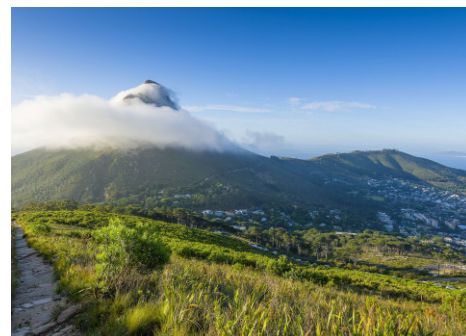


SOUTH AFRICA



Trek To Table Mountain

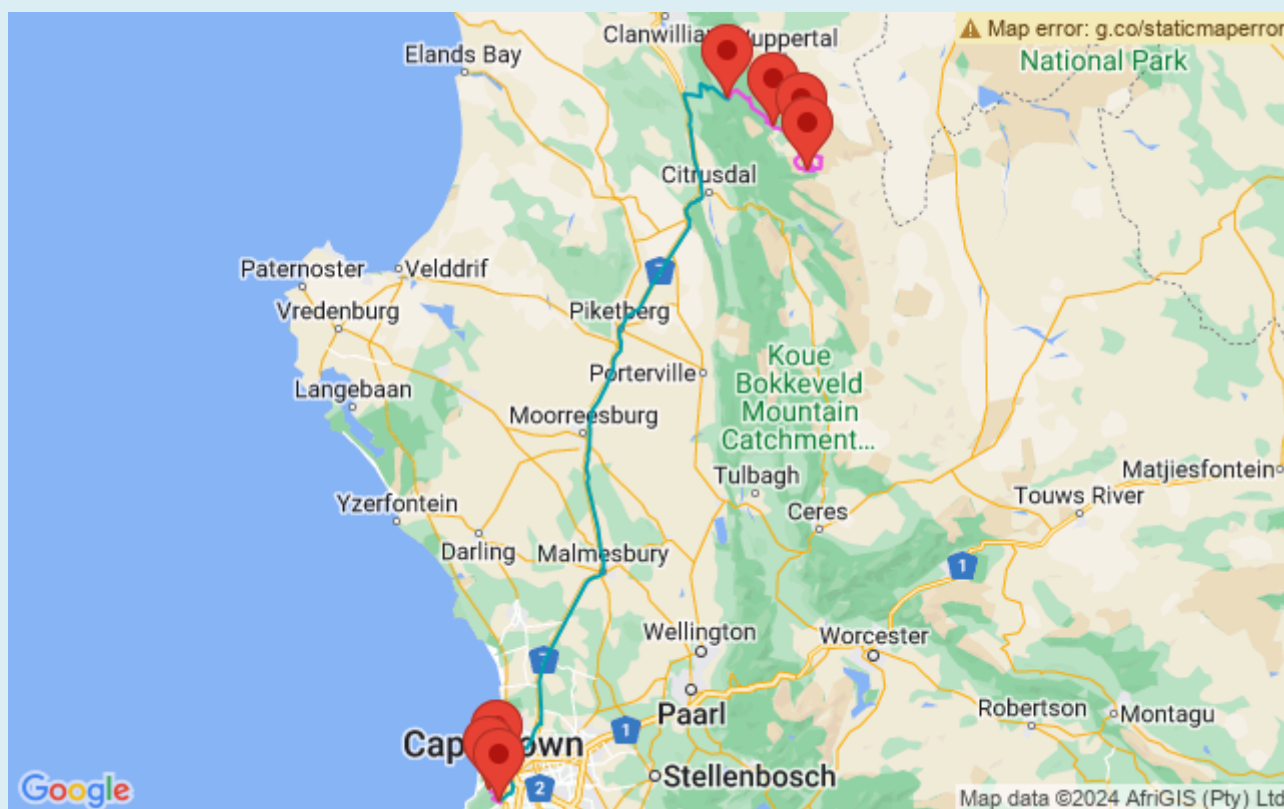


Duration: 10 days

South Africa is a land of incredible contrast and beauty. It possesses a vast array of landscapes, from dense tropical bush to open desert. Our trek takes us into the stunning Cederberg Wilderness Area, a land of colourful mountains and incredible rock formations.

We have the rare opportunity to experience a genuine wilderness: the beauty of crisp clean air, stunning scenery, crystal clear streams and pools – real tranquillity of nature. Our challenge culminates at the summit of the world-renowned Table Mountain, overlooking Cape Town and the Atlantic Ocean. This is a challenging and unique African experience ending in the fantastic city of Cape Town.

DETAILED ITINERARY



Day 1: Fly London to Cape Town

Flights usually pass over the Cederberg Wilderness Area; night in flight.

Day 2: Cape Town - Kromrivier

Upon arrival in Cape Town, we transfer north to our accommodation at Kromrivier. The scenery on the drive whets our appetites for the trekking to come, as we spend the next five days hiking in this pristine wilderness environment. Night cottages.

Drive approx. 3 hours

Day 3: Kromrivier Day - hike

Today's orientation hike gives us a flavour of what is to come and a chance to become accustomed to the strong African sun. We hike out down a jeep track, then climb up to the fantastic sandstone Stadsaal (city hall) rock formations; we literally explore all the ins and outs. Another sandy track brings us to ancient bushman paintings – a rock art panel painted by the indigenous San tribesmen. We head up to the top of the pass and return to Kromrivier. Night cottages.

Trek approx. 5-10km / 3-4 hours

Day 4: Kromrivier - Sandrif

We leave early to make good headway before the sun gets too strong, and follow the Kromrivier up the valley, slowly rising to Disa Pool, where it is possible to cool off before hiking up between the Sneeu Berg – the Cederberg's highest point – and its neighbouring peak, the Pup. It's a stiff climb, but there are fabulous views once we reach the top. We descend the shale band of Kokspoort hill, taking our time and enjoying our first view of the famed Maltese Cross. This monolithic rock formation is truly impressive. We continue down the Dwarsrivier valley, eventually reaching the Observatory, which is a popular place to view the clear night skies. We come down to the road, and transfer the short hop to camp (approx. 4-5km) at Sandrif. The facilities are good and you can opt for a swim in the river – very refreshing after this long day. Night huts.

Trek approx. 22km / 8-10 hours

Day 5: Sandrif - Driehoek

After breakfast we start our trek with a 500m zig-zagging ascent up to the magnificent Wolfberg Cracks. The cracks, sheer cliffs on either side, have been weathered over many years and in places are only a foot apart. They are simply awesome and make for interesting and testing trekking. We continue to Wolfberg Arch, another of the amazing rock formations for which this unique area is so renowned. The sandstone arch is 30m high and provides fantastic views, and a great lunch-stop! We skirt Tafelberg Mountain, soaking up the impressive views of this flattopped, steep-sided slab of rock 1968m high. We then walk downhill to Driehoek, at the northern end of the range, through stunted cedar trees and eroded sandstone sculptures. Night huts.

Trek approx. 15km / 9-11 hrs

Day 6: Driehoek - Algeria

Our morning's trek starts with good trails as we pass Mied Se Berg; we then have a tiring gradual uphill climb before us to reach the top of Uitsigkloof (1400m). Your body should be used to the dry heat and hilly terrain by now, and you can relax and enjoy the spectacular views! Crossing a wide plateau, our trail descends fairly steeply into the valley, taking us to an old farmstead at the bottom of the Cederberg Pass. A strenuous hike takes us to the beautiful Crystal Pools, though the swim here is well worth the effort (detour dependent on time / group ability.) Night huts.

Trek approx. 15km / 8-10 hours

Day 7: Algeria - Cape Town

Today we enjoy a short out-and-back trek to a lovely waterfall. There should be an opportunity for a leisurely dip before packing up and heading for the bright lights of Cape Town. After time to freshen up, you're free to explore the city. Night hotel. *(Dinner not included)*

Trek approx. 8km / 4 hours

Day 8: Table Mountain

Today we climb up and over what is probably the most famous mountain and landmark in the southern hemisphere – Table Mountain. We start our day at the renowned Kirstenbosch Botanical Gardens and hike up through Skeleton Gorge to Maclears Beacon. This, the highest point on Table Mountain at 1086m, serves as a great lunch stop. We cross the 'table' with unsurpassed views over both Cape Town and the Atlantic Seaboard before descending via Platteklip Gorge. Our final evening sees us heading out into Cape Town to enjoy a slap-up celebration meal and to soak up the atmosphere and highlights of the city. Night hotel.

Trek approx. 10km / 6-7 hours

Day 9: Cape Town; flight departs

Free time to explore the delights of Cape Town – relax and soak up the views, or do some last-minute shopping for souvenirs – before transferring to the airport in time for our international flight home. *(Lunch and Dinner not included)*

Day 10: Arrive UK

Arrive back in the UK.

WHAT'S INCLUDED

- All transport from London to Cape Town return
- All meals except where specified, and accommodation
- Discover Adventure leaders; doctor with a group of 15 or more participants; local guides and drivers
- Local support and back-up equipment
- Entry / permits to Reserve areas and any other sites included in itinerary

WHAT'S EXCLUDED

- Three meals as specified in itinerary
- Travel insurance
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at the time of writing)
- Fees for any optional sites, attractions or activities
- Airline taxes: we cap these so £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | DEMANDING (2)



Trip grades range from Challenging (1) to Extreme (5).

DEMANDING trips ramp up the challenge with some long days over tough terrain, and require good stamina, fitness and determination.

See [Trip Grading Explained](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 29 Mar 2024, and the challenge is subject to change.