



South African
NATIONAL PARKS

TABLE MOUNTAIN NATIONAL PARK



*A Park for All, Forever
n Park vir Almal, vir Altyd
iPaka yoluntu lonke ngonaphakade*

WORLD HERITAGE



PATRIMOINE MONDIAL

FREE ENTRY
for a year for WILD Card
holders, for more information
call 086 123 4002
www.wildinafrica.com



YOUR NATURAL HERITAGE

Table Mountain National Park

A visual feast and adventure playground, Table Mountain National Park (TMNP), a natural world heritage site, is a haven of magnificent mountains plunging into crystal seas fringed with the bleached white sands of the Cape Peninsula. Add to this its awesome tapestry of natural and social history, and you have a destination that has something for everyone - from madcap adrenaline sport fans and families to nature lovers and history buffs.

So what are you waiting for? Get down to the Cape and start exploring one of South Africa's most spectacular National Parks.

At a Glance

- TMNP stretches around 70 km's from Signal Hill and Table Mountain in the north to Cape Point in the south and includes the seas and many of the beaches around the Peninsula.
- A Natural World Heritage site, the TMNP is a part of the Cape Floral Kingdom and is home to many interesting animals and thousands of exquisite plants and trees - many of which are found nowhere else on earth!
- TMNP is a National Park situated entirely within the metropolitan city of Cape Town.
- Two marine systems mix at Cape Point - the cold Benguela and the warm Agulhas - resulting in a startling array of marine life.
- The TMNP is one of South Africa's tourism hotspots attracting over 4 million visits per year.
- The TMNP is primarily an open access Park offering visitors free access to many gorgeous attractions. There are 4 pay points where funds are collected for conservation and maintenance.

Buy a WILD Card* and enjoy reduced rates at:

- Cape of Good Hope • Boulders Penguin Colony • Silvermine
- Oudekraal braai & picnic site

While the following areas are open access, you pay for use of braai and picnic facilities. Use your WILD Card* at these areas too:

- Perdekloof braai and picnic site • Newlands braai and picnic site • Tokai braai and picnic site

* Visit www.sanparks.org for more information about how WILD Cards give you affordable access to National Parks around the country.



Fauna and Flora

The Residents

The Park is home to a variety of mammals and reptiles - some are timid and others are not so friendly. Look out for Klipspringer, Caracal and Duiker on the slopes of Table Mountain as well as the agile Dassie, Cobra's and Puff Adders.

The Cape of Good Hope section has a variety of antelope including majestic Eland, the endangered Bontebok and the beautiful Red Hartebees.

Great characters of the Park are the Chacma baboons who are very amusing but should never be fed. Please treat them with respect and caution as they can be dangerous.

Birding

This is a twitcher's paradise and enthusiasts can look out for an array of terrestrial and coastal birds including Cape Siskin, African Penguin, Black Shouldered Kite, Peregrine Falcon, African Fish Eagle, Spotted Eagle Owl, Jackal Buzzard, Black Oyster Catchers, Black Eagle and Wandering Albatross - to name but a few.

For more information visit www.capebirdingroute.org

Flora

Central to the appeal of the TMNP is its fynbos and Afromontane forest vegetation. Fynbos forms part of the Cape Floral Kingdom which is the smallest and richest floral kingdom on earth, and the TMNP has in excess of 2 200 species of plants growing within its borders.

These include such treats as the Red Disa and the King Protea. The indigenous forests are ancient and cool with trees of all shapes and sizes lending an air of mystery and faerie.





Table Mountain

With its pouring table cloth, wonderful hikes and extreme moods, Table Mountain makes Cape Town the unique city that it is. Through the years the mountain has served as a home and refuge to the many people who have called the Cape home, from the original Khoi and San people to slaves who used to pray and hide in her embrace and, more recently, the residents of Cape Town city who love their mountain.



How you choose to get to the top is incidental, you can hike or grab a ride on a cable car, but it is essential that you visit the summit of this flat-topped beauty to admire the incredible views of the city and all the way down to the deep south.



If it's not great heights you seek and you prefer a relaxing stroll, her lower slopes offer shady forests and musical streams to soothe away your troubles.

Maclear's Beacon, the highest point (1088m) on Table Mountain, is a 20 minute walk from the Upper Cable station and is a stopover point for the Hoerikwaggo Table Mountain hiking trail.

Signal Hill, Lion's Head and Devil's Peak

On either side of Table Mountain, these peaks are also popular tourist destinations, offering panoramic views and enjoyable hikes - although Devil's Peak is only for the very fit. Lion Battery on Signal Hill is the site of the historic noonday gun that is fired each day at 12:00 sharp!

Cableway Inquiries:

Tel +27 21 424 8181
or www.tablemountain.net

Cable Car Operating Times:

Summer (Oct - Mar): 07:00 - 18:00
Winter (Apr - Sept): 07:00 - 17:00





Cape of Good Hope & Cape Point

Vast tracts of fragrant *fynbos* combined with a plethora of stunning beaches and bays make each visit to this unspoiled area a constant delight. In this section of the TMNP you can see a variety of buck and other mammals such as Chacma baboons as well as reptiles and birds - including the flightless ostrich. You can also dive, picnic and hike to your heart's content. Look out for the baboons - they may steal your food!



The history of the area dates way back to the days of the Khoi and San people. In the 15th Century it was visited by the great Portuguese explorers Dias and Da Gama who are thought to have pioneered the trade route between Europe and the East. Following, often tragically, in their wakes were 100's of trade ships many of which floundered on the treacherous rocks and stormy seas that surround Cape Point.



Visitors can catch the Flying Dutchman funicular ride to the top of the Point to glimpse this watery graveyard and to see the original Cape Point lighthouse. While you are in the area the Buffelsfontein Visitor Centre is an absolute must as it showcases all the plants and animals to look out for in a particular season.

You can also buy a cup of coffee or tea and some snacks.



Contact Details:

Tel: + 27 21 780 9204

Entry Times:

Summer (Oct - Mar) 06:00 - 18:00

Winter (Apr - Sept) 07:00 - 17:00

Flying Dutchman 09:00 - 18:00

Funicular 09:00 - 17:00

Two Oceans Restaurant 09:30 - 17:30

Tel: +27 21 780 9200 7 days a week

Visitor Centre 08:00 - 17:00

Tel: +27 21 780 9204 7 days a week



Silvermine

The centrally situated Silvermine forms a gateway between the northern and southern areas of the Park and is quite simply awesome! In this delightful escape, a mere 15 minutes drive from the centre of Cape Town, you can experience a true sense of wilderness. Enhanced by pristine *fynbos* and pockets of gnarly, gloomy Afromontane forest - it won't fail to take your breath away.



This is a real haven for adventure sport enthusiasts with activities as diverse as dog-walking, caving, mountain biking and sport climbing on offer (see activities). It is also an ideal breakaway for friends and family with a gorgeous dam and tinkling brook leading to scenically-appointed picnic and braai areas.

The area flanks both sides of Ou Kaapse Weg and, whether you choose to turn left or right, you will be treated to scenic views, streams, waterfalls and mystical rock formations of unparalleled natural beauty.

The Silvermine is a place of many nooks, caves and crannys and it is possible to spend an entire lifetime exploring without discovering all her secrets. It is here that many rare and endangered species grow, including beautiful and shy orchids. Sheer rock faces provide nesting space for raptors including Black Eagles. As an observant hiker you will see little antelope, Caracal and an abundance of reptiles.

Contact Details:

Tel: + 27 21 789 2460

Entry Times:

Summer (Oct - Mar)
07:00 - 18:00

Winter (Apr - Sept)
07:00 - 17:00





Boulders Penguin Colony



Just past the historic naval village of Simon's Town this world-renown colony of African Penguins will charm and amuse you. Previously known as the Jackass Penguin after their donkey-like call, these birds are true characters who will definitely win your heart. The visitor centre is informative and knowledgeable staff are on hand to see to your needs and answer your questions.

There are also secluded beaches where it is wonderful to swim - occasionally you may find a curious penguin gliding next to you! But - don't touch them as they may just peck you with their razor-sharp beaks.



Contact Details:

Tel: + 27 21 786 2329

Fax: + 27 21 786 5787

Email: tmnpboulders@sanparks.org

Entry Times:

Feb - March 08:00 - 18:30

Apr - Sept 08:00 - 17:00

Oct - Nov 08:00 - 18:30

Dec - Jan 07:00 - 19:00



Accommodation in the Park

Olifantsbos Cottage +27 21 780 9204

The most magnificent getaway in the Cape, this isolated cottage is located right on the beach in the heart of the Cape of Good Hope. There is nothing to match this.

The up-market cottage can comfortably accommodate 6 people and a further 6 in the Annex. Fully equipped and self-catering.



Eland and Duiker +27 21 780 9204

Nestled in the Cape of Good Hope, these cozy cottages are an ideal secret breakaway within driving distance of Cape Point. Each cottage sleeps 6 people. Fully equipped & self-catering.



Wood Owl Cottage +27 21 712 7471

Situated in the Tokai Pine Plantation this homely accommodation gives the illusion of remoteness but is centrally situated. Fully equipped & self-catering.



Platteklip Wash House and Overseers Cottage +27 21 422 2816/4271

Overnight on the slopes of Table Mountain, in the award winning restored Platteklip Wash House or fall asleep in the beautiful Overseers Cottage, with the City at your feet and the stars as your sky.

Each of these luxury-style accommodations sleeps 12 people. Fully equipped and self-catering.



Conferencing and Team Building activities

Buffelsfontein at Cape Point +27 21 780 9204



Situated within walking distance of beaches and picnic areas, this perfect breakaway in the Cape of Good Hope is the perfect way to get your team out of the office.

Platteklip Wash House on the foot of Table Mountain +27 21 422 2816/4271

Stunningly appointed on the slopes of Table Mountain and five minutes from town this is an unbeatable venue.



Note: For details please visit www.tmnp.co.za or call the relevant number.



Overnighting in the Tented Camps

The beautiful, rustic but luxurious camps, cater for both local and international visitors, and are built from timber felled and milled in the TMNP. Following the principle of "touching the earth lightly", only previously damaged sites were selected, and the design ensures minimum environmental impact. Hot water, open fires, and fully equipped kitchens for self-catering clients.

Minimum 6 visitors; maximum 12 visitors. A guide is mandatory.

Orange Kloof Tented Camp - forest experience



Overnight in a picturesque tented camp, set in the ancient Afromontane forest of Orange Kloof. Enjoy the overwhelming silence of this unspoilt, restricted-access forest.

Silvermine Tented Camp - exploring the mountain



Situated in pristine fynbos, this tented camp is the ideal base from where you can enjoy all the Silvermine outdoor activities from hiking, to mountain biking, rock climbing and swimming.

Slangkop Tented Camp - relax next to the ocean



Nestled in indigenous Milkwoods, no more than 100m from the sea, this tented camp is the perfect location to watch the sun sinking in the Atlantic Ocean.

Smitswinkel Tented Camp - newly constructed



Set in the shadows of a weathered Flowering Gum plantation and perfectly located to enjoy daytrips to Boulders Beach and Cape of Good Hope. Fully equipped and self-catering.

Bookings: +27 21 422 2816/4271 weekdays from 07h30 to 16h00

Hiking on the Peninsula

TMNP is best summed up as a walking park. Many of the most special places are tucked away and her most beautiful flowers, tiny and remote.

So, to experience her true essence you quite simply need to strap on your boots, grab your pack and head off on one of the scenic trails that crisscross the Park. There are hikes ideal for every level of fitness and enthusiasm while the terrain varies from rugged mountains and endless beaches to gentle slopes and mystical Afromontane forest. Please take all weather gear, water and a map.

Hⁱ Silvermine Day Walks

You can roam around the Silvermine area for hours without getting bored. A main attraction here is the universal access boardwalk around the refreshing dam that is great for people in wheelchairs and parents with prams. After your walk you can enjoy a braai in one of the areas situated around the dam and relax in one of the most lovely places on the peninsula.

Other options include:

- Silvermine River Walk - 1.5-hours, a relaxed stroll along the river banks ending at the dam.
- Tokai Lookout and Elephants Eye - 2.5-hours with panoramic views of the Cape Flats and False Bay.
- Noordhoek Circuit - a 3-hour walk that leads you to magnificent views of Noordhoek.
- Steenberg Peak - a 3-hour hike to more stunning views!
- Kalk Bay Mountains via Echo Valley - 4-hours of breathtaking splendour including amazing sea and city views, Afromontane forests and a descent into the picturesque seaside town of Kalk Bay.
- Shorter walks around the area that you can tailor to suit your time and energy. The waterfall is an inspiring and soothing winter spot where it is wonderful to relax and enjoy the view.

Hⁱ Cape Point Day Walks

Walking through the Cape of Good Hope is a magical experience as the ocean breezes and aromatic fynbos revitalize your soul.

- **Kanonkop:** a 3-hour circular walk that starts and ends at the Buffelsfontein Visitor Centre.
- **Smitswinkel Bay:** a scenic 6-hour hike from Smitswinkel Bay lookout to Cape Point. OR, 3-hours from Smitswinkel Bay to the Buffelsfontein Visitor Centre.
- **Sirklesvlei:** a 3-hour, easy circular walk that takes you from the parking at Olifantsbos to the plateau.
- **Shipwreck Trail:** a 1.5-hour short circular beach walk to the Thomas T. Tucker wreck that starts and ends at Olifantsbos.
- **Platboom:** a 4-hour route that takes you along the beach to Gifkometjie and back.
- **Gifkometjie:** a tough 3.5-hour hike from Gifkometjie to the Phyllisia wreck at Hoek van Bobbejaan and back.
- **Cape of Good Hope Trail:** 1.5-hours from the Cape of Good Hope to Cape Point with stunning views of the Atlantic.
- **Lighthouse Keepers:** 1.5-hours from the Cape Point parking to the lower lighthouse. This can be strenuous and is out of bounds in high winds.

Hⁱ Table Mountain Walks

Table Mountain is incredible - whether you choose to hike to the summit via the steep Platteklip Gorge or stroll up via a jeep track - every path offers its own unique experience. Alternatively simply enjoy a stroll along the contour paths on the lower slopes.

Hire an accredited Mountain Guide



CALL 021 465 8752
07h:30 - 16h00 Weekdays



Overnight Trails

Nothing beats spending the night on Table Mountain except perhaps sleeping in the middle of the Afromontane forest at Orange Kloof. Interested? The trails have been designed to suit different pockets, levels of fitness and comfort, so there is something for everyone to enjoy.

● Hoerikwaggo Trail

The "slack-packers" dream as hikers have the treat of enjoying a professionally guided hike while their gear is portered to their overnight destination. The "touch the earth lightly" tented camps are out-of-this-world with fully equipped amenities, including hot showers. What will eventually be a classic 6-day, 5-night trans-peninsula hike is being opened in stages as a series of 2-day hikes.

Hoerikwaggo™ TRAIL

mountain in the sea



Bookings: +27 21 422 2816/4271 • www.tnmp.co.za

● Table Mountain Trail

This portered and guided trail is available as a 1 night, 2-day or alternatively a 2-night, 2-day hike. Spend the night in beautifully restored, luxury cottages on the slopes and right on top of the mountain.

Bookings: +27 21 422 2816/4271 • www.tnmp.co.za

● People's Trail

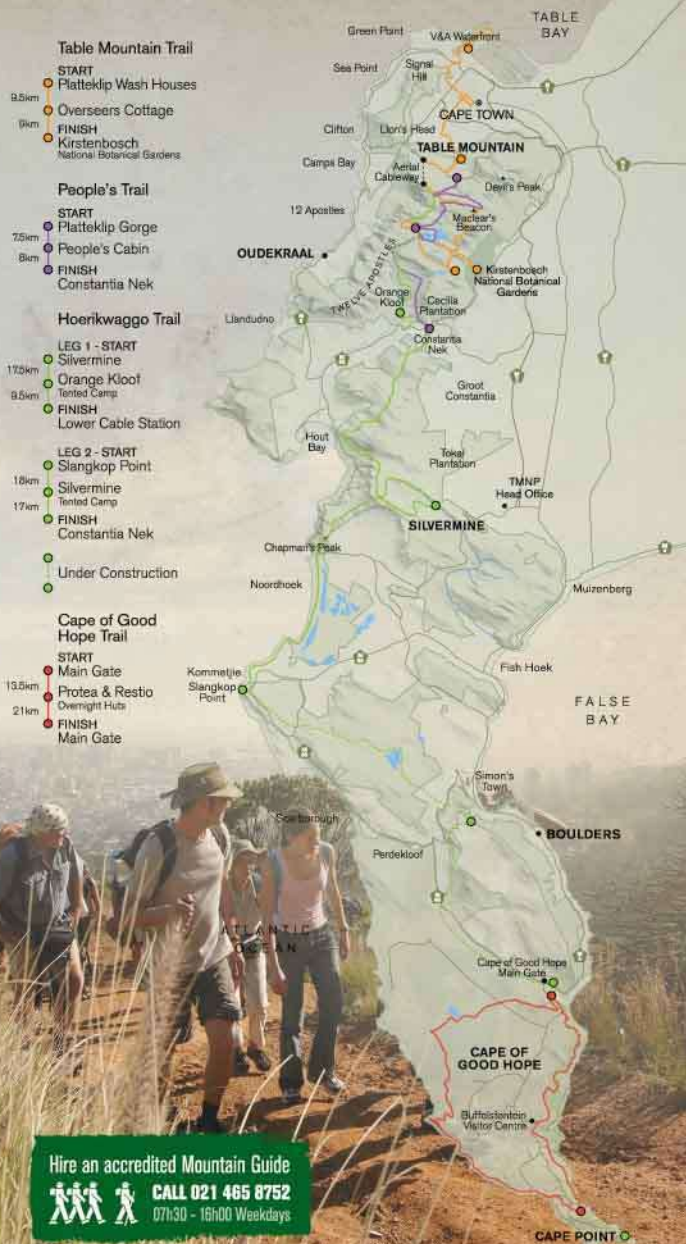
This outreach programme aims to lure the youth into the culture of hiking and to educate them about the importance of our natural environment.

Bookings: +27 21 701 8692 • www.tnmp.co.za

● Cape of Good Hope Hiking Trail

A magnificent 2-day, self-guided, circular hike that starts and ends at the entrance gate of the Cape of Good Hope. Enjoy the sheer delight of over-nighting in huts on Da Gama Peak - one of the few places on the peninsula where you can see both the sunrise and sunset from your bedroom door.

Bookings: + 27 21 780 9204 • www.tnmp.co.za



Things to do in the Park!

Picnic and Braai

There are few things that beat having a hearty meal in the midst of nature and the TMNP has a variety of braai and picnic spots that are great places for family and friends to gather. Many of our sites offer function and corporate facilities.



Oudekraal: A coastal delight that offers some shelter from the wind and a beautifully calm inlet to swim and splash in. Tel: 021 438 9555



Newlands: Set among the pine trees you won't know that you are in the heart of Cape Town, take a stroll in the indigenous Newlands Forest afterwards. Tel: 021 689 4441



Silvermine: Possibly the most scenic of all the braai sites, on the banks of the dam with beautiful mountain views. Tel: 021 701 8292



Tokai Plantation: Very popular with Capetonians, you can picnic and braai in the shade of tall pine trees. Tel: 021 712 7471



Perdekloof (Red hill): Bordering on the Cape of Good Hope this site offers the cool shade of large trees. Tel: 021 780 9100



Buffels Bay: In the Cape of Good Hope, right on the beach with stunning views of False Bay, this is a great place to spend a relaxing day enjoying nature.

Free Picnic Sites

- Wildschutsbrand:** En route to Cape Point.
- Schusterskraal:** Scarborough with a large lawn and close to the beach.

Mountain Biking

There are some excellent designated routes for mountain bikers that offer challenging down-hills and leisurely rides. You need a WILD Card with a mountain biking permit with the exception of Tokai Plantation where you can buy a day pass.

Cycling Routes

- C1** Tokai Plantation
- C2** Cape of Good Hope
- C3** Deer Park (below Tafelberg Road)
- C4** Lion's Head / Signal Hill
- C5** Silvermine North
- C6** Rocket House / Karbonkelberg
- C7** Jonkersdam / Lewis Gay Dam

Dog Walking

If you want to walk your dog you need to add a dog walking permit to your Cape Town WILD Card. Please note that for conservation purposes dogs are not allowed in certain areas. Please consult the Dog Walkers Environmental Management Plan on www.tmnp.co.za for more information or call: 021 701 8692 during weekdays.

Other Activities

There are also a host of other activities to keep you busy depending on whether you are a water baby or a mountain fan. Please check to see if you need a permit and WILD Card.

- Surfing
- Diving
- Snorkelling
- Abselling
- Caving
- Fishing - strictly regulated.

Environmental Education

One of the major missions of SANParks is to get kids to fall in love with nature. The TMNP offers curriculum-linked as well as recreational programmes to children of all ages. There are facilities designed especially for them to come and learn all about the importance of conservation:

- Sunbird Centre in Silvermine - 021 701 8692
- People's Hut on top of Table Mountain - 021 701 8692
- Bordjiesrif Environmental Education Centre - 021 701 8692
- Buffelsfontein Visitor Centre - 021 780 9204



The Wild Card and Permits

Available as National, Regional or Local (Cape Town's WILD Card) the WILD Card offers users various options ranging from free access for a year to 12 free visits that can be used by the individual or a group. Certain activities are permitted at an additional cost according to the impact they have on the environment. These permits are added to your WILD Card. These activities include:

- Dog Walking
- Sport and Rock Climbing
- Mountain Biking
- Fishing
- Diving

For more information call 086 123 4002



Marine Protected Area

The TMNP also looks after around 1000 km² of the seas and coastline around the peninsula. So look out for its array of beautiful beaches that range from popular beaches adorned with bikini's and volley ball nets to the more laidback, chilled out beauties in the far south. The TMNP is definitely a must for beach bums of all ages!

- Table Mountain National Park
 - TMNP Marine Protected Area
 - TMNP MPA Restricted / "no take" zone
 - Day Walks and Hikes
- See "Hiking on the Peninsula" section for more details
See reverse for Overnight Hiking Trails

Castle Rock TMNP MPA Restricted / "no take" zone

Boulders TMNP MPA Restricted / "no take" zone

Paulsberg TMNP MPA Restricted / "no take" zone



IMPORTANT INFORMATION

Table Mountain National Park welcomes you and offers you the following hints & tips for a trouble-free and relaxing visit to our beautiful mountains and seas.

Please remember that this is an urban park and from time to time we have experienced criminal activity on the urban edges. We recommend that you avoid remote, unpopulated areas. Cape Town Tourism can recommend routes, destinations and reputable tourism companies: 021 426 4260

Please note that you are required to leave the Park before dark unless you are staying in overnight accommodation.

24-hour, 7-days-a-week Emergency Number: 0861 106 417 to report fires, poaching, accidents and crime.

Warning: Wild fires can cause loss of life and property and fires are only allowed in designated braai areas. Do not throw cigarette butts anywhere.

Hint	Reason
Do not walk alone. Always ensure that you are in a group of at least 4 people.	If someone gets injured there are two to go for help and one person to remain with the injured party. There is safety in numbers.
Take your mobile phone with the emergency number punched in. Ensure it is hidden.	Many areas of the Park have mobile reception so you can phone if you get into difficulty.
Always let someone know which route you will take and how long you intend to be.	It is easy to get lost on the mountain chain. This information will help search parties to find you.
If you get lost, stay where you are.	If you have followed the above tip, you will be found quickly.
Landmarks: be aware of your surroundings.	This means you can describe your location to rescue parties if you are in range.
Clothing: always take rain gear and a jersey.	The mountains are moody and can change weather in a flash.
Take sunblock and a hat.	Avoid heatstroke - the sun is fierce and hot - especially on windy days.
Take water and snacks.	Keep your strength up with fruit and energy bars.
Maps: these are available in leading book stores and from TMNP offices.	Familiarise yourself with the route you want to take, how long it will take you and any escape routes along the way.
If you are confronted by a criminal don't resist and handover your goods.	Resistance may incite a mugger to violence. Please be observant as physical details will aid police in their investigations.

P.O. Box 37, Constantia, 7848
Tel: +27 21 701 8692 or Fax: +27 21 701 8773
e-mail: tablemountain@sanparks.org • website: www.tmntp.co.za



Table Mountain National Park

*A Park for All, Forever. 'n Park vir Almal, vir Altyd
(Paka yoluntu lonke ngonaphakade)*



The areas under the control of SANParks are used entirely at your own risk and SANParks shall not be liable for any claims, accidents, injuries or loss, etc. arising from such use. Please note that visitors are subject to the conditions set in terms of Section 86 of the National Environmental Management Act (107 of 1998) and the National Environmental Act: Protected Areas Act (Act 57 of 2003) for the duration of their stay in the National Park.