



South African
NATIONAL PARKS

Table Mountain National Park

VISITOR'S
MAP



A SUSTAINABLE NATIONAL PARK SYSTEM CONNECTING TO SOCIETY

A Park for all, forever

A visual feast and adventure playground, this Natural World Heritage Site and home to one of the New 7 Wonders of Nature is a haven of magnificent mountains plunging into crystal seas fringed with the white sands of the Cape Peninsula. Add to this its awesome tapestry of natural and social history, and you have a destination that has something for everyone – from madcap adrenaline sport fans and families to nature lovers and history buffs.



At a glance

- Table Mountain National Park (TMNP) stretches 70km from Signal Hill and Table Mountain in the north to Cape Point in the south and includes a Marine Protected Area and many of the beaches around the Peninsula.
- A Natural World Heritage Site, the TMNP is a part of the Cape Floral Kingdom and is home to many interesting animals and thousands of exquisite plants and trees, many of which are found nowhere else on Earth!
- TMNP is a National Park situated entirely within the metropolitan city of Cape Town.
- Two marine systems mix at Cape Point – the cold Benguela and the warm Agulhas – resulting in a startling array of marine life.
- TMNP is one of South Africa's tourism hotspots attracting over 4 million visits per year.
- TMNP is primarily an open access Park offering visitors free access to many fantastic attractions. Conservation fees are payable at Cape Point, Boulders Penguin Colony, Silvermine and Oudekraal, as well as the following picnic sites: Newlands, Tokai and Perdekloof.

Things to do

- **Cape of Good Hope (Cape Point)** Take in the spectacular view from the most south-westerly point of the African continent.
- **Table Mountain Aerial Cableway** Catch the rotating cable car to the summit of Table Mountain and relish the vistas and fresh air.
- **Boulders Penguin Colony** Take a walk along the boardwalk and observe the endangered African Penguin in its natural environment or take the kids for a swim at sheltered Boulders Beach. Please 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.
- **Signal Hill and Lion's Head** Climb Lion's Head for the awe-inspiring views or drive to the top of Signal Hill for a picnic with a remarkable backdrop of Cape Town.
- **Beaches** TMNP has some of the most unspoilt beaches on the Cape Peninsula. Noordhoek and Scarborough are spacious enough to accommodate crowds and are also good for watching the sunset. The Cape of Good Hope section offers more seclusion with the benefit of beaches on both the Atlantic and False Bay sides.

**Alcohol is not allowed on beaches.
Beware of dangerous rip currents.**



Discover the Cape Floral Kingdom



Fauna

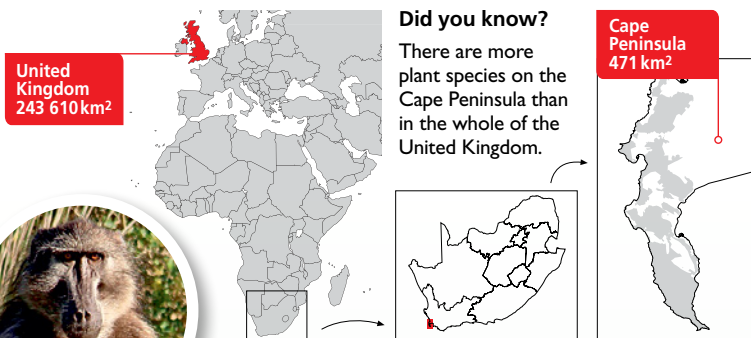
The Park is home to a variety of mammals, reptiles and unique endemic amphibians – some are timid and others are not so friendly. Try and spot klipspringer, caracal and duiker on the slopes of Table Mountain as well as dassie, cobra and puff adder.

The Cape of Good Hope section has a variety of antelope including the majestic eland, the endangered bontebok and the beautiful red hartebeest.

A TWITCHER'S PARADISE

Enthusiasts can look out for an array of terrestrial and coastal birds including Cape Sugarbird, African Penguin, Black-shouldered Kite, Peregrine Falcon, African Fish-eagle, Spotted Eagle-owl, Jackal Buzzard and Hartlaub's Gull to name but a few.

Central to the appeal of TMNP is its fynbos and Afromontane forest vegetation. Fynbos forms part of the Cape Floral Kingdom, which is the smallest floral kingdom and the only one within a single country. **TMNP has in excess of 2 200 species of plants growing within its borders.** These include such specials as the red disa and the king protea. The indigenous forests are ancient and cool with trees of all shapes and sizes lending an air of mystery and magic.



Did you know?

There are more plant species on the Cape Peninsula than in the whole of the United Kingdom.



Chacma baboons are great characters. They may be amusing but should be treated with respect and caution as they can be dangerous.

DON'T FEED THE BABOONS

Please report any incidences of people feeding baboons to the nearest SANParks office.

Beware of baboons

- Don't consume food or drinks in the presence of baboons.
- Don't open your car doors, windows or backpack in the presence of baboons.
- Don't leave your car unlocked or leave food displayed in your vehicle.
- Be aware that baboons associate backpacks with food.
- Don't approach infant baboons as they are fiercely protected by adults.

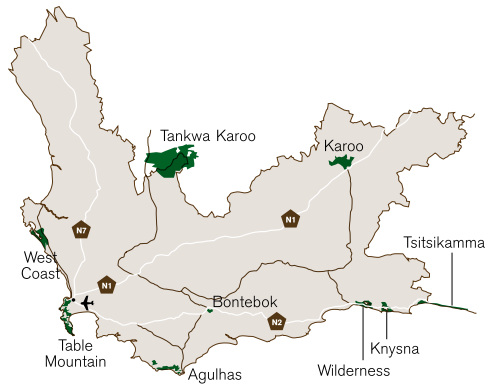
How to behave if confronted by a baboon:

- Stand still, remain calm and avoid eye contact. Sudden movements may cause aggression.
- Move off the path or back away slowly. Don't block the baboon's escape route.
- Don't try to retrieve anything until the baboon has lost interest in it.



Visit our other Western Cape National Parks

- **Agulhas** – at the southernmost tip of Africa
- **Bontebok** – a conservation success story just outside the town of Swellendam, off the N2
- **Garden Route** – comprising Wilderness, Knysna and Tsitsikamma
- **Karoo** – offers great game viewing (including lions) just outside Beaufort West, off the N1
- **Tankwa Karoo** – incredible star-kissed skies and wide open spaces
- **West Coast** – a safe haven for thousands of seabirds



Important visitor information

Table Mountain National Park welcomes you and offers the following tips for a trouble-free, relaxing visit to our Park.

Please remember that this is an urban park and from time to time the Park has experienced criminal activity on the urban edge. We recommend that you avoid remote, unpopulated areas.

Please note that you are required to leave the park at official gate closing times.

24-hour, 7-days-a-week Emergency Number: 086 110 6417 to report fires, poaching, accidents and crime.

WARNING: Wild fires can cause loss of life and property. Fires are allowed only in designated braai areas. Don't discard cigarette butts.

PERSONAL SAFETY

There is safety in numbers, don't venture into unknown areas alone.

Use only registered and accredited tour guides, shuttles and taxis.

Don't carry large sums of cash, and keep expensive jewellery and cameras out of sight.

Be constantly alert and aware of your surroundings.

After dark, don't walk alone, take special care at isolated lookout points and park in secure, well-lit areas.

Always let somebody know where you are going and how long you expect to be.

Baboons and animals: please do not feed any animals you come across as they could become aggressive.

MOUNTAIN SAFETY

Don't hike alone; four is the ideal number. If someone gets injured there are two to go for help and one person to remain with the injured party.

Always pack wet weather gear and a jersey, even in mid-summer. The weather in Cape Town is

unpredictable and can change suddenly. Wear walking shoes or hiking boots. In summer, wear a hat and sun block.

Always take enough water, especially in summer, as well as food in case of a delay.

Watch the weather and time, and turn back before you start running late or if bad weather threatens.

Take your mobile phone loaded with the emergency number with you. Ensure it is hidden. Many areas of the Park have mobile reception so you can phone if you get into difficulty.

Be observant. Always take note of your surroundings and possible weather changes.

Ensure you have a detailed map with you when commencing a hike. Maps and useful park guides can be purchased from most major bookshops.



Table Mountain National Park

*A Park for All, Forever 'n Park vir Almal, vir Altyd
iPaka yoluntu lonke ngonaphakade*



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SANParks Central Reservations

+ 27 12 428 9111 • reservations@sanparks.org • www.sanparks.org

The areas under the control of SANParks are used entirely at your own risk and SANParks shall not be liable for any claims, accidents, injuries or loss, etc. arising from such use. Please note that visitors are subject to the conditions set in terms of Section 86 of the National Environmental Management Act (107 of 1998) and the National Environmental Act: Protected Areas Act (Act 57 of 2003) for the duration of their stay in the National Park.

A Guide to Table Mountain National Park



FREE ENTRY
for a year
for Wild Card
members

Did you know? Every day, at 12 o'clock, the distinct boom of the Noon Day Gun can be heard across the city from the slopes of Signal Hill. A historic time signal in Cape Town since 1806.

Picnic and Braai

There are few things that beat having a hearty meal in the midst of nature. TMNP has a variety of braai and picnic spots that are great places for family and friends to gather.



Oudekraal A coastal delight that offers some shelter from the wind and a beautifully calm inlet to swim and splash in. Tel: +27 21 712 7471



Newlands Picnicking among the pine trees, you won't know that you are in the heart of Cape Town. Take a stroll in the indigenous Newlands Forest afterwards. Tel: +27 21 689 7438



Silvermine Possibly the most scenic of all braai sites, on the banks of the dam with beautiful mountain views. Tel: +27 21 789 2404



Tokai Very popular with Capetonians. You can picnic and braai in the shade of tall pine trees. Tel: +27 21 712 7471

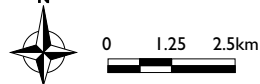


Perdekloof (Red Hill) Bordering on the Cape of Good Hope, this site offers the cool shade of large trees. Tel: +27 21 780 9100



Buffels Bay In the Cape of Good Hope right on the beach with stunning views of False Bay, this is a top spot to spend a relaxing day enjoying nature. Tel: +27 21 780 9204

- Information
- Accommodation
- Main Gate
- Viewpoint
- Picnic Site
- Restaurant
- Hiking
- Penguins
- Table Mountain National Park
- Tarred Roads
- TMNP Marine Protected Area
- TMNP MPA Restricted / "no take" zone



Signal Hill and Lion's Head



Signal Hill offers excellent views of the city and harbour. An ideal spot for picnics or watching the sunset, favoured by tourists and locals all year round.

Enjoy breathtaking views at every turn on the short and relatively easy walk up Lion's Head. A must for those wanting the very best that the Park has to offer.



Aerial Cableway



The five-minute ascent to the top of Table Mountain, one of the New 7 Wonders of Nature, offers a 360° view of Cape Town, the ocean and the neighbouring peaks. Once at the top visitors can enjoy spectacular views and the peaceful feeling of being over 1 000 metres above the city below.



Silvermine



Spectacular scenery, an abundance of fynbos and a popular spot for a range of high-energy activities including hiking, rock climbing and mountain biking. It also has a number of demarcated pathways for leisurely walks, more challenging trails for hikes and a picturesque boardwalk around the dam.



Silvermine West
+27 21 789 2404 | Gate Times
Summer (Sept – Apr) 07h00 – 18h00
Winter (May – Aug) 08h00 – 17h00

Cape of Good Hope and Cape Point

Vast tracts of fragrant fynbos combined with a plethora of stunning beaches and bays make each visit to this unspoilt area a delight. The history of the area dates back to the days of the Khoi and San people. In the 15th century the Cape of Good Hope was visited by the great Portuguese explorers, Dias and Da Gama, who are thought to have pioneered the trade route between Europe and the East.



Did you know?

The Cape of Good Hope is popularly perceived as the meeting point of the Indian and Atlantic oceans. Geographically, however, the two oceans meet at Cape Agulhas.

Main attractions

- Most south-westerly point of Africa
- Cape Point Lighthouse
- Flying Dutchman Funicular
- Two Oceans Restaurant
- Short walks and a 2-day hiking trail
- Tidal pools, braai and picnic sites at Bordjiesrif and Buffels Bay
- Shipwrecks and historical monuments
- Game, bird and whale watching

Operating Times

Summer (Oct – Mar) 06h00 – 18h00
Winter (Apr – Sept) 07h00 – 17h00

Flying Dutchman Funicular

09h00 – 18h00 / 09h00 – 17h00

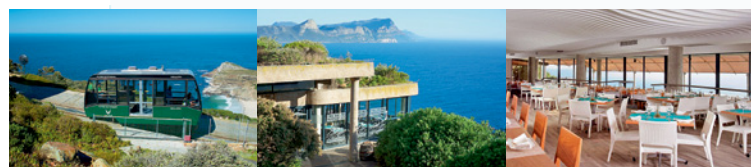
Two Oceans Restaurant

09h30 – 17h30 / 7 days a week

Visitor Centre

+27 21 780 9204

08h00 – 17h00 / 7 days a week



Accommodation

Fully equipped and self-catering
Reservations +27 21 712 7471
(Monday to Friday)

Platteklip Wash House



This historic house is situated at the foot of Table Mountain in upper Vredehoek. It sleeps 24 people and is a popular venue for small weddings, celebrations and conferences.



Overseers Cottage



This cottage with its incredible views is situated on top of the back table, a moderate 2 – 2.5 hours' walk from Constantia Nek.



Olifantsbos Cottage



One of the most magnificent getaways in Cape Town, this isolated cottage is situated right on its own beach in the heart of the Cape of Good Hope Section of the Park.



Eland & Duiker Cottages



These cottages are also situated in the Cape of Good Hope Section of the Park but further inland than Olifantsbos.



Hoerikwaggo Tented Camps

Orangekloof, Slangkop & Smitswinkel



The three Hoerikwaggo Tented Camps within Table Mountain National Park are situated in picturesque natural surroundings and each offer a unique experience – forest, fynbos, sea and mountain. Each camp sleeps 12 people and offers secure parking, hot water, comfy beds, fully equipped communal dining/kitchen areas and bathrooms.



Boulders Penguin Colony

Nestled in a sheltered cove between Simon's Town and Cape Point, Boulders has become world famous for its thriving colony of African Penguins and magnificent wind sheltered beaches.



+27 21 786 2329 | Gate Times

Feb – March 08h00 – 18h30
Apr – Sept 08h00 – 17h00
Oct – Nov 08h00 – 18h30
Dec – Jan 07h00 – 19h30

Did you know? The light of the new Cape Point lighthouse is the most powerful on the South African coast, with a range of 59 kilometres and an intensity of 10 million candlepower.