



TAKE BACK OUR MOUNTAINS

**TOP TRAIL  
SAFETY TIPS**

**ESSENTIAL  
GUIDELINES**

# **SAFE EXPLORATION OF TABLEMOUNTAIN NATIONAL PARKS IN CAPE TOWN SOUTH AFRICA.**

Table Mountain, Chapmans Peak, Cape  
of Good Hope, Trails & more



[www.takebackourmountains.co.za](http://www.takebackourmountains.co.za)

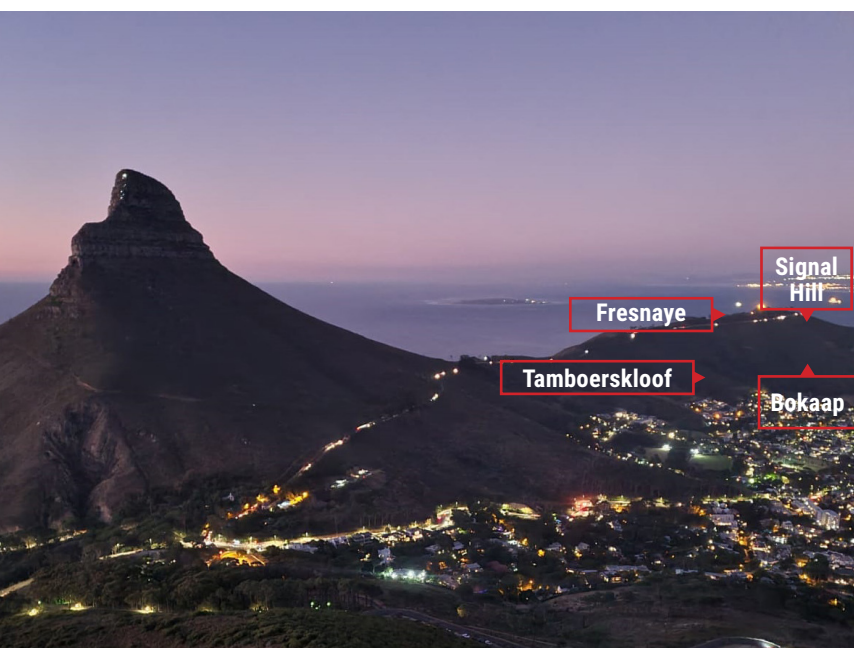


## VISITORS SAFETY GUIDE FOR BOTH LOCAL AND INTERNATIONAL VISITORS



**Table Mountain National Park** is a marvel of nature, recognized as one of the seven wonders of the natural world and designated as a World Heritage Site. Encompassing 2700 hectares, this distinctive national park stands as an open-access urban park, presenting us with various challenges, notably the occurrence of crime in our mountainous areas.

To ensure the safety of your visit to Cape Town, Take Back Our Mountains has compiled the following list of essential guidelines:. Current areas require vigilance, and it is advisable to utilize local guides or participate in organized hiking events. You can discover such events through Hiking Cape Town, Take Back Our Mountains on Facebook, and Instagram.



It is recommended to avoid hiking on Lionshead and Signal Hill before sunrise, specifically between 4 a.m. and 6 a.m. The lower slopes, including Fresnaye, Bokaap, and Tamboerskloof, are not considered safe for hiking during this time. Instead, it is best to utilize the common jeep track during peak hours, from 6 a.m. to 6 p.m.

Additionally, the Signal Hill Paragliding Jump area offers beautiful sunset views, but visitors should remain alert for pickpocketing incidents in this area.

*Pic shows the unsafe routes*



**The most direct and safest route for hiking up** Table Mountain is via Platteklip Gorge. However, it's important to note that this route involves a strenuous climb with oversized steps and zigzagging paths over a distance of just over 2 km. On average, it should take a fit person approximately 1 hour and 45 minutes to ascend. It's advisable to descend via the cable car, and it's essential to check the operating hours with the Table Mountain Aerial Cableway station, as these may be subject to change due to weather conditions.



The lower slopes of Table Mountain, extending from the Pipe Track to Deer Park and up to the Block House, offer beautiful scenery. However, these areas are known for occasional criminal activities, as mentioned previously. It is highly recommended to use local guides or participate in organized events in these areas. It is strongly advised against wandering alone on any part of Table Mountain.

# Here are some essential guidelines to ensure your safety while hiking, running, or biking:



- Avoid engaging in these activities alone.
- Always inform someone of your planned route and estimated return time. Consider using safetymountaintracking as a helpful tool.
- Familiarize yourself with your intended route and ensure you allow ample time to return before sunset.
- Stick to recommended pathways, and if you are diverted from the path, stop and retrace your steps.
- Carry a Slingsby map or a mapping app like FAT Maps.
- Be cautious of loose rocks. Always test them with your hand or foot before applying force.
- Wear sturdy, comfortable trekking shoes.
- Carry extra layers, waterproof clothing, a hat, sun protection, at least 2 liters of water, trail snacks, a torch with spare batteries, a good first aid kit, and a space blanket.
- Save emergency contact numbers for the national park or city you are visiting.
- Refrain from leaving valuables in your car or displaying them while on the trails.
- Be aware that criminal activities often occur on Table Mountain during sunrise and sunset periods.
- Consider utilizing local guides, and remember that there is safety in numbers. Additionally, it is recommended to not engage in activities alone; a group of four is the minimum recommended size. For regular updates on crime incidents occurring on Table Mountain, please follow Take Back Our Mountains on Facebook and Instagram. In case of emergencies, the following contact numbers can be used:



**Wilderness Search & Rescue: 0219370300**

**Table Mountain Emergency Contact Number: 0861106417**

**Users also have the option to join the Table Mountain alert WhatsApp group to share any useful information. For further assistance, you can reach out to Taahir Osman at 0736244287.**



**We firmly believe that by maintaining ecological balance, we can contribute to the sustainability of our natural treasures.**

Our primary objective is to create a safer environment for outdoor enthusiasts, residents, and visitors alike. We achieve this through various initiatives, including the organization of safe hikes, trail runs, and fully marshalled events. These activities allow individuals to explore areas such as Hout Bay, Black Hill, Red Hill, and many more with the assurance of enhanced security measures. In addition to our focus on safety Take Back Our Mountains is deeply committed to environmental stewardship. We regularly conduct clean-up initiatives to address litter and waste accumulation in the mountainous areas. Our dedicated volunteers also



conduct snare patrols to protect wildlife, as well as barkstripping patrols to preserve the health of the region's trees. We firmly believe that by maintaining ecological balance, we can contribute to the sustainability of our natural treasures.



Moreover, we understand the importance of educating younger generations. To achieve this, we organize educational youth hikes, where children and adolescents can learn about the environment, local flora and fauna, and the significance of conservation efforts. Additionally, we have established a bursary fund to support kids in less fortunate areas.

**The central to southern region of Table Mountain presents** a stunning and majestic mountain range. The further you venture into this area, the more remote and untouched the landscape becomes, offering the potential to encounter diverse and vibrant wildlife in the Cape of Good Hope vicinity. One popular destination is Silvermines gate 1, known for its reservoir and the picturesque Elephants Eye hiking trails that extend toward Kalkbay harbor and Simons town. Notably, these areas are home to the charming Boulders Penguin colonies, and nearby attractions encompass the renowned Cape Point and the captivating Seal Island in Houtbay. For visual reference, please find attached photos.

