




Accommodation Facilities

types:
 (A)  excellent
 (B)  standard
 (C)  rustic

Letsoana 
 Cannibal Cave 

- Accommodation: (A) Good quality hut/lux.tent/house with several sleeping rooms
- ✓ (B) Basic hut or tent(s) provided
- ✓ (C) Shelter against elements for sleeping or tent site only
- ✓ Toilet: (A) Flush toilet inside hut (1:6 people) and toilet paper
- ✓ (B) Separate toilet building, flush facilities outside hut (toilet paper provided)
- ✓ (C) Pit toilet (max 50 m min 20 m from hut) or alt. hygienic system (toilet paper)
- Beds: (A) Single / double beds only
- ✓ (B) Bunk beds OR
- ✓ (C) No beds provided
- ✓ Mattresses: (A) Thick (10 cm) high density foam or spring
- ✓ (B) Thin
- ✓ (C) None
- Washing: (A) Shower and/or bath: with geysers or "donkey" pre-lit by attendant
- ✓ (B) Shower and/or bath (hot and cold with "donkey")
- ✓ (C) Shower (cold) or natural place to bath
- ✓ Braai area: (A) Under cover barbecue, with windshield, lapa (1:10 people)
- ✓ (B) Barbeque area, covered only, with grate,
- ✓ (C) Barbeque (open) area with grate only or no fires allowed or possible
- ✓ Fire wood provided: (A) Ample chopped wood (also for campfire)
- ✓ (B) One only bundle for braai
- ✓ (C) Dry tree/logs with saw/axe provided or no fires allowed/possible (delete one)
- Kitchenware: (A) Fridge/cooler and cutlery/crockery: provided
- ✓ (B) Fridge/cooler or cutlery/crockery: provided (delete one)
- ✓ (C) NOT provided
- Kitchen: (A) Separate "kitchen"/common room with basin and tap inside hut
- ✓ (B) Dish washing / cooking place near or adjacent to hut (with table/surface)
- ✓ (C) No separate facilities provided
- ✓ Lighting: (A) Electric/gas/solar
- ✓ (B) Candles/paraffin lamps or similar
- ✓ (C) None of these provided
- Heating: (A) Air conditioning or stoves in all rooms
- ✓ (B) Heating by means of fire place: coal/wood stove in common room
- ✓ (C) None of these
- Cooking facilities: (A) Stove/hot plate/burner and kettle, pots & pans
- ✓ (B) Stove/Hot plate/burner or kettle, pots & pans
- ✓ (C) None of these

Basic Trail Description

The Cannibal Trail is situated 5km from Clarens on the road to Fouriesburg. It is 300km from Johannesburg and 280km from Bloemfontein. This beautiful farm is situated in the Rooi and Witte Berg Mountains of the Eastern Free State. Legend has it that a cannibal was active in this area and kept his captives in one of the many caves, where he fed them for later consumption.


The first night is spent in a neatly restored cow barn with electricity. The second night one sleeps in an overhang cave with rock art; a true wilderness experience.


The route is a circular. It takes you through varying landscapes, from distant mountain views, to river walks, forest ambles to boulder hopping in and along gorges with numerous picnic spots and a swimming place. On the 1st day (9 km) the trail passes 5 overhang caves with rock 'kraals' where there are still remains of bushman paintings in some of them. The 2nd day (7 km) offers breathtaking views of the Maluti's, as well as Horeb, Woodhouse, Generaalskop, Visierskerf and George's Pimple. Thereafter one descends and walk through a valley along a mountain stream where the trail crosses the Little Caledon River by means of a suspension bridge. The last part of the trail leads one through the shade of a poplar forest. Before you cross the river for the second time, you can leave your backpack at the crossing to climb up to the spectacular Mushroom Rock.


Trail Facilities & Safety

- Booking facilities and information:** Internet, postal, telephone & fax
- Reception office:** On site
- Road signs:** Clear road signs to start
- Access road:** Last section tar
- Parking:** Shade trees
- Trail Format:** Circular
- Map:** Yes
- Brochure:** Basic information
- Markers:** Effective trail markers
- Environmental education:** None
- Safety:**
- Accommodation:* Safe
- Warning signs:* Not applicable
- Crossings:* Safe and effective river/road crossing
- Telephone:* Partial cell
- Medical Aid:* Basic aid near start and end of trail
- Hikers' safety en route:* Safe
- Water:* Ample for drinking whole year
- Parking:* Relative safe from public areas/veld fires



Environmental Character

A **PRISTINE** environment depicts an area where nature still exists in its more-or-less pure form: clean drinking water in streams, indigenous vegetation and animal life with no trace of human constructions, activities or sounds nearby. 

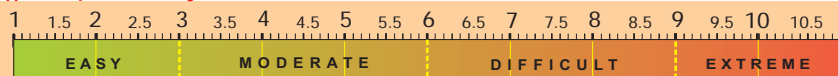
In a **NATURAL** environment one could expect to see and hear human activities to a limited extent; such as e.g. associated with farming and forestry. Exotic plants (e.g. pine plantations) might be prevalent; as well as cattle, fences and constructions such as earth dams. 

To hike through a **RURAL** environment would imply close contact with rural development and its associated noise, crossing of public roads, hiking on forestry/ farm roads, visual contact with agricultural fields, cement dams, domesticated animals, etc. 

A **SEMI-URBAN** environment will be typically an urban green belt or city park or similar where the built environment is adjacent to the trail and where the noise of vehicles and associated aspects of pollution will often be prominent. 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
 66% Pristine	 66% Pristine			

Difficulty Grading



↑ Cannibal Cave (Day 2)
 ↑ Letsoana (Day 1)

Contact /Booking Information

Bookings

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Cannibal Hiking Trail



Classification

A self-guided, self-catering circular 2 day hiking trail with shorter day hikes

Environment: *pristine*

Accommodation: *various types*

Difficulty Rating: *moderate*

Facilities and safety: *very good*



www.trailinfo.co.za

Accreditation underwritten by:
 South African Hiking Trail Owners Association (SAHTOA),
 Hiking Organization of Southern Africa (HOSA),
 Southern Africa Tourism Services Association (SATSA).