

Trail Facilities & Safety

Facilities:

Booking facilities and information: Good (postal, fax, e-mail, tel)

Reception office: On site or nearby

Directions: Clear road signs to start of hike: public & private roads

Access road to start: Graded gravel of good quality

Trail Format: Linear with shuttle back to start

Map/guide: Guided

Facilities for handicapped: Limited

Brochure/guide: Guided

Water availability for drink: No

Portaging: Yes

Catering: Yes

Safety:

Parking: Safe no shade

Accommodation: Safe

Safety on Trail:

Markers: Guided

Warning signs: N/A

Water potability: N/A

Hikers' general safety (mugging): Safe

Other: (bridges, ladders, stiles, etc): N/A

Crossings (road/ivers): N/A

Emergency:

Escape routes: N/A

Telephone/cell: Yes

Medical aid/evacuation system: Yes

Basic Trail Description

The Eve's trail is situated in the Western Cape, and stretches along the coast between Ysterfontein and a viewpoint overlooking the Langebaan Lagoon in the West Coast National Park. The trail is situated within the central core area of the Cape West Coast Biosphere Reserve. The CWCB was designated a Biosphere Reserve in 2000 by the UNESCO's Man and the Biosphere programme. It is a territory with beautiful landscapes, a considerable abundance of species of fauna and flora, a unique cultural mix where there is a harmony between development and the natural environment. Every effort is being made to have all development projects truly sustainable. Various types of land use occur. The landscape consists of a sandy coast with (mostly) stabilized coastal dunes inland; underlain by granites with dolerite intrusions as well as calcrete layers. These layers have made this area famous for its fossils – hence the name of the trail derived from a fossilized human footprint – and supposed to be that of Eve. The dominant vegetation type is that of the Swartland Granite Rhenoserveld, which status is classified as being "critically endangered". Various plant, animals and bird species are either endangered or vulnerable. The Kelkiewyn (*Geissorhiza radians*) e.g. is an endangered plant; the Black Harrier (*Circus maurus*) is a "near threatened endemic South African bird. The major attraction of this area is the spring flowers. The accommodation is in the West Coast National Park's Duinepos chalets. The trail is fully catered and guided. Hikers carry only their daypack with them. The trail is **Green Flag** accredited and is classified as being "easy".

Description of trail by means of symbols.

| | Walk | Scramble (use hands) | Climb/ladder | Free Rock Climbing |
|---------------------------------------|-----------------------------------|--------------------------------|-----------------------------|---------------------------|
| Technical Difficulty | | | | |
| Energy Rating | | | | |
| Guiding | Guide (registered) | Guide (learner) | Local Hike Leader | Self-guided |
| Catering | Fully Catered | Semi-catered | Self Catered | No overnight |
| Trail format | Linear | Circular | Network (base camp) | Open-ended |
| Trail type | Ramble (max. 3 h) | Day Walk | Overnight Trail | Portaged |
| Path character (accessibility) | Handicapped Wheelchair, Blind | Constructed Footpath/trail | "Free Range" with guide | "Free Range" with GPS |
| Accommodation | Luxury | Excellent | Standard | Rustic |
| Environmental Character | Pristine | Natural | Rural | Semi-urban |
| Facilities | Excellent | Acceptable | Poor | No facilities |
| Environmental Education | Curriculum Based | Guided/Brochure | Standard info on Trail | No Env. Education |
| Safety | Safe | Safe - heed warnings | Risky | Unsafe |

Relevant category for this particular trail

Contact / Booking Information

Bookings

Eve's Hiking Trail

Cell: Ivan 083 261 7960

e-mail: trails@capebiosphere.co.za

Accommodation Facilities

types:



luxury
excellent
standard
rustic

Duinepos (sleeps 12)



Accommodation: Hotel

B & B

✓ Luxury tent(s)/cottage/guests house (self catering unit) (**delete/encircle**)

✓ **Beds:** Full complement of bedding provided

Sheets/half-sheets only

Provide own bedding (sheets & blankets/sleeping bag)

Food: *A-la-carte* menu available

✓ Basic meal(s) available

Provide and prepare own food

✓ **Setting:** Rural environment (nature predominates)

Semi-urban/farm environment

Urban neighbourhood

✓ **Washing/Ablution:** *En suite* bathrooms for all rooms

Communal washroom/ablution facilities inside sleeping quarters

Separate communal washroom/ablution block

✓ **Braai area:** Indoor barbeque facilities

✓ Sheltered barbeque area (in lapa) outside

Barbeque (open) area with grate only or no fires allowed or possible (mark one)

✓ **Lighting:** Electric/gas/solar (delete one or describe)

Candles/paraffin lamps or similar

None of these provided

Heating: Air conditioning

✓ Interior heating/cooling by means of fire place/coal/wood stove/fans/heaters

None of these provided

Radio/TV: DSTV

Limited TV

Radio only

Telephone: Private phone in room

Telephone on premises

✓ None available

✓ **Cell phone:** MTN/Vodacom/Cell C

One of two of above (name)

No reception

Refreshments: Drinks/bar facilities in room

✓ Bar/shop facilities on/next to site

None of these

Services: Full room service (cleaning/meals/drinks on order)

✓ Cleaning (only)

No service

✓ **Seating:** Couch/chairs in lounge

Chairs in bedroom only

No seating/rustic benches without backrest

GREEN FLAG ACCREDITED HIKING TRAIL

Eve's Hiking Trail



Classification

Accredited as a two-day open-ended
guided and fully catered trail with
transport back to start

Environment: pristine

Accommodation: luxury

Difficulty Rating: easy

Facilities and safety: 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),
Jacana Travel Marketing & Reservations, Boskamproetes & Eco-Trail.