

# DE MOND NATURE RESERVE DAMARA TRAIL



**RESERVATIONS 087 087 8250**



NATURE RESERVE

**087 087 3931** (office hours)  
**082 499 9925** (after hours)



**OFFICE HOURS 07h30 - 16h00**  
7 days a week



## CHECK-IN

OVERNIGHT  
ACCOMMODATION

**Day 1: 12h00 - 14h00** De Mond Nature Reserve

**Day 2: 14h00 - 16h00** Private Accommodation

(See accommodation options for Day 2 on page 4)

**CHECK-OUT Day 3: 10h00**

(Transportation departs at 12h30-13h00 back to De Mond)



**GATE TIMES 07h30 - 16h00**

NB: THE GATE IS LOCKED AT 16H00



**De Mond** is a near pristine coastal reserve situated at the mouth of the Heuningnes River, extending eastwards to Waenhuiskrans. The reserve offers ideal protection to roosting seabirds and breeding grounds for the critically endangered Damara tern.

The nature reserve provides visitors with plenty of opportunities for hiking along the coast, angling in the emerald waters near the river mouth, exploring the Waenhuiskrans cave, rediscovering the local shipwrecks, or picnicking under the milkwood thicket near the reserve's Welcome Centre area.

Although it is close to the popular coastal towns of Arniston and Struisbaai, the serenity of the reserve allows visitors a chance to appreciate 'the quiet' and is an ideal place to go when stressed, for relaxation.

There is currently no self-catering accommodation on De Mond; however, tourism development plans are in progress. The new Damara Trail provides overnight opportunities.



From Cape Town, take the N2 to Caledon, before turning off on to the R316 to Bredasdorp. From Bredasdorp, the reserve can be approached from either the R319 to Struisbaai or the R316 to Arniston.

To view De Mond Nature Reserve in Google maps, go to <https://www.google.com/maps> and insert these coordinates:

34°42'36.81\"S 20°06'17.41\"E.

Then select "search" for the map to display.



# ACCOMMODATION OPTIONS FOR DAY 2

## 1 Arniston Seaside Cottages

Self-catering (1.8km from caves)

-  Huxham Street
-  028 445 9772 / 082 426 9910
-  cottages@arniston-online.co.za

## 2 Arniston Hotel

Hotel (1.5km from caves)

-  1 Main Road
-  028 445 9000
-  info@arnistonhotel.com

## 3 Arniston Holiday Letting

Hotel (2.1km from caves)

-  9 Main Road
-  028 445 9559 / 083 305 5140
-  info@arniston-letting.co.za

## 4 Inhoek Farm

Self-catering (1.3km from caves)

-  R316
-  082 899 1549
-  info@inhoek.com



## 5 Vogelgezand Farm

Self-catering (2.5km from De Mond)

-  2km from De Mond, R316
-  082 866 8956
-  vgzgbookings@absamail.co.za

## 6 Bluesky Arniston Guest House

Self-catering (2km from caves)

-  10 5th Avenue
-  028 445 9010 / 071 418 6209
-  blueskyarniston@gmail.com

## 7 The Dunes

Hotel (4.3km from caves)

-  R316
-  028 445 2500
-  info@thedunesatarniston.co.za



## 8 Etna's Southern Tip Holiday

Self-catering (1.8km from caves)




-  Huxham Street
-  082 818 4529
-  amiset@mweb.co.za

## 9 Pirates Landing - Sea Front

Self-catering (1.6km from caves)

-  2 Taillard street, Arniston
-  082 818 4529
-  amiset@mweb.co.za

## Cape Agulhas Tourism

-  1 Dirkie Uys Street, Bredasdorp, 7280
-  028 425 5500/81
-  <https://capeagulhas.gov.za/attractions/>

# DAMARA TRAIL

The coastal Damara Trail is a 16,5km 2-day overnight slow hiking trail from De Mond to Waenhuiskrans/Arniston. This linear trail takes you along a beautiful coastal route past the Waenhuiskrans cave, and historical fish traps and middens once used by the Khoi and San people. Hikers will also see the remains of an old shipping beacon – a concrete structure on the beach, which carried a copper ball that reflected sunlight and warned skippers off the reef. Secure parking on arrival is available at the De Mond Nature Reserve Welcome Centre.

Enhance your hiking experience with our “**Trailblazer’s Treasure Chest**”, provided for your overnight stay. This 150L box includes 8 steak knives, 8 butter knives, 8 forks, 8 teaspoons, 8 dessert spoons, 8 stainless steel cups, and 8 stainless steel plates. Additionally, it contains 1 braai tong, 1 wine bottle opener, 1 foldable tripod, 1 spatula, 1 pot stand, 8 stainless steel wine glasses, 1 peeler, 2 wooden spoons, 8 glasses, 1 flat potjiekos pot with bag, 1 fire kettle, 1 oval casserole, 2 black refuse bags, 1 holder with dish washing liquid and 1 braai grid.

**Additional amenities** at the overnight camping deck include:

- Eco logs for braaiing
- A waterless toilet
- A JoJo tank for water storage

Enjoy a memorable coastal adventure on the Damara Trail, blending natural beauty with rich history.



**De Mond Welcome Centre to overnight camp site**

**5,5 km - Easy to Moderate ± 2 hours**

The trail passes through dune forest and stabilised dunes.

The first overnight is a camping under the stars experience in the coastal dunes 300m from the sea.



**Overnight camp site to accommodation**

**11 km - Moderate ± 4 hours**

The extensive walk along the beach is highly rewarding, leading to splendid views and turquoise rock pools. It's important to avoid disturbing the delicate calccrete formations and keep an eye out for fascinating seabirds such as the threatened Damara and Caspian terns. Additionally, you may spot the rare African Black Oystercatcher and White-Breasted Cormorants as they bask in the sun.

On the second evening, you have the option to stay in a self-catering facility in the charming Waenhuiskrans fishing village. If you prefer not to stay overnight, a shuttle will return you to your car, departing from the pickup point at 12h30.



**AN INCLUSIVE SHUTTLE SERVICE**

**Shuttle leaves at 12:30 from the pickup point.**

An inclusive shuttle service on day three from Waenhuiskrans back to your car at De Mond is also provided.

Shuttle service number: **064 709 5488**.



# De Mond

NATURE RESERVE



Heuningnesrivier

To Arniston/  
Bredasdorp

To Waenhuiskrans  
Nature Reserve



DE MOND  
NATURE RESERVE  
ENTRANCE GATE

OVERNIGHT  
BEACH  
SHELTER

DE MOND  
OFFICE

HEUNINGNES ESTUARY

De Mond  
Nature  
Reserve

DIE MAGGIE  
SHIPWRECK

INDIAN OCEAN

Scan QR Code  
for Map



## Stay safe when hiking

- Wear comfortable walking shoes, sunscreen and a hat
- Don't hike alone
- Carry enough food and water for the trip
- Make sure to check the weather and tidal times before departing
- Take a warm jacket/raincoat in winter
- Take a field medical kit along for emergencies
- Obey all signage
- Stay in a group and keep to marked trails



SCALE





## LOST & FOUND

It is every hiker's responsibility to look after their own goods. Rather leave all jewelry at home or lock it away in your car.

Make sure that your cameras and mobile phones are packed properly in your daypacks to prevent them from falling out along the way.

Any items of value collected on the trail must be handed in to a CapeNature representative at the De Mond Nature Reserve gate.



Kassies Bay



Pratt Str

4



Willeen's Meals

1

Syndicate

2

Pratt Str

9

Tallard Str

Uys Str

1st Ave

2nd Ave

3rd Ave

4th Ave

5th Ave

Huxam Str

Main Rd

6

3

Wanda's Waenhuis



Mien's Tea Garden



R316

R316

7

# Waenhuiskrans

## PRIVATE ACCOMMODATION OPTIONS FOR DAY 2

# ACTIVITIES



**BIRD WATCHING**



**PICNICKING**



**SWIMMING**  
Heuningnes River



**DAY WALKS**  
MULTI-DAY TRAIL



**WHALE WATCHING**



**ANGLING**

RECREATIONAL FISHING  
OFFICE PERMIT REQUIRED  
AVAILABLE AT THE  
POST OFFICE.

Although cycling is not permitted at De Mond, there are mountain biking opportunities outside the nature reserve.



# DE MOND RULES

THE FOLLOWING ARE PROHIBITED



PICKING PLANTS



PETS



LOUD MUSIC



LITTERING



DISTURBING OF ANY WILDLIFE



FEEDING OF ANY ANIMALS



PARKING AT FISHING SPOTS



FIRES IN THE VELD



ROWDY BEHAVIOUR



DRIVING ON RESERVE



CYCLING



CANOEING



TAKING OF STONES, SHELLS, OR LIVE ORGANISMS



AS SOUVENIRS



GRAFFITI AND OTHER DISFIGUREMENTS



POSSIBLE DANGERS ON THE TRAIL



BEE STING



HORSEFLY STING



SNAKE BITE



RIP CURRENTS



HYPOTHERMIA



SUNBURN



HEATSTROKE



SCORPION STING

# CHECKLIST: WHAT TO BRING



INSECT REPELLENT



TORCH



TOILETRIES



SLEEPING BAG + PILLOW



TOWELS



FOOD + DRINKS



MEDICAL



SUNSCREEN



WALKING SHOES



BINOCULARS



TOILET PAPER



MATCHES + FIRELIGHTERS



WARM CLOTHING



SWIMMING COSTUME



SUNHAT



THERE IS NO SHOP ON THE RESERVE. FOOD, BEVERAGES AND OTHER PROVISIONS MUST BE BOUGHT BEFOREHAND.



## Vehicles

- You are allowed to park your vehicle at De Mond Nature Reserve before you start the trail.
- Do not leave any valuables visible in the vehicle.

## Please Note:



- Follow directional signage on the trail.
- Walk with a minimum of 2L of drinking water per person per day.
- It is recommended that you start your hike early in the morning on Day 2.
- Beware of rogue waves, as well as rip currents when walking along the coast.
- Never turn your back on the sea.
- Always carry your mobile phone and map with you.

## ARRIVAL & DEPARTURE



THIS IS YOUR  
**ENTRY PERMIT**

ARRIVAL:  
12h00 - 14h00

Please remember that you are in a nature reserve.  
No animals or plants may be damaged, removed or disturbed in any way.



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@capenature