER ASCENT

Duration: 4 – 5 hours / 4 km (2½ miles)

Grade: Challenging to Extreme – sustained ascent on loose rocky trails with several vertical rock faces requiring scrambling and a low level of rock climbing ability. Some areas are exposed and require a good head for heights.

Starting Point: Kloof Corner, Tafelberg Road.

Description: A challenging route that verges on rock climbing. The trail starts with a sustained ascent on rocky steps to the first short vertical wall, followed by a long sustained climb over loose rocky trails to a narrow break in the mountain ridge. Narrow trails along the ridge interspersed with short rock scrambles follows, including a dramatic narrow crack to gain the highest ledge for the traverse around the mountain to the top. All rock pitches are rope protected. Great views and an exciting ascent that can be finished with a traverse across to the highest point at Maclear's Beacon (an extra 1½hrs hiking), a walking descent via Platteklip Gorge (an extra 2½hrs hiking) or via the Table Mountain Aerial Cableway. **

Included: Cable Car ticket, Water, Trail Snacks, Safety & Walking Equipment, Private Vehicle & Guide

PLEASE NOTE:

- **A festive season surcharge of ZAR300 per each trip is applicable between 20 December & 5 January**
- Operation of the cablecar is beyond our control and it can close at any stage due to inclement weather. In this event we are required to walk off the mountain – an additional 2hrs of hiking.
- A recommended kit list is available on request.
- Picnic lunch replaces cable car ticket during annual cableway maintenance period

FULL DAY TABLE MOUNTAIN HIKES

FD TABLE TOP EXPLORER

Duration: 5 to 8 hours / varied mileage

Grade: Moderate – good mountain trails that can be rocky underfoot and the occasional short but steep ascent.

Starting Point: Lower Cableway Station, Tafelberg Road.

Description: This is a circular walk that starts from the Upper Cableway Station and **assumes the Table Mountain Aerial Cableway is operating**. The best route choice if guests enjoy hiking without the climbing, this involves a circular route offering great views, the highest point of Maclear's Beacon and includes a loop onto the Back Table to the seldom visited Hely-Hutchinson Reservoirs and the interesting Reservoir Museum before returning to the Upper Cableway Station.

FD TABLE MOUNTAIN EXPLORER

Duration: 5 to 8 hours / varied mileage

Grade: Moderate to Challenging – sustained ascent and possible steep descents on rugged mountain trails. Possible rock scrambling and exposed ledges on certain routes.

Starting Point: As determined by the route selection.

Description: An open-ended day making use of our intimate knowledge of the mountain to customise a route to the climbers' requirements. Routes can range from simple ascents and rambles around the dams on top of the mountain to challenging scrambles and long traverses of remote sections of the mountain – the focus is on exploring areas not normally seen by most visitors to Table Mountain.

FD CABLEWAY TO KIRSTENBOSCH

Duration: 2.5 to 4 hours / 6.6km (cable car) OR 5 - 6 hours / 9.5 km (hiking up)

Description: Hikers can opt to walk up Table Mountain or take the cable car to the top of Table Mountain where the hike starts. Then it's an easy walk to the highest point at Maclears Beacon, along well-defined and manicured paths and trails. From here, the route continues downhill on well-used trails. We descend to Kirstenbosch via Skeleton Gorge with its gum pole ladders over rocky descents, or Nursery Ravine's steep switchbacks and rocky forest trails.

Our guides can conduct a tour of the gardens at the end of the hike or guests may opt to wander at their own pace.

The sustained downhill at the end of this hike may make it unsuitable for guests with knee problems. **Grade:** Moderate to challenging – sustained ascent if hiking up Table Mountain and steep descents into Kirstenbosch are the most difficult part of this route. Descending Skeleton Gorge via the ladders carries the risk of falling.

Experience & Fitness Level Required: A good level of hiking fitness required to cope with a steep ascent if walking up Table Mountain, along with comfort walking over uneven ground. Strong knees require for the descent.

FD RISE & SHINE + CITY

Duration: 2 to 4 hrs for the mountain hike + city walk

Option of either a hiking or cableway ascent of Table Mountain followed by descent via cableway. For hiking ascents, the default route is India Venster, a rocky trail that involves some light rock scrambling, but final route selection is made by guide pending discussion with guests on preferences and abilities. Descend via cableway for a café lunch in the city and spend the balance of the afternoon exploring the city on foot from a locals perspective.

Included: Cable Car ticket, Water, Trail Snacks, Picnic / Café Lunch, Safety & Walking Equipment, Private Vehicle & Guide

PLEASE NOTE:

- **A festive season surcharge of ZAR300 per each trip is applicable between 20 December & 5 January**
- Operation of the cablecar is beyond our control and it can close at any stage due to inclement weather. In this event we are required to walk off the mountain – an additional 2hrs of hiking.
- A recommended kit list is available on request.