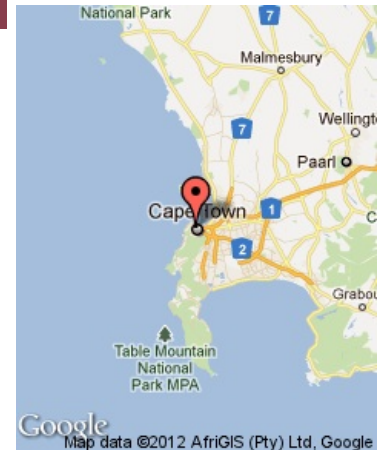


Hiking Table Mountain



Highlights

It's one of the most iconic natural wonders in the world: Table Mountain, on the edge of the Cape Peninsula. If you want to give yourself a challenge while on holiday, why not try hiking Table Mountain? AWOL offers various guided hikes for different fitness levels incorporating assorted terrain and views. You can also create your own day out on Table Mountain to match exactly what suits you best.

Table Mountain is one of the top tourist spots in South Africa. There's a reason everyone wants to see it: how often are you near a naturally-formed structure that gives you great views and houses around 2,200 species of plants as well as porcupines, tortoises and the native dassie? Many people choose to take the cableway up to the top of the mountain to experience the views, but they miss all of the flora and fauna that live on the mountain. By hiking Table Mountain taking one of the many routes up, you'll be able to really experience the surroundings and walk where humans have walked for 600,000 years.

There are so many ways to enjoy this UNESCO World Heritage Site because there are trails for those with less mobility and routes for those who train regularly and don't mind getting an intense workout while enjoying the scenery. You can also choose to include a cableway ride as part of your adventure, especially if you're worried about the physical aspect of the excursion.

AWOL plans routes that go up Devil's Peak, Kirstenbosch Botanical Gardens, Lion's Head Peak, Maclear's Beacon, Skeleton Gorge, and the Twelve Apostles peaks so you can choose which parts of the mountain you'd like to see.

Is it for me?

Don't be scared by the word "hike". AWOL makes sure that you have booked a hike that you can handle. Still, be honest with yourself! If you only go to the gym once in a while, don't tell them that you train on a regular basis. Doing a guided hike on Table Mountain is a great way to actually see what's on the mountain and have a guide explain it all to you, as opposed to flying over it in the cable car. Your hikes will all be private, just you and your guide, so you can rest assured that you will be going at your own pace. But if you are not crazy about working out on holiday, if you don't want to break a sweat or maybe get a little dirty, best to take the cable car all the way up instead of opting for a hike.

Accommodation

Picnic lunches are included on all hikes. No accommodation is included in the price. You are responsible for bringing: hiking boots, hat, something waterproof in case it rains, wind breaker, sunscreen, an extra layer or two if it gets cold and a camera to record the incredible surroundings.

Itinerary

Choose from one of the following itineraries or create your own personalised hike.

Maclear's Beacon Hike:

The guide will take guests to the top of Table Mountain (1025 metres) in the Cableway. You will then leave the

Prices from

76 GBP (1 day) per person

Why book with Tourdust?

- ✓ The Best Local Operators
We handpick the best local operators
- ✓ Local Price Guarantee
Pay what you would locally with our Best Price Guarantee
- ✓ Secure Online Payments
Safe and easy online booking
- ✓ ABTA Bonding for your protection
We even throw in complimentary Supplier Failure Cover



Western Table (West side of Table Mountain), where most of the tourists are, and walk for 45 min - 1 hour all the way on fairly flat ground to the east side of Table Mountain, Macclears Beacon (1085 metres). For the more adventurous, there is an option to walk back to the cablecar along the edge of the mountain overlooking the city and enjoying some fantastic views. You will return to city by Cable Car.

Lion's Head:

- A popular hike that lasts two to three hours, this is a moderate walk that goes in a gentle incline on a spiral path with some more vertical sections towards the top. It takes a spectacular route which at the summit allows you to see Cape Town, the Atlantic Ocean and Robben Island.

Twelve Apostles and Tranquility Cracks:

- This is a six hour, moderate to strenuous hike, which packs in many different sights and a variety of backdrops. It begins by following the Woody Ravine, thankfully partly shaded by the Spring Buttress. The first half of the hike concludes with views of the Twelve Apostles, a range of twelve peaks in a row on the Atlantic Ocean side. After lunch the hike continues through the Tranquility Cracks, a maze of rock corridors on top of the Twelve Apostles, an interesting and true to its name, peaceful landscape. You will descend down Kasteelspoort

Skeleton Gorge along the top of Table Mountain Plateau:

- The hike starts in the Kirstenbosch Botanical Gardens where your guide will explain the various kinds of plant and animal life that call Table Mountain home. The next part of the hike involves scaling Skeleton Gorge, where permanent ladders are set up to help you ascend the slick rocks. Don't worry, your experienced guide will be with you all the way. From the rocks the hike continues through a thick forest and marshes where you may see all kinds of animals, and may even hear the sounds of the the endangered ghost frog (found only in Skeleton Gorge). Walk across the Table plateau then return through the Platteklip Gorge or descend via the cableway if you're not up for more walking. This hike lasts about six hours and is classified as strenuous as many of the paths are unmarked.

Three Peak Challenge:

- This is the most demanding hike on the menu. It lasts six-eight hours on unmarked paths and should only be undertaken by people who have hiked before and who are up for a strenuous couple of hours. The walk starts at the base of Devil's Peak and goes all the way up to the top, where the low clouds give the impression of smoke and where people say that a man named Jan van Hunks had a smoking contest with the Devil. Next it's onto Macclear's Beacon for a rest and picnic lunch while your guide explains the geology behind how the mountain was formed. The third peak of the day is Lion's Head where you'll be able to witness a magical sunset with the Atlantic Ocean and Cape Town in the background.

Details

Getting there

Cape Town is easily accessible from the UK with most major airlines offering direct flights from London.

Price includes

Transfers to and from your accommodation, guide fees, water, snacks, lunch, entrance fees, one-way cableway journey when specified.

Available

Jan—Dec

Typical Duration

1 day

Experience required

A reasonable level of fitness and interest is all that is needed

Travellers should bring

Bring hat, sun block, warm top, rain/wind proof jacket, small backpack, and of course the camera!