

Rise & Climb

Table Mountain sits at the heart of Cape Town itineraries, and as the reigning queen of our city commands a presence that inspires many to ascend her slopes.

Our Half Day **Rise & Climb** invites guests on a once-in-a-lifetime challenge with *spectacular* views! Guided by qualified and experienced professionals at a pace that invites presence with every step, the mountain is brought to life with narratives of Cape Town's history and the unique flora and fauna that call its slopes home.

With expert guides who know the routes like old friends, our **Rise & Climb** promises a lasting memory of South Africa's icon.

This hike is best for **ACTIVE GUESTS** seeking a sense of achievement from summiting South Africa's iconic Table Mountain.



TABLE
MOUNTAIN
ASCENT
CERTIFICATE
INCLUDED



What an epic day. It wasn't easy, but it was oh-so-worth it! Thank you so much.

RISE & CLIMB

TOUR DESCRIPTION & SUMMARY

- Table Mountain is one of the oldest mountains in the world, estimated to be about 260-600 million years old, and it is one of the New7Wonders of Nature.
- Guests will begin their day with a 3-4 hour morning hike along Table Mountain's rocky trails. Guided by our experienced guide who will entertain them with captivating stories of Table Mountain's fauna, flora and geology, the route – with a notable elevation gain of around 650-700 metres – will immerse your guests in the rich natural heritage of this iconic landmark.
- Our flexible route options cater to all preferences and fitness levels: whether they're up for the never-ending Stairmaster of the popular Platteklip Gorge or crave the excitement of India Venster's rocky trails and scrambles, our guide will lead your guests along a route tailored to their personal preference.
- Guests will also enjoy our signature "trailside tea" at a scenic vantage point, where they can replenish their energy with quintessentially South African snacks and a selection of hot beverages in winter or refreshing iced tea (with ice!) in summer.
- After the exhilarating ascent, there's no need for a gruelling descent, as we've included a scenic cable car ride down before they continue with their day.

UPGRADE TO FULL DAY

Guests have the option to book a full day hike with mountain bento box lunch and linear trailhead transfers. *(Please see the rate sheet for surcharge).*

We only recommend upgrading to a FULL DAY hike for avid hikers as this is between 5-7 hours on the mountain and does require a certain level of fitness to ensure it's thoroughly enjoyed by the guests.

GROUP SIZE:	PRIVATE TOURS ONLY: 2-6 pax. (Larger groups on request). Minimum age limit of 6 years for all mountain hikes.
DURATION:	4-5 hours
DEPARTURE TIME:	Summer: (1st November - 31st March) - 7am Winter: (1st April - 31st October) - 8am We confirm the evening before based on the weather.
PICK UP & DROP OFF:	Pick up at your hotel. Drop off at your hotel or elsewhere in the city.
INCLUDED:	• One-way (DOWN) cableway ticket • Private guide & all transfers • Hot beverage snack stop • Filtered water & complimentary water bottle • Safety & walking equipment
WHAT TO BRING:	Good walking shoes, waterproof and windproof jacket, hat and sun protection. (We provide additional walking poles, backpacks, gloves, beanies and waterproof jackets where guests do not have their own).
BAD WEATHER:	Provided it is safe, we walk in wet or windy weather. Our guides will adapt the itinerary to offer walks or activities that avoid the worst of the weather as alternatives if required. We will only cancel if we consider it unsafe. *Date changes are subject to availability and cannot be guaranteed.
CABLE CAR:	Please make your guests aware that if there is a strong wind blowing and the cable car closes, we will be forced to walk back down the mountain. *Additionally, the cable car closes for midyear annual maintenance. We will advise you of the dates as soon as we receive them.

