

DATE OF VISIT: NAME OF GROUP LEADER:

ADDRESS:

..... TEL/CELL: NO. OF PEOPLE:

PURPOSE OF ACCESS (tick relevant box):

Hiking

Cycling

Trail to be hiked:

Forest Buzzard

Attakwaskloof

Emerald Cuckoo

Cradock Peak

Burchall's Coucal

George Peak

Blackheaded Oriole

Cradock Peak

Koumas Circular

Pass to Pass

Bird watching

Picnic

Environmental education

Guided tour

Spiritual/cultural ceremony

Visit to sites of spiritual/cultural importance

Other (specify)

Tear off here



Welcome to Outeniqua Nature Reserve

ACCESS PERMIT FOR RECREATION, EDUCATION, CULTURAL OR SPIRITUAL FULFILMENT

PLEASE KEEP THIS DOCUMENT ON YOU AT ALL TIMES DURING VISIT.

*Should you be requested by a CapeNature official, you must produce this unique permit to validate your access in the reserve.
Unauthorised access is a serious offence.*

GENERAL RULES AND CONDITIONS

- You enter the area and utilise the available facilities at your own risk and CapeNature shall not be liable for any loss suffered or damage sustained whatsoever.
- Everyone gaining access into a Cape Nature Reserve should conduct themselves in a safe and courteous manner and be considered of other users.
- Access is restricted according to the gate times.
- Activities related to recreation, education, cultural or spiritual fulfilment, may take place only designated for that purpose.
- No noise or other disturbances which may affect other users are allowed.
- Lighting of fires is prohibited. Smoking is not allowed inside the reserve.
- No litter, refuse or empty containers shall be dropped in the reserve
- No person may damage, remove or interfere with any fence, notice board, or other structures in the reserve.
- No person may damage, remove or mark a rock, fungus, geological/archaeological objects or any vegetation in the reserve.
- Any person, who, without authority, injures, kills or collects any animal, bird, insect, fish or other organism is guilty of an offence.
- The feeding of wildlife is prohibited.
- Firearms, axes, bows, cross-bows and other potential hunting weapons are not permitted in the reserve.
- Pets and domesticated animals are not permitted in the reserve except for dogs that must be attached to a lead at all times. Uncontrolled dogs will not be permitted.
- Camping, picnicking and fires are restricted to the indicated sites
- Please lock doors and gates
- You will be responsible for any charges relating to search and rescue.
- The use or possession of fireworks or any explosive device within the reserve is prohibited.
- No liability shall be attached to Cape Nature for any damage to any property of visitors to this nature reserve as a result of operations carried out by or on behalf of the State or through any other cause whatsoever, unless such damage was caused by negligence on the part of Cape Nature's employees in the execution of their normal duties.
- Visitors to a CapeNature Reserve shall be liable for damage to reserve produce or any property on the reserve which may be caused as a result of any act on their part.
- Additional conditions, fees or licences may apply to certain activities and places.

HIKING - A SURVIVOR'S GUIDE

Weather

Weather conditions can change very quickly in the mountains, even if the weather is good at lower altitudes. Do not attempt to hike if the weather turns dangerous. Turn back to the start or to the nearest hut as quickly as possible. Do not attempt to complete the trail.

Emergency Equipment

Always carry the following items:

Headlamp /torch; pocket knife; first aid kit; matches in a waterproof container; waterproof gear; cell phone; space blanket ; whistle; at least 1,5l water.

Clothing and Footwear

- Take a wind- and waterproof anorak and warm jersey, even in summer.
- Boots or shoes should be sturdy with strong non-slip soles and must be well worn in. Tennis shoes and tackies are not suitable.
- Sun hats are essential, even on cool days. Use a sun block on all exposed parts, not only your face!
- In cold weather wear a warm cap/ beanie to prevent heat loss.

Emergencies

In the event of an emergency or accident while hiking:

- Keep the group together.
- Stay on or close to the path to be visible to a rescue party. Do not stray from a given route.
- Notify the reserve office at 082 772 8085 or phone 10177

If lost

- Never descend via unknown kloofs or slopes. Waterfalls, loose stones and hidden cliffs can be deadly.
- Keep the group together.
- Light and weather permitting, retrace

your steps until reaching a known route. Otherwise, camp where you are until rescued.

Serious accidents

- Stay calm, protect the casualty/ies against further injury and apply first-aid
- If possible, send two experienced group members to report the accident. Don't abandon the casualty.
- Give the police the following information: full names and age of the casualty; the type and severity of injury; the location of the accident (preferably on a 1:50 000 map with grid references); and the details of the rest of the group.

Hypothermia (abnormally low body temperature)

Wet, wind and cold can cause hypothermia. It can happen very quickly. Symptoms include exhaustion, stumbling, uncontrolled shivering, slurred speech, loss of memory and drowsiness. Hypothermia can kill! The following points can help to avoid hypothermia:

- Stay dry: put on rain-gear before you get wet.
- Strip off wet clothing and put on dry clothes and wear a warm cap to avoid heat loss.
- Have warm, sweet drinks.
- 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.

To avoid hyperthermia:

- Hike in the cool of morning.

- Drink at least 250ml (one cup) of water an hour.

Mountain Fires

Mountain 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. If you are in a hut or building, stay there.
- Never try to start a back-burn; you can find yourself in even more trouble.
- Remove gas canisters and all other fuel and inflammables from your rucksack. Store them in a safe place.
- Keep a lookout for helicopters. Wave bright items to attract attention.

Lightning

If a thunderstorm seems imminent:

- Immediately move away from high ground (summits, exposed necks / cols and ridges), prominent trees, power lines and similar lightning conductors.
- Seek shelter in low bush or inside a dry cave or overhang.

Conservation

- Take a small spade and bury toilet matter.
- Never discard cigarette butts - they cause veld fires and are unsightly.
- Stick to paths and walk in single file to avoid soil erosion.