

## CEDERBERG COMPLEX

*Please Note: Access to Wilderness Areas and Nature Reserves are subject to the Conditions set in the National Environmental Management: Protected Areas Act (57/2003) as well as the Conservation Ordinance (19/1974).*

# Hiking, Trail Running, Climbing or Overnighing in the Cederberg

## Planning, Site Rules, Emergency Actions

### Planning your hike, run or climb

- Where are you planning to go
- How far is the trail/ route
- Is there water on the trail (take at least 2 litres per day)
- Hike with at least 3 people for safety reasons
- Carry enough food and water for each day and 2 days extra
- Check the weather (for each day, the day before and the day after)
- Take a warm jacket/raincoat – weather can easily change and the nights can get very cold
- Have a good hiking map with contours and plan the route
- Inform someone trustworthy of your hike, route and planned exit dates and times.
- Ensure you have the emergency telephone numbers for the area
- Ensure to give the trustworthy person the contact information for the reserve.
- Plan where you will sleep, ensure there is shelter
- Plan evacuation routes if there is an incident

### Hiking, Trail Use, Climbing Protocols

- A permit is required (Online or from reception)
- Keep your permit with you and ready for inspection
- Stay in a group and walk at the pace of the slowest person in the group
- Don't walk, run, climb at night (Early hiking, running, climbing is better in summer to avoid heat exhaustion)
- Ensure to follow instructions of a capable leader in the team
- Have sufficient water, wear hat and suitable clothing
- Only use trails or climbing routes aligned with your fitness level and capabilities
- Leave a copy of your permit in the dash of your vehicle, with contact information. If there is an emergency, we can contact you
- Take a field medical kit with you for emergencies.
- Obey safety signage and staff instructions
- Remain alert, stop and rest regularly
- Seek shelter during extreme heat, cold or rain weather
- Hike, Run or Climb only when safe to do so

### Cold Weather Conditions

- Stay dry: put on rain gear before you get wet
- Strip off any wet clothing and put on dry clothing
- Beware of wind – wind chill can drastically reduce body heat
- Wear a warm hat / beanie to avoid heat loss through your head
- Have warm drinks for extra heat
- Have high energy drinks or food
- Seek shelter while you still have energy, but try to stay near the path
- Walk out when it is safe to do so
- Do not cross raging rivers, find an alternate route around
- Wet or iced rocks are slippery and dangerous.

### Hot Weather Conditions

- Hike, Run or Climb in the cool of the morning or early evening
- Rest in the shade during midday
- Wear a sun hat with a wide brim to protect your face and the back of your neck
- Stay hydrated
- It is good to have rehydrate packets at hand
- Wear cool, cotton-type clothing. Clothing that is light and dries easily is best
- Use sunscreen lotion on all body parts exposed to the sun (alternatively wear long sleeve items to protect against direct sun exposure)
- Do not over exert yourself on hot days, this will lead to heat exhaustion

### Activities prohibited while hiking in the Cederberg mountains

- Open fires are not permitted except in a designated fireplace by CapeNature. Use of camping gas bottles are only permitted in safe areas under strict conditions
- Smoking is not permitted in the mountains.
- Do not discard any burning object into the veld or anywhere that it has the potential to burn.
- Hunting or in any way luring, harming or disturbing animals is prohibited.
- Feeding of animals (including birds) is prohibited
- Picking, removing or damaging any plant or part thereof is prohibited (this includes the removal of dry wood or dead plant materials)
- In terms of human waste such as urine, faeces and wastewater, the ablutions provided need to be used. Do not defecate or urinate on trails and ensure toilet paper (once used) is placed in a sealable plastic bag and carried out to a bin.
- Do not bury toilet paper as it is seen as littering if left behind in the mountains and do not burn toilet paper once used as it is a fire risk.
- Any item brought in (including food products/peels) are considered litter if left behind in the reserve.
- Geological, Historical and Archaeological items are protected and may not be damaged, disturbed or removed.
- Do not exceed speed limits, they are there to protect you and the wildlife on site.
- Be respectful to other users in the Reserve.
- Noise, including playing of amplified music (radios, cell phones etc) is not permitted.
- Etching, scratching, defacing or drawing (including spraying of graffiti) on anything including signs, rocks, caves or at rock art sites is strictly prohibited.
- Some areas have daily capacity limits, please do not exceed these.
- Camping is only permitted in designate / safe areas and should not cause damage to the natural environment or disturbance to other users.
- Access to the reserve, campgrounds and overnight facilities are subject to payment of relevant fees and obtaining the required permits.
- Firearms are not permitted.
- Pets are not permitted.
- Camping within 200m of iconic view sites or sacred/archaeological sites are not permitted. No Camping at Wolfberg Arch or Maltese Cross.
- Light pollution is not permitted (limit use of lights or spotlights to essential activities and emergencies).
- Water pollution is not permitted (washing clothes, use of soaps / ointments, food, containers or other items in the rivers, streams or other water sources is not permitted).
- Use of helicopters or drones are not permitted.

### Emergencies

- In the event of an emergency or accident while hiking, keep the group together. Send 2 people ahead to call for help, but sufficient people must stay with the patient to assist with first aid and support. As soon as there is cell signal, contact the Reserve Emergency number and Search and Rescue for assistance. Provide relevant information of the patient, location, incident description and assistance needed.
- Keep moving, if possible. A person suffering with fatigue or stiff muscles should stop and rest at regular intervals, but can still move to end point slowly.
- If weather conditions become too severe, seek shelter, stay warm and safe until the weather clears and you can safely exit to the nearest farm or reception. It is important to update your emergency contact and inform reserve management of the situation to avoid unnecessary Search and Rescue call outs.
- Stay on or close to the path, so that you are visible to a rescue party.

### Being lost in the mountains

- Never descend via unknown kloofs or slopes. Waterfalls, loose stones and hidden cliffs can be deadly.
- Keep the group together.
- Light and weather permitting, retrace your steps until you reach a known route. Otherwise, camp for the night and continue walking out the following day.
- Use bright items to reveal your position to search teams. Blow a whistle to attract attention.

### Serious accidents / medical incidents

- Stay calm
- Protect the person/s against further injury
- Apply first aid and stabilise the patient
- Ensure that the rest of the group is safe
- Contact emergency response personnel – Phone if there is signal.
- If signal is not available, send two experienced group members to walk out to the nearest reception or farm to call for help.
- Give the authorities the following information: the full names and age of the injured person; the type and severity of injury; the location of the accident, any other information requested by Medical Personnel. Also, what is the contact information of the injured person family.

### Contact Information

- Reserve Office: **087 087 3968** (report incidents, accidents and illegal activities)
- Reservations: **087 087 8250**
- Emergencies: **082 453 3766**
- Mountain Rescue: **+27 (0)21 937 0300** & West Coast Disaster Management Control Room: **+27 (0)22 433 8700**
- Gate times: 07:30-18:00 (01 May to 31 August) & 07:30-19:00 (01 September to 30 April)
- For hiking permits, please contact the CapeNature call centre at **+27 (0)87 087 8250** or obtain permits directly from the Algeria office. Enquiries can also be emailed to [reservation.alert@capenature.co.za](mailto:reservation.alert@capenature.co.za)

**Please note that entry to the Protected Area and use of all facilities are at your own risk and the Western Cape Nature Conservation Board (CapeNature) shall not be liable for any loss suffered or damage sustained, whatsoever.**

