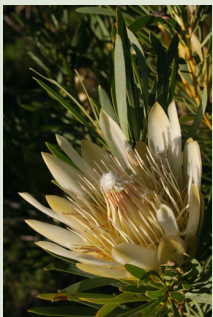
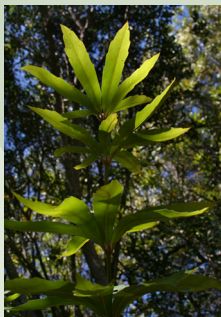




Cape Sugarbird (Kaaapse Suikervogel, (*Promerops cafer*))
Small light brown bird, slender beak, male with 4-5 very long slender tail feathers, feeds on protea nectar and insects.



Sugarbush (*Protea repens*).
Mature plants are 2-4 m high. Flowers are fist-sized, cup-like, mostly pale green tinted cream, rich in nectar, and a favourite of sugarbirds. Leaves leathery, narrow, blade-like.



Cape Wild Almond (*Brabejum stellatifolium*). Evergreen tree up to 4,5 m high. Leathery tooth-edged leaves, clustered in a star-shape, distinctive almond-like fruit with furry cover; prefers stream beds.



Maagbossie (*Aristea africana*). A low-growing geophyte with clustered sword-like leaves and cobalt-blue flowers.



Fire Heath 'Rooihaartjie' (*Erica cerinthoides*). Renowned for its red flowers, wide distribution and long flowering period. Regrows freely after a fire.



Elegia capensis, a graceful tufted **restio**.



Hangertjie (*Erica plukenetii*).
Large numbers of tight tubular reddish flowers attached to the stems and hanging down. Small leaves.



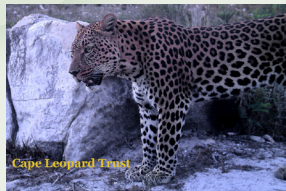
Lapmuis (*Gladiolus hirsutus*).
Small geophytes with grass-like leaves and trumpet-like flowers on wiry stems.



Erepsia anceps. One of several **Vygies**, a type of succulent, found on the reserve. Vygies are highly varied.



Franschhoek Erica (*Erica ventricosa*). Typically has bulbous pink flowers. Flowers in Oct-Jan.



Cape Mountain Leopards are shy, nocturnal and about half the size of other African leopards. They are photographed on the reserve by a remote sensing camera.



Helichrysum vestitum. One of several **Everlastings** 'Sewējaartjies', found on the reserve.



Baboon (*Papio ursinus*).
Forages during the day for anything edible in troops of up to 40 individuals. Never confront, harass or chase a baboon. Never offer it food.



Puff Adder (*Bitis arietans*). This is a relatively stout snake with distinctive black and yellow diamond markings and a flat triangular head. Normally slow moving, it can strike very rapidly. Its bite is highly venomous, producing extremely painful damage to tissue. Prompt medical treatment is essential. (iSTOCKPHOTO)



Franschhoek Valley seen from the DuToitskop Trail.

LANDSCAPE

The Franschhoek mountainland is made of Table Mountain sandstone that was first raised as a mountain range more than 265 million years ago. The present landscape, mountains as well as valleys, dates from the break-up of Gondwana some 140 million years ago and is the direct result of continued erosion by the Berg River (and other rivers) in this region.

HISTORY OF THE RESERVE

Mont Rochelle Nature Reserve (1759 hectares) was proclaimed in 1982. It is part of a designated World Heritage Site. The highest peak within the reserve is Perdekop (1575 metres). Other prominent peaks are DuToitskop (1418 metres) and Middagkrans (1029 metres). Mont Rochelle Nature Reserve has supplied Franschhoek village with water since 1823.

CLIMATE & WEATHER

Winter (June-August) is cool and rainy; summer (November-February) is hot, dry and windy. Rainfall can exceed 1500 mm/year. Rare falls of light snow can occur on high ground. Summertime southeasterly gales are normally accompanied by impressive "table cloth" clouds. Hikers should note that montane fynbos flora affords little protection against wind chill in winter and hot sunshine in summer.



Butterfly Lily (*Wachendorfia paniculata*), a low growing geophyte mostly grows in stony soil.



Rooikanol (*Wachendorfia thyrsiflora*), an evergreen geophyte found in wetlands and around springs. Pleated sword-shaped leaves. Striking yellow flowers seen late spring - early summer.



Watsonia (*Watsonia barbanica*), a deciduous geophyte with long sword-shaped leaves and tall upright flowering stems with stunning pink to red flowers - seen in spring.



Arum Lily 'Varkblom' (*Zantedeschia aethiopica*), an evergreen geophyte preferring wetlands. Flowers spring - early summer.



Leucospermum conocarpodendron and Protea cynaroides

FYNBOS FLORA

The Cape Floral Kingdom, which contains the Fynbos Biome (8600 different plant species), is the world's smallest and most species-rich floral kingdom. The Mont Rochelle Nature Reserve is characterised by montane fynbos flora established on a leached acidic sandy soil derived from Table Mountain sandstone.

The Mont Rochelle montane fynbos comprises restios (reed-like plants that resemble grass but are not); shrubby, woody flowering plants called ericas (and others), most having small, narrow leaves and multiple small flowers; proteas, mostly large, woody plants, typically with large, robust leathery leaves and large individual composite flowers; and geophytes (bulbous plants). A large variety of minor montane fynbos plants completes the floral assemblage. Indigenous trees are confined to mountain valleys and cliff faces giving rise to the distinctive "bare" look of the mountain slopes.

WATER

During winter the mountain streams normally flow strongly but during the summer most are dry, or almost dry, except for pools that derive water from perennial springs in the Table Mountain sandstone - an excellent aquifer. These springs supply drinking water to Franschhoek.

Mountain stream water has a pale brown colour due to natural humic acids derived from fynbos plants; it is normally quite safe to drink.



Isoplepis digitata growing in a tributary of the DuToits River.

ENTRY AND HIKING ARE ENTIRELY AT YOUR OWN RISK

PLEASE NOTE:

- Stay on the marked trails
- Always take water with you
- No open fires
- No dogs
- Do not litter
- Do not pick flowers or disturb anything
- Mountain stream water is potable; do not pollute
- Keep your permit with you on the trails
- Never hike alone
- No camping, no overnight stay



