

Monte-Aux-Sources to Cathedral Peak Daily Trekking Itinerary

PEAK HIGH

Mountaineering

Day 1: The start of the trip is from the Witsieshoek car park (2500m), from where one climbs for two hours up to the escarpment. This is a 6 kilometre hike on a good path. At the 4 kilometre mark there is a chain ladder that has to be climbed. (The chain ladder can be avoided by ascending a gully.)

From the top of the chain ladder the path turns south to the high plateau; which forms the famous Monte-Aux-Sources Amphitheatre. This first night is usually spent camping near an old hut on top of the Amphitheatre. The viewing of the Tugela Falls (850m) is the big feature on this part of the trek



Day 2: In the morning one can watch the sun rise over edge of the Amphitheatre. From there the route hugs the escarpment edge for the next 15 kilometres at an approximate altitude of 3000m or 10000ft. To the east the landscape drops away dramatically into the KwaZulu-Natal Province of South Africa. To the west are rolling mountains of the small land-locked Kingdom of Lesotho. The area to the east is called the Mweni and is perhaps the most spectacular area of the whole range. Most of the rest of the trip is spent walking along this high plateau. Camp in tents at the summit of Fangs Pass.

Day 3: This day starts with a long 2-hour climb (6kms) around the “Mweni cutback” (3212m, highest point of trek) and then a gradual down hill for 9 kilometres to Ledgers Cave. This cave has one of the best views in the entire range, as it is perched right on the edge of the escarpment.

Day 4: An easy walk up past the huge rock peak of “Mponjwana” and then a gradual climb up and over the “Saddle ridge” to Twins cave. Another spectacular view awaits. Total distance of 16 kilometers.

Day 5: From Twins cave (2800 m) we descend Mlambonjwa Pass to Cathedral Peak Hotel and the end point at 1400m. Total distance 11 kilometres.

About Peak High Mountaineering and Gavin:

Peak High Mountaineering is owned by **Gavin Raubenheimer** and has been operating since 1992. The business is registered with Tourism KwaZulu-Natal as a Tour Operator. Gavin Raubenheimer is a certified Mountaineering Instructor (M.I.A.) endorsed by the Mountain Development Trust of SA and the U.I.A.A. He is a NQF National Mountaineering, Cultural and Nature Guide (NQF level 4). Gavin is a past President of the KwaZulu-Natal Section of the Mountain Club of SA. He has been involved in mountain rescue since 1992 and since 2005 has been the Convener of Mountain Rescue in the province. He is sponsored by **first Ascent** outdoor clothing company and by **RAM Mountaineering**.



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Also view the Peak High web site at <http://www.peakhigh.co.za>