

# Hiking Trails

Limietberg  
NATURE RESERVE



CapeNature  
www.capenature.co.za

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## PLEASE REMEMBER

Your safety is your responsibility

### DISCLAIMER OF LIABILITY

All persons entering this conservation area and using its facilities do so entirely at their own risk. The Western Cape Nature Conservation Board and/or its employees and/or agents and/or its successors in title shall not be liable for any damage, loss, theft, injury, accident or death suffered by any person, howsoever caused. Right of Admission Reserved.

### FIRE LIABILITY

Fire is a major environmental, human and livelihood threat. Anyone caught lighting, using or maintaining a fire or attempting to light, use or maintain a fire in areas other than those demarcated by the Nature Reserve Manager will be in contravention of the National Veld and Forest Fire Act (101 of 1998) and will be liable for a fine as well as all costs incurred to extinguish the fire.

PLEASE BE FIREWISE.



1 Limietberg Trail 2 Rock Hopper 3 Murasie 4 Bobbejaansrivier 5 Happy Valley 6 Kromrivier 7 Elandsrivier 8 Miaspoort

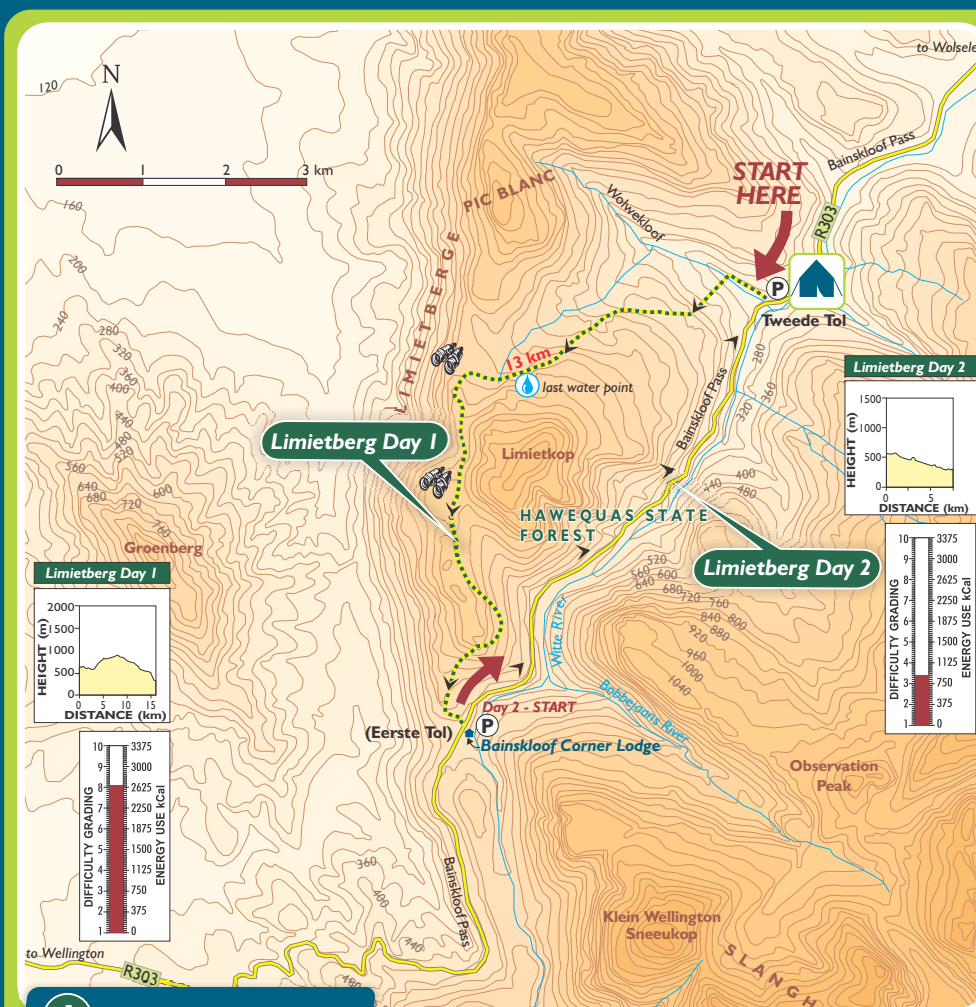
## LEGEND

|                       |                        |
|-----------------------|------------------------|
| <b>Hiking Trails:</b> | Railway line           |
| Limietberg            | Towns/built up areas   |
| Rock Hopper           | Contour intervals 40 m |
| Murasie               | Rivers and streams     |
| Happy Valley          | Dams                   |
| Bobbejaansrivier      | 4.5 km Trail distance  |
| Miaspoort             | Look-out points        |
| Kromrivier            | Graves                 |
| Elandsrivier          | Waterfalls             |
| <b>Roads:</b>         | Parking                |
| Freeway               | Drinking water         |
| National Road         | Swimming pools         |
| Provincial Road       |                        |
| Secondary Road        |                        |

Some 102 000 ha of fynbos-covered mountain slopes, challenging cliffs, and indigenous river valleys make up the Limietberg Nature Reserve. It stretches from Franschhoek in the south, to the Klein Drakenstein mountains in the east and the Elandsberge in the north, and forms part of the greater Boland mountain range. The area is an important water catchment for the Breede and Berg Rivers. The catchment also feeds the Wemmershoek, Stettynskloof and Brandvlei dams.

The weather conditions in these mountains vary from very hot and dry in the summer months, to extremely cold and wet during the winter, with snow on the higher peaks. Hikers are cautioned to heed weather reports.

Small antelope, baboon and the occasional caracal and leopard occur. You may also be lucky enough to spot endemic birds such as the Cape sugarbird and the protea canary, as well as the majestic black eagle. Three endemic fish species are increasingly threatened by alien trout fish that were introduced prior to the establishment of the reserve.



## 1 Limietberg Trail

20.5 km, 2 days. Circular.

This popular two-day trail has changed from the previous linear route, to a circular route between Tweede Tol in Bainskloof to Bainskloof Corner Lodge, 2km south of Eerste Tol. The route offers fantastic views over the Berg River Valley, Table Mountain, Simonsberg, the Franschhoek Mountains in the south, the Voelvlei Dam, and the Riebeeck Valley to the north. Enough water should be carried, as there is no running water in summer. It is also advisable to begin early to avoid the midday heat. Hikers need to arrange their own overnight accommodation at Bainskloof Corner Lodge Tel: 021 864 1159.

NO FIRES ARE ALLOWED ALONG THE ROUTE.



Day 1: 13 km, 8 hours.

Day 2: 7.5km, 5 hours.

The trail starts at Tweede Tol (safe parking is available) and ascends steadily into Wolkeloof for the first 4 km. You hike in a southerly direction to Eerste Tol and the Bainskloof Corner Lodge (2 km south of Eerste Tol). The route offers fantastic views over the Berg River Valley, Table Mountain, Simonsberg, the Franschhoek Mountains in the south, the Voelvlei Dam, and the Riebeeck Valley to the north. Enough water should be carried, as there is no running water in summer. It is also advisable to begin early to avoid the midday heat. Hikers need to arrange their own overnight accommodation at Bainskloof Corner Lodge Tel: 021 864 1159.

The next day hikers have 3 routes to choose from for the hike back to Tweede Tol:

- 1 You can return along the route you walked the day before;
- 2 You can walk back along the Bainskloof Pass for a cultural historical perspective;
- 3 You can go back on the Rockhopper Trail which is along the riverbed of the Witte River. Follow the river downstream to Tweede Tol. This can only be done in summer.

## HIKING SAFETY

### Planning

- Plan your hike thoroughly, paying attention to:
  - Permit requirements and gate times.
  - Availability of water.
  - Size of group (preferably three or more), never hike alone.
  - Fitness and medical condition of group members. The slowest person determines the pace of hiking.
  - Inform someone of your plans and expected time of return.
  - Time of start and expected finish.
  - Time of sunset and tides.

### Weather

- Weather conditions can change very quickly. Do not attempt to hike if a trail is closed - it can endanger lives.
- If the weather takes a turn for the worse, make your way back to the start as quickly as possible. Do not attempt to complete the trail.
- Weather forecasts are available at tel: 082 162. If in doubt, phone the reserve before leaving home.

### Clothing and Footwear

- Boots or shoes should be sturdy with strong non-slip soles and must be well worn in. Tennis shoes and sandals are not suitable.
- Sun hats are essential, even on cool days. In cold weather, wear a warm cap to prevent heat loss.

### Always carry the following items:

- Headlamp / Torch (with new batteries)
- Compass / GPS
- At least a 1.5 l water bottle
- Cell phone with spare battery
- First aid kit

CapeNature manages large areas in the Western Cape, and encourages hikers to enjoy their wild beauty. Hiking is a wonderful opportunity to explore natural areas, but could end in tragedy if these guidelines are not followed.

- Whistle
- Matches in a waterproof container.
- Warm jacket

**Alcohol is not permitted** because it may impair judgement and cause dehydration.

### In the event of an emergency or accident:

- Keep the group together.
- Keep moving if possible.
- If unable to continue due to injury or collapse, or if weather conditions become too severe, seek shelter.
- Stay on or close to the path to be visible to a rescue party. Do not stray from a given route.
- In case of emergency notify the reserve office or phone 10177.
- If possible, send two experienced group members to report the accident. Don't abandon the casualty.
- Give the rescue team full name, age of the casualty, the type of injury, the location of the accident.

### Being lost

- Never descend via unknown terrain. Loose stones and hidden cliffs can be deadly.
- Sunlight and weather permitting, retrace your steps until reaching a known route. Otherwise, stay where you are until rescued.
- Use bright items to reveal your position to search teams. Blow a whistle to attract attention.

### Hypothermia (abnormally low body temperature)

Wet, wind and cold can cause hypothermia. Symptoms include shivering, uncontrolled shivering, slurred speech, loss of memory and drowsiness. Stay dry and warm and seek shelter while you still have energy, but try to stay near the path.

### Hyperthermia (heat exhaustion)

Hot weather, insufficient liquid and exhaustion can cause hyperthermia or heat exhaustion. Symptoms can include exhaustion, stumbling, dizziness, headaches and impaired vision.

The following points can help to avoid hyperthermia:

- Hike in the cool of morning and later afternoon.
- Rest in the shade during midday.
- Drink enough water.

### Fires can be deadly!

- Stay calm and think in practical terms. Keep your group together, keep water bottles filled and, if possible, wet your equipment and clothes. Synthetic materials can melt.
- Never try to out-run a fire, especially uphill. Take note of changes in wind direction.
- Find water, rock slabs or cleared areas and stay there. Avoid thick bush, kloofs and rocky areas where you could be trapped.
- Try to keep to jeep tracks, paths or open slopes.
- Wave bright items to attract attention.
- Inform the trail authorities when you reach the end of your hike.

### Conservation

- Do not interfere with plants or animals, or deface rocks or trees.
- Take all litter home with you.
- Use a small spade to bury toilet matter.
- Fires are strictly prohibited.
- Never discard cigarette butts - they cause veld fires and are unsightly.
- Stick to paths and walk in single file to avoid soil erosion.



