TABLE MOUNTAIN
NATIONAL PARK

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

FREE ENTRY
for a year for WILD Card
holders, for more information
call 0861 GO WILD (46 9453)
www.wildcard.co.za
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.

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 visitors 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 free entry 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 its 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
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.

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 crannies 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. Many 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.

Complete your Silvermine experience by overnighting in our beautiful Tented Camp (see the Tented Camp Accommodation section).

Contact Details:
Tel: +27 21 789 2460

Entry Times:
Summer (Oct - Mar)
07:00 - 18:00
Winter (Apr - Sept)
08:00 - 17:00
Just past the historic naval village of Simon's Town this world-renowned 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

Entry Times:
(Feb - Mar) 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

One of the most magnificent getaways in Cape Town, this isolated cottage is situated right on its own private beach in the heart of the Cape of Good Hope/Cape Point section of the Park. The fully equipped self-catering cottage sleeps 6 and the adjoining Annex sleeps a further 6 people.

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**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.

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**Platteklip Wash House**  +27 21 422 2816/4271

This historic house is situated on the foot of Table Mountain in upper Vredehoek. It sleeps 24 people and is a popular venue for small weddings, celebrations & conferences.

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**Eland and Duiker**  +27 21 780 9204

These cottages are also situated in the Cape of Good Hope/Cape Point section of the Park, but further inland than Olifantsbos Cottage. Each self catering cottage is fully equipped to accommodate 6 people.

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**Overseers Mountain Cottage**  +27 21 422 2816/4271

This uniquely positioned cottage with its incredible views is situated right on top of the mountain, a moderate 2 to 2.5 hours walk from Constantia Nek. The fully equipped self catering cottage and adjoining Annex sleep a total of 16 people.

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

The four Hoerikwaggo Tented Camps within Table Mountain National Park are situated in picturesque natural surroundings and each offer a unique experience - forest, fynbos, sea and mountain. Each camp sleeps 12 people and offers secure parking, hot water, comfy beds, fully equipped communal dining/kitchen areas and bathrooms. Guests need to bring along their own bedding and towels.

Orange Kloof Tented Camp - sleep within an ancient forest

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 - explore the fynbos covered 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 - unwind by the sea

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 - get to the ‘point’

Located just across the road from the entrance to Cape of Good Hope/Cape Point, this tented camp is perfectly located to enjoy visits to the penguin colony at Boulders and the Cape of Good Hope/Cape Point section of the Park. These are the only tents with en-suite bathrooms and kitchenettes.

For more information or for bookings - Tel +27 21 422 2816 or e-mail: hoerikwaggobookings@sanparks.org
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. For an unrivalled experience, walk the iconic 4 nights and 5 days Hoerikwaggo Trail from Cape Point to Table Mountain.

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.**

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 Olfantsbos to the plateau.
- **Shipwreck Trail** - a 1.5-hour short circular beach walk to the Thomas T. Tucker wreck that starts and ends at Olfantsbos.
- **Platboom** - a 4-hour route that takes you along the beach to Gifkommetjie and back.
- **Gifkommetjie** - a tough 3.5-hour hike from Gifkommetjie 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.

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.

Remember to take along enough water, a map, all-weather gear and a fully charged mobile phone.
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.

The Hoerikwaggo Trail

This unique trail linking Cape Town to Cape Point, runs the full length of the Table Mountain National Park over a total distance of 73km. The trail can be broken up into smaller sections ranging from 9.5 to 21km, with overnight stops available at Orange Kloof, Silvermine, Slangkop and Smitswinkel tented camps (see fold out map).

For more information please contact our Bookings Offices:
Central Reservations, Pretoria: +27 12 428 9111
Cape Town: +27 21 422 2816 • www.tmnp.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.tmnp.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.tmnp.co.za

The Western Cape Tourist Guides

Tourists and members of the public can hire the services of accredited mountain guides for day walks or overnight hikes.

Western Cape Tourist Guides is a partnership between the Department of Economic Development and Tourism and South African National Parks

For more information or for bookings, please phone: + 27 21 462 7861 weekdays between 08h00 and 16h00
IMPORTANT INFORMATION

Table Mountain National Park welcomes you and offers the following hints and 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 edge. We recommend that you avoid remote, unpopulated areas.

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

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**

- Do not walk alone.
- Always ensure that you are in a group of at least 4 people.
- Take your mobile phone with the emergency number punched in. Ensure it is hidden.
- Always let someone know which route you will take and how long you intend to be.
- If you get lost, stay where you are.

**Reason**

- 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.
- Many areas of the Park have mobile reception so you can phone if you get into difficulty.
- It is easy to get lost on the mountain chain. This information will help search parties find you.
- If you have followed the above tip, you will be found quickly.

**Landmarks: be aware of your surroundings**

**Clothing: always take rain gear and a jersey**

- The mountains are moody and can change weather in a flash.
- Avoid heatstroke - the sun is fierce and hot - especially on windy days.
- Keep your strength up with fruit and energy bars.

**Map: 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.

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Tokai Manor House, Tokai Road, Tokai
Tel: +27 21 712-2337 · e-mail: tablemountain@sanparks.org
website: www.tmnp.co.za

Find us on Facebook: SANParks - Table Mountain National Park or follow us on Twitter: @TableMountainNP

Table Mountain National Park
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South African National Parks

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.