



Best Walks in the Cape Peninsula

Mike Lundy

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A bestseller for 21 years, Mike Lundy's Best Walks in the Cape Peninsula remains one of the most popular books on hiking in Cape Town.

Each of the 30 walks in this guide has been carefully chosen because of a particular point of interest, be it a waterfall, cave, indigenous forest, shipwreck or spectacular viewpoint. This classic selection of routes ranges from challenging climbs to the top of Table Mountain to leisurely strolls among the fynbos (and everything else in-between). Practical advice on mountain safety, local weather conditions and how to deal with snakes ensures that the hiker is given a clear idea of what to expect.

For this eighth edition, all route descriptions and maps have been brought up to date and photographs have been added for lively interest. Each route includes:

- Easy-to-follow directions
- Accurate route map
- Average hiking time
- GPS coordinates for start and finish points
- Grading that covers difficulty and exposure
- Notes on the availability of water
- Advice on whether dogs can be taken along
- Fascinating information on historical sites, plants, trees and birds en route

The GPS tracks for each walk can be downloaded from www.gpstravelmaps.com/bestwalks.php

Veteran hiker Mike Lundy has written several books and more than 200 magazine features and newspaper articles on walking in the Western Cape and has presented weekly hiking reports on GoodHope FM, 567 CapeTalk and 94.5 KFM. In 1996 he received a merit award from the Hiking Federation of Southern Africa for exceptional services to the hiking community. He lives in Hout Bay, Cape Town.

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Tara Huber:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun in your case. If you enjoy the book that you just read you can spent 24 hours a day to reading a reserve. The book Best Walks in the Cape Peninsula it is very good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore very easily to read this book from your smart phone. The price is not to fund but this book possesses high quality.

Marla Brinker:

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