

HIKING & WALKING ROUTES

FULL DAY KALK BAY

Hugging the scenic coastline of False Bay, what was once known as Millionaires Mile now consists of a series of colourful suburbs stretching from the beaches of Muizenberg and the ever-popular Surfers Corner all the way to bohemian Kalk Bay with its plethora of watering holes, restaurants and funky shops. Linked by a beautiful coastal walkway that passes small, secluded beaches and tidal swimming pools, it is the mountains above the villages that attract us most – the shrubby steep slopes yield to shoulders and plateaus that offer unparalleled views of False Bay and the Cape Peninsula. Sandstone rock formations frame thick indigenous flora, boardwalks wind through the last remaining yellow-wood forests on the Peninsula and the cliff faces offer the unique attraction of easy caving to spice up your hike.

FD KALK BAY HIKE & VILLAGE WALK

Duration: 3 – 4 hours / 7km (4 miles)

Description: Starting in the village, we ascend to the mountain trails for a gradual but sustained climb up to break at a viewpoint. We traverse gently across the lower slopes of Kalk Bay peak, dropping steeply for a short way before descending gently into Muizenberg. From the beach we follow the promenade all the way back to Kalk Bay, arriving in time for a café lunch. Spend the afternoon exploring the harbour and the colourful shops and art galleries of Kalk Bay before making our way back to Cape Town.

Grade: Easy to Moderate – good mountain trails that can be rocky underfoot, followed by easy walking on a coastal promenade.

Experience & Fitness Level Required: A moderate level of hiking fitness required along with comfort walking over uneven ground.

FD KALK BAY PEAK

Duration: 3 – 4 hours / 7km (4 miles)

Description: A circular hike with the option to explore the sandstone caverns and tunnels of Cave Peak. Ascend through beautiful mountain fynbos into Echo Valley, with the option of breaking out to explore one of the caves on Cave Peak before crossing the over the valleys to enjoy views over the reserve from Kalk Bay Peak. Descending via the Spes Bona Forest, some of the last remaining indigenous Yellow-wood forest on the Peninsula, looping back to the start. Spend the afternoon exploring the harbour and the colourful shops and art galleries of Kalk Bay or take an afternoon stroll along the promenade to Muizenberg before making our way back to Cape Town.

Grade: Moderate to Hard – good mountain trails that can be rocky underfoot. Most routes up to the peak include sustained ascents to start with but flatten into undulating terrain when reaching the escarpment.

Experience & Fitness Level Required: A moderate to good level of hiking fitness required along with comfort walking over uneven ground. If tackling the caves, comfort with being in dark enclosed spaces.

INCLUDES: Private Vehicle & Guide, Water, Snacks, Café Lunch, walking equipment, entry fees & events.

PLEASE NOTE:

- **A festive season surcharge of ZAR300 per each trip is applicable between 20 December & 5 January**
- **A recommended kit list is available on request.**