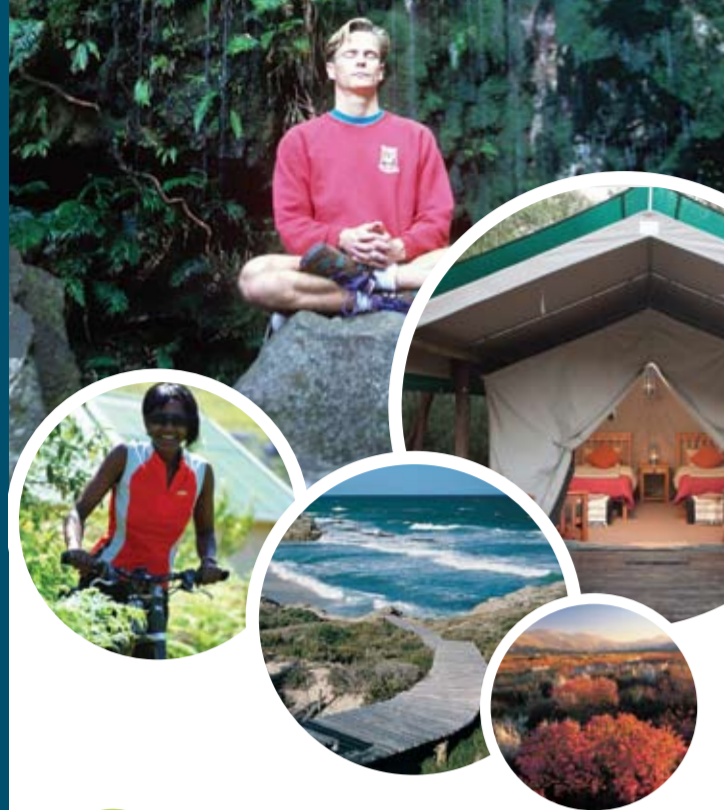


# Explore



## GUIDE TO ACCOMMODATION AND ACTIVITIES

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## Klein Karoo

### SWARTBERG INCLUDING GAMKASKLOOF near Prince Albert

The first explorers of the Swartberg mountains were the San, who left us their rock art. If you are a hiker, a mountain bike fanatic or a 4x4-enthusiast, these mountains are your passport to rugged adventure, surrounded by the Klein Karoo splendour of fynbos and succulent plants. Swartberg Nature Reserve is a World Heritage Site and its icon, Gamkaskloof - an isolated valley nicknamed 'Die Hel' - has also been declared a cultural historical site. For more than a century it was home to a self-sufficient farming community. The valley is part of Swartberg Nature Reserve and the reserve was declared a World Heritage Site. The last 57km is over two hours looping navigation. Step back in time and overnight in a fully-equipped and restored cottage; pitch your tent and camp out under the stars; or opt for a dormitory-style bush camp. Mountain bikes are for hire at Gamkaskloof for day visitors.

### GAMKABERG near Oudtshoorn

Gamkaberg and neighbouring Rooiberg share a strong sense of space, remoteness and wildness. Explore the Tierkloof overnight hike (one of many deep ravines cut into the sides of the Klein Karoo Mountains) or do one of the many day hikes available. 4x4 enthusiasts can follow the Zebra Crossing route, named in honour of the small, remnant herd of 47 endangered Cape mountain zebras. Tierkloof Fossil Ridge or Sweetthorn Eco-Lodges are wood and reed hideaways with safari-style tents, a braai lapa and a plunge pool for cooling off. For a more rustic option, there are converted stables and an adjoining campsite. Hikers or 4x4 enthusiasts wanting to spend a night out under the stars can stay at the Oukraal overnight shelter.

### ANYNSBERG near Laingsburg

Isolation and rustic relaxation is key to Anynsberg - a true Karoo nature reserve. It hosts a surprising combination of succulent fynbos plants, arid plains and folded mountains. Over the past few years, game has been resettled on the reserve, including Cape Mountain zebra, gemsbok and hartebeest. Must-see spots are Prinspoort Gorge and numerous rock art sites. Don't miss the two-day horse trail (with day trip options). Karoo-style cottages provide the best of local accommodation and camping facilities are available. Mountain bikes and kayaks can be rented for some exciting

hours on the Karoo reserve. Mountain bikes are for hire at Anynsberg. For the 4x4 enthusiast accommodation with plunge pool is available at the four wendy house style accommodation units at Tapfontein.

## West Coast

### GROOTWINTERHOEK near Porterville

The mountainous Grootwinterhoek Wilderness is a place of genuine serenity. Paths criss-cross the mountain fynbos and there are nine marked day trails. You can also follow your own route in the wilderness and explore rock formations, caves, San rock paintings and rock pools at your leisure. Overnight under the stars or in a stone hut. Look out for disas in summer; expect fields of flowering fynbos in the spring, and snow on the peaks in winter. The adventurous can try the Die Hel to De Hoek kloofing route. Make one of the fully-equipped mountain retreats your base from which to explore the wilderness by day.

### BIRD ISLAND at Lambert's Bay

The three hectare Bird Island is one of the world's only six breeding colonies of Cape gannet. Access is via the breakwater that connects it to the mainland. For a close-up view of the gannets visit the double-storey hide-cum-interpretation centre. The interpretation route leads you to kelp gulls, nesting cormorants and the visitor centre with its guano museum.

### CEDERBERG WILDERNESS near Clanwilliam

The Cederberg is renowned for its dry mountain fynbos, San paintings, caves and unusual rock formations like the Maltese Cross and Wolfberg Arch. Other highlights include a red animal life, the endemic cedar trees, snow proteas and red disas. Set aside time to do at least one of the popular day hikes, or go your own way for a day or two in the secluded wilderness. Remember swimming gear in summer. The adventurous can gear up for survival camping in the wilderness. For others, there are shady campsites at Algeria and Kliphuis, both located near rivers. Algeria also has seven overnight cottages.

### MATJIESRIVIER NATURE RESERVE 40km east of Algeria

The Matjiesrivier Nature Reserve encompasses 12 800 ha and is located in the ecotone, the transition, between the fynbos and succulent karoo biome. The fauna and flora diversity found on the reserve is thus representation of both the fynbos and succulent karoo biomes. The Stadsaal cave and Elephant rock art are good examples of the geological and archaeological heritage of the reserve. A network of well laid out trails will guide you through the maze of rock sculptures. Truitjieskraal is a world famous rock climbing location with magnificent rock formations. A well laid out hiking trail that caters for the rock climbers as well as regular visitors showcasing rock art sites and magnificent rock formations. These sites are easily accessible by visitors of all ages.

## Winelands

### LIMIETBERG near Paarl

Probably the best-known spot in the Limietberg Nature Reserve is Tweede Tol - a campsite-cum-picnic area located on the Bainskloof Pass (the R301). Here there are over 20 shady public campsites and six private campsites for overnights, while day visitors can enjoy clear rock pools and short walks in the area. The greater nature reserve is home to numerous day hikes (including the popular Kromrivier, Bobbejaans and Happy Valley routes) and the Limietberg multi-day trail.

### JONKERSHOEK & ASSEGAAIBOSCH near Stellenbosch

The residents of Stellenbosch escape the bustle of town life by heading for the waterfalls and fynbos-clad slopes of the mountains that form part of the Jonkershoek and Assegaaibosch Nature Reserves. Visitors can choose from the many day hikes, enjoy the cool waters of the Eerste River or relax in the shady Assegaaibosch picnic site. The gracious Assegaaibosch homestead is ideal overnight accommodation.

### HOTTENTOTS HOLLAND near Grabouw

Various day routes, plus overnight trails to Landdroskop and Boesmanskloof huts, head through vast sections of rugged terrain with mountain fynbos. The reserve's other major attractions are its two kloofing routes - Suicide Gorge and Riviersonderend - and one short mountain bike trails.

### VROLIJKHEID near McGregor

Vrolijkheid, in the Breede River valley, is known for its rugged, striking beauty hewn from sandstone and underlying shale formations. Succulents and numerous dwarf trees and shrubs dominate this rocky part of the Klein Karoo. Klipspringer, grysbok and springbok are common. Hike a day trail, visit the interpretation centre, do some easy mountain biking, or simply watch birds from the bird-hide overlooking two dams that are perfect for bass-fishing. For a longer hike, try the Boesmanskloof or Genadendal multi-day trails.

## Garden Route

### OUTENIQUA near George

Outeniqua is a reserve made for motorists, mountain bikers and hikers. The area features four mountain passes - Outeniqua and Robinson passes (tarred) and Cradock and Montagu passes (gravel). For hikers who want to explore the mountains between Oudtshoorn, George or Mossel Bay, there are leisurely rambles and numerous day hikes to choose from. A variety of proteas and ericas bloom in spring.

### ROBBERG near Plettenberg Bay

The fynbos-covered peninsula of Robberg, a marine protected area and national monument, is a trademark of Plettenberg Bay. Choose from one of three circular day routes that vary in difficulty and distance, and wind your way around this spectacular nature reserve. Look out for seabirds, dolphins or whales (in season), go swimming, or enjoy excellent rock and surf angling. The Witsand trail will take you to one of the few land-based Cape fur seal rookeries, which is a hive of activity, especially at the end of the year when pups are born. Nelson's Bay Cave and its Stone Age interpretation centre is a worthwhile stop. If you are keen to enjoy an exclusive overnight on the peninsula, hike to the Fountain Shack (sleeps 8) which is on the doorstep of the sea. The Island and Witsand.

### KEURBOOMS RIVER NATURE RESERVE near Plettenberg Bay

Enjoy a snack or braai in a shady spot under the many trees in the picnic area while watching boats and windsurfers go past. Secluded picnic sites (with ablutions) further upstream are only accessible by boat so bring your own canoe or hire one at the reserve gate. To explore the river, its indigenous forests of yellowwoods, keurboom trees and ferns, and to practice your forest birding skills, book the multi-day Whiskey Creek Canoe Trail where you overnight in a secluded log cabin by the river.

### GOUKAMMA NATURE RESERVE near Knysna

This nature reserve and marine protected area is a versatile hideaway that can keep outdoor enthusiasts busy for days. Hike through the milkwood forest or along the beach, fish for bass in Groenlei Lake or canoe on the Goukamma River. Stay over at Mvubu or Groenlei bushcamp, both set amongst milkwood trees and overlooking the beautiful Groenlei Lake, the Garden Route's only freshwater lake. Alternately, book a thatched rondavel on the banks of the Goukamma River close to the beach at Buffels Bay.

## Overberg

### KOGELBERG near Kleinmond

The floral diversity of Kogelberg is unsurpassed. Known as 'the heart of the Cape Floral Kingdom', this pristine river valley supports more than 1600 fynbos species. For a first-hand experience of this natural phenomenon, do a day hike or mountain bike trail, follow the Highlands multi-day trail or brave the waters of the Palmiet River in your kayak. Stay in one of five wooden cabins.

### DE MOND near Bredasdorp

Our coastal nature reserves play an important role in conserving marine life and seabirds. De Mond is a sanctuary for rare species like the Damara and Caspian terns and the African black oystercatcher. Day visitors can enjoy the pleasures of a picnic under the milkwood trees at the Heuningnes River or a short hike along its shores. This is a well-loved spot for anglers, who fish along the coast or in the estuary for grunter and cob. Stay over in a three-bedroom self-catering cottage nestled amongst milkwoods and coastal fynbos.

### DE HOOP near Bredasdorp

De Hoop offers the complete outdoor experience of the sea, dunes, vlei, mountains, rare lowland fynbos and the Whales that return between July and November each year to calve and mate. De Hoop (World Heritage Site) is a home to the endangered Cape Vulture, Bontebok, Eland, Cape Mountain Zebra, Red Hartebees and Ostrich.

Activities include Mountain biking, various day trails like the Vlei trail which is a superb spot for birdwatching, then there is the world renowned 5 day Whale Trail which includes hiking along the pristine De Hoop coast. De Hoop has undergone a major facelift and the tourism facilities and activities (excluding the Whale Trail) are now managed by De Hoop Collections, a public private partner. There is a variety of self catering units, caravan sites, camping facilities, luxury accommodation, conference facilities, wedding venue and the infamous Figtree restaurant. De Hoop Collections Bookings: 0861 334 667 res@dehoopcollection.co.za

### SALMONSDAM near Stanford

Nature lovers know Salmonsdam for its day hikes along spectacular kloofs and over rolling hills to waterfalls and remnant forest patches. There are ten campsites and three basic cabins. Two of the cabins sleep two people each and share ablution facilities with the campers. The third cabin has ablution facilities and sleeps six. There is no electricity but cabins have gas stoves and fridges.

### MARLOTH at Swellendam

Marloth, home to the six-day Swellendam Trail and various day hikes, also provides a playground for mountain bike junkies. Marloth's cottages, Bushbuck (sleeping six in three rooms) and Suikerbekkie (space for four in two rooms) are comfortably equipped.

### GROOTVADERSBOSCH near Heidelberg

Grootvadersbosch has two hundred and fifty hectare of indigenous forest and lies at the foot of the Langeberg mountains. Highlights are the two bird hides set in the forest canopy, the dark waters of the Duiwenhoks River, a 2km walk from the campsite, two day hikes through the forest, and a challenging mountain bike trail. The equipped wooden cabin, Scolopia, is set on the forest's edge and sleeps six. The campsite has a communal lapa and comprises ten sites with power points. The adjacent Boosmansbos Wilderness provides the opportunity to hike "beyond civilisation".

## Reservations

Tel: 0861 CAPENATURE (227 362 8873) / 021 483 0190 reservation.alert@capenature.co.za

Enquiries & Permits (fishing & hunting) Tel: 021 483 0000 Email: info@capenature.co.za

Pensioner's discount - 30% off accommodation rates only. Terms & Conditions apply

All funds generated through tourism flow back into conserving the CapeNature reserves in the Western Cape.



### CAPENATURE PROTECTED AREAS

1. Cederberg Wilderness Area
2. Bird Island Nature Reserve
3. Rocherpan Nature Reserve
4. Groot Winterhoek Wilderness Area
5. Limietberg Nature Reserve
6. Jonkershoek Nature Reserve
7. Assegaaibosch Nature Reserve
8. Kogelberg Nature Reserve
9. Hottentots Holland Nature Reserve
10. Walker Bay Nature Reserve
11. Salmonsdam Nature Reserve
12. De Mond Nature Reserve
13. Waenhuiskrans Nature Reserve
14. De Hoop Nature Reserve
15. Vrolijkheid Nature Reserve
16. Marloth Nature Reserve
17. Grootvadersbosch Nature Reserve
18. Boosmansbos Wilderness Area
19. Anynsberg Nature Reserve
20. Gankaberg Nature Reserve
21. Swartberg Nature Reserve
22. Outeniqua Nature Reserve
23. Goukamma Nature Reserve
24. Kammanassie Nature Reserve
25. Keurbooms River Nature Reserve
26. Robberg Nature Reserve

We regret no pets allowed

