



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:



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.

Isolepsis digitata growing in a tributory of the DuToits River.



ENTRY AND HIKING ARE ENTIRELY AT YOUR OWN RISK

PLEASE NOTE:

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





main gate (Breakfast Rock Trail) with a drop of about 135 m. after about 550 m. It is another 1,1 km from here to the starting point at the swinging southward along a few switchbacks before reaching Breakfast Rock right), joining up with the DuToitskop Trail and moves steadily downward, At the highest point on the Vista Trail the trail turns southeast (to the

DuToitskop Trail at 1028 m above sea level (± 33-53-42 S; 19-09-24 E). more or less easterly for another 300 m, rising more than 60 m to meet the Drakenstein (left) and Simonsberg mountains (right). The Vista Trail continues and Table Mountain on a clear day through the Helshoogte gap between Groot bead arion as of sldissoq si ti list and to they sind no brewtsaw about 150 m, rising sharply by about 40 m over this distance. Looking At the Vista viewpoint the trail swings northerly and easterly for

m above sea level (33-53-51 S; 19-09-19 E). about 315 m and the footpath rises about 48 m to reach an elevation of 926 above sea level). The distance along the trail to the panoramic viewpoint is about 925 m from the main gate (33-53-52 5; 19-09-31 E, elevation 870 m On the Breakfast Rock Trail the Vista Trail branches off to the left after

the Vista Trail in less than 2 hours. The trail has no water. moderate but short stretches are steep. A moderately fit hiker can complete the Vista Trail in a clockwise direction. The gradient along the Vista Trail is DuToitskop Trail and starts at the main gate to the reserve. Most hikers walk This circular trail includes the Breakfast Rock Trail and a short section of the

Difficulty: easy to moderate walk Duration: <2 h return Elevation: ascends and descends 275 m Distance: 2,4 km cirucular

6. VISTA TRAIL





PERMITS:

YOU MAY PURCHASE PERMITS FROM:

• The Tourist Information Centre, Huguenot Street, Franschhoek

- Webtickets www.webtickets.co.za
- At the Entrance to the Reserve.

EMERGENCY NUMBERS

Fire Brigade 021 808 8888 / 021 808 8123 021 876 2304 / 021 876 4622 **Doctors**

Ambulance 112 / 084 124 All Emergencies

WHAT TO DO IN CASE OF SNAKEBITE

Don't panic but take immediate action. Note any distinctive features of the snake but do not attempt to capture or kill it. Phone a doctor immediately. Keep the casualty calm. Recommended best practice first aid is to wrap the full length of the bitten leg or arm firmly (firmly, not tightly! definitely no tourniquet!).





ISSUED BY THE ADVISORY BOARD OF THE Mont Rochelle



to the leftabout 160 m ahead.. Manganese and Perdekop Trails. The trail to DuToitskop peak branches off Rock Trail. At Breakfast Rock the trail continues straight on towards the Uitkyk, Rock. The Vista Trail branches off to the left about 925 m into the Breakfast The final 290 m of the trail rises steadily by about 50 m to reach Breakfast

45 m over a distance of about 360 m. up the slope in a series of zigzags and the trail gradually rises by more than Once the Breakfast Rock Trail branches off to the left of the gravel road it rises The first 450 m of the trail is a very easy walk along the gravel service road.

can walk the trail (one way) in less than 30 minutes. The trail has no water. about 135 m along this distance; round trip is 2,2 km. A moderately fit hiker 33-54-51 5; 19-09-35 E, elevation 897 m above sea level) is 1,1 km and rises trails. Distance from the main entry gate to Breakfast Rock (approximately general entry route to the Vista, DuToitskop, Uitkyk, Manganese and Perdekop This trail, starting and ending at the main entry gate to MRNR, is also the

> Difficulty: moderately steep Duration: <30 min one way Elevation: trail climbs 120 m Distance: I km one way

5. BREAKFAST ROCK TRAIL



Aalwynkop Trail provides views down the Du Toit's River gorge.

circular route in about half an hour. length and a fit person can complete the gate. The entire trail is about 900 m in gravel road that leads back to the entrance At the pump station turn left onto the

bed in the nearby DuToits River gorge. vides unobstructed views of the stream-370 m long, has a gentle gradient and prothe DuToits River pump station, about The next section of the trail towards

lends its name to the trail. perfoliata) that blooms around March and

direction. The main attraction on this section of the trail is mitre aloe (Aloe around the southern and eastern sides of the hill, before turning in a northerly At Aalwynkop (elevation about 710 m above sea level) the footpath skirts

hill about 290 m from the entry gate. continues in an almost straight line and descends about 40 m towards a low easterly direction, following, for part of the way, a barbed wire fence. The trail parking area in front of the entry gate to MRNA. It heads in an east-south-The Aalwynkop Trail is less than I km in length and starts and ends at the

Duration: <1 h Elevation: trail descends about 100 m

Difficulty: easy walk Distance: <1 km circular

4. AALWYNKOP TRAIL

Janjoubertsgat Bridge (constructed 1825);

456 m above sea level). 56-16 S; 19-09-41 E, elevation -EE) əgbind tagat bridge (33parking area next to the R45 at the end of the trail at the watch out for traffic – to reach 300 m – hikers must please



about the R45 pass road (about 3,7 km from the start of the trail) for about The trail continues more or less parallel to the pass road, eventually meeting

permitted to enter this track.

private 4×4 track which goes up the slope and off to the west. Hikers are not Some 470 m past the R45/Cats Path Trail crossing the path crosses a

the trail has dropped by about 115 m below the elevation at the start. Trail crosses the R45. At this point the elevation is 620 m above sea level, and off to the left. No entry to hikers. About 480 m beyond the junction Cats Path Around the 1,4 km mark the footpath to the Karmel Youth Centre branches

the first kilometre the trail drops by about 70 m. of the pass road (33-54-25 5; 19-09-26 E, elevation 736 m above sea level). For Rochelle Nature Reserve and the R45. It starts off close to and just left (east)

The trail starts at the junction of the gravel road going into the Mont it one way, arranging for transport to pick them up at JanJoubertsgat Bridge on can walk it in less than 1 1/2 h (one way, going down). Most hikers prefer to walk

The trail has a fairly gentle descent of about 280 m.A moderately fit person at the historic JanJoubertsgat Bridge (built in 1825) on the R45. top of Franschhoek Pass (R45), moves in a general southerly direction, and ends

Upper Cats Path Trail follows the original 1819 Cats Path wagon track from the Duration: <90 min one way Difficulty: easy walk

Elevation: trail descends about 280 m Distance: 4 km one way

3. UPPER CATS PATH

be walked clockwise or anticlockwise.

Lower Cats Path Trail; this trail starts and ends at the MRMR car park and can A circular trail results by combining the Winelands Trail with part of the along the way. A moderately fit person should be able to walk it in 40 minutes. This trail is approximately I km in length and gains about 100 m in altitude and car park are nearby.

meet the Breakfast Rock Trail (33-54-14 S; 19-09-28 E). The MRNR main gate series of steps and switchbacks. After this section the trail flattens out again to gradient increases significantly. Over the next 150 m the trail rises by 80 m via a (approximately 33-54-05 S; 19-09-18 E) it turns sharply to the east and the Once the trial reaches a position just below the apex of the hairpin bend

stream where both shade and, for part of the year, water can be found. before the famous hairpin bend in the pass the trail crosses a small seasonal first 550 m of the trail gently undulates parallel to, and below, the pass. Shortly towards the pass (33-54-21 South; 19-09-15 East), continue straight on. The Making your way up Lower Cats Path, instead of heading up the steps

of Lower Cats Path. serve by eliminating the two road crossings and ladder on the upper section provides a shorter, safer, alternative route to access the other trails in the re-It starts at the steps that lead to the R45 pass road on Lower Cats Path and The Winelands Trail connects Lower Cats Path with the Breakfast Rock Trail.

Duration: 40 min one way Elevation: trail ascends 100 m Difficulty: easy to moderate Distance: I km one way

2. WINELANDS TRAIL

R45 pass road is close by. village. A convenient roadside layby on the should arrange for transport back to the Hikers who do not wish to hike back

735 m above sea level) rises quite steeply. (33-54-24 South; 19-09-24 East, elevation the pass road to the Cats Path Monument trail. The last sector (about 285 m), from tical metal ladder before continuing on the m above sea level), and climb a short ver-099 Hold (33-54-21 S; 19-09-15 E, elevation 660 tiate some steep steps, then cross the pass Close to the R45 hikers have to nego-

before crossing the R45. the first kilometre, then by a further 110 m wagon track and rises by about 155 m in Cats Path Trail follows the historic 1819

erected on occasion of the Post Coach Cats Path - 1819 - 1825. This monument Oldest road across the mountain - the Cats Path Monument The plaque reads:



Estate rises about 75 m.

some 820 m to reach the Cats Path Trail; the path crossing the Fransche Hoek less than 2 hours. Follow the Cats Path signage on Fransche Hoek Estate for distance. A moderately fit hiker can expect to walk up the trail, one way, in at the top of Franschhoek Pass (R45) is 2,7 km, rising about 415 m over this Distance from the Reservoir Street entrance to the Cats Path monument

Estate without a valid hiking permit issued by the Mont Rochelle Nature elevation 320 m above sea level). No access is granted to the Fransche Hoek at the gate leading into the Fransche Hoek Estate (33-54-28 S; 19-07-52 E, Entrance to the Lower Cats Path Trail is at the upper end of Reservoir Street

> Difficulty: Easy walk, one ladder Duration: <2 h one way Elevation: trail ascends 415 m

Distance: 2,7 km one way I. LOWER CATS PATH

7. UITKYK TRAIL

Distance: 6,8 km return Difficulty: moderate hike

Elevation: trail ascends 320 m

This well-marked and popular linear trail (inward bound and outward bound along the same footpath) includes the Breakfast Rock Trail.

One-way distance from the main gate to the vantage point at the terminus of the Uitkyk Trail is about 3,4 km. Overall the trail rises 360 m to peak at about 1108 m above sea level. The terminus is slightly lower at about 1093 m above

Once past Breakfast Rock, the trail deviates little from due north and follows the westerly valley slope of the Perdekloof Stream for most of the route. A fit hiker can complete the round trip in about 3 hours. Unprepared hikers should not divert to the Perdekop Trail. The trail crosses a stream (water



is safe to drink) about 845 m beyond Breakfast Rock, but it is advisable to take water with you. At the terminus of the Uitkyk Trail (33-54-40 S; 19-09-43 E, 1093 m above sea level) a grand panoramic view of the secluded Wemmershoek Valley and the Wem-

8. MANGANESE TRAIL

Distance: 1,5 km Difficulty: moderate Elevation: trail descends 300 m Duration: < I h one way

The Manganese Trail (1,5 km) connects the Uitkyk Trail to the Du Toitskop Trail, forming a combined circular route of about 8,6 km. It is named after the abandoned manganese ore diggings that are found near its turn off. The trail can be walked in a clockwise or anti-clockwise direction, but this route description assumes an anti-clockwise hike. There is no water on this trail.

The turn off for the Manganese Trail is at the same position as that for the Perdekop Trail, however, instead of turning right to Perdekop turn left towards DuToitskop (33-52-50 S; 19-09-42 E, 1108 m above sea level). The first 450 m of the trail heads in a west-northwesterly direction. The trail changes direction (at approximately 33-52-46 S; 19-09-25 E) and moves south for about 200 m before again heading in a WNW direction. The trail then heads in a southerly direction for about 180 m. This first section of the trail provides sweeping views over the Wemmershoek Valley and Dam.

From this point (approximately 33-52-53 S; 19-09-20 E) the trail heads almost due west for about 660 m, then (33-52-56 S; 19-08-57 E) turns sharply southeast for the last 90 m to the trig beacon atop DuToitskop (1407 m above sea level). These two segments of the trail pass through a windswept alpine-like landscape. The occasional lack of vegetation can make the trail hard to see, so look out for small cairns, stones at the edge of the path, and other route markers to stay on course.

9. PERDEKOP TRAIL

Distance: 13,4 km circular Elevation: trail ascends, then descends 850 m Difficulty: moderate to strenuous

The Perdekop Trail is a circular trail which rises about 850 m above its starting point at the main gate to reach Perdekop Peak at 1575 m above sea level - the

The trail in the vicinity of the DuToits River crossing is particularly steep and it is not advisable to do this hike alone or in adverse weather. This route description assumes a clockwise hike but the trail can be hiked in the opposite direction.

Start at the entry gate, go past Breakfast Rock, and carry on towards Uitkyk. About 2,7 km from the entry gate the Perdekop Trail branches off of the Uitkyk Trail towards the east (33-52-50 S; 19-09-42 E, elevation 1108 m above sea level). From here it is another 4,3 km to Perdekop Peak, the footpath rising by about 465 m in that distance.

From the Uitkyk turn off the footpath continues in an easterly direction for I km before swinging in a northeasterly direction for the next 2 km, steadily rising all the while. The footpath then swings easterly, crossing a small stream, shortly thereafter passing the turn off to the return route to the south (33-52-25 S; 19-11-34 E, elevation 1488 m above sea level).

Perdekop Peak is marked by a large stone cairn (33-52-22 S; 19-11-55 E, elevation 1575 m above sea level). The secluded valley closest to the east is Elandskloof (Villiersdorp) and the distant large valley is the Breede River Valley. To the south the Riviersonderend Valley can be seen. Don't forget to sign the

From Perdekop Peak the footpath steadily descends in a southerly, southwesterly direction - the first 2 km dropping by 205 m and the next 2 km by a further 395 m. The last stretch includes a very steep descent into the DuToits River gorge, and a steep climb back up past the diesel-electric generator serving the DuToits River pump, from where it is a short walk to the starting point.

10. DUTOITSKOP TRAIL

Distance: 7,5 km return Elevation: trail ascends and descends 660 m Difficulty: moderate to strenuous Duration: 4 h return

The trail to the DuToitskop Peak is a return route which starts and ends at the main entry gate to the reserve. It is 3,8 km one way and rises about 660 m to DuToitskop Peak (33-52-57 S; 19-09-00 E, elevation 1,4 m above sea level).

The DuToitskop Trail, which includes the walk up to Breakfast Rock, branches off to the left (in a northwesterly direction) at Breakfast Rock.

The junction with the Vista Trail is passed about 550 m beyond Breakfast Rock at an elevation of 1030 m above sea level. The trail continues more or less in a north-northwesterly direction, rising steadily at a rate of about 15-17 m elevation per 100 m route.

Two magnificent vistas of the Franschhoek Valley can be seen when looking westward on the way up. Towards the east the many peaks of the Franschhoek Mountains make a fine display.

DuToitskop Peak is reached about 2,7 km past Breakfast Rock.

