

International  
Mountain Day

11 December 2022

“Women play a key  
role in environmental  
protection and social  
and economic  
development in  
mountain areas”.

Food and Agricultural  
Organisation of the  
United Nations

# Women Move Mountains

## WOMEN ARE:



Keepers of  
traditional  
knowledge



Custodians of  
local culture



Experts in  
traditional  
medicine



Guardians of  
mountain  
biodiversity



Often the primary  
managers of  
mountain resources

To visit some of the incredible mountain areas in the Western Cape, visit [www.capenature.co.za](http://www.capenature.co.za)

#MountainsMatter #CapeNature #LoveNature #WomenMoveMountains

 CapeNature