



Cape Summer Trail Series '12

Directions to Race 1: Silvermine Nature Reserve East

LONG course starts 18h00

SHORT course starts 18h15

SEE COURSE SPECIFIC INFO ONLINE

GPS Co-ordinates (WGS84)

34° 05' 26.41" S

18° 25' 22.38" E

PLEASE READ:

1. The 12km LONG course is a **CHALLENGING** but **MOST SPECTACULAR** route. You could be out there for 2 hours or more.
2. As usual, **THERE ARE NO WATER TABLES** on route (as so, please take what you need (we recommend at least 1 liter for the LONG route) - see www.wildrunner.co.za for trail running packs and bottles.

FROM CAPE TOWN

1. Travel out of the city on either the N2 or De Waal Drive
2. Travel **SOUTH** on the M3 HIGHWAY, following the signs to MUIZENBERG. At the end of the M3 highway (T-junction with traffic lights) turn right onto the M42.
3. After 1.45km turn **LEFT** up the OU KAAPSE WEG (M64) mountain pass
4. After 3.39km and at the top of the pass you will pass the main entrance to **SILVERMINE WEST RESERVE**
5. 1.44km past this entrance **TURN LEFT** into the **SILVERMINE EAST** and park - if you are early please consider parking at the overflow parking explained below*

***IMPORTANT NOTE:** Overflow parking will be at the **viewpoint parking** at the Silvermine West entrance. PLEASE Follow instructions from the parking marshals. This is a 5 min walk from the start/finish.

FROM FISH HOEK VALLEY

1. Travel out of Fish Hoek Valley up the **OU KAAPSE WEG** as if heading towards Cape Town.
2. Just before you reach the top of the pass turn **RIGHT** into **SILVERMINE EAST** parking **OR** follow the instructions from the parking marshal

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FROM STELLENBOSCH

1. Take the **R310 SOUTH** and cross over the **N2** onto **BADEN POWELL DRIVE**, along the coast to **MUIZENBERG**
2. Drive through **MUIZENBERG** until you get to the **T-JUNCTION TRAFFIC LIGHTS** with **MAIN RD**
3. Turn **RIGHT** and travel for **3.41km** to a set of **TRAFFIC LIGHTS** with **STEENBERG RD**. Turn **LEFT**.
4. Go up **STEENBERG RD** for **2.33km** passing through two sets of traffic lights.
5. **TURN LEFT** up the **OU KAAPSE WEG (M64)** mountain pass
6. After **3.39km** and at the top of the pass you will pass the main entrance to **SILVERMINE WEST RESERVE**
7. **1.44km** past this entrance **TURN LEFT** into the **SILVERMINE EAST** and park

***IMPORTANT NOTE:** Overflow parking will be at the viewpoint parking at the Silvermine West entrance. PLEASE Follow instructions from the parking marshals. This is a 5 min walk from the start/finish.

FROM SOMERSET WEST

1. Take the **N2 WEST** towards **CAPE TOWN**
2. Take the off-ramp for the **R310** and **BADEN POWELL DRIVE**
3. Turn **LEFT** onto **BADEN POWELL DRIVE** (Coast Road) and travel to **MUIZENBERG**
4. Drive through **MUIZENBERG** until you get to the **T-JUNCTION TRAFFIC LIGHTS** with **MAIN RD**
5. Turn **RIGHT** and travel for **3.41km** to a set of **TRAFFIC LIGHTS** with **STEENBERG RD**. Turn **LEFT**.
6. Go up **STEENBERG RD** for **2.33km** passing through two sets of traffic lights.
7. **TURN LEFT** up the **OU KAAPSE WEG (M64)** mountain pass
8. After **3.39km** and at the top of the pass you will pass the main entrance to **SILVERMINE WEST RESERVE**
9. **1.44km** past this entrance **TURN LEFT** into the **SILVERMINE EAST** and park

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FROM THE NORTHERN SUBURBS & PAARL

1. Take the N1 towards CAPE TOWN
2. Follow the signs to MUIZENBERG on the M5
3. Follow the M5 until you reach the off-ramp onto the N2 towards CAPE TOWN. Take this off-ramp and head towards CAPE TOWN
4. After 1.78km turn LEFT following the signs to MUIZENBERG on the M3 HIGHWAY
5. Travel SOUTH on the M3 HIGHWAY, following the signs to MUIZENBERG. At the end of the M3 highway (T-junction with traffic lights) turn right onto the M42.
6. After 1.45km turn LEFT up the OU KAAPSE WEG (M64) mountain pass
7. After 3.39km and at the top of the pass you will pass the main entrance to SILVERMINE WEST RESERVE
8. 1.44km past this entrance TURN LEFT into the SILVERMINE EAST and park

***IMPORTANT NOTE:** Overflow parking will be at the viewpoint parking at the Silvermine West entrance. PLEASE Follow instructions from the parking marshals. This is a 5 min walk from the start/finish.