



# TABLE MOUNTAIN HAS AN ESTIMATED 200KM OF HIKING PATHS FOR YOU TO EXPLORE

ALWAYS TAKE WARM CLOTHING AND ENOUGH WATER WHEN GOING ON A HIKE. PLAN YOUR ROUTE AND NEVER HIKE ALONE.

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THE WESTERN CAPE

It's **more** than you think.



Western Cape Government

## Safety tips

- Never hike alone. Always hike with a group of at least 4 people. Choose a hike leader and walk at the pace of the slowest member.
- Have a good map and description of the route. Keep in mind that not all areas have cellphone reception.
- If you are joining a guided hike, ensure that your guide is a qualified and a registered Adventure Guide. Ask to see their official tourist guide badge and identity card.
- Make sure your mobile phone is charged.
- Inform a contact of your starting and finishing times.
- Take weather conditions into account and don't hike in rain or high winds. Be prepared for sudden changes in the weather.
- Keep hydrated – take at least 2 litres of water. Also ensure that you have food in case of unexpected delays.
- Inform your group of any medical conditions or required medication.
- Research your route before hand and make sure that it is appropriate for your fitness level and hiking experience.
- If you get lost, stay together and retrace your steps.
- In case of injury, assess the situation. Then send two people to look for help and let the third person remain with the injured person. If possible mark the position on a map.
- Stick to well-used paths. Don't take shortcuts and don't venture into ravines.
- Don't carry valuables and keep expensive jewellery and cameras out of sight.
- Take a headlamp or flashlight if you plan on taking a sunrise or sunset hike (we recommend that you only hike in daylight).
- Park in secure, well-lit areas.
- Do not feed wildlife and always maintain a safe distance from baboons - they can be dangerous.

## What to bring

- Good hiking footwear
- Appropriate outerwear
- Hat and sunscreen to block the sun
- Charged cellphone
- Map and directions
- Mountain first-aid kit
- 2 litres of water
- Snacks
- Day backpack
- Headlamp or flashlight if you plan on taking a sunset hike

## Be a responsible hiker

- Be respectful of other mountain users
- Take all rubbish with you
- Do not make fires, use gas stoves, light matches or smoke on the mountain. Fire is a major risk particularly during the dry summer months.

## Emergency contacts

<b>Any emergency from a mobile</b>	<b>112</b>
<b>Any emergency from a landline</b>	<b>107</b>
<b>Ambulance</b>	<b>10177</b>
<b>Wilderness Search and Rescue</b>	<b>021 937 0300</b>
<b>City of Cape Town Emergency Management Centre:</b>	<b>021 480 7700</b>
<b>SANParks (Table Mountain)</b>	<b>086 110 6417</b>
<b>Sea &amp; Mountain Rescue</b>	<b>021 948 9900</b>
<b>Poisons information helpline</b>	<b>0861 555 777</b>

**Tourism Safety and Support**  
**tourismsafety@westerncape.gov.za**  
**082 554 2010**