

STAYING SAFE IN THE GEORGE MOUNTAINS

George and surrounds has one of South Africa's largest and most diverse mountain network with more than 2000 km available for trail running, hiking and mountain biking. Access to these various routes is on property which either belongs to CapeNature, George Municipality, or the Department of Forestry, Fisheries and the Environment (DFFE).

Hikers, runners, and mountain bikers are encouraged to enjoy the beauty of these areas, but are reminded that they do so in a safe and responsible manner. *Note: Certain activities require permits and/or licences as per CapeNature and/or DFFE, Section 23. There are a number of rules and regulations to be adhered to, for your safety.*

MANDATORY REGULATIONS

- Access for any activity on the Outeniqua Mountain Reserve, including, but not limited to hiking, mountain biking and walking is from 7:30 to 16:00 as per CapeNature Gate Access. Any user outside of these times is illegally on the reserve.
- Access to the lower foothills/forestry is not permitted before sunrise and after sunset.
- NO overnighting or fires are permitted at all.
- NO dogs are permitted on the Outeniqua Nature Reserve. Dogs on leads permitted on the Witfontein Plantation.
- NO motorbikes or quad bikes permitted.

Consider the following to ensure your hike, walk or biking is enjoyable and safe:

Being prepared is key to having a safe and enjoyable experience on trails. Even if you are heading out for just an hour, an injury, severe weather or a wrong turn could become life-threatening. Never hike alone and pace your hike to the slowest person in your group. Before heading out on a hike, make sure you have the relevant numbers programmed into your phone:

The following guidelines will help you ensure a safe hike.

Planning

Plan your hike thoroughly. Pay attention to:

- Permit requirements and gate times where applicable
- Your start time and expected finish
- Pace (3km/h is average)
- Size of group (preferably three or more) – never hike alone
- Capability and responsibility of leader
- Availability of water
- Fitness and medical condition of group members – the slowest person determines the pace
- Informing someone of your plans and expected time of return
- Leaving a message with your name, size of group, route, expected time of return and a contact person clearly visible in your car

Weather

Weather conditions can change very quickly in the mountains, even if the weather is good at lower altitudes. Do not attempt to hike if the trail is closed – it can endanger lives. If the weather becomes dangerous, make your way back to the start as quickly as possible. Do not attempt to complete the trail.

Emergency equipment, clothing and footwear

Always carry the following items:

- Torch (with new batteries)
- Pocket knife
- First aid kit
- Waterproof gear
- 1:50 000 contour map in wilderness areas
- Compass
- Space blanket
- Whistle
- No less than 1.5 litres of water per person

Always use the correct footwear

Ensure adequate clothing for sudden weather changes

Emergencies

In the event of an emergency or accident while hiking, keep the group together. Keep moving, if possible. If you are unable to continue due to injury or collapse, or if weather conditions become too severe, seek shelter. Stay on or close to the path, so that you are visible to a rescue party. Do not stray from a given route.

Being lost

- Never descend via unknown kloofs or slopes. Waterfalls, loose stones and hidden cliffs can be deadly
- Keep the group together
- Light and weather permitting, retrace your steps until you reach a known route. Otherwise, camp where you are until rescued
- Use bright items to reveal your position to search teams. Blow a whistle to attract attention

Serious accidents

- Stay calm
- Protect the person/s against further injury
- Apply first aid
- Ensure that the rest of the group is safe
- If possible, send two experienced group members to report the accident.
- Don't abandon the injured person.
- Give the authorities the following information: the full names and age of the injured person; the type and severity of injury; the location of the accident (preferably on a 1:50 000 map with grid references); the details of the rest of the group.

Hypothermia (exposure)

Wet, windy and cold weather can lead to hypothermia, which can be fatal. A person can get hypothermic very quickly. Symptoms include exhaustion, stumbling, uncontrolled shivering, slurred speech, loss of memory and drowsiness.

Hyperthermia (heat exhaustion)

Hot weather, not drinking enough liquids and exhaustion can cause hyperthermia or heat exhaustion. Symptoms can include exhaustion, stumbling, dizziness, headaches and impaired vision.

Rescue operations

Remember that rescue operations are costly, difficult and can also endanger the rescuers. Make safety your priority!

Emergency Numbers

George Fire Services 044 803 6300

George Police Station 044 803 4733

Important Contact Details

CapeNature 081 835 8032

George Municipal Tourism 044 801 9111

Witfontein Plantation 087 0874154

WEES VEILIG IN GEORGE SE BERGE

George en omgewing het een van die grootste en mees uiteenlopende bergreekse in Suid-Afrika met meer as 2000 km beskikbaar vir voetslaan, roete-hardloop en bergfietsry. Toegang tot hierdie verskeidenheid roetes is op grond wat deur CapeNature, George Munisipaliteit of die Nasionale Departement van Bosbou, Visserye en die Omgewing (DFFE) besit word.

Stappers, roete-hardlopers en bergfietsryers word aangemoedig om hierdie pragtige gebiede te geniet, maar word ook herinner daaraan dat dit op 'n veilige en verantwoordelike manier gedoen moet word.

Let Wel: Sekere aktiwiteite vereis permitte en/of lisensies volgens CapeNature en/of DFFE, Afdeling 23. Vir u veiligheid, is daar n aantal reëls en regulasies wat nagekom moet word.

VERPLIGTE REGULASIES

- Toegang tot enige aktiwiteit op die Outeniqua -bergreservaat, insluitend voetslaan, bergfietsry en stap, is tussen 7:30 en 16:00 volgens CapeNature Hektoegang. Enige persoon wat buite hierdie tye op die reservaat is, is onwettig daar.
- Toegang tot die onderste voetheuwels/bosbou word nie voor sonsopkoms en na sonsondergang toegelaat nie.
- GEEN oornag of vure enigsins toegelaat nie.
- GEEN honde word toegelaat in die Outeniqua -natuureservaat nie. Honde op leidrade word toegelaat op die Witfontein Plantasie.
- GEEN motorfietse of vierwielmotorfietse word toegelaat nie.

Onthou die volgende om te verseker dat jou voetslaan, stap of bergfietsry veilig en pret is:

Voorbereiding is die sleutel tot 'n veilige en aangename natuurondervinding. Met net een slegte draai, weersverandering of besering kan selfs 'n uurlange uitstappie lewensgevaarlik word. Moet nooit alleen stap nie en handhaaf die pas van die stadigste stapper in jou groep. Voordat jy op 'n staptog uitgaan, Maak seker dat jy die toepaslike nommers op jou vol gelaaide selfoon stoor.

Die volgende riglyne sal jou help om 'n veilige staptog te hê:

Beplanning

Beplan jou roete sorgvuldig en let op die volgende:

- Permit-vereistes en hek-tye waar van toepassing.
- Hoe laat jy gaan begin en jou verwagte eindtyd.
- Hoe vinnig of stadig jy gaan stap/draf/ry (3km/h is 'n gemiddelde stap) – moet nooit alleen stap nie.
- Grootte van die groep (verkieslik drie of meer) – moet nooit alleen op roetes gaan nie.
- Vermoë en verantwoordelikhedsin van die leier.
- Besikbaarheid van water.
- Fiksheid en gesondheidstoestand van die groep – die stadigste persoon bepaal die pas.
- Laat iemand weet van jou planne en die tyd wat julle verwag om terug te wees.
- Los 'n papier wat maklik raakgesien kan word in jou voertuig met jou naam, grootte van die groep, roete, verwagte tyd terug en kontakpersoon op.

Weersomstandighede

Weersomstandighede kan baie vinnig in die berge verander, selfs al is die weerstoestand goed laer teen die berg af. Moenie probeer om 'n staproete te doen wat toe is nie – dit kan mense in gevaar stel.

Indien die weer gevaarlik begin word, gaan so vinnig moontlik terug na die begin van die roete toe. Moenie probeer om die roete te voltooi nie.

Noodtoerusting, klere en skoene

Dra altyd die volgende items saam met jou:

- Flitslig met nuwe batterye in
- Knipmes
- Noodhulp-sakkie
- Waterdigte toebehore
- 1:50 000 kontoerkaart in wildernis-gebiede
- Kompas
- Ruimtekombars (space blanket)
- Fluitjie
- Ten minste 1.5 liter water per persoon.

Dra altyd die regte soort skoene vir die aktiwiteit wat jy gaan doen.

Maak seker jy het die regte klere vir skielike weersveranderinge.

Noodgevalle

Indien daar 'n ongeluk of noodgeval is terwyl julle stap, hou die groep bymekaar. Hou aan beweeg indien moontlik. Indien iemand nie kan aangaan nie as gevolg van 'n besering of ineenstorting, of indien die weer te sleg geword het, soek skuiling. Bly op of naby die pad sodat jy sigbaar is vir 'n reddingspan. Moenie van die roete afwyk wat jy vir mense gesê het jy gaan volg nie.

As jy verdwaal

- Moet nooit by 'n onbekende kloof of helling afgaan nie. Watervalle, los klippe en versteekte klowe kan dodelik wees.
- Hou die groep bymekaar.
- Indien die lig en weer dit toelaat, probeer om jou voetstappe terug tot op die bekende roete te vind. Andersins moet jy eerder kamp waar jy is totdat 'n reddingspan jou vind.
- Gebruik helder items sodat soekspanne jou posisie maklik kan vind. Blaas 'n fluitjie om aandag te trek.

Ernstige ongelukke

- Bly kalm
- Beskerm die persoon/e teen verdere beserings.
- Doen noodhulp.
- Verseker dat die res van die groep veilig is.
- Indien moontlik, stuur twee ervare groeplede om die ongeluk aan te meld. Moenie die beseerde persoon alleen laat nie.
- Gee die owerhede die volgende inligting: volle name en ouderdom van die beseerde persoon; tipe en omvang van die beserings; die ligging van die ongeluk, verkieslik op 'n 1: 50 000-kaart met blok-verwysings; besonderhede van die res van die groep.

Hipotermie (blootstelling)

Nat, koue en winderige weer kan maklik tot hipotermie lei, wat dodelik kan wees.

Simptome van hipotermie sluit in uitputting, struikelende treë, onbeheersde bewerasies, slepende spraak, geheueverlies en slaperigheid.

Hipotermie (hitte-uitputting)

Baie warm weer, inname van te min vloeistof en uitputting kan ook tot hipotermie of hitte-uitputting lei.

Simptome van hitte-uitputting sluit in uitputting, struikelende treë, duiseligheid, kopseer en sigversteurings.

Reddingsoperasies

Onthou dat reddingsoperasies duur en moeilik is en reddingspanne se lewens ook in gevaar gestel word. Maak veiligheid jou prioriteit!

Noodnommers

Brandweer 044 803 6300
Polisiestase 044 803 4733

Belangrike nommers

CapeNature 081 835 8032
George Munisipaliteit Toerisme 044 801 9111
Witfontein Plantasie 087 0874154

UKUHLALA UKHUSELEKILE EZINTABENI ZASE-GEORGE

iGeorge neendawo eziyingqongileyo inolunye uthungelwano lweentaba olukhulu kunye nolona lwahlukileyo kwiintaba zaseMzantsi Afrika oluneekhilomitha ezingaphezulu kwama-2000 ezikhoyo zokuhamba, ukuhamba ngeenyawo kunye nokuhamba ngebhayisikili. Ukufikelela kwezi ndlela zahlukeneyo kukwipropati yeCape Nature, kaMasipala waseGeorge, okanye yeSebe laMahlathi, ukuLoba neMicimbi yeNdalo esiNgqongileyo (DFFE).

Abenyuki bentaba, iimbaleki kunye nabanyuka intaba ngebhayisikili bayakhuthazwa ukuba bonwabele ubuhle bale mimandla, kodwa bayakhunjuzwa ukuba benze njalo ngendlela ekhuselekileyo nenenkathalo. *Qaphela: Imisebenzi ethile ifuna imvume kunye/okanye amaphepha-mvume ngokweCape Nature kunye/okanye iDFFE, iCandelo lama-23. Kukho iqela lemithetho nemimiselo ekufuneka ithotyelwe ukuqinisekisa ukhuseleko lwakho.*

IMIMISELO ENYAZELEKILEYO

- Ukufikelela kuwo nawuphi na umsebenzi kwiOuteniqua
- Intaba egciniweyo kuquka kodwa kungaphelelanga ekunyukeni intaba, ukunyuka intaba ngebhayisikili, kunye nokuhamba kuqala nge-07:30 ukuya kweyesi-16:00. ngokweSango lokuFikelela leCape Nature. Nawuphi na umsebenzisi ngaphandle kwala maxesha ukwindawo yolondolozo lwendalo ngokungekho semthethweni.
- Ukungena kwinduli ezisezantsi / kumahlathi akuvunyelwanga phambi kokuphuma kwelanga okanye emva kokutshona kwelanga.
- Akukho kuchithwa kobusuku okanye mililo ivunyelweyo kwaphela.
- Akukho zinja zivumelekileyo kwiNdawo yoLondolozo lweNdalo yaseOuteniqua. Izinga ezibotshwe ngentambo zivumelekile kwiHlathi elityaliweyo laseWitfontein.
- Akukho zithuthuthu okanye izithuthuthu zinamavili amane zivumelekileyo.

Qwalasela oku kulandelayo ukuqinisekisa ukuba ukwenyuka kwakho intaba, ukuhamba kwakho okanye ukukhwela ibhayisikili kuyonwabisa kwaye kukhuselekile:

Ukuzilungiselela ngundoqo ekubeni namava akhuselekileyo kunye nawonwabisayo kwindlela etyhutyhayo. Nokuba uphuma nje kangangeyure, ukwenzakala, imozulu embi okanye ukujika okungalunganga kunokubangela umngcipheko kubomi bakho. Ungaze unyuke intaba wedwa kwaye ubeke isantya sakho sokunyuka intaba koyena mntu ucothayo kwiqela lakho. Phambi kokuba uphume unyuke intaba, qiniseka ukuba uneenombolo ezifanelekileyo ezifakwe kwifowuni yakho:

Ezi zikhokelo zilandelayo ziyakukunceda ukuqinisekisa ukunyuka okukhuselekileyo.

Ucwangciso

Cwangciso ukunyuka kwakho kakuhle. Naka oku:

- limfuno zephepha-mvume kunye namaxesha esango apho asebenza khona
- Ixesha lakho lokuqala kunye nelokugqiba elilindelweyo
- Isantya (3km/h ngumgangatho ophakathi)
- Ubungakanani beqela (ngokukhethekileyo abathathu okanye ngaphezulu) -ungaze unyuke intaba wedwa.
- Amandla noxanduva lwenkokheli
- Ukufumaneka kwamanzi
- Ukufaneleka nemeko yezonyango yamalungu eqela-oyena mntu ucothayo umisela isantya
- Ukwazisa umntu ngezicwangciso zakho nexesha olindeleke ukubuya ngalo
- Ukushiya umyalezo onegama lakho, ubungakanani beqela, indlela, ixesha elilindelekileyo lokubuya kunye nomntu omakaqhagamshelwe abonakale ngokucacileyo emotweni yakho.

Imozulu

Imeko yemozulu ingatshintsha ngokukhawuleza okukhulu entabeni, nokuba imozulu intle kwiindawo eziphantsi. Ungazami ukunyuka ukuba indlela etyhutyhuyo ivaliwe-inokubeka ubomi engozini. Ukuba imo yezulu iba nobungozi, nceda thatha indlela yakho ebuyela ekuqaleni ngokukhawuleza kunokwenzeka. Ungazami ukuyigqiba indlela etyhutyhayo.

Izixhobo zethuba lokuxakeka, impahla kunye nezihlangu

Phatha ezi zinto zilandelayo ngalo lonke ixesha:

- Itotshi (eneebhetri ezintsha)
 - Imela yasepokotweni
 - Izixhobo zoncedo lokuqala
 - Izixhobo ezingangeni manzi
 - 1.50 000 imephu yentsontelo kwindawo ezisentlango
 - Isalatha- mbombo
 - Ingubo yasemajukujukwini
 - Impempe
 - Amanzi angekho ngaphantsi kwe-1.5 yeelitha umntu ngamnye
- Nxiba izihlangu ezifanelekileyo maxa onke
Qinisekisa impahla ezaneleyo zotshintsho lwemozulu ngesiqophe

Amaxesha kaxakeka

Kwimeko kaxakeka okanye yengozi ngelixa usenyuka intaba, gcina iqela likunye. Qhubeka uhamba ukuba kunokwenzeka. Ukuba awukwazi kuqhubeka ngenxa yomenzakalo okanye ukuwa,okanye ukuba iimeko zemo yezulu ziba nzima kakhulu, funa ikhusi. Hlala endleleni okanye kufuphi nendlela, ukuze ubonakale kwiqela elihlangulayo. Ungaphambuki kwindlela oyinikiweyo.

Ukulahleka

- Ungaze uhle kwiintlambo ezingaziwayo okanye kumathambeka. Iingxangxasi, amatye akhululekileyo kunye namawa afihlakeleyo anokukubulala.
- Gcina iqela likunye
- Ukukhanya nemozulu zikuvumela,buyisela ngemva amanyathelo akho de ufumane indlela oyaziyo, kungenjalo nkampisha apho ukhoyo de ube uyahlangulwa
- Sebenzisa izinto eziqaqambileyo ukutyhila indawo okuyo kumaqela okukhangela. Vuthela impempe ukutsala umdla

Iingozi ezinobunzima

- Hlala uzolile
- Khusela umntu/ ekulimaleni okungaphezulu
- Sebenzisa uncedo lokuqala
- Qinisekisa ukuba lonke iqela likhuselekile
- Ukuba kunako ukwenzeka, thumela amalungu amabini eqela anamava ukuba axele ingozi. Ungamncami umntu ofumene umenzakalo
- Nika abasemagunyeni olu lwazi lulandelayo: amagama apheleleyo kunye neminyaka yomntu owenzakeleyo; uhlobo kunye nobungakanani bomenzakalo; indawo eyenzeke kuyo ingozi (ngokukhethekileyo kwimephu ye-1:50 000 enezalathisi zegridi); iinkcukacha malunga neqela lonke.

Ubushushu bomzimba obugqithisileyo (ukungakhuseleki)

Imo yezulu enemvula, umoya kunye nokubanda ingakhokelela kubushushu bomzimba obugqithisileyo obunokubulala. Umntu angafumana ubushushu bomzimba obugqithisileyo ngokukhawuleza. Iimpawu ziquka ukudinwa, ukukhubeka, ukungcangcazela okungalawulekiyo,intetho engacacanga,ukuphulukana nenkumbulo kunye nokozela.

Ubushushu bomzimba obugqithisileyo (ukudinwa bubushushu)

Imo yezulu eshushu, ukungaseli ngokwaneleyo kunye nokudinwa kungabangela ubushushu bomzimba obugqithisileyo okanye ukudinwa bubushushu obugqithisileyo. Iimpawu zingaquka ukudinwa,ukukhubeka,isiyezi,iintloko ezibuhlungu kunye nokungaboni kakuhle.

Imisebenzi yokuHlangula

Khumbula ukuba imisebenzi yokuhlangula ibiza imali eninzi, inzima kwaye ingafaka abahlanguli engozini. Yenza ukhuseleko lwakho luze kuqala!

linombolo zikaxakeka

ISebe loMlilo laseGeorge	044 803 6300
Isikhululo samaPolisa saseGeorge	044 803 4733

linombolo zoqhagamshelo ezibalulekileyo

Inombolo yomnxeba yeCape Nature	081 835 8032
Ukhenketho lukaMasipala waseGeorge	044 801 9111
Ihlathi elityaliweyo laseWitfontein	087 0874154