



Introduction

Note to Travellers

- The TMNP's Admin Head Office (formerly the Westlake Office) has moved to the Tokai Manor House, Tokai Road. Tel: 021 712 2337.
- Wild Card sales are now at the Tokai Plantation Office, also in Tokai Road. Tel: 021 712 7471.
- For directions to the new office herewith a map to [Tokai Manor House](#).

Please Note:

- The Two Oceans Restaurant in the Cape of Good Hope section of Table Mountain National Park will be closed for renovations from 1 June to 10 July 2012, expecting to re-open for business on 11 July 2012. During this time, the Two Oceans Food Shop (next door) will remain open for business. For more information about the renovations, contact the Two Oceans Restaurant on 021 780 9200.

Welcome to Table Mountain National Park, South African jewel, international tourism icon and Natural World Heritage Site.

Situated at the south-western tip of Africa, the Table Mountain National Park (TMNP) encompasses the incredibly scenic Table Mountain Chain stretching from Signal Hill in the north to Cape Point in the south and the seas and coastline of the peninsula.

The narrow finger of land with its beautiful valleys, bays and beaches is surrounded by the waters of the Atlantic Ocean in the west and the warmer waters of False Bay and has within its boundaries two world-renowned landmarks - majestic Table Mountain and the legendary Cape of Good Hope.

The Park is recognised globally for its extraordinarily rich, diverse and unique fauna and flora - with rugged cliffs, steep slopes and sandy flats - is a truly remarkable natural, scenic, historical, cultural and recreational asset both locally and internationally. Nowhere else in the world does an area of such spectacular beauty and such rich bio-diversity exist almost entirely within a metropolitan area - the thriving and cosmopolitan city of Cape Town.

A unique feature of the TMNP is that it is primarily an open access Park with only three points where conservation fees are payable, Cape of Good Hope, Boulders and Silvermine, the rest of the Park is open access and free for all to enjoy.

For more detailed information about the TMNP please read our [Profile](#).

Aerial view of Table Mountain National Park

Accommodation Parks

- [Hoerikwaggo Tented Camps](#)
- [Olifantsbos Guest House](#)
- [Eland and Duiker Cottage](#)
- [Wood Owl Cottage](#)
- [Platteklip Wash House](#)
- [Full tariff document](#)

Hoerikwaggo Tented Camps

Fall asleep under a myriad stars and awake to the healing sounds of nature. Our picturesque and comfortable tented camps, situated in unrivalled natural surroundings offer the ideal getaway.

Careful planning, use of invasive alien timber and innovative layout and design ensure minimum environmental impact.

Important information: All camps offer hot water, comfortable beds, open fires, fully equipped self-catering communal kitchens/dining areas and communal bathrooms. Guests need to provide their own bedding and towels. Each camp accommodates a maximum of 12 people. All camps are easily accessible by car and have dedicated parking areas.

Costs:

- [Slangkop](#), [Silvermine](#) and [Orange Kloof Tented Camps](#) Base rate for 2 people: R440 Additional child rate: R110

Smitswinkel Tented Camp

This tented camp, situated just over the road from the entrance to Cape Point, lies in the shade of a weathered Flowering Gum plantation. Its location provides the ideal base from which to explore the wealth of attractions in the South Peninsula. Boulders [Beach](#), home to the world-renowned colony of African Penguins, is just 15 minutes drive away.

Accommodation

- [Images of accommodation at Smitswinkel](#)
- [Images of accommodation at Silvermine](#)
- [Images of accommodation at Slangkop](#)
- [Images of accommodation at Orange Kloof](#)

Activities in and around the area

- Explore the [Cape of Good Hope](#) section of the Table Mountain National Park and the various [activities](#) the renowned Cape Point has to offer.
- Take a [picnic](#) to Boulders Beach and see the world-renowned colony of [African Penguins](#).
- Pack your [hiking](#) gear and head down a short trail to Smitswinkel Bay.
- Grab your bicycle and head out to Cape Point or along the scenic coastal road.

Costs

- Base rate for 2 people: R550
- Additional adult rate: R275
- Additional child rate: R137.50

Slangkop Tented Camp – unwind next to the ocean

Nestled within indigenous Milkwoods, no more than 100m from the sea, this marine-themed tented camp is the perfect location to watch the sun sink in the Atlantic Ocean. Situated at the edge of the quaint village of Kommetjie, the camp offers a nature-based experience with the convenience of shops and restaurants close by. This is also the only camp with a dedicated play area for small children.

Activities in and around the area

- Surf the waves of the world-renowned surf spots within 150m of the camp.
- Take a tour through the tallest lighthouse in the southern Hemisphere by booking a Slangkop Lighthouse Tour. *Bookings can be made through the National Ports Authority (seasonal).*
- Go hiking in the surrounding areas via a trail to Slangkop.
- Visit the Cape of Good Hope section of the Table Mountain National park for game viewing, hikes and various [picnic sites](#).
- Explore the surrounding areas by bicycle.

Silvermine Tented Camp – explore the mountain

Situated amongst pristine fynbos inside the Silvermine section of Table Mountain National Park, this tented camp is the ideal base from which to enjoy a range of outdoor activities - hiking, swimming, rock-climbing and mountain biking. Relevant [permits](#) and [codes of conduct](#) apply with regards to these activities.

Activities in and around the area

- Take a leisurely stroll from the tented camp to the boardwalk leading around the Silvermine Dam and [picnic or braai](#) in the designated areas.
- Put on your hiking boots and head up to Elephant's eye, Constantiaberg mast, Noordhoek Peak and various other routes accessible via Silvermine.
- Mountain bike along the Noordhoek Peak circuit, Ou wa pad and Tokai plantation.
- Bird watchers can enjoy keeping an eye out for the Black Eagles soaring above Constantiaberg, Noordhoek and Chapman's Peaks
- Share your love for rock climbing with your children on a climbing wall on the exterior of the main living area at the tented camp – and then climb the Silvermine Crag for some real adrenalin.

Orange Kloof Tented Camp – relax in an ancient forest

The turnoff to this camp is just down the road from Constantia Nek going towards Hout Bay. The camp itself lies nestled within the ancient restricted-access Afromontane forest of Orange Kloof. The magic of the forest and tranquillity of the setting provides the perfect backdrop for a relaxing getaway.

Activities in and around the area

- Orange Kloof is a restricted area and due to the conservation of the Afromontane Forest, guests must be accompanied by an accredited TMNP guide when hiking in this area (e.g. from Orange Kloof up Disa Gorge toward Table Mountain).

Bookings

To book any one of the tented camps or for further information, contact +27 (0) 21 422 2816 weekdays between 09:00 to 16:00 or e-mail: hoerikwaggobookings@sanparks.org. Alternatively, [check availability](#) and book online. *Prices are subject to change without notice and camp rules are available on request.*

Hiking the Hoerikwaggo Trail

An iconic 5 day, 4 night hiking trail traversing 75km through the world heritage site of Table Mountain National Park (TMNP), the [Hoerikwaggo Trail](#) gives hikers an unforgettable experience of travelling in the footsteps of the Cape's ancestors and experiencing the unsurpassed beauty of the Hoerikwaggo – the “mountain in the sea”.

Olifantsbos Guest House

Possibly the most special accommodation available in Cape Town, this unique getaway is located deep in the southern part of the Cape of Good Hope and offers guests complete seclusion right on the beach.

- The main cottage has three double rooms – one master, two with 2x $\frac{3}{4}$ beds, a fully kitted, gas-fuelled kitchen, a bathroom with a gas-fuelled geyser and an open plan lounge and dining area complete with a cozy fireplace.
- For warm summer evenings there is generous patio and braai area with a boardwalk leading to the beach.
- For larger groups there is an annex that sleeps an additional six people – one two sleeper and one four sleeper. The annex has its own bathroom.
- Linen is provided.
- As the light are solar powered and water is sourced from tanks guests are asked to conserve energy and water.

View brochure [front back](#)

Booking Details:

Buffelsfontein Visitor Centre on + 27 (0) 21 780 9204 between 09:00 to 16:00, Monday to Thursday and 09:00 to 15:00 on Friday's. Alternatively email or musam@sanparks.org or jacquelines@sanparks.org Telephonic reservations are recommended.

Eland and Duiker Cottages

Ideal for family holidays the Eland and Duiker Cottages are situated in the Cape of Good Hope section of the Park. Both are electrified, offer fully equipped kitchens and linen is provided.

- Eland Cottage sleeps six people with one master bedroom and two bedrooms each furnished with two $\frac{3}{4}$ beds. There is an open plan kitchen/ lounge area and an enclosed patio with a jet master fireplace.
- Duiker Cottage sleeps six people with one master bedroom and two bedrooms each furnished with two $\frac{3}{4}$ beds. There is an open plan kitchen/ lounge area with a jet-master fire place in the lounge. Duiker has its own boma and braai area.

[View brochure](#)

Booking Details

Buffelsfontein Visitor Centre on + 27 (0) 21 780 9204 between 09:00 to 16:00, Monday to Thursday and 09:00 to 15:00 on Friday's. Alternatively email jacquelines@sanparks.org, and musam@sanparks.org Telephonic reservations are recommended.

Payment Details:

By credit card, cash or cheque with 30% deposit required within 30 days of booking and the remainder 30 days before arrival. Full payment is required if you book within 30 days of arrival.

Information for Eland & Duiker Family Cottages & Olifantsbos Guest House

1. Check-in time for accommodation is from 14:00 to 16:30 and accommodation must please be vacated by 10:00. Keys to be handed in at the **Buffelsfontein Visitor Centre no later than 10:30.**
2. The late entry and exit for the above-mentioned accommodation has been restricted to 21:00 daily.
3. Keys to be collected at the Buffelsfontein Visitor's Centre before 16:30 on day of arrival.
4. All members of the party need to arrive at the same time. If you are unable to check-in before 16:30 a special arrangement must be made directly with Reception staff at the following number (021) 780 9204 in order for us to arrange a SANParks staff member (that will be specified on the special permit) to book you in as well as to escort you to your accommodation from the Main Gate.
5. No guests will be allowed to drive through the park after dark unless escorted by SANParks staff.
6. Only the reserved number of guests will be allowed access to the accommodation unit. Additional guests will only be provided access upon prior arrangement and approval by management.
7. Conservation Fee (entrance fee) is not included in accommodation price and is payable daily, alternatively see more information on the [WILD Card](#).
8. Prices are subject to change without prior notice.
9. 30 days from reservation 30% deposit. In full 30 days before arrival. Full payment less 30 days. Direct deposit

Wood Owl Cottage

This beautifully restored foresters cottage is situated in the heart of the Tokai Pine Plantation on the slopes of the Constantiaberg. Its central location offers guests the best of both worlds – easy access to the City and the seclusion of the Park and nearby hiking/ mountain bike trails.

It fully equipped and offers three double, en suite bedrooms with an open plan kitchen living area with a fireplace. There is also a separate TV room. For warmer evenings there is a patio and braai area. In addition the cottage has a telephone and is cleaned daily.

Please note:

- Only the reserved number of guests will be allowed access to the accommodation unit. Additional guests will only be provided access upon prior arrangement and approval by management.

View brochure [front back](#).

Booking Details

TMNP Tokai Office on + 27 (0) 21 712 7471 alternatively e-mail: joek@sanparks.org

Check in: 14:00 Check out: 10:00

Payment Details:

By credit card, cash or cheque with 50% deposit required within 30 days of booking and the remainder 30 days before arrival. Full payment is required if you book within 30 days of arrival.

Platteklip Wash House - Oranjezicht, Cape Town & Overseers Cottage – Back Table

Overnight on the slopes of Table Mountain, in the award winning restored Platteklip Wash House or fall asleep at the beautiful Overseers Cottage, with the city at your feet and the stars as your canopy.

- The Platteklip Wash House can accommodate up to 24 pax, fully equipped and self catered accommodation.



- The Overseers Cottage can accommodate up to 16 pax, fully equipped and self catered accommodation.

Booking Details:

Tel: (021) 422 2816/4271 or Central reservations (012) 428 9111, or E-mail: resevations@sanparks.org

Activities

Because the Table Mountain National Park (TMNP) includes mountains, beaches, forests and oceans there is a variety of popular recreational activities for outdoor enthusiasts.

However, because the Park receives in excess of 4.2 million visits per year, regulations and permits apply to certain of these activities in order to minimize the impacts on the environment. Users of the Park are asked to respect the environment at all times to assist us in protecting our unique natural heritage for the benefit of current and future generations.

It is recommended that you purchase Mountains in the Sea – an Interpretive Guide to Table Mountain National Park by award winning environmental journalist John Yeld. The book comprehensively covers all aspects of the Park from biodiversity issues to popular hikes and history. It is available from TMNP outlets at:

- Tokai Manor House, Tel. +27(0) 21 712 2337
- Boulders Penguin Colony, Tel: +27(0) 21 786 2392 and
- Buffelsfontein Visitor Centre, Tel: +27(0) 21 780 9204

Important Notice:

- Due to technical (data line inadequacies) and logistical/design (availability of parking and office/admin space) constraints coupled with the large numbers of visitors at the COGH entrance to the Table Mountain National Park we have never been able to sell [WILD Cards](#) at this entrance point.
- The old practice of paying the normal conservation fee at the COGH entrance and then obtaining a credit/refund on purchasing a WILD Card at the Buffelsfontein Visitor Centre within the Park has been stopped as our auditors have indicated that this practice is not in compliance with the Public Finances management Act.

Please select an activity below for more information.

- [Hiking](#)
- [Overnight Trails](#)
- [Fishing/extractive diving](#)
- [Dog Walking](#)
- [Free Guided Walks at Cape Point](#)
- [Scuba Diving](#)
- [Mountain Biking](#)
- [Surfing/Wind Surfing](#)
- [Rock/Sport Climbing](#)
- [Picnic and Braai areas](#)
- [Hang/Paragliding](#)
- [Horse Riding](#)
- [Prohibited Activities](#)

Please note that whatever your preferred activity is it is recommended that you join a relevant club and always use



a map.

Peter Slingsby publishes the only [maps](#) endorsed by the TMNP

It is mandatory to abide by the Environmental Management Plan if applicable.

For WILD Card and permit information call TMNP Tokai Manor House: Tel. +27(0) 21 712 2337

Hiking

Table Mountain National Park is a walking Park with exciting trails for all levels of walkers from the super-fit to the casual stroller. There are many routes to choose from along the Table Mountain Chain offering spectacular views of the City of Cape Town, rugged mountains and deep blue seas. Most of the popular hikes up Table Mountain such as Platteklip Gorge (north face), Nursery Ravine and Skeleton Gorge (the latter two being accessible from Kirstenbosch) are fairly strenuous, while Silvermine, the [Cape of Good Hope](#) and the Constantiaberg offer easier options.

For a guide to the most popular hiking routes get yourself a copy of Mountains in the Sea – an Interpretive Guide to Table Mountain National Park by John Yeld. See details above. Have a look at our useful [TMNP Safety Tips](#).

Overnight Trails

The Table Mountain National Park also has overnight trails namely the [Hoerikwaggo Trail](#) and the [Cape of Good Hope Hiking Trail](#).

Fishing/Extractive Diving

The Table Mountain National Park Marine Protected Area (MPA) is a popular fishing area for shore and boat-based fisher people as well as extractive divers. However due to heavy recreational and commercial pressure on the rich biodiversity of the MPA, fishing and extractive diving are subject to strict regulations and permits. Certain activities such as recreational perlemoen diving are prohibited.

There are six restricted areas with five or "no take" zones within the MPA where no fishing or extractive activities are allowed, and in the sixth restricted area the Karbonkelberg, only snoek are allowed to be caught deeper than the 35m contour.

For more information on these regulations, please read the [Marine Recreational Activity brochure](#) and visit their [Marine section](#) or do a search for "Fishing Regulations".

Dog Walking

TMNP is one of the few National Parks in South Africa where you are permitted to walk a dog. However dog walking is restricted to limited areas in order to minimize the impacts of dogs on the biodiversity of the mountain – these include running off the paths and chasing indigenous animals.

Dogs must be under the control of their owners at all times and it is illegal for dogs to be on the mountain unaccompanied. Popular areas for dog walking are Silvermine, the lower slopes of Table Mountain accessible from Constantia Nek, Noordhoek Beach and lower section of the Tokai Plantation.

Dog training at TMNP is prohibited.

Please download the [Dog Walking Environmental Management Plan](#) for details on the designated areas.

An annual Dog Walking Wild Card Permit is required - [more info](#).

Free Guided Walks at Cape Point

There are enthusiastic volunteers who are now offering **free guided walks** at Cape Point.

Please note:

- Meeting point for all hikes is just inside the main gate on the 2nd Sunday of each month, **adjustments made in March and November due to race days**.
- Walkers must wear strong boots and have hat, sun block, raingear, water and a snack.
- Get a wild card (obtainable at SANP Boulders or Westlake) or pay admission fee at the gate R85.
- *There is no payment for the walk. ***note different start times****
- **Enquiries:** John 021 782 2379 Ian 021 782 8552

Date	Route	Approx Distance	Starting Time	Hours	Leader
Jan 8	Gif Kommetjie to Good Hope Coastal Walk	9km	08:00	4	John: (021) 782 2379
Feb 12	Shipwreck Trail starting from Olifantsbos	6km	8:00	3	Ian: (021) 782 8552
March 4	Sirkels Vlei Starting from Olifantsbos	7km	8:00	3	Ian: (021) 782 8552
April 8	Kanonkop Circuit starting from Visitors Centre	7km	09:00	3	John: (021) 782 2379
May 13	Buffelsfontein Visitors Centre to Antonies Gat & return via beach	8km	09:00	3	John: (021) 782 2379
June 10	Hoek van Bobbejaan Circular Route	6km	10.00	3	John: (021) 782 2379
July 8	Overnight Huts to Lighthouse	6km	10.00	3.5	Ian: (021) 782 8552
Aug 12	Rooi Hoogte to Sirkels Vlei	10km	10.00	4	Ian: (021) 782 8552
Sept 9	Olifantsbos Coastal Walk	9km	09.00	3.5	John: (021) 782 2379
Oct 14	From smitswinkel lookout to visitors centre	10km	09.00	4	John: (021) 782 2379
Nov 4	Visitors Centre to Bordjiesrif and Venus Pool	6km	09.00	3	Ian: (021) 782 8552
Dec 9	Mystery Hike	8km	08.00	4	John: (021) 782 2379

Scuba Diving

Scuba divers are spoilt for choice in the Table Mountain National Park Marine Protected Area. Particularly rewarding are the numerous wrecks that scatter the coastline as well as the six restricted areas ("no take" zones) that have been established as breeding and nursery areas for marine species. Popular dive sites include Maori wreck off the Sentinel in Hout Bay, Oudekraal on the Atlantic Seaboard and Miller's Point and Smitswinkel in False Bay.

Please note that Marine and Coastal Management (MCM) has implemented a [permit system](#) for scuba diving within all MPA's.

Since February 2008 there has been a restriction on diving within TMNP MPA - the areas affected are on our [map](#) and the regulations.

Books of Interest:

- *Two Oceans: A Guide to the Marine Life of Southern Africa* by Professor George Branch

Mountain Biking

The steep slopes that characterise much of the TMNP make it ideal for mountain biking enthusiasts. However, because this activity is very high impact and negatively affects the biodiversity of the Park and often clashes with the more sedate activities such as hiking and dog walking, there are designated areas where mountain biking is allowed. Popular areas are certain parts of Tokai Plantation and Silvermine (accessible from gate one).

Please [download](#) the Mountain Biking Environmental Management Plan for details on the designated areas.

- *An annual Mountain Biking Wild Card Permit is required. Alternatively, day passes are available for Tokai and Silvermine.*

Surfing/Windsurfing/Kite boarding

A plethora of reefs, rocky points, beaches and open ocean Atlantic swell provide numerous breaks that work in different conditions which means that there is usually a wave to be found somewhere on the peninsula. The World famous Red Bull Big Wave Africa is held at Dungeons just of Hout Bay and attracts top big wave surfers from all over the world.

Tow in surfing is only permitted in two areas – Dungeons and Sunset's (off Kommetjie) and only if wave swell is five meters or more. Jet Ski's are banned in the rest of the MPA.

Due to the high and frequent winds that characterise the Cape Peninsula there are many opportunities for windsurfing and kite boarding especially in the summer months. However more popular areas for these activities are further up the west coast near Blaauberg Strand.

Rock/Sport Climbing

The rocky ledges and huge boulders of the mountain attract climbers from all over the world. However climbing is a high impact sport and designated climbing areas are outlined in the Environmental Management Plan. Be sure to read [TMNP Safety Tips](#).

Please also be aware that Table Mountain offers challenges to climbers and it is highly recommended that you join a climbing club to benefit from local knowledge.

Please [download](#) the Rock/Sport Climbing Environmental Management Plan for details on the designated areas.

Picnics and Braai's

Table Mountain National Park offers numerous picnic/braai areas although braaings should be undertaken with care and is often banned due to high winds.

Dogs and music are prohibited in all picnic/braai areas.

- **Buffels Bay and Bordjiesdrif:** Situated right on the beach in the Cape of Good Hope this is a very picturesque venue for a picnic or braai with safe bathing for kids in the tidal pool. However, troops of Chacma Baboons are regular visitors and are attracted by food and can be aggressive. Please try to avoid the baboons and do not feed them.
 - Please call: +27(0) 21 780 9204, Monday to Sunday
- **Glen & Deer Park Picnic sites:** These beautiful picnic sites are in the heart of the city. You will experience the picturesque views of Cape Town. You can access Deer Park from Deer Park Drive and the Glen from Kloof Road.

- Please call: +27(0) 21 689 4441, Monday to Friday – 8:00 to 15:30 for more information including opening and closing times as well.
- **Oudekraal Picnic/Braai Site:** Situated between Camps' Bay and Llunduddno, This lovely secluded beach is perfect for a family lunch. The sea is calm and ideal for swimming. Alcohol is prohibited.
 - Please call: +27(0) 21 438 9555, Monday to Sunday
 - Oudekraal also offers corporate function facilities.
- **Newland's Picnic/Braai Site:** Conveniently situated off the M3 near Rondebosch, this picnic area is situated under the shade of pine trees and is popular on weekends. Several hikes are also accessible from the picnic area. Alcohol is prohibited.
 - Please call: +27(0) 21 422 1601 during office hours. Newlands Picnic Site is closed during the week off-season.
- **Perdekloof Picnic/Braai Site:** Just 45 minutes outside of Cape Town on the way to the Cape of Good Hope, Perdekloof also offers good shade combined with a sense of "getting away from it all".
 - Please call: +27(0) 21 780 9100 during office hours.
- **Silvermine Picnic/Braai Site:** Definitely among the most spectacular lunch venues in the Park the Silvermine picnic site is situated on the banks of the reservoir with spectacular views of the fynbos clad mountains. A universal boardwalk provides wheelchair access to a picturesque trail around the reservoir that takes about 25 minutes.
 - Please call: +27(0) 21 780 9002, Monday to Sunday
 - Silvermine also offers corporate function facilities.
- **Tokai Picnic/Braai Area:** Situated on the edge of the Tokai Plantation this is a centrally located, spacious site shaded by pines. There is ample space for large families and is convenient to many enjoyable trails through the plantation.
 - Please call: +27(0) 21 712 7471, Monday to Friday

Hang/Paragliding

Even though these activities take place primarily in the air they still cause significant environmental impacts at launch sites as well as disturb raptors that may be nesting or breeding on cliff faces.

There are numerous designated launch areas including Lion's Head and Silvermine.

Please [download](#) the Hang/Paragliding Environmental Management Plan for more details.

- *An annual Hang/Paragliding Wild Card Permit is required.*

Horse Riding

Horse riding is permitted in certain areas of the park. This activity has a very high impact and negatively affects the biodiversity of the Park and often clashes with the more sedate activities such as hiking and dog walking, there are designated areas where mountain biking is allowed. Popular areas include Tokai, Noordhoek Beach and Black Hill.

Please [download](#) the Horse Riding Environmental Management Plan for more details

- *An annual Horse Riding Wild Card Permit is required.*

Prohibited Activities

There are various activities that are not allowed in the TMNP for various environmental reasons:

- No quad-biking anywhere
- No two-wheel motorcycles allowed.

- No personal water craft (jet skis) within the TMNP MPA – with the exception of an exemption issued to members of Tow Surf South Africa. The exemption allows for the use of jet skis to tow-surf on the exceptionally large waves found within the MPA during the winter months. The strict conditions are stipulated in their [exemption](#).
- No dune boarding anywhere
- No jet skis – with the exception of tow-in/safety reasons at Dungeon's and Sunset's under conditions stipulated in the permit.
- No kite-surfing on inland park waters.
- Permits are required for events and commercial activities.

Facilities

An aerial cableway provides access to the top of Table Mountain, while a funicular carries visitors to Cape Point. Restaurants and curio shops operate at Rhodes Memorial, Kirstenbosch, Cape Point and on Table Mountain.

Information centres are located at the Table Mountain cableway station (manned), Silvermine (unmanned), Boulders (unmanned), Tokai (unmanned), Buffelsfontein Visitor's Centre in the Cape of Good Hope (unmanned) and Cape Point (manned).

Essential Information

- [Climate](#)
- [Gate Times](#)
- [What to bring](#)
- [Visitor Safety](#)
- [Fuel Stations: Petrol/Diesel](#)
- [Information for people with disabilities](#)
- [Tourism Partners](#)

What to bring

Although the Table Mountain National Park is primarily a day-visit park there are several items that no-one should be without whether for a casual stroll or a more serious hike:

It is highly recommended that you purchase Mountains in the Sea – an Interpretive Guide to Table Mountain National Park by award winning environmental journalist John Yeld. The book comprehensively covers all aspects of the Park from biodiversity issues to popular hikes and history and will enrich any visitor's enjoyment and appreciation of the Park.

It is available from TMNP outlets at Tokai Manor House, Tel. 021 712 2337, Boulders Penguin Colony, Tel. 021 786 2329 and Buffelsfontein Visitor Centre, Tel. 021 780 9204.

Also essential are:

- A good map – Peter Slingsby's maps are endorsed by the Park. Visit [The Maps](#) for more information.
- Sun hat and sun block
- Sufficient water



- Energy snacks
- Sturdy hiking boots
- Wet weather gear/ wind breakers
- Punch emergency number into your mobile: 021 957 4700 or 021 480 7700

Visitor Safety

Table Mountain National Park is a Park within a City and its urban context presents Park staff with some unique management challenges. Two of these are these are mountain safety and security issues.

Many people think that because Table Mountain is in the middle of a City that it is simply an easy walk to the top – a serious misconception. The reality is that it is a serious mountain standing 1000 meters above sea level and offers challenging, sometimes dangerous, hikes and is characterised by inconsistent weather. These factors result in people getting lost and injured.

Also as the TMNP is primarily an open access Park from time to time there is criminal activity in some of the urban edge areas of the Park.

In answer to both these challenges the TMNP recruited and deployed Visitor Safety Officers (VSO's) to patrol popular use zones in the Park. The VSO's give advice to hikers as well as act as a deterrent to criminals.

For some hints and tips for a hassle free visit to the TMNP please download the [Visitor Safety Brochure](#).

[Gate Times](#)

Climate

Table Mountain National Park (TMNP) has what is known as a Mediterranean climate in that it typically has hot, dry summers and a short, wet winter which while cool are relatively mild with an all time low of only -1 degrees C. However in recent years climate change has resulted in dryer shorter winters.

Strong winds feature prominently with a strong south Easter dominating summer months – this wind has earned itself the nickname of the Cape Doctor as it blows pollutions from the city. In winter the winds generally switch to north east bringing a series of cold fronts over the peninsula. But don't be fooled the winter months bring some spectacularly clear, warm days that are in fact the best days for hiking.

However, the mountainous topography of the Park creates micro-climates which means that different weather can be experienced by area within quite short distances. For example it can be a beautiful day in Cape Town but a short hike into the mountain chain can find misty, rainy weather.

For this reason it is advisable to ensure that you are equipped for all eventualities when using the Park.

Fuel Stations: Petrol/ Diesel

Vehicle fuel is available in the surrounding areas.

People with Disabilities

Information about the facilities offered by Table Mountain National Park in the interests of universal access can be found [here](#).

Tourism Partners

When in doubt about where to go and what to do please be sure to contact our official tourism organisations:

Cape Town Tourism:

- Cnr. Burg and Castle Street Cape Town, Western Cape South Africa Tel: +27 (0) 21 487 6800 Fax: +27 (0) 21 487 6899 Email: capetown@tourismcapetown.co.za www.tourismcapetown.co.za

If you want to travel further a-field in the Western Cape contact:

- Cape Town Routes Unlimited Private Bag X9108 Cape Town 8000 South Africa Tel: +27 (0) 21 487 4800 Fax: +27 (0) 21 487 4801 Email: info@tourismcapetown.co.za www.tourismcapetown.co.za

Main Attractions

- [Cape of Good Hope](#)
- [Boulders](#)
- [Table Mountain](#)
- [Silvermine](#)
- [Signal Hill and Lions Head](#)
- [Beaches](#)
- [Indigenous Forests](#)
- [Forest Walks](#)

Please note that Peter Slingsby publishes the only [maps](#) endorsed by the TMNP

The Cape of Good Hope

So named by Portugal's King John II this area has captured the imagination of European sailors such as Dias who first named it the Cape of Storms in 1488 and later in 1580 Sir Francis Drake who called it the "The Fairest Cape in all the World".

Rich in cultural and natural heritage this is one of the top tourist destinations in South Africa and includes the famous Cape Point. Due to the variety of wildlife that occurs here it is the only section of the TMNP that is fenced and visitors should look out for Eland, Red Hartebeest, Bontebok and Zebra.

Be sure to visit the Buffelsfontein Visitor Centre that showcases all the plants and animals to look out for in a particular season and is full of informative signage.

This is a haven for outdoor enthusiasts and offers hiking, surfing, angling, picnicking, beaching and cycling opportunities against the spectacular backdrop of the mountains and coastline of the most south western point in Africa.

Several of the activities are regulated and require permits. Please visit [activities](#) for more information.

One of the major tourist attractions in the TMNP is of course Cape Point which offers visitors a excellent viewing opportunities from the two lighthouses that adorn the point – one still functional, informative interpretive signage that traces the cultural and natural history of the Point. The lighthouse is accessible by foot or you can catch the Flying Dutchman funicular to the top.



We are also offering [free guided walks](#) at Cape Point.

For those who wish to grab a bite to eat or do some souvenir shopping our concessionaire [Cape Point Partnership](#) runs the stunning Two Oceans Restaurant and the Tigers Eye Curio Shop.

Contact Details:

TMNP: Buffelsfontein Visitor Centre: +27(0) 21 780 9204, 09:30 – 17:30, Monday- Sunday Restaurant, Shops and [funicular](#): +27(0) 21 780 9001 / 021 780 9200

- *Please note that this is one of TMNP's pay points where a daily conservation fee is payable.*
- Download the brochure [front back](#).
- [The Cape of Good Hope entry and exit times](#)

Boulders Penguin Colony

Just around the corner from the seaside village of Simons Town turn left off main road to Boulders Visitor Centre to visit the famous colony of African Penguins, so called for their hilarious braying call.

This is a truly special experience and Table Mountain National Park staff is knowledgeable and offer guided tours. After you have fallen in love with the penguins head to the secluded Boulders Beach and take a swim in the comparatively warm waters of the False Bay.

This beach is ideal for kids as immense boulders shelter the cove from currents, wind and large waves - but please always take care. Also, don't touch or feed the penguins. They might look cute and cuddly but their beaks are as sharp as razors and if they feel threatened they have no qualms about nipping the odd finger or nose. Boulders Visitor Centre: +27(0) 21 786 2329.

- *Please note that this is one of TMNP's pay points where a daily conservation fee is payable. Please visit tariffs to see the current fee.*
- [Boulders entry and exit times](#)
- Download the brochure [front back](#).

Table Mountain

Arguably one of the most well-known mountains in Africa, Table Mountain provides a magnificent backdrop to cosmopolitan Cape Town.

Famous for the tablecloth of clouds that pours endlessly down its slopes when the south-easter blows, this is a mountain of many moods and offers walkers and hikers a range of routes that vary from strolls to rigorous hikes.

You decide whether you want to reach the summit and revel in spectacular views of the city or simply stroll along in the cool shade of indigenous forest – which ever you choose you won't be disappointed. The ancient Afromontane forest has a fairy charm as vines and canopies create a magical atmosphere.

However please remember that even though it is in an urban setting it is still a wild mountain that offers challenging climbs and sheer cliffs so be aware of where you intend to walk and always ensure that you stick to the path and are kitted out for cold weather, always carry water and let someone know where you are going to hike. If you want the views without breaking a sweat catch a state-of-the-art revolving cable car to the top. For more information call the Table Mountain Aerial Cableway Company (TMACC): +27(0) 21 424 8181

- To spend a night on Table Mountain book now for the [Hoerikwaggo Table Mountain Trail!](#)

- [Table Mountain Cableway Tariffs and Operating Times](#)
- Download the brochure [front back](#).

Silvermine

Located in the central section of the Table Mountain National Park (TMNP) Silvermine offers some of the best hikes in the Park with beautiful fynbos landscapes. There are two sections with formal parking:

Gate One: Turn right off Ou Kaapse Weg coming from Cape Town. This area offers mountain biking tracks and a selection of hikes ranging from easy to challenging. Hikers can walk to the top of the Constantaiburg Mountain for perfect views of Hout Bay or simply stroll around the reservoir's wheelchair friendly boardwalk. There are also picturesque braai/ picnic sites available.

Gate Two: A few hundred metres past Gate One, turn left into the car park. From here you can hike over to Kalk Bay or simply do a circuit route. This section of the Park includes Afromontane Forests, waterfalls and very interesting geology.

- [Silvermine entry and exit times](#)
- Tel: +27 (0)21 780 9002 (Gate) Tel: +27 (0)21 789 2457 (Office)
- Download the brochure [front back](#).

Signal Hill and Lion's Head

If you face Table Mountain and look right you will see Lion's Head and Signal Hill two popular destinations in their own right. Signal Hill is the Northern most tip of the terrestrial area of the TMNP and offers excellent views of the City and harbour. It is from here that the noon day gun marks 12:00 in Cape Town.

Lion's Head is a short but popular hike that offers 360 degree views of the Atlantic seaboard, the City and Table Mountain. It has become a Cape Town tradition to hike to the top on full moon. But, while this is a memorable experience, it should only be done in groups, and led by someone with experience.

Beaches

TMNP has a beach for all preferences. If you like to mingle with bronzed beach goers and enjoy a bit of a beach culture, try Llandudno on the Atlantic seaboard. However, if you are more of a laidback beach user head south and try out Noordhoek, Kommetjie or Scarborough - all of which are spacious enough to accommodate crowds and are also good for watching the sun set.

The Cape of Good Hope section offers more wild and secluded beaches with the benefit of beaches on both the Atlantic and False Bay sides.

Be aware that strong rip tides characterise some of our beaches and for the most part life guards are only on duty during high season on the most popular beaches. Swimmers should ensure that they are familiar with the area and should exercise caution at all times.

Do not drink alcohol and swim.

**A permit is required for [dog walking](#).

For more information on available beaches please call our marine team: +27(0) 21 786 5656.

Forest Walks

A walk in an Afromontane forest is always uplifting. These deep green ecosystems are millions of years old and are home to a variety of smaller animals, birds and invertebrates.

The most popular of these walks are:

- Newlands Forest – accessible from the M3 near Rhodes Memorial.
- Orange Kloof in Hout Bay – this is one of the most special places in the Park with forest trails leading to the top of Table Mountain. Please note that entry to this area is by permit only. *Please call +27(0) 21 689 4441 for information.*
- Echo Valley and Spes Bona on the Muizenberg mountains also sport pockets of Afromontane. Boardwalks have been constructed here to protect the root systems, humus layers and to promote sapling growth.
- *The entry and exit times for:*
 - [Tokai Forest](#)
 - [Newlands Forest](#)
 - [Ouderkraal](#)
 - [Perdekloof](#)

Climate

Winter:

From May to August, cold fronts sweep across the Atlantic and bombard the Peninsula with rain and the northwest gales - an apt reminder of why the early explorers referred to it as the Cape of Storms. The winters are cool with an average minimum temperature of about 7° C. Most of the rainfall occurs in winter, but due to the topography the rainfall varies quite dramatically. In the valleys and coastal plains it averages 500 mm per year, while in the mountainous areas it can average as much as 1500 mm a year.

Winter is a particularly beautiful time in the Cape as the vegetation regains its verdure and water pours from the mountain chain's waterfalls, rivulets and ravines.

Summer:

From November to February the weather is warm and dry. During these months the Peninsula is exposed to the strong (sometimes gale-force), relentless Southeast wind known locally as the Cape Doctor because it blows away pollution and cleans the air. Summer temperatures are relatively comfortable with the average maximum around 26° C.

The days in between are hot and compliment the awesome beaches

Please note: The months we have listed here are merely guidelines. Always cater for all weather when visiting due to its unpredictability.

How to get there

- There are daily national and international flights into Cape Town International Airport.
- Car hire facilities are located at the airport and in the city of Cape Town and other nearby commercial centres.
- Tour operators and travel agents offer luxury coach tours.
- A railway service runs from Cape Town along the False Bay coastline to Simon's Town.

Gate Hours

Please take note of exit times when entering a gate

Areas	Seasons	Entry and Exit Times
Cape Point	Winter: April - September	07:00 - 17:00
	Summer: October - March	06:00 - 18:00
Boulders	Winter: April - September	08:00 - 17:00
	Summer: December - January	07:00 - 19:30
		08:00 - 18:30
	February - March	
		08:00 - 18:30
	October - November	
Silvermine	Winter : May - September	08:00 - 17:00
	Summer : October - April	07:00 - 18:00
Oudekraal	Winter : April - September	07:00 - 18:00
	Summer: October - March	07:00 - 18:00
Perdekloof	Winter	Closed
	Summer: October - March	09:00 - 17:00
	Holidays and weekends	09:00 - 17:00
Tokai Forest	Winter : April - September	08:00 - 17:00
	Summer : October - March	07:00 - 18:00
Newlands Forest	Winter	Closed during weekdays
	Weekends and public holidays (during Winter)	08:00 - 18:00
	Summer : October - April (open everyday - weekdays and weekends)	08:00 - 18:00

GPS Coordinates

Name	X_coord	Y_coord
Cape Point	18.49654	-34.35611
Tokai Forest	18.41415	-34.06166
Newlands Forest	18.44433	-33.97383
Ouderkraal	18.34878	-33.98678
Perdekloof	18.40564	-34.20546
Silvermine	18.42105	-34.09813
Boulders	18.44801	-34.13193

Routes to various desinations

Boulders Beach



Situated in Simon's Town, which can be reached via the M4 (Main Road) from the city centre, although getting to Muizenberg via the M3 or the M5 are both quicker in road time. From Muizenberg, the M4 continues via Fish Hoek to Simon's Town.

Cape Point

One can go via the M4, Simon's Town and Miller's Point, on the M64 and 65 via Ou Kaapse Weg, Sun Valley, Kommetjie and Scarborough.

The M6 via Chapman's Peak is currently open but it is sometimes temporarily closed for repairs after heavy rains. There is signage on the road some distance before Chapman's Peak, which tells you whether it is open or closed.

Kirstenbosch

De Waal Drive and then left onto Rhodes Drive in the Direction of Hout Bay

Oudekraal

Situated on the M6 between Camp's Bay and Llandudno

Tokai

Situated on the Tokai Road off the M3.

Silvermine

Opposite the Silvermine Road turn-off.

Table Mountain, Signal Hill and Lion's Head

Kloof Nek Road towards Camp's Bay

Internal Road Network

Only a few areas of the TMNP allow private vehicle access – Cape of Good Hope section and Signal Hill. Vehicles are subject to strict speed limits and a required to keep to the designated roads. Other areas such as Silvermine, Newlands and Oudekraal offer secure parking within the gates.

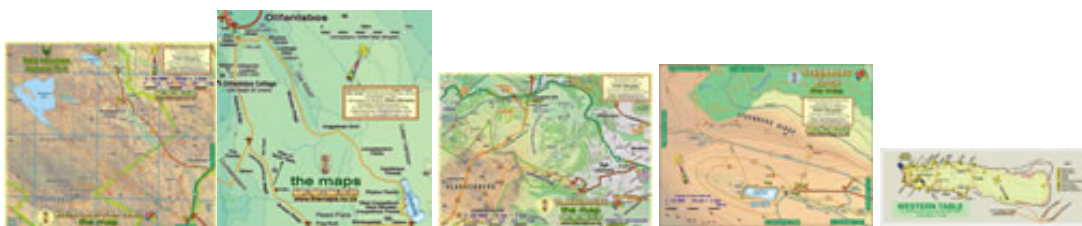
Park Maps

Recreational Map

This page displays various maps of the Table Mountain National Park (TMNP). For an overview of our recreational areas please view our recreational map.



Please note that Peter Slingsby publishes the only [maps](#) endorsed by the TMNP. To expand the following thumbnails, please click on them directly. To download the original maps, click on the map name.



[Table Mountain National Park](#) [Olifantsbos](#) [Steenberg Ridge](#) [Vlakkenberg](#) [Western Table](#)

Day visitors:

As it is situated within the City of Cape Town with its area fragmented by urban development and privately owned land, this is primarily a day visit Park.

Emergencies:



In case of emergencies please call: 021 957 4700

Contact Information

For enquiries e-mail [Table Mountain National Park](#) or phone us on the following numbers:

Tel: 021 701 8692 Fax: 021 701 8773

Office Hours:

Head Office – Westlake: 08:00 - 17:00

Gate Times

Cape of Good Hope section (Cape Point):

Winter: April - September 07:00 - 17:00 Summer: October - March 06:00 - 18:00

Boulders

Winter: April - September 08:00 - 17:00 Summer: October - March 07:00 - 19:00

Silvermine

Winter: May - August 08:00 - 17:00 Summer: September - April 07:00 - 18:00

Oudekraal

Winter: April - September 08:00 - 18:00 Summer: October - March 08:00 - 18:00

Check in/out times:

For the three cottages in the Cape of Good Hope section, Elands, Duiker and Olifantsbos check in time is 14:00 and check out is 10:00.

Hints & Tips

- Always bring both warm and cold weather clothes – the weather on the Peninsula is unpredictable.
- Never hike alone and always inform a friend of your intended route
- What visitors need to take (preparation for the trip)
 - Bring along binoculars, camera, walking shoes, sun block, a hat and wildlife reference books.
- Road maps of tourist routes.
- No immunisations are needed for travel to this park. The park is situated in a malaria-free area.

Internal Road Network

Only a few areas of the TMNP allow private vehicle access – Cape of Good Hope section and Signal Hill. Vehicles are subject to strict speed limits and are required to keep to the designated roads. Other areas such as Silvermine, Newlands and Oudekraal offer secure parking within the gates.

Natural and Cultural History

Please visit www.tmntp.co.za for some fascinating insight into this unique park.

Scientific Services

Table Mountain National Park has excellent ties with the SANParks service, other conservation agencies as well as academic institutions like the University of Cape Town. Facts and Figures:

- Visitor numbers around 4.2 million annually
- Land use type: Conservation
- Local Population: Only personnel live within Park borders. However, because the Park is situated within the City of Cape Town both rich and poor suburbs and townships surround it.

Personnel

There are about 133 permanent positions (operational and administrative) within the Park. The number of contracted staff varies according to the types of projects at any one time.

Concessions:

There are currently two concessionaires:

- CONCOR manage the commercial operations at Cape Point
- Table Mountain Aerial Cableway operates the cable car on [Table Mountain](#).

People with disabilities

Wheelchair Access

There are several tourist destinations within the confines of the TMNP. The major visitor destinations are listed here. These have varying accessibility levels for the mobility impaired.

Table Mountain

Access to the mountain top is accessible through a lift and the revolving cable car system. Parking can be arranged for people with mobility impairment right at the entrance through prior arrangement or by communicating with one of the security guards. On the mountaintop the shop, restaurant and toilets all have ramped access. A series of pathways takes visitors around the mountaintop. Some of these are over cobblestone while others have a smoother surface.

Cape Point

There are parking bays for the mobility impaired at Cape Point. Access can be gained into the curio shop, the information centre and to the public toilets, which are on the western side of the car park. The ramp descending to these ablution facilities may be too steep for some. The restaurant at Cape Point has a staggered access ramp that permits wheelchairs to move down the steep slope.

There is another accessible toilet in the restaurant. The restaurant's lower deck overlooking False Bay has a particularly steep ramp and assistance may be required. The Point's highlight is the funicular that takes people up the steep slope to a lookout point. This allows easy access to a wheelchair user. It does not go all the way to the summit, and to reach this beacon, visitors are required to climb stairs. The toilets at the lookout point have no specific accessibility adaptations, but they are wide enough for a wheelchair to get to the toilet, although the door cannot be closed behind. The lower section of a second curio shop is down a small flight of stairs.



There are several other lookout points in this section of the park. Many of these are accessible by vehicle, but the area's walks are not wheelchair compatible.

Boulders Beach & Penguin Colony

A well-designed wooden boardwalk allows people with mobility impairment the opportunity to get right down to the penguin colony beach (Foxy Beach). There is also ramped access into the new information centre built on the site of the old degaussing station. Ablutions for wheelchair users are also present here. A boardwalk ("Willis Walk") provides a firm surface for movement between the Visitor Centre and Boulder's Bathing Beach. This pathway is quite steep in places. A concrete ramp can be used to access the beach itself, although many will require assistance, as it is very steep.

Silvermine

Silvermine launched a 650m boardwalk around the reservoir to coincide with the park's celebration on 4 September 2003. "This is one of the finest achievements of the Table Mountain National Park as it celebrates its fifth anniversary," said Maxwell Moss, wheelchair-bound member of the Parliamentary Portfolio Committee on Environmental Affairs & Tourism, who officially opened the boardwalk.

(Please see additional information on [Wheelchair Accessibility](#))