



Easy Walks in the Cape Peninsula

Mike Lundy

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This informative guide inspires everyone, whether fit or unfit, elderly or very young, to get out there and do it! "Easy Walks in the Cape Peninsula" introduces an undemanding walk - in and around Cape Town - for every weekend of the year. These walks have been carefully chosen because of particular points of interest such as waterfalls, caves, unusual flora, or spectacular views. Each includes an accurate map, an easy-to-follow route description, information on the average hiking time and the availability of water, as well as practical advice on mountain safety and weather conditions, interspersed with lively historical anecdotes and environmental notes. For this revised edition, all route descriptions and maps have been meticulously updated, and it also includes a brand new walk.



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