

The Trail Hopper

Naukluft Mountain Trek - 6 day (from/to Windhoek)

The name Naukluft, is derived from the Afrikaans and means 'narrow ravine', and is part of the Namib-Naukluft National Park. The Naukluft Mountains are well known as a hiker's destination, including day hikes like the Waterkloof and Olive Trail, but also a four-day and an eight-day trail for the more advanced and fit hikers. The trails are open from first March to the third Friday in October on Tuesdays, Thursdays and Saturdays of each week. The accommodation at the overnight stops on the trail consists of stone built shelters and a hut. No showers are provided.

Itinerary

[meals: B = Breakfast, L = Lunch, D = Dinner]

Day 01:

Pick up time at your accommodation in Windhoek at about 10h00. Heading southwards we reach the Naukluft Mountains in the afternoon. Overnight in bunk beds at "Hikers Haven", the old farmhouse at Naukluft.

Overnight at Hikers Heaven; [-LD]

Day 02:

The trail starts at the hut and except for two fairly steep ascents, the first days hike covers easy terrain. Much of the trail follows a zebra path with an easy gradient and we are rewarded with spectacular views of the wide valley some 300m below. The overnight stop, "Putte Shelter" takes its name from the nearby well, which is equipped with a hand pump, enabling us to obtain water. About six hours are required to hike today's 14km section. Those who still have enough energy left can take a short to watch the spectacular sunset.

Walking time: 6- 8 hrs; ↑200m
Overnight at Putte Shelter; [BLD]

Day 03:

Our second day's hike mainly traverses the undulating plateau and once again it takes about six hours to complete the 15km stretch. About three

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hours after setting off, we reach “Bergpos” where we descend down the spectacular “Ubuis Kloof”. This descent is very difficult and several chains have been anchored at critical points for ease and safety. “Ubuis Hut” used to be a holiday cottage before the land was acquired for the park and will be a pleasant surprise to us.

Walking time: 7- 9 hrs; ↑120m, ↓400m
Overnight at Ubuis Hut; [BLD]

Day 04:

Our day starts with backtracking to Bergpos - all the exhausting way up again, followed by an easy route across the plateau to the “Adlerhorst Shelter”. We might be lucky enough to see Mountain Zebra or Kudu, which are often spotted in the area. We cover about 12km which will take us 4 to 6 hours. There is a possibility to watch the sunset over the desert approx. 1 hour from the shelter. The descent from here is easy and one can get back to the shelter before darkness falls.

Walking time: 6- 7 hrs; ↑300m, ↓100m
Overnight at Adlerhorst Shelter; [BLD]

Day 05:

The fourth day of our trail to Tsams Ost covers about 17km and initially traverses fairly level terrain before branching off into a beautiful gorge carved by the Tsams River. After following the “kloof” for some distance the trail leaves the river and climbs steeply to bypass a waterfall before winding down to the river again where we will see an enormous “Moringa Tree”. A number of beautiful springs are passed shortly before reaching the gravel road leading to “Tsams Ost Shelter”. Transfer by vehicle to one of the “guest farms or lodges” in the area. A nice shower and bed is waiting for us and we have time to relax and recall the pleasures of the last days.

Walking time: 7- 8 hrs; ↑150m, ↓350m
Overnight at one of the Guest arms or Lodges in the area; [BLD]

Day 06:

Drive back to Windhoek

[B--]

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MIN. / MAX PER GROUP:

- 4-7 pax

MIN. AGE:

- 12 years

INCLUSIVE IN THE PACKAGE:

- One English speaking experienced nature guide/driver per group
- Free door-to-door courtesy transport in Windhoek City area only
- All transfers Windhoek - start/endpoint of hikes - Windhoek
- Program as stated above (incl. one night guestfarm/lodge accommodation - double room basis, single room on request)
- All meals as stated above; during the hike (B= cereals, coffee/tea, L= bread, cheese, salami, D= light cooked meal by our guide incl. coffee/tea,
- All crockery and cutlery
- Hiking permits

NOT INCLUSIVE:

- sleeping bags, light iso mattress and back packs (recommended 55 litre plus), 1.5 ltr water bottle,
- Personal insurance (important: medical evacuation)
- Tips
- Alcoholic drinks and beverages

CLIMATE:

The seasons in Namibia are reversed compared to those in Europe. During the European winter months we have summer in Namibia and vice versa. Winter and summer in Namibia differ from what we are used to in Europe, though. The winter in Namibia is the cooler dry season which is characterised by high temperature changes and hardly any rainfall. It can get very cold at night in the desert (June to August down to -5°C). During the day temperatures may rise up to 25°C. The Namibian summer (January to end of March) is the rainy season and it seldom rains during the other months. November and December are very hot with temperatures over 30°C, so it is essential to pack the suitable clothes. Rest assured that you will not encounter a grey sky that will linger for weeks! So bring some Sandals, walking shoes, light cotton clothes (Shorts and shirts), a jacket or fleece pullover and long trousers. We have seen everything: from beanies and gloves to bikinis!!

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CHARACTER OF AND REQUIREMENTS FOR THE TRAILS:

The trails are not difficult, but challenging. Fitness and good condition is essential as the trails entail 7 to 8 hours walking and you have to carry your luggage every day, including food and water (all together approx. 12 - 15 kg per person). As some of the routes lead through rough terrain and over large boulders it requires well balanced and secure walking. Please be aware of high temperature fluctuations, which can reach a high of 35°C during the day whilst sometimes plummeting down to -5°C at night, which can cause additional stress to your heart and circulation. We recommend you to prepare yourself for the trail with some fitness training.

The Ministry of Environment and Tourism requires a medical report by your doctor not older than 40 days.

RECOMMENDATION:

We urgently recommend that comprehensive insurance cover be taken out before embarking on the tour to

- make provision for cancellation and curtailment
- medical expenses, emergency evacuation, repatriation
- loss or damage of personal baggage

Safaris Unlimited will not be held responsible for any costs arising from any of the above events. Restriction of liability also applies if clients were unaware of this policy.

FORCE MAJEURE:

It goes without saying that we do our utmost to conduct the tour as described in the program; we cannot vouch for it, however. Unfavorable weather conditions, organizational problems, unforeseen events or other factors may force us to change the course of the tour. We apologies for any inconvenience caused.

The opening and the closing periods for the Naukluft Hike are regulated by the Ministry of Environment and Tourism and can change due to external influences (heat, water availability, flooding). Safaris Unlimited cannot be held responsible for tours being cancelled on those grounds and we reserve the right to changes according to circumstances at the time of booking.

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Scheduled departures 2009 for Naukluft Mountain Trek (or on request):

- 06.05.-11.05.09
- 03.06.-08.06.09
- 01.07.-06.07.09
- 05.08.-10.08.09
- 02.09.-07.09.09

Updated Version 2009

