

GENERAL SAFETY ADVICE TO ALL TSITSIKAMMA HIKERS:

Please note that the Tsitsikamma Hiking Trail covers 60km of varied terrain. There are inherent dangers associated with hiking as an activity and with being in remote mountainous regions. You are requested to plan your hike properly beforehand and make certain that all of your group members are capable of walking long distances each day. Please note that the trail takes place in mountainous terrain and is therefore a strenuous activity for which a moderate degree of fitness is required.

The amount of enjoyment gained from a trailing experience depends largely on your preparation and physical fitness level. If you're planning a 60km, six day hike in the mountains, then you will need to be able to walk more than 15km with a backpack on your shoulders in a day. It is important that you realize your limitations and those of other members in your party.

Proper planning beforehand will not only improve the overall hiking experience, but will also ensure that you have all the essential items required for your adventure. These range from a basic first aid kit and small camping stove through to sturdy, protective footwear and rainproof clothing.

Two indispensable items are the survival bag and space blanket. The survival bag is an essential item should you become stranded in adverse weather conditions without sufficient protective cover. This is a large, brightly coloured waterproof bag which can be used as cover by cutting a hole for your head and pulling the bag over oneself. A space blanket is a very light fibre net with an aluminium film lamination on either side of the fibre which can be used for a variety of purposes. It's most important function is to provide warmth during situations. It can be also be used as a makeshift tent, poncho, groundsheet, heat reflector and to signal others. (It is essential to consult hiking literature for comprehensive equipment lists before setting out on the trail).

Proper preparation also means that hikers should know what to do in the event of an emergency. There is much literature currently available on emergencies and it is strongly advised that all hikers have practical knowledge on the correct course of action to follow should an emergency arise. Potential emergencies include ailments, illness and injuries; being lost; being stranded; flooding; dangerous river crossings and hypothermia. Information pertinent to river crossings on the Tsitsikamma Trail will be provided later in this document.

It is also very important for you to be environmentally sensitive. This means no littering at all, - never discard a cigarette butt in the open veld/ fynbos as this can and often does lead to a veld fire. It is essential that all hikers obtain permits and familiarize themselves with the restrictions and regulations pertinent to the Tsitsikamma Trail. Please read through the section on Fire Prevention and Precautions that follows later in this document.

SAFETY PROCEDURES DURING HEAVY RAINFALL:

RIVER CROSSINGS:

The Tsitsikamma area receives in excess of 1000 mm of rainfall per annum. This rainfall is evenly distributed throughout the year, with peaks during late Autumn and Winter. Heavy rainfall however, can occur at any time of year.

Please note that due to the high rainfall experienced in the Tsitsikamma area (1000mm plus per annum), - it may not be possible to complete the entire Tsitsikamma Trail should your group experience heavy rainfall during your hike. This is also applicable to groups making use of equipment portage.

You are requested to familiarize yourself with escape routes on the Tsitsikamma Trail map.

Bear in mind that the possibility of becoming trapped between very swollen rivers does exist. (You may not be able to reach all escape routes). You must therefore please read the below instructions carefully and contact us should you have any further enquiries. The below instructions are also displayed at Bloukrans; Keurbos and Heuningbos Huts. Remember to take along emergency waterproof gear, food rations and basic first aid supplies.

The rivers that you will be crossing on the Tsitsikamma Trail all occur higher up in the mountains. During normal flow rates it is possible to cross these rivers without removing any foot gear. (You can basically step on the rocks in the river without getting your boots wet).

If it has been raining the rivers will increase in flow rate (both in height and speed), - and as they are relatively narrow in width higher up in the mountains, - they will flow at high speeds often carrying hidden debris beneath the surface. Such crossings are potentially dangerous and one can easily be swept downstream. Please take note of the safety precautions pertinent to the below three days of the Tsitsikamma Trail.

1) BLOUKRANTZ TO KEURBOS HUT:

If it has been raining very heavily for a short period, (3/4 hours +) or with less intensity but over a continued period, the river and stream crossings on the way to Keurbos Hut may become very powerful and potentially dangerous to cross.

The level of the Tolbos River (directly beneath Bloukrantz Hut) and the Bloukrantz River at Waterwitelsgat, approximately 5,5 km after Bloukrantz Hut, should be monitored carefully after prolonged rainfall. Should it be difficult to cross the Tolbos River, - **THE CROSSING OF THE BLOUKRANTZ RIVER WILL NOT BE POSSIBLE.** (Any crossing where the water is between knee and thigh height can be considered difficult).

Do not attempt to cross the Tolbos River when it is in flood.

BE VERY CAREFUL OF BECOMING TRAPPED BETWEEN THE TOLBOS AND BLOUKRANTZ RIVERS.

Please be very careful of attempting any potentially dangerous river crossing.

After the rainfall has past, it usually takes from 6 to 24 hours for the rivers to return to their normal flow levels again.

Remember that there are two escape routes along this section of the trail. The first escape route follows the jeeptrack from Bloukrantz Hut for 6 km until reaching the Bloukrantz Forest Station. The start of the second escape route (Lottering Forest Station) is found approximately 1,5 km before reaching Keurbos Hut (7km after the Bloukrantz River crossing).

Try to stay as warm and dry as possible. Remaining in a group is safer than splitting members up.

2) KEURBOS TO HEUNINGBOS HUT:

If it has been raining very heavily for a short period, (3/4 hours +) or with less intensity but over a continued period (24 hours +), the river and stream crossings on the way to Heuningbos Hut may become very powerful and potentially dangerous to cross.

The level of the Lottering; the Kleinbos and the Kleinbos River tributary approximately 150m before Heuningbos Hut should be monitored carefully after prolonged rainfall.

Please be very careful of attempting any potentially dangerous river crossing.

After the rainfall has past, it usually takes from 6 to 24 hours for the rivers to return to their normal flow levels again.

Remember that there are two escape routes along this section of the trail. The start of the first escape route is found between Bloukrantz and Keurbos Huts, approximately 1,5 km before the Keurbos hut. The second one can be found approximately 1,5 km after the Elandsbos River crossing on Mangold se Pad.

IMPORTANT: The first escape route crosses the Lottering River after approximately 5,5 km on route to Lottering Forest Station. It will not be possible to cross this section of the river after very heavy rainfall and it is recommended hikers stay at Keurbos Hut until conditions improve. Try to stay as warm and dry as possible. Remaining in a group is safer than splitting members up.

The Elandsbos River has a cable structure with Bosun's Chair in place to assist hikers during times of heavy rainfall. This is a replacement of the original swing bridge that was damaged during the August 06 floods. Please read the instructions at the cable structure which explain how to use the cable structure and Bosun's Chair.

Hikers are requested to only make use of the cable structure when it has been raining heavily and the crossing of the Elandsbos River by foot is not possible.

Should the crossing of the Lottering River not be possible, hikers should please return to Keurbos Hut and wait for conditions to improve. (Hikers may have to spend more than one night at Keurbos Hut should there be excessive rainfall).

The Kleinbos River will be reached after approximately 12,5km of walking on day four. It is situated about 1km before Heuningbos Hut. If you are not able to cross the Kleinbos River, then please return to Mangold se Pad (escape route/ jeep track) just before reaching the 9km marker. Hikers can then follow this jeeptrack southwards to the N2 and reassess the situation at that point.

Hikers are advised to remain at Keurbos Hut in the event of very heavy rainfall.

3) HEUNINGBOS TO SLEEPKLOOF HUT:

If it has been raining very heavily for a short period, (3/4 hours +) or with less intensity but over a continued period (24 hours +), the river and stream crossings on the way to Sleepkloof Hut may become very powerful and potentially dangerous to cross.

The level of the river found approximately 300m east of Heuningbos Hut, the **Witteklip River** and the stream about 200m before reaching Sleepkloof Hut, should be monitored carefully after prolonged rainfall.

Please be very careful of attempting any potentially dangerous river crossing.

After the rainfall has past, it usually takes from about 6 to 24 hours for the rivers to return to their normal flow levels again.

Remember that there are two escape routes along this section of the trail. The start of the first one (Boskor) is found approximately 150 m after Heuningbos Hut. The second one begins at Mostertsebos se Pad, approximately 800 m after the Witteklip River crossing.

Be careful of becoming trapped between the Kleinbos and the Witteklip Rivers. If it has been raining heavily for a continued period, we then recommend that you make use of the

Boskor escape route and access Sleepkloof Hut from either Storms River Bridge or Storms River Village.

Try to stay as warm and dry as possible. Remaining in a group is safer than individual members splitting up.

In the event of very heavy rainfall hikers are advised to return to Boskor, drive to Storms River Village or Storms River Bridge and then walk to Sleepkloof Hut via the trail's exit points. As the trail is marked in a uni-directional manner, you will need to consult the trail map for directions to Sleepkloof Hut from either the Village (5,5km) or Bridge (3,2km). Please contact the Ecotourism Office for detailed directions in this regard.

Please contact the Ecotourism Office for more detailed telephonic correspondence in this regard. We will gladly assist you with all logistical problems and provide as much advice as possible.

GENERAL TRAIL INFORMATION:

- Hikers may proceed in one direction only, i.e. from west to east. The trail is marked from west to east, thus walking against the normal direction is risky in the sense that you might lose the track.
- Hikers must bring along their own food, cutlery, sleeping bags, camp stoves, pots (billies), torches, candles, toilet paper and basic first-aid equipment. **NB Stoves and billies are essential! We do supply cast iron pots and pan at overnight huts, - but these are not always as practical as a light stove and hikers pot.**
- Hikers must overnight in the huts during their hike and must plan their day's walk so that overnight huts can be reached before dark. Hikers may overnight only in the particular hut for which they have made a reservation.
- The Tsitsikamma area receives more than 1000mm of rain per annum. Please be sure to read all the safety instructions regarding river crossings which can be found in the Bloukrans, Keurbos and Heuningbos overnight huts. Please contact Graeme Pienaar on 0727045640; 0422811712; gpi@mto.co.za for further information in this regard.
- Littering is a criminal offence – and it includes the dropping of tissues, sweet wrappings, toilet paper and cigarette –ends.
- When you leave the hut in the morning, please see to the following:
 - That the huts are swept and tidy.
 - That all doors and windows are closed as baboons destroy mattresses and will create a bad mess in the interior of the hut.
 - That all rubbish has been deposited in the bins (no hot ashes, please!!!)
 - That the bins are in the enclosed chest provided for that purpose.
 - That all fires are completely extinguished. **THIS IS VERY IMPORTANT.**
- Please don't feed any animals – you may sign their death warrant. This is also a dangerous activity as wild animals are known to react aggressively after being tamed through unnatural feeding means.

- MTO Forestry reserves the right to cancel any tour / day / overnight excursion at short notice. (With the exclusion of money paid for reservations, MTO Forestry **is not liable** for any compensation in respect of any loss or inconveniences incurred by a party member as a result of such a cancellation).

- **Fires may be made only at overnight huts in the appropriate fire-making facilities.**
- **Fires must be completely extinguished at night and on departure and must never be left unattended.**

- Any participant shall be liable for any damage to forestry products, overnight facilities and other property that may be caused by fire, or otherwise as a result of any other act on the participant's part.

- Please take note of the Fire Prevention and Precautions warning below.

- Any participant makes use of the hiking trail, overnight facilities and access roads entirely at own risk.

A hike demands a great deal of exertion because of the broken topography and mountainous nature of the terrain, - therefore a **fair degree of fitness and muscular endurance** is essential. Consult the contour sketch of the route so that you will be well prepared to tackle the more challenging sections.

- Begin the day's hike preferably before 09h00 to ensure that the next hut is reached before dark.
 - Keep to the route. Short cuts are prohibited and you will only tire or endanger yourself unnecessarily.
 - The Tsitsikamma Hiking Trail has been designed to include several weekend and shorter excursions. Please contact the ecotourism office for further information in this regard.
 - **Smoking is not permitted in any plantation or fynbos area. Smoking is only permitted at overnight huts.**
 - **Make sure that you extinguish all cigarettes completely and never dispose of a cigarette in the open veld, grass, fynbos etc.**
 - When packing your rucksack please remember the following necessities: Raincoat, warm clothing, knife, a piece of string, plasters, pain killers, hat, water bottle, torch, camp stove, cutlery, cooking utensils, candles and sleeping bag.
 - Wear sturdy hiking **shoes and thick** woolen socks – your feet are doing all the work!
 - Take precautions against ticks. Wear leggings or use a repellent.
 - Water must be drunk regularly, especially on hot days.
 - The mass of the rucksack must not be more than one third of the body mass of the hiker.
 - Wear a hat for protection against the sun and wind. Take wind-resistant warm clothes along.
 - Stay calm in an emergency. Sit down and consider alternatives.
 - Consider turning back when there is a problem. Don't try to be heroic – the elements are merciless.
 - Should you get lost in fog or darkness, stay together, seek shelter against the wind, dress warmly and stay where you are until conditions improve.
 - Remember to pack warm, rainproof clothing.
 - Be careful of slipping at all times. There are many slippery places along the trail, - please remain focused while walking.
 - **Be extra cautious when walking over logs; tree roots and rocks, - they tend to have very slippery surfaces when wet.**
 - Please do not approach the edges of steep cliffs or overhangs.
 - Remember the **Survival Bag and Space Blanket.**
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FIRE PREVENTION AND PRECAUTIONS:

- Please make sure that all fires are completely extinguished before leaving the hut's lapa area.

- You may only make fires in the designated fire-making areas at the lapa area.

- Never discard hot or warm ash into the dirt-bins, - rather throw water over coals and leave the ash in the fire-making area.
- Please ensure that cigarette-butts are completely extinguished, - water can be used in this regard.
- Never discard a cigarette-butt in the open veld or inside the wooden hut structures, - take it with you or throw it into a bin after extinguishing it.
- Do not leave fires unattended in the lapa area, - this is especially applicable when the wind is blowing.
- In the event of an uncontrolled fire, - make use of the fire extinguisher found inside the overnight hut.
- Familiarize yourself with the working mechanisms of the fire extinguisher.
- Water and sand can also be used to kill the fire.
- Please use wood sparingly and with consideration for the hiker group to follow.

PLEASE DO NOT LITTER ALONG THE TRAIL AND AT THE OVERNIGHT HUT FACILITIES.

PLEASE PLACE ALL FORMS OF LITTER IN THE BLACK REFUSE DRUMS AT THE OVERNIGHT HUTS.

CARRY ALL MATERIAL YOU WISH TO DISCARD WITH YOU DURING THE DAY UNTIL YOU ARRIVE AT THE OVERNIGHT HUT, - AND THEN DEPOSIT IT IN THE DIRTBINS PROVIDED.

PLEASE DEPOSIT ALL CIGARETTE BUTTS IN THE DIRTBINS – AFTER ENSURING THAT THE CIGARETTE IS COMPLETELY EXTINGUISHED.

SNAKEBITE:

There has never been a recorded incident of snakebite in over 35 years on the Tsitsikamma Trail.

The Tsitsikamma region does not have a high diversity of snake species and the majority of South Africa's highly venomous species are distributed further north in the country.

There are only a few species of dangerous snakes in the Tsitsikamma area.

Hikers are advised to wear protective footwear at night and ensure that you can see where you are walking. (Use a torch at night).

Hikers are advised to familiarize themselves with snake identification; distribution and emergency procedures in the event of snakebite. There is much literature available in this regard.

(The below information on snakebite was taken from Johan Marais excellent book, "A Complete Guide to The Snakes Of Southern Africa").

First-Aid measures in the event of snake-bite:

- **Remove constrictive objects such as shoes and cut away clothing close to the site of the bite.**
- **Wipe away excess venom from the bite with material or wash away with water.**
- **Do not squeeze the bite and never cut a snakebite wound.**
- **The benefits of applying suction at the site of the bite are largely unknown. It is best to avoid applying suction.**
- **With Cape Cobra bites it is very important to maintain the person's airway and keep the person ventilated at all times. Artificial respiration may be required as the bite has an extremely potent neurotoxic venom. Make sure that the victim is kept warm at all times.**

- Excess movement will result in the venom spreading more quickly, - so it is very important to keep the victim as still and as calm as possible. Keep reassuring the victim that all will be fine and that most persons recover fully after snakebite.
- Use a splint or sling to immobilize the person's affected limb. Try to keep the limb below the level of the person's heart.
- Do not give the victim alcohol or liquids. If it is a necessity for the person to receive liquids, then administer in very small quantities.
- It is strongly advised that the victim is not given any alcohol.
- In the event of a neurotoxic (Cape Cobra) snakebite – apply a pressure bandage. DO NOT apply a pressure bandage for a cytotoxic (adder) snakebite. Applying firm pressure to the site of the bite by hand will delay the spread of venom.
- DO NOT make use of a tourniquet, unless the person has been bitten by a Cape Cobra. If the person has been bitten by a Cape Cobra, then a tourniquet may be life-saving, especially if medical aid is hours away. It is advised that hikers consult updated and informative literature in this regard as the use of tourniquets can cause severe tissue damage.
- Antivenom should be considered with regard to very serious, life-threatening snakebites. Do not inject antivenom into or around the site of the bite.
- Try to get help as soon as possible. Sending one of the group members to a location which has cell-phone reception as soon as possible is of utmost importance.
- Do not try to kill the snake. If it is already dead use a stick to manouver it into a box etc, - but do not touch the dead snake as certain species “play dead”. Knowing what species is responsible for the bite can simplify treatment, - but you are strongly advised not to attempt killing the snake.
- **IMPORTANT:**
- The immediate application of a pressure bandage to a cobra bite is strongly recommended. Method – Apply firm pressure by hand to the site of the bite. A firm bandage should then be wrapped around the site of the bite (not a tourniquet) – you do not want to cut-off circulation, but rather reduce the spread of the venom by slowing the flow of blood through the lymphatic system. Remove restrictive clothing or footwear, - but make sure that the victim is kept as still as possible in the process and avoid sharp, unnecessary movements. The entire limb should now be wrapped in a pressure bandage. Minimize the movement of the major joints by applying splints across them. Ensure at all times that a pulse can be felt. Keep the pressure bandages on the person until medical assistance arrives. The bandage can be loosened if the limb swells too much, - but its best to keep the bandage on the limb.
- Get help as soon as possible.

ADDITIONAL PRECAUTIONS WITH REGARD TO SNAKES:

- Always leave snakes alone.
- As most persons are bitten on the lower leg or ankle it is essential to protect these parts with sturdy footwear and long pants if you are walking in the veld.
- Do not walk around barefoot at night, - ensure that you have protective footwear and always use a torch if you have to move around.
- Be vigilant at all times and always be sure where you place your hands especially when collecting firewood and so on.
- If you do encounter a snake - remain as still as possible. A snake will not attack or chase you. Back away from the snake slowly when it is a few metres or more away from you.
- Do not try to kill snakes – leaving them alone is the safest and best option.
- Never touch or play with snakes that “appear to be dead”, - as some snakes feign death as a means of self defence.
- All snakes should be treated with respect.

LIGHTNING SAFETY TIPS:

AVOID: Avoid water. Avoid all metallic objects. Avoid the high ground. Avoid solitary tall trees. Avoid close contact with others rather spread members out.

SEEK: Seek clumps of shrubs or trees of uniform height. Seek ditches, trenches or the low ground. Seek a low, crouching position with feet together with hands on ears to minimize acoustic shock from thunder. The important aspect is to move as quickly as possible to a lower elevation. Do not be the tallest object around.

KEEP: Keep a high level of safety awareness for thirty minutes after the last observed lightning or thunder.

These actions may *slightly* reduce your risk of being struck by lightning:

- Avoid open areas, the top of a hill or a ridge top.
- Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees.
- Stay away from water, wet items (such as ropes) and metal objects (such as fences and poles). Water and metal are excellent conductors of electricity.
- The primary way to ensure safety from strikes - if you are in mountains and climbing high - is to get an [early start](#).
- However, if you are caught out in lightning storms, you want to be off and away from an exposed surface, like a mountain, hill, promontory, or trail along an exposed cliff face.
- The safest place to be in a lightning storm is ducked down in a clump of trees or shrubs of medium height; for example, in a willow thicket.
- Crouch down on top of a pad that insulates you from the ground - like your sleeping pad.
- Place metal objects such as your pack frame far away from you - they can conduct return currents to the lightning strike, which is not something you want to be very close to.
- Stay clear of damp services or depressions, where the current from a ground strike can concentrate.
- Move back from the edges of rivers/ rock pools, because the current can travel along the surface of the rock pool / river.

AT OVERNIGHT HUTS:

MOVE INTO THE OVERNIGHT HUT STRUCTURE AND DO NOT STAY IN THE OPEN LAPA AREAS DURING SEVERE THUNDERSTORM ACTIVITY. THE HUT HAS AN ASBESTOS ROOF WHICH IS AN EXCELLENT INSULATOR AND IS FLAME REPELLANT. CLOSE ALL WINDOWS AND DOORS.

Cell-Phone Reception:

Please note that cell-phone reception is not continually available along the Tsitsikamma Trail.

Day 1, Nature's Valley – Kalander Hut:

Cell-phone reception available most of the walk, with the exception of deep forest sections and sometimes at Kalander hut. A short walk down to the beach from Kalander hut – full reception on the open beachfront.

Day2, Kalander – Bloukrans Hut:

Cell-phone reception available most of the walk, with the exception of intermittent reception in tall forest sections between Covie (7km) and the Bloukrans jeeptrack (11km). Reception is limited at Bloukrans hut. A short walk back along the Bloukrans hut access jeeptrack (1-2km) will allow full reception to be reached.

Day 3, Bloukrans Hut – Keurbos Hut:

Very limited to no cell-phone reception along this section as mainly walking in a valley between two mountain ridges. No cell phone reception at Keurbos hut. In an emergency hikers will need to back-track along the Keurbos – Lottering Forestry Station access Road for at least 6km before reaching cell-phone reception. Another solution may be to walk up the north side of Grenadier's Cap (see map) until cell-phone reception is reached.

Day 4, Keurbos Hut – Heuningbos Hut:

Limited cell-phone reception with the exception of the saddle above Ruses Pass (2-3km) and on the decent to Elandsbos River. Intermittent reception in Elandsbos River/ Mangold se Pad areas. Intermittent reception between Heuningbos Forest and Kleinbos River. Good reception at Heuningbos hut.

Day 5, Heuningbos Hut – Sleepkloof Hut:

Generally limited to higher sections (saddles) and open areas on mountain slopes. No reception in valleys between steeper mountain ridges (Nademaalsnek). Limited reception on the decent to Koutjieskloof. No reception in tall forest section leading up to Sleepkloof hut. Good reception at Sleepkloof hut.

Day 6, Sleepkloof Hut – Storms River Bridge / Village:

Good reception most of the way to the bridge and village although may be limited when walking through very dense, tall forest sections.

Please contact the MTO Ecotourism Reservation Office for any further information or assistance in the above regard. We will gladly provide you with more detailed information pertinent to the trail and assist with any uncertainties or concerns.

WATER USE AT OVERNIGHT HUTS:

The water in all the rivers and streams is good for drinking as there is no development or human use further upstream. It is slightly acidic due to the high level of tannins but not a problem for drinking. It is best to drink from flowing sections where the chance of bacterial build-up is limited.

The hut *rain tank* water undergoes bacterial monitoring on an annual basis. It has been recommended that we treat the *rain tank* water with ungranulated chlorine on a regular basis to keep bacterial levels down. It is best to purify *rain tank* water either through boiling or water purification tablets.

The water from the taps (at lapa & ablutions) at Kalander; Keurbos; Heuningbos and Sleepkloof hut comes directly from rivers and is therefore suitable for drinking. The above precaution refers only to the *rain tanks* at each overnight hut.

The water from the taps (lapa & ablutions) at Bloukrans Hut should be either boiled or treated with purification tablets.

The Tsitsikamma Trail is a strenuous activity and involves a certain amount of risk. Hiking on this trail may involve exposure to the forces of nature and to possible accident or illness in remote places without available medical facilities. It is up to you, the hiker, to make the final judgment as to your own suitability for the hike and for your willingness to take risk. Participation in the hike amounts to your agreement to assume all risks and liabilities related to or resulting from the hike. By your participation in this hike, you are agreeing not to hold MTO Forestry (Pty) Ltd, any of its staff, contractors, officers, or representatives liable for any injury, loss or damage to yourself or members of your family, or property arising from a consequence of your participation on the Tsitsikamma Trail.

If you have spotted a problem on the Tsitsikamma Trail, please let us know. Please inform us of any problems, such as poor maintenance, litter, downed trees or any safety concerns.

Should MTO Forestry deem it necessary to take any steps for the rescue, protection or transport of any person or property of the participant/s then those participants involved will be held responsible for any reasonable costs incurred.

Please note that hikers will be responsible for any expenses incurred during emergency situations. This includes emergency medical assistance as may be required.

Please contact Graeme Pienaar (072 7045640/ 042 2811712); E-mail – gpi@mtco.co.za for further information in this regard.

- **In case of emergency, please contact either Graeme Pienaar - 072 7045640 or James Savage on 071 5287056.**

Trail Management