



3.00 km

3.50 km

2.00 km

1.50 km

4.50 km

5.00 km

1.00 km

5.50 km

500.00 m

6.13 km

Lodge



# Upper Forest Trail

Trail 7

Walking/ Hiking Only  
Walking Time: 5 hrs  
Difficulty Level: Medium  
Shade Cover: 80%



Head out from the Lodge and past the main forestry plantation offices and follow the road to the first bridge. At the bridge, turn downstream and some 500m thereafter there is a nice secluded rest area and perfect for forest bathing. From here, continue downstream towards the forestry compound and back towards the lodge.

This is a beautiful hike with waterfall rapids and rock pools, following permanent water course, it's perfect for forest bathing and with good views of Mtsotsolo mountain, experienced hikers can head off to the peak of Mtsotsolo Mountain. This is a great path for riverine birds, grey olive greenbul and africa cuckoo hawk and other raptors.

