



## History and Location

The Lady Slipper Hiking Trail starts at Falcon Rock, a safe, relaxed, family-oriented, outdoor and adventure-based venue where all are welcome to enjoy “getting back to nature” in an atmosphere far beyond the usual. The natural surroundings, rustic infrastructure and various outdoor activities will satisfy all ages and groups.



*Falcon Rock is named after a huge quartzite rock on which the falcons nested years ago. Falcon Rock is still a nesting haven for falcons in the area. Even though nesting habits have changed, they can still be seen in the skies and occasionally perched on a fence pole in the fields.*



## Important Information

Please remember that this is a Nature Reserve:

- Take enough water! Eat well before and take snacks.
- Snakes are easier to spot on a clear trail than in an un-cleared area. Scorpions live under these rocks; avoid lifting them.
- Wear hiking boots/shoes with good grip, layered clothing and a sun hat. The weather at the mountain can change in a heartbeat. Remain on the trails marked for hiking. Bring back all our waste and avoid leaving any form of graffiti.
- Do not be excessively loud or play music on the trails. Visitors using these trails come to enjoy the beauty and sounds of nature. No drones allowed.
- No picking of flowers. Nature reserve laws and fines apply.

**For reservation and general enquiries,** please contact Gary Gradwell from Falcon Rock Adventure Centre on +27 (0) 83 327 3456/+27 (0) 82 800 9279 or email: [genie@falconrock.co.za](mailto:genie@falconrock.co.za).



**For emergencies on the trail,** please contact Reserve Manager, Gary Gradwell on +27 (0) 83 327 3456.



Reserve is Open Daily	07h30 – 18h00 (During Summer) 07h30 – 17h30 (During Winter)
General Enquiries	Tourism Office: +27 (0) 41 585 8884
Trail Permits	Permit obtainable at Falcon Rock Adventure Centre
Associations	Falcon Rock Adventure Centre ( <a href="http://www.falconrock.co.za">www.falconrock.co.za</a> )

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## LADY'S SLIPPER TRAIL

Linear/Circular Route

Winding through the forests, from **Falcon Rock** to the “**Lady’s Slipper**” Mountain Peak, you’ll be enchanted by the surreal **360-degree views** and the highest point of the Peak at 603m. The **rocky cliffs and magnificent quartzite outcrops** beckon you to explore further through the **pristine fynbos**.

5.2km



Hiking Times:  
08h00 - 16h00



Duration:  
2 / 3 Hours



Difficulty:  
Easy/Moderate

# Explore and Experience

**Picnic Areas:** From the gently rustling leaves of towering trees to the vibrant, colourful blooms of wildflowers, the picnic areas are perfect if you are seeking for a peaceful respite from the hustle and bustle of city life. For bookings, please contact Falcon Rock Adventure Centre on +27 (0) 83 327 3456.



**Labyrinth:** Enjoy a calming walk to the centre. With each twist and turn, the labyrinth offers a chance for introspection and self-discovery amidst the beauty of nature.



**Shooting Range:** Take time and embrace the timeless pastime of target shooting at the shooting range. Visitors can test their skills and hone their aim at the smell of gunpowder filling the air.

**Rock Climbing:** Climbing sites in the area include Lady's Slipper, Van Stadens Gorge, Sleepy Hollow, PE Urban Crags and Boulders, and Elands River. Information on these sites can be found at [www.easterncaperockclimbing.co.za](http://www.easterncaperockclimbing.co.za).

**Paragliding:** On a good day, you will spot them thermally and soaring above you as you hike up the Slipper. For Tandem paragliding experience, please contact Ben Arnold +27 (0) 82 334 1283 or Cal Dyker +27 (0) 82 655 3214.



**Camping:** This natural, rustic site is for adventure needing a home base to explore the territory around the Lady's Slipper area, whether it be mountain biking, hiking trails or rock climbing.



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## Green Trail

5.2km

(Combination of trails: easy)

Start: 33° 53' 52.0" S | 25° 15' 08.4" E

End: 33° 53' 30.1" S | 25° 15' 16.1" E

### Sub-Trails Available:

- a. Lower Green Trail: 717m
- b. Alternative Route: 513m
- c. Middle Green Trail: 1.59km
- d. Upper Green Trail: 293km

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## Red Trail

605m

(Linear route, climbing required: easy/moderate)

Start: 33° 53' 37.8" S | 25° 15' 01.0" E

End: 33° 53' 26.9" S | 25° 15' 06.5" E

### Top Fauna:

- Smith's Dwarf Chameleon
- Orange-breasted Sunbird
- Victorin's Warbler
- Cape Sugarbird
- Protea Canary



### Top Flora:

- King Protea & varied Erica Species
- Fountainbushes
- Blisterbushes
- Shy Waxberry
- African Boxwood

