



NATURE RESERVE HIKING TRAIL, NATURE WALK AND PUBLIC PATHWAY GUIDE

Cape Town is a remarkable city – an urban centre of international importance, right in the middle of one of the world’s biodiversity hotspots.

The City of Cape Town manages 16 nature reserves and various nature areas that work toward protecting and conserving unique and irreplaceable biodiversity. A visit to one of the City’s nature reserves will take you through a diverse network of spectacular flora and fauna.

Most of the nature reserves offer hiking trails, nature walks and public pathways that can be accessed by the public.

HOW TO ENQUIRE OR MAKE A BOOKING

Contact the relevant nature reserve as listed on the last page to enquire or to make a booking (some trails need to be booked).

NATURE RESERVE HIKING TRAILS

NATURE RESERVE	TRAIL NAME	TRAIL LENGTH	DIFFICULTY/DURATION
Steenbras Nature Reserve	Danie Muller Hiking Trail	Approx. 3 km	An easy one way trail. Family orientated with beautiful views.
	Steenbras River Gorge and Crystal Pools Hiking Trail	Approx. 2 km (full trail)	For medium to experienced hikers. Beautiful pools to swim in on the way up. No dogs allowed.
	Klipspringer Hiking Trail	Approx. 4,5 km	Views of mountain slopes and ocean, all the way to Table Mountain. Dogs allowed on a leash on mountainside, but not on beach. Easy.
Helderberg Nature Reserve	West Peak	14 to 16 km	Approx. 8 to 10 hours.
	Leopard Loop	8,2 km	Approx. 4 to 5 hours.
	Sugarbird Walk	2,9 km	Approx. 1,5 to 2 hours.
	Watsonia Trail	4,2 km	Approx. 2,5 to 3 hours.
	Woodies Walk	10,5 km	Approx. 5,5 to 6,5 hours.
	Protea Trail	6,4 km	Approx. 3,5 to 4 hours.
	Caracal Trail	4,5 km	Approx. 2,5 to 3 hours.
Wolfgat Nature Reserve	Please enquire	As per request	Only guided hikes are recommended for safety reasons. Please contact to enquire.
Harmony Flats Nature Reserve	N/A	N/A	This reserve at only 9ha in size, allows for a short, easy walk through the reserve.
Durbanville Nature Reserve	Nature Trail 1	Short route 370 m Long route 550 m	A short walk through the reserve, dotted with benches and picnic spots.
	Nature Trail 2	Short route 440 m Long route 510 m	A short walk through the reserve, dotted with benches and picnic spots.

NATURE RESERVE	TRAIL NAME	TRAIL LENGTH	DIFFICULTY/DURATION
Tygerberg Nature Reserve	Caracal Trail	800 m	An easy walk.
	Duiker Trail	1,6 km	Medium difficulty taking approximately 45 minutes to finish.
	Golden Mole Trail	3,6 km	Medium difficulty taking approximately one and a half hours to finish.
	Grey Rhebok Trail	1,3 km	Medium difficulty.
	Honey Badger Trail	450 m	Medium to difficult.
	Induli Trail	990 m	Medium difficulty.
	Peregrine Trail	610 m	Difficult.
	Striped Weasel Trail	720 m	Difficult.
	Tortoise Trail	1,3 km	An easy walk taking 45 minutes to finish.
	Ukhetshe Trail	3,2 km	A medium to difficult walk taking approximately 2 hours to complete.
	Watsonia Trail	2,7 km	Medium difficulty.
	Wheelchair Trail	460 m	An easy walk. Surface suitable for wheelchairs.
	Wild Olive Trail	201 m	Medium to difficult.
Bracken Nature Reserve	Mole Rat Trail	1,5 km	An easy walk around the reserve with picnic sites at various distances along the trail. Walkers have the option to circle back after 800m.
Blaauwberg Nature Reserve	Coastal Hiking Trail	4,4 km	Approx. 1,5 hours. Follows the historical routes used in the area and has various points of interest along the way. Views of two proclaimed World Heritage Sites, namely Table Mountain and Robben Island.
	Renosterveld Trail	1 km	Approx. 1 hr. Can only be hiked if booked in at Montispectus accommodation or access must be arranged. Follows a walk to the top of Blaauwberg Hill and back.
	Blaauwberg Two Hills Walk (with Battle of Blaauwberg 1806 overview)	6 km	Approx. 4 hrs. A guided hike by invitation of the Friends of Blaauwberg Conservation Area.
Table Bay Nature Reserve	Rietvlei Section: Bird Hide Circular Walk	N/A	Approx. 1 hr. A walk to two bird hides and peninsula section. When bird watching, duration will be longer. Easy walk along gravel road and boardwalk.
	Milnerton Racecourse Section: Circular Walk	N/A	Approx. 15 min. Easy circular route.
Witzands Aquifer Nature Reserve	N/A	N/A	Please enquire regarding a guided hike for Environmental Education groups.
Edith Stephens Nature Reserve	N/A	N/A	Please enquire regarding a guided hike/walk for Environmental Education groups.
False Bay Nature Reserve	Rondevlei Section public pathway	Approx. 1 km	A gentle walk along a pathway with two lookout towers and 6 bird hides.
	Zeekoevlei Section public pathway	Approx. 2 km	A gentle walks along the Eastern shore of the Zeekoevlei with braai and picnic areas along the way.

NATURE RESERVE	TRAIL NAME	TRAIL LENGTH	DIFFICULTY/DURATION
Zandvlei Nature Reserve	Circular Path	1,3 km	Easy walk on mostly flat terrain.
	Otter Path	113 m	Easy walk on mostly flat terrain.
	Caracal Path	65 m	Easy walk on mostly flat terrain.
	Mongoose Path	61 m	Easy walk on mostly flat terrain.
	Wildwood Island Main Path	685 m	Easy walk on mostly flat terrain.
	Park Island Main Path	1,6 km	Easy walk on mostly flat terrain.
	Promenade Road Path	745 m	Easy walk on mostly flat terrain.

CONTACT DETAILS OF NATURE RESERVES

VENUE	CONTACT DETAILS
Wolfgat Nature Reserve	Tel: 021 400 3856 /61 Email: wolfgat.naturereserve@capetown.gov.za
Steenbras Nature Reserve	Tel: 021 444 6930 Email: steenbras.naturereserve@capetown.gov.za
False Bay Nature Reserve	Tel: 021 400 9593 (Rondevlei) Tel: 021 396 4281 (Zeekoevlei) Email: rondevlei.naturereserve@capetown.gov.za
Zandvlei Estuary Nature Reserve	Tel: 021 444 1489 Email: zandvlei.naturereserve@capetown.gov.za
Edith Stephens Nature Reserve	Tel: 021 444 6480 /3 Email: Luzann.Isaacs@capetown.gov.za
Table Bay Nature Reserve	Tel: 021 444 0315 Email: tablebay.naturereserve@capetown.gov.za
Witzands Aquifer Nature Reserve	Tel: 021 400 6000 Email: witzandsnature.reserve@capetown.gov.za
Blaauwberg Nature Reserve	Tel: 021 444 0454 Email: blaauwberg.naturereserve@capetown.gov.za
Tygerberg Nature Reserve	Tel: 021 444 8971 Email: tygerberg.naturereserve@capetown.gov.za
Durbanville Nature Reserve	Tel: 021 979 0060 Email: durbanville.naturereserve@capetown.gov.za
Bracken Nature Reserve	Tel: 021 444 0380 Email: bracken.naturereserve@capetown.gov.za
Helderberg Nature Reserve	Tel: 021 444 9744 Email: helderbergnature.reserve@capetown.gov.za