



# Day visitors-Info Sheet

## HOTTENTOTS HOLLAND

### NATURE RESERVE

Near Grabouw



USEFUL NUMBERS AND TIMES		GPS: 34 4 26.64 S 19 3 42.41 E
RESERVATIONS	☎ 087 087 8250	
RESERVE OFFICE	☎ 028 841 4301/02	(Office hours)
EMERGENCY (Fire & Rescue)	☎ 082 413 5258	
OFFICE HOURS	07h30 – 16h00	(Monday – Friday)
CHECK-IN TIME	07h30 – 14h00	(Day visitors)
CHECKOUT TIME	16h00	
GATE TIMES	07h30 – 16h00	(Monday-Sunday)

HOW TO GET THERE	GPS 34 4 26.64 S 19 3 42.41 E
<p>Hottentots Holland Nature Reserve is about an hour's drive from Cape Town. Take the N2 over Sir Lowry's Pass, turn left on the R321, go through Grabouw and on towards Villiers Dorp. Up in Viljoen's Pass, watch out for Nuweberg and the reserve entrance signposted on your left.</p>	

ABOUT THE RESERVE
<p>The reserve's mountainous terrain ranges between altitudes of 500m and 1 590m. Summers are generally hot and dry, while winters are cold with annual rainfall as high as 3 300mm on the Dwarsberg plateau. Weather conditions in the mountains can be unpredictable and dangerous.</p>

The entrance to the reserve is at Nuweberg, high in Viljoen's Pass between Grabouw and Villiers Dorp. About 7 000 hectares of private and state property around the reserve is co-managed by the Theewaterskloof Conservancy, which includes CapeNature and various landowners.

## ACTIVITIES

### SWIMMING

Visitors will discover a number of clear natural pools hidden in the mountain.

They offer a refreshing respite from the searing heat during summer months, although the daring may plunge into the pools in winter too!

### MOUNTAIN BIKING

The reserve's mountain bike trail is 22km, winding up to Groenlandberg.

The Groenland trail offers stunning panoramic views of the sea, nearby farms and even Hermanus on a clear day. It's a moderate out-and-back route that allows bikers to enjoy the reserve's wealth of fynbos.

### DAY WALKS / HIKING

Palmiet hiking trail

### KLOOFING

Kloofing is an adrenaline-pumping way to explore the Hottentots Holland and its clear mountain pools. Suicide Gorge is a popular route, involving a combination of hiking, leaping off cliffs into deep pools and swimming through mountain streams. Kloofing is not for the faint-hearted. This is best done with an experienced kloofer who has done the route before.

### Cape Canopy Tour

Situated in the Hottentots Holland Nature Reserve, CapeNature has partnered with Cape Canopy Tour to take you into a previously inaccessible and pristine part of this amazing World Heritage Site, we offer a fully guided tour zipline adventure.

## PLEASE TAKE NOTE OF THE FOLLOWING

- **Hiking trail permits & picnicking permits** are available at the gate and via Booking office.
- Parking and toilet facilities are available.
- Please note that hiking trails might be closed at short notice due to extreme weather conditions or natural disasters.
- No fires are allowed on the hiking trails.

## HOTTENTOTS HOLLAND RULES

- Day picnickers are restricted to the picnic area **ONLY**
- **Daily Capacity limits** are in place
- NO pets are allowed
- NO music (including musical instruments) and radios are allowed
- NO alcohol allowed
- NO rowdiness, hooliganism or disturbing the peace will be tolerated
- NO nude bathing is allowed
- NO firearms are allowed
- NO littering allowed
- NO throwing or moving of rocks in and around the river is allowed
- Parents are responsible for their children's behaviour
- Fires are only allowed in the fireplaces provided for that purpose. Please do not break any rocks or chop wood on constructed fireplaces. Guard your fire at all times and extinguish it thoroughly with water before leaving
- No one may damage or remove any vegetation or notice boards
- The gathering of firewood from the veld is not allowed
- Please be friendly and considerate towards your fellow picnickers as well as the picnic site staff
- The gates open at 07h30 and close at **16h00 sharp**



## DAY TRAILS / WALKS

### PALMIET TRAIL

This easy, circular route is perfect for families. Please note that hikers will not be allowed to start hiking this route later than 2pm, in order to ensure that they are back safely before night fall.

<b>Maximum people allowed on trail per day:</b>	30
<b>Total distance in km:</b>	6km
<b>Type of route:</b>	Circular
<b>Degree of difficulty:</b>	Easy
<b>Estimated time to complete:</b>	2 hours
<b>Cut-off time to set off on trail to be back before gate closes:</b>	15h00
<b>Must trails be booked before arrival at reserve?</b>	Yes
<b>Is a permit required?</b>	Yes – available at the gate

## HIKING SAFETY TIPS

- Wear comfortable walking shoes, sunscreen, and a hat.
- Do not hike alone.
- Carry enough food and water with you.
- Make sure you know what the weather conditions are before you depart.
- Take a warm jacket/raincoat in winter.
- Make sure you have a relevant map of the area.
- Take a field medical kit with you for emergencies.
- Obey all signage.
- Stay in a group and on the trails.

## HIKING CHECKLIST: WHAT TO BRING

- Hat
- Sunblock
- Comfortable walking shoes
- ***Sufficient snacks and drinking water***
- ***Good map of the area***
- ***Communication device in case of emergency***