



TABLE MOUNTAIN HAS AN ESTIMATED 200KM OF HIKING PATHS FOR YOU TO EXPLORE

ALWAYS TAKE WARM CLOTHING
AND ENOUGH WATER WHEN GOING ON
A HIKE. PLAN YOUR ROUTE AND NEVER
HIKE ALONE.

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THE WESTERN CAPE

It's **more** than
you think.



Western Cape
Government

Safety tips

- Never hike alone. Always hike with a group of at least 4 people. Choose a hike leader and walk at the pace of the slowest member.
- Have a good map and description of the route. Keep in mind that not all areas have cellphone reception.
- If you are joining a guided hike, ensure that your guide is a qualified and a registered Adventure Guide. Ask to see their official tourist guide badge and identity card.
- Make sure your mobile phone is charged.
- Inform a contact of your starting and finishing times.
- Take weather conditions into account and don't hike in rain or high winds. Be prepared for sudden changes in the weather.
- Keep dehydrated – take at least 2 litres of water. Also ensure that you have food in case of unexpected delays.
- Inform your group of any medical conditions or required medication.
- Research your route before hand and make sure that it is appropriate for your fitness level and hiking experience.
- If you get lost, stay together and retrace your steps.
- In case of injury, assess the situation. Then send two people to look for help and let the third person remain with the injured person. If possible mark the position on a map.
- Stick to well-used paths. Don't take shortcuts and don't venture into ravines.
- Don't carry valuables and keep expensive jewellery and cameras out of sight.
- Take a headlamp or flashlight if you plan on taking a sunrise or sunset hike (we recommend that you only hike in daylight).
- Park in secure, well-lit areas.
- Do not feed wildlife and always maintain a safe distance from baboons - they can be dangerous.

What to bring

- Good hiking footwear
- Appropriate outerwear
- Hat and sunscreen to block the sun
- Charged cellphone
- Map and directions
- Mountain first-aid kit
- 2 litres of water
- Snacks
- Day backpack
- Headlamp or flashlight if you plan on taking a sunset hike

Be a responsible hiker

- Be respectful of other mountain users
- Take all rubbish with you
- Do not make fires, use gas stoves, light matches or smoke on the mountain. Fire is a major risk particularly during the dry summer months.

Emergency contacts

Any emergency from a mobile	112
Any emergency from a landline	107
Ambulance	10177
Wilderness Search and Rescue	021 937 0300
City of Cape Town Emergency Management Centre:	021 480 7700
SANParks (Table Mountain)	086 110 6417
Sea & Mountain Rescue	021 948 9900
Poisons information helpline	0861 555 777

Tourism Safety and Support
tourismsafety@westerncape.gov.za
082 554 2010