**TABLE MOUNTAIN MTB ROUTE**

**REGISTRATION AND RULES**
- Daily or Annual Permits required.
- Mountain bike permit will only allow the rider to only use for mountain bike on the trail. No vehicles other than mountain bikes will be allowed.
- Vehicles of TNNP Contractors and emergency vehicles also make use of the jeep tracks (Be on the lookout for them at all times).
- On exceptional fire-fighting days, cyclists may be requested by the TNNP personnel to vacate the trail.
- Use of Table Mountain MTB Trail is a privilege and experience to be shared with many other users- hikers, runners, etc. Please be considerate to them and take their right to a peaceful and tranquil environment.

**RULES OF THE TRAIL**
- Permits must be kept available at all times whilst utilizing the trail.
- The trail may only be allowed on existing trails as indicated on the map and will not be allowed to utilize ecologically sensitive areas, flora or any other area.
- Do not take shortcuts.
- Smoking and the lighting of fires is prohibited, except at designated facilities.
- Litter is not allowed.
- All bikes and other elements of nature are protected- please do not remove, damage or disturb.
- It is illegal to feed animals or interfere with infrastructure along the trails, e.g. weather stations, stream flow monitoring equipment, sign boards, directional arrows, etc.

**Riding Tips for Table Mountain**
- Sun protection, food, phone & rain gear.
- Always inform someone of the route you plan to follow.

**Safety Tips**
- **To be safe**: Ride in a group.
- Carry enough water & a few hours food is recommended.
- Make sure your bike is in good working condition.
- Wear a helmet.
- Carry tools, mult-tool, pump, spare tube, tire lever & puncture repair kit.
- Take a mobile phone along with you.
- Be aware of the weather conditions & carry a rain jacket.
- The trails on Table Mountain are suitable for intermediates to experts.
- Trail surfaces are rocky and may be slippery on descent.

**Rules of the Trail**

**Night Riding**
- In possession of a valid permit.
- Minimum of 3 riders per group
- Maximum 5 riders per group
- Each rider to have own light and helmet.

**Activity Card**
- Also available at our Tokai office.
- Note some Cape Town Tourism offices are open on weekends too.

**Dog Walking**
- Level 1: 300 m per person walking small dog only.
- Level 2: 1 km per person walking medium dog only.
- Level 3: 3 km per person walking large dog only.

**On purchase you will also receive:**
- 2 x 10 Photographs of Cape Town.
- Voucher book for money for purchase.
- Card linked to the permit, valid for 12 months with unlimited entry to carry out the relevant activity.