

Respect wild animals

Do not feed wildlife and always maintain a safe distance from baboons, seals and other animals - they can be dangerous.



Popular Table Mountain Hikes



The South African National Parks suggests the following trails:

- Lion's Head
- The Pipe Track
- Platteklip Gorge to Upper Cableway Station
- Upper Cableway Station to Maclear's Beacon
- Skeleton Gorge to Maclear's Beacon: The Smuts track

Adventure activities

Do not take unnecessary risks when participating in adventure



activities. Make sure that your guide is a registered adventure guide - ask to see their official ID card and badge. Where possible, insist on receiving a safety briefing. We also recommend that you use a member of the South African Adventure Industry Association.

What to bring



- Good hiking footwear
- Appropriate outerwear
- Hat and sunscreen to block the sun
- Charged mobile phone
- 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.

Open for business



Always check the availability of the cable car if you are planning to use it. **Visit** www.tablemountain.net

Download the free Buzzer safety app here

<https://buzzer-app.co.za/>



Emergency number for Table Mountain National Park

Save emergency numbers on your mobile phone before your hike.

086 110 6417

Scan here for the official Table Mountain Visitor Guide.



For travel inspiration

WESGRO

cape town & western cape
tourism, trade & investment

www.wesgro.co.za/travel

love
**Cape
Town**

www.capetown.travel

For traveller safety assistance

**Western Cape Government
Tourism Safety Support Programme**
+27 (0)82 554 2010 (Cape Town and surrounds)
+27 (0)82 972 2507 (Garden Route and surrounds)

Cape Town Tourism Band Aid
+27 (0)21 487 6552



#SAFETRAVELS

Table Mountain has an estimated 800 km 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. Remember, Table Mountain is a vast wilderness area and precautions are necessary.



THE WESTERN CAPE
It's **more** than
you think.



**Western Cape
Government**

MOUNTAIN SAFETY TIPS

For peace of mind



Consider downloading the Buzzer safety app on your phone before you commence your hike. Buzzer will provide you with a swift response in case of emergencies.

Keep it out of sight



Always leave your belongings in the boot/trunk of the vehicle.

Lock up



Before setting off on your hike, make sure that your vehicle is locked and all windows fully closed. Manually check the doors of the vehicle to ensure that you don't become a victim of remote jamming.

Criminals hate the light



Park in well-lit areas at night.

Read this before you use a hiking map app



Do not rely on international hiking apps when exploring the Park as these apps can lead you onto dangerous, unsafe or illegal trails. We recommend that you use Forge hiking maps app – a South African product – or purchase a copy of the Slingsby Table Mountain Map which is available electronically and in hard copy.

Store it safely



Deposit your luggage and valuables such as laptop computers at your hotel or guesthouse before going on your hike.

Tell someone about your plans



Inform a contact of your starting and finishing times as well as the route you intend to take and what time you're expected back. Stick to these plans.

Juice it!



Make sure your mobile phone is charged but keep in mind that not all areas have cellphone reception. We also recommend that you use a South African SIM card as this will facilitate easier communication with emergency crew in case of an emergency.

Tell someone about your conditions



Inform your group of any medical conditions or required medication.

Delays happen!



Take a headlamp or flashlight if you plan on taking a sunrise or sunset hike (we recommend that you only hike in daylight).

Choose an appropriate trail



Research your route before hand and make sure that it is appropriate for your fitness level and hiking experience. Allow yourself enough time – start early.

Stash it!



Don't carry valuables and keep expensive jewellery and cameras out of sight.

Don't drink and hike



Never hike under the influence of alcohol or drugs.

Never hike alone



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.

Use a registered guide



For inexperienced hikers we strongly recommend that you use a Mountain Guide. Ensure that your guide is a qualified and registered Adventure Guide. Ask to see their official tourist guide badge and identity card.

Take provisions even if it is only for a short hike



Keep hydrated – take at least 2 litres of water. Also ensure that you have food in case of unexpected delays.

Send for help



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.

There's a reason why it's called the Cape of Storms

Take weather conditions into account and don't hike in rain or high winds. Be prepared for sudden changes in the weather.



Lost?

If you get lost, stay together and retrace your steps. If you are in an unsafe area, stay put and wait for a rescue team to find you.



Take the well travelled road

Stick to well-used paths. Don't take shortcuts and don't venture into ravines. Always follow safety signs.



Protect yourself from criminals

Avoid quieter areas of the park, especially during early mornings and evenings. Stay on busy, marked trails. Go on popular days such as weekends and never hike alone. In the unlikely event of a robbery, don't resist or fight back.

