

Guided Table Mountain Hike Kasteelpoort

📍 Table Mountain, Bakoven, Cape Town Ward 54, Cape Town, City of Cape Town, Western Cape, 7735, South Africa



4 hour Guided Table Mountain Kasteelpoort Hike

Are you looking for a guided hiking tour adventure from Cape Town? Join us on the incredible **4 hour hike** that follows the 12 Apostles route and sees us summiting the world famous **Table Mountain**.

The **Kasteelpoort** route is by far the most popular and enjoyable **hiking tour** on **Table Mountain**.

About the hike

So yes **Kasteelpoort** is a steep and challenging **hike**. However, it is a tad easier than the Northern and Eastern routes that are a lot steeper and more direct. What makes the **Kasteelpoort hike** a lot more popular with hikers is the fact that it has very little exposure to gaping drops and hairy cliff edges. The route to the summit of **Table Mountain** is more like a rocky stairway to heaven. We reach the summit via 3 ladders that have put into place to make the last part a lot more navigable and accessible for **hikers** up the steeper cliff sections. All in all, a fantastic choice for a **guided hiking tour** of **Table Mountain**.

How fit do you need to be for this hike?

We would say that you have to have a pretty good level of fitness for this **hike**. The first part of the ascent is challenging but levels off at the top.

Why choose Kasteelpoort as a preferred Cape Town hike?

This hike is probably the least frequented hike in Cape Town.

The route we take?

The route starts off at the Pipe Track Entrance situated in the town of Camps Bay. The route takes hikers through the fynbos filled ravines, incredible rock formations that Cape Town is famous for and of course... the sheer cliff faces that have mystified travellers the world over. We stop halfway for a rest. The half way mark is a flat rock that offers some of the best views on **Table Mountain**, Camps Bay far below and Lions Head.

Another hour or so of **hiking** and we reach the summit where the cliffs face **Kasteelpoort** and the Atlantic ocean. This is also an epic viewing and photographic spot. A pretty cool sight is the remains of an old steam engine cable car from the 1890's. Crazy hey? How did they get that sucker up there we wonder. This is a good spot for a picnic lunch.

After lunch we head through the spectacular terrain and dramatic landscapes of the Back Table, through the Valley of the Red Gods, into the Valley of Isolation until we reach the Upper Cable Car station. This is a fantastic spot offering a full 360 degree view of Cape Town, Robben Island and the harbour. We descend via the Cable Car.

Distance covered on the Kasteelpoort hike?

The **hike** to the summit covers a mere 3.5 km. The rule on Table Mountain regarding the hiking time per kilometre is 1km per hour. That is purely because of the gradient and the compounding effects of fatigue and altitude. The altitude gain is just over 1000m over 3.5km. The summit of Table Mountain tops out at 1085m above sea level. And of course, the hike starts basically at sea level.

Best time to hike Kasteelpoort?

Summer months

The summer months from October to April are a lot more pleasant than in the Winter months. The best time to **hike** would be in the early morning as the route receives full sunlight later in the day which obviously brings heat.

Winter Months

The Winter months from May to September bring the rain. Although we can still **hike**, the views may not be great and the Cable Car doesn't operate in bad weather, especially high wind. The **hike** can still be done but with an extra 2.5 hour **hike** down the Platteklip Gorge.

What would you need for the hike Kasteelpoort hike?

You will need the following items to complete the hike:

- 35 litre backpack
- Comfortable hiking shoes/boots
- Rain/windproof jacket
- Sunscreen
- Hat
- 2 litres of Water

Tour Facts

Language:

Engilsh

Duration:

1

Tour Type:

continuous

Tour Itinerary

Day 1 :

Our qualified and experienced mountain guide will meet you at you hotel at 6:30am. Depending on the location of your hotel in Cape Town, you will take the 45 minute drive through to Camps Bay. The hike starts at the Pipe Track entrance on Thersea Ave.

We aim to be hiking by about 7:30am. We will spend some time checking your equipment and water. The hike to the top takes about 4 hours depending on your fitness levels. We follow the route up the steep jeep tracks on the Twelve Apostles and make our way up the steep Kasteelpoort path to the old cableway from the early 1900's.

We aim to have a picnic lunch here. It should take us 3 hours to get to this point. We then head on to the backside of he mountain to what is mystically known as the Valley of the Red Gods and Valley Of Isolation. We reach the summit of Table Mountain via 3 ladders.

It is here we can enjoy a 360 degree view of Cape Town. We will spend about half an hour taking in the views before we make our decent back via the Cable Car. We will then take the 30 minute drive back to your hotel. We should have you back by say 2pm.