

## TABLE MOUNTAIN & CITY

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)

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.

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

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

### HD PLATTEKLIP GORGE ASCENT

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

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.

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

Experience & Fitness Level Required: A good level of hiking fitness required to cope with big steps over a sustained ascent along with comfort walking over uneven ground.

### HD INDIA VENSTER ASCENT

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

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.

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.

Experience & Fitness Level Required: No previous rock scrambling experience required, but guests should have a good head for heights, a good level of hiking fitness for a sustained climb and comfort walking over uneven ground.

## HD KLOOF CORNER ASCENT

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

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.

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.

Experience & Fitness Level Required: No previous rock scrambling experience required, but guests should have a good head for heights, a good level of fitness for a sustained climb and comfort walking over uneven ground.

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

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.

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

Experience & Fitness Level Required: A good level of hiking fitness required to cope with a potentially long day of hiking along with comfort walking over uneven ground.

### FD TABLE MOUNTAIN EXPLORER

Duration: 5 to 8 hours / varied mileage

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.

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

Experience & Fitness Level Required: A good to advanced level of hiking fitness required to cope with a steep ascent and potentially long day of hiking, along with comfort walking over uneven ground.

## FD TABLE MOUNTAIN HIKE + CITY TOUR

Duration: 3 to 4 hrs for the mountain hike + 3 hrs in the city

Description: 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.

Grade: Hard to Challenging – sustained ascent on mountain trails with loose rock underfoot. Depending on route choice, there may be some rock scrambling required and narrow ledges experienced, requiring a good head for heights. City walking is easy on level ground and pavements.

Experience & Fitness Level Required: For the Table Mountain hiking element, a good level of hiking fitness required to cope with a steep ascent along with comfort walking over uneven ground.

**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.

## **LIONS HEAD HIKE**

Lions Head is often over-looked in favour of its much larger neighbour, yet this mountain offers some of the best views of the city and its environs, not to mention a unique aspect on the more famous Table Mountain. Popular with locals as morning or evening exercise, it is often a good option when weather closes the cableway on Table Mountain.

### HD LIONS HEAD SUMMIT LOOP

Duration: 2 – 3 hours / 4km (2½ miles)

Description: Dwarfed as it is by Table Mountain, the under-rated Lions Head offers a spectacular loop walk that offers 360° views of the city and an unusual perspective of Table Mountain, and is a great substitute when conditions on Table Mountain are not suitable. The higher sections of the mountain become a little more vertiginous, occasionally requiring the use of small, very stable steel ladders to ascend rock steps, so a good head for heights is required. The infamous chains about ¾ the way up can provide a fun challenge or can be by-passed by using an alternative rocky trail. Descent is by the same route.

Grade: Easy to Moderate – good mountain trails that can be rocky underfoot. The upper sections of the mountain involve some slightly exposed ledges and easy metal ladders to assist with short rocky sections.

Experience & Fitness Level Required: A good level of hiking fitness required to cope with a sustained ascent and a good head for heights for tackling the ladders and chains at the top (although the latter can be avoided), along with comfort walking over uneven ground.

**Included:** 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**
- A recommended kit list is available on request.

## CAPE TOWN CITY WALKS

A coming together of cultures, cuisine and landscapes, there is nowhere quite like Cape Town – crowned by the magnificent Table Mountain, the Mother City is arguably one of the most beautiful cities in the world. From leafy parks and boulevards to bustling inner city streets, conservative colonial architecture to the rapture of colour that is the Bo-Kaap, the tourist driven Waterfront complex with its big-name brand stores and high end restaurants to local daily goods markets and street stalls selling everything from socks to samosas, every corner of Cape Town can reveal a new discovery. While the usual city attractions feature as a backdrop to your day, our city walks focus primarily on contemporary culture, the story driven by the vibrant art and diversity of culinary cultures that Cape Town is renowned for.

### FD CAPE TOWN SOUL FOOD TOUR

Duration: 4 – 5 hours

Description: Join our inhouse chef-with-a-hiking problem and spend the day exploring the streets of Cape Town in search of tasty morsels that best describe our colourful culture and history. Come hungry – we don't include a formal sit-down lunch in the programme, but this is an eating tour that will have you bursting at the seams... Note that aside from a couple of reliable staples that form the backbone of the experience, the dynamic nature of the food scene in Cape Town means this tour is largely unscripted.

Grade: Easy – walking on pavements. Crossing some busy streets requires caution.

Experience & Fitness Level Required: A light level of fitness required as you will spend most of the day on your feet. Note that this is not a “fine food” experience, so a robust sense of culinary adventure may be required.

**INCLUDES:** Private Vehicle & Guide, Water, Snacks, food tastings & experiences, walking equipment, entry fees.

### **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.