



Climbing and Trekking in South Africa's Western Cape

The Western Cape of South Africa is one of the world's most beautiful areas and a very sought after climbing and trekking destination. In spite of publicity and reputation, the area remained amazingly wild and untouched with bursting variety of flora and fauna and almost no one to share it with. The spring time in South Africa with its abundant of wild flowers, long days and comfortable temperatures is the perfect time to enjoy this beautiful side of the African continent.

Who the activity will suite: This activity suites adventures people who would like to try out a climbing and trekking vacation "off the beaten trek"; a moderate level of physical fitness is required- walking without a trail on variable terrain and with a rucksack is an integral part of the activity- hence- a previous experience in trekking or hill walking and scrambling is an advantage, climbing level required is a minimum of a UIAA IV (Toprope).

Details and costs:

Dates: please refer to the internet site http://www.harim-mountains.com/south_africa

Activity duration: 12 days

Activity contents:

- Sport climbing
- Trekking and scrambling
- Table Mountain traverse
- Wine tasting...

Location: Our meeting point will be in Cape-Town, our activity will be guided the west cape peninsula.

Fitness requirements:

A moderate level of physical fitness is required- walking without a trail on variable terrain and with a rucksack is an integral part of the activity- hence- a previous experience in trekking or hill walking and scrambling is an advantage; we will be trekking with light rucksacks (day packs) for

up to 7 hrs per day, sometimes with easy rock climbing passages (Grad II UIAA). Climbing level required is a minimum of a UIAA IV (Toprope), recommended is UIAA V/5a (Toprope)

Guides-client ratio: 1:6 maximal

Price: **1499 € pp.**

Price Includes:

Planning and guiding by a UIAGM certified guide/Guide Aspirant
Transportation throughout the activity
Hotels and Farm stays for 11 nights incl. half board
Entrance fees for the Cederberg climbing areas and parks

Price does not include:

Flights and insurances
Climbing gear
3 dinners in Cape-town
Food and beverages during the day
Taxi to-from Cape-town's airport
Estimated total price **2290 € pp**

Personal climbing gear (please mark it before you pack it!):

Rock climbing shoes, helmet, harness
4 X HMS Karabiners
Belaying device that can be used for abseiling & alpine climbing (ATC Guide/ Reverso etc.)
A sports climbing half automat (Gri-Gri/Mammut Smart/Edelrid Jul 2 etc.) optional
2 X Slings 120 cm
4 X express slings
Rucksack 30 litter for climbing and trekking
Headlamp + spare batteries

Team climbing gear (please mark it before you pack it!):

2 weeks before the trip you will receive a mail stating who should bring what- we will split between us the responsibilities as sum of us would bring some extra webbing and slings, some would bring ropes and some would bring "Trad" gear such as friends and stoppers. Please inform us, as you sign in, if you can provide any of the above.

Personal gear list:

Transportation duffle bag/big rucksack which is waterproof or has a waterproof cover
Light approach shoes
Sandals/flip-flops
Climbing pants X 2

Some thin cotton/simple long armed shirts/T-shirts for rock climbing and trekking

Water proof jacket

Fleece jacket

Down

1/2 X thermal first layer shirt

2 X thermal warm socks

2 X Cotton socks

1 X warm hat

1 X sun hat

Sun glasses

Sunscreen and lip balm

Swimming suites and towels

Mosquito repellent

A small bathing kit

Medications (if needed)

1.5 L drinking bottle/camelback

Headlamp

A pocket knife

Wallet

Walking poles

Comfortable clothing for the evenings in town

Passport (at least 6 months before expiration)

Driving license

General: our transportation for the trip is based on one van for 6 people- please make sure that your luggage does not exceed 2 luggage pieces:

1. 30-35 liter climbing and trekking rucksack
2. Bag/rucksack with up to 30 cm (deep) X 40 cm (wide) X 70 cm (long) size

Plan day by day:

Day 1:

We will meet at 17:00 in one of Cape-Town's finest sea-front/mountain view hotels. The meeting will take place in the lobby where our guide will go over the program for the next few days with you. Together we will go out for dinner in the city and enjoy the atmosphere of this southern "new Orleans" interesting metropolis.

To arrive from the airport to the hotel- ether use one of the **official** taxi offices at the airport or use any kind shuttle alternative from the airport into the hotel

If you were thinking to arrive before or stay after the trip in Cape Town and you would like to do any kind of change in the booking dates- please let us know at-least a month in advance so we could change your bookings, otherwise we will book you automatically in a double room in the hotel for the first, 10th and 11th nights

Beware- walking on foot in the street **at night** in Cape Town is not recommended; take a taxi or use the hotel's shuttle service

Day 2:

A 3,5 hour's drive to Nuwerust farm in the Cederberg- The 22,000 hectare farm was build in the late 18th century, has one of the oldest grapevines in the Cederberg and is managed, until today by *Louise Esterhuizen* – a descendent of the first Cederberg pioneers, and her husband *Steven*. To recover the long drive we can take a dip in the swimming pool that is located just under the Rooiberg- a 200 meter-high massive- or just nap for an hour. The last couple of light hours will be used to walk to the local crag where we will practice placing and removing “trad” equipment, a skill that will come useful in the next few days. The dinners in the farm are always a welcome closure of the day- in the traditional “Lappa” or Buren meeting place, we can enjoy a drink while meats and vegetables are being grilled.

Day 3:

Our first rock-climbing day. After breakfast we will walk together up the Rooiberg where we will climb until the hot hours of the day. The Rooiberg climbing crag(s) offers many routes ranging between UIAA IV to 8 (French 5a to 6c). Once the day becomes too hot for climbing and the rock becomes too smooth- or „Schluke“by the local climbers tongue- we could ascend the summit of the Rooiberg for a lovely view of the farm below. As an alternative one can descent straight down and back to the pool with a cold beer in the hand...

Climbing: well equipped routes from 5a to 6c.

Walking: climb to Rooiberg and back- 700 meters elevation gain (4 roundtrip total).

Day 4:

Truitjieskraal- (prenaounces „Truykiskraal“) is one of the absolute highlights of our visit; this place, in the midst of the Cederberg nature reserve national park has it all: Bushman wall paintings from the time elephants roamed the Cederberg plains, sheer rock wals and labyrinth canyons and exceptionally good sports climbing. To wrap it up- a visit to the remote Kromriver farm is a must- in this charming settlement they sell their homemade farm products as well as their price winning beer. A snack and a beer in the shade after a day at Truitieskraal is highly recommended.

Climbing: well equipped routes from 5a to 8a+

Walking: about 40 minutes

Day 5:

Today we can relax our fingers and work a little bit more with our legs... The Wolfberg Arch- an UNESCO world heritage- site is on our today's program. Via the Wolfberg crack and some level 2 scrambling we will hike to the high and vast plateau of the Wolfberg. Two hour walk from the top of the plateau through a moon landscape will bring us to this impressive site. Completing the Wolfberg traverse we will be picked up from Woopertal and driven back to the farm

Walking: 6 hour walk with about 800 meters elevation gain; grade II scrambling

Day 6 :

The last but not least sport climbing crag in our close proximity- the Sandriff crag- often we will be escorted by curious baboons that made the rock face their home.

After climbing, a short walk through the Sundriff camping area brings us to a big natural pool where we can hang out before heading back to the farm. Another popular option (because we are already there...) is to visit the Driehook farm exactly when they offer their celebrated wine tasting session.

Climbing: well equipped routes from 5a to 7a+

Walking: 1 hour round trip

Day 7-10:

Options are numerous for the next few days- depending on the group wishes we could climb some classical multi pitch routes, ether in the Wolfberg or the shorter ones on the Rooiberg, we could overnight on the Taffelberg summit (a long wild hike to the highest summits of the Cederberg) or spend a starry night on the top of the Rooiberg or we can make a two days trip to the famous rock lands where we can try some of the worlds renown boulders. This will all be decided after the first week

Day 10:

A drive to Cape – Town with an option to stop at the “hip” university and wine town of Stellenbush

Day 11:

Through the Indian Venster we traverse the Tafelberg (The table-mountain above cape town) all along the way we enjoy the blossom and the ocean views. In the night we will celebrate our last day together in a fine restaurant with wine and local specialties

Walking: 1000 meters elevation gain with scrambling passages of UIAA II

Day 12: Drive to the airport and a flight back home