

SOUTH AFRICA



Trek To Table Mountain

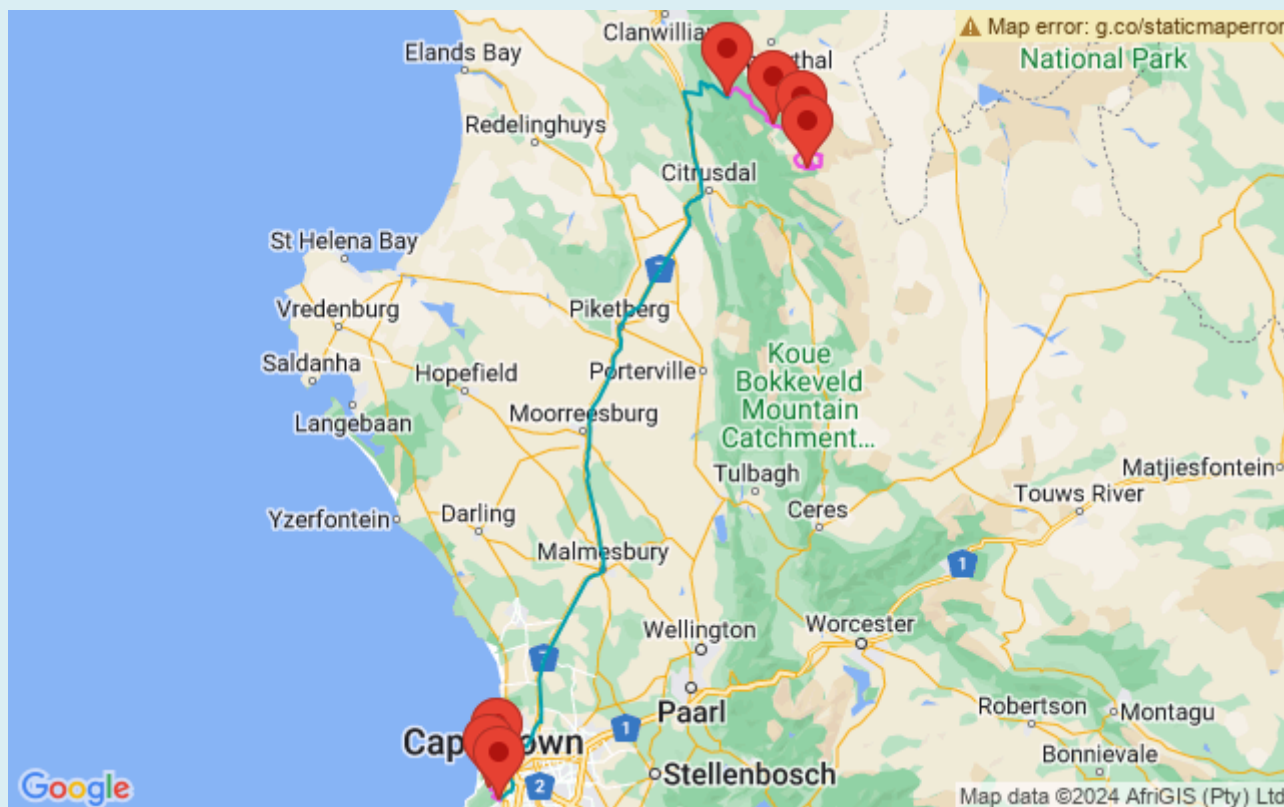


Duration: 10 days

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](#).

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local lifestyles. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely. In some destinations we work together as a team with local guides to help set up or break camp, or prepare meals. Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something!

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We stay in small huts or cottages in beautiful locations with rooms usually shared between 3-4 people. These are fairly rustic, but wonderful places to stay. The hotel in Cape Town is 2-3* standard or equivalent, comfortable and well-located.

Roomshare Arrangements

Some accommodation will be twin-share. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

On some nights we are likely to sleep in more communal accommodation such as dormitories/hostels, huts, local homestays or monasteries, depending on the trip, and you may be sharing with a larger number of participants or the whole group; this type of accommodation cannot always be single-sex.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we

enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be

sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.



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 27 Apr 2024, and the challenge is subject to change.