Trail Grading:

- **Easier Way**: novices in good health with basic skills
- **Difficult**: intermediate rider with basic off-road skills
- **More Difficult**: proficient rider with good skills and good fitness

Sign Description:

- **Green/Easier Way**: Suitable for: Novice mountain bikers and hikers. Basic bike skills required.
  - **Trail and Surface Types**: Relatively flat and wide. The trail surface may be loose, uneven or muddy at times. Includes short flowing single track style sections, some river crossings and bridges.
  - **Gradients and Technical Trail Features (TTF’s)**: Climbs and descents are mostly shallow. No challenging features.
  - **Suggested fitness level**: Suitable for most people in good health.

- **Blue/Difficult**: Suitable for: Intermediate cyclists/mountain bikers with basic off-road riding skills. Mountain bikers only.
  - **Trail and Surface Types**: As “Green” plus specially constructed singletrack. Trail surface may include small obstacles of root and rock, bridges and downhills.
  - **Gradients and TTFs**: Most gradients are moderate but may include short steep sections.
  - **Suggested fitness level**: A good standard of fitness.

- **Black/More Difficult**: Suitable for: Expert mountain bikers used to physically demanding routes.
  - **Trail and Surface Types**: As “Blue”, but with an expectation of greater challenge and continuous difficulty.
  - **Gradients and TTFs**: Expect large downhill and unavoidable TTFs. Sections can be challenging and variable. May also have downhill style sections.
  - **Suggested fitness level**: Very active people used to prolonged effort.

Trail Etiquette and Safety Tips

**Before the Trail**
- Plan ahead and be prepared for emergencies.
- Check the weather.
- Take twice as much water as you think you may need.
- If riding alone, let someone know where you’re going and when to expect you back.
- Use of trails or facilities is entirely at your own risk.
- Children under 18 are to be accompanied by an adult and supervised at all times.

**On the Trail**
- No Helmet, No Ride.
- Do not damage the fauna and flora or frighten wildlife.
- Ride on open trails only: Please respect trail and road closures.
- Leave no trace: Be sensitive to the dirt beneath you. Wet and muddy trails are more vulnerable to damage than dry ones. No littering. No smoking.
- Yield appropriately: Let fellow trail users know you are coming. Cyclists travelling downhill should yield to those headed uphill.
- Control your bike at all times.
- Bikers yield to hikers and vehicles.
- Please do not build/modify trails.
- If you’re not confident in your ability to ride an obstacle, get off and walk around instead of altering the trail to make it easier.

**MTB Checklist**
- Spare tube and pump
- Multi tool
- Map
- GPS or Bike Computer
- Nutrition and water
- Cellphone with emergency numbers

Emergency Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Howick Private Hospital</td>
<td>033 330 2456</td>
</tr>
<tr>
<td>Howick Fire Dept</td>
<td>082 804 4414</td>
</tr>
<tr>
<td>Magma Security</td>
<td>081 868 8857</td>
</tr>
</tbody>
</table>

Trail Guide

Create your own adventure and do as much or as little as you please!

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@RockwoodLodges | facebook/rockwoodlodge
Route Descriptions

**11km green route**
- Distance: 11km
- Duration: 40min – 2hrs
- Ascent: 64m
- Suitable for: Riding/Trail running
- Consists of: Farm and forest roads, river crossings and waterfalls

**20km blue route**
- Distance: 20km
- Duration: 1.5hrs – 3hrs
- Ascent: 320m
- Suitable for: Riding/Trail running
- Consists of: Farm and forest roads, single track

**Walking red routes**
- Duration: 30min – 1 hour
- Ascent: 64m
- Suitable for: Walking Only
- Consists of: Hiking trail with bridges, river crossings and waterfalls

* Routes are marked and can be picked up from close to any lodge

**Please note trails are currently only open to guests of Rockwood Karkloof Lodges.**