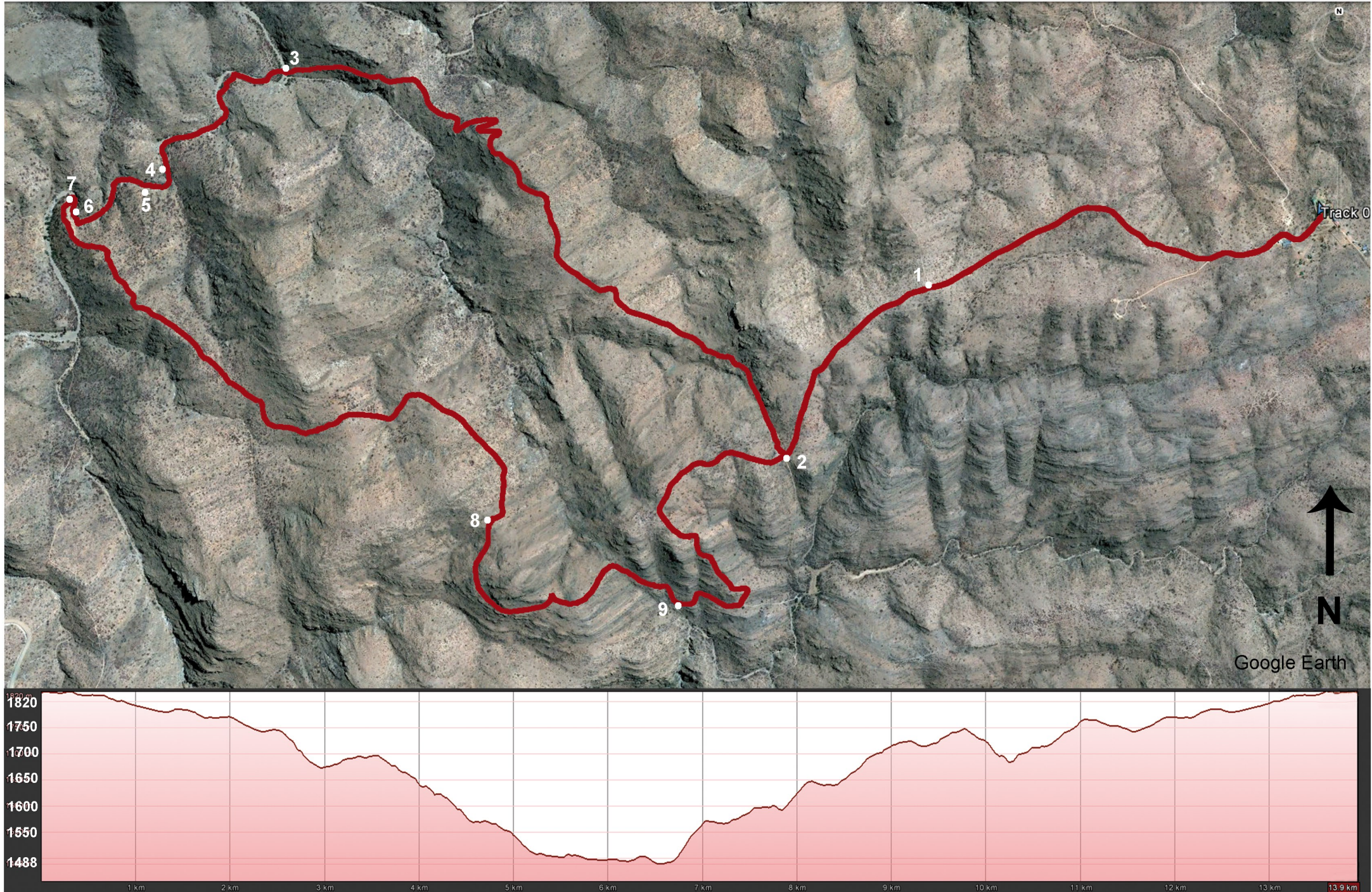


# Moringa Trail





# Moringa Trail

- a trail following old farm tracks over rough terrain in the heart of the Great Western Escarpment of Namibia and along the river bed with interesting rock formations
- magnificent views especially during the early morning hours
- spotting of wildlife e.g. hartman's mountain zebra, oryx, kudu, rock hyrax, chacma baboon, klipspringer
- rich flora including: moringa tree (*Moringa ovalifolia*), Namibian resin tree (*Ozoroa crassinervia*), resurrection bush (*Myrothamnus flabellifolius*), paper-bark euphorbia (*Euphorbia guerichiana*), shepherd's tree (*Boscia albitrunca*), acacias ...

Distance: 13.9 km

Duration: 4 hrs walking only (add 2 hrs resting, exploring ...)

Elevation gain/loss: 557 m

Best timing: Leave early morning with the sun rising behind you

## Please ensure you take the following essentials:

- Hat
- Good walking shoes
- Long-sleeved shirt for sun protection and sun lotion
- Water: 3 litres minimum

## Please:

- Do not litter and leave no toilet or tissue paper in the veld
- Do not smoke – bush fires kill
- Respect all wildlife and be aware of snakes
- Leave only footprints and take only photographs

## LEGEND

UPond(2020)

1	Gate – continue straight on. Namibian resin tree on the left en route to no 2.
2	Gate – turn right and continue down valley. Further along there are sections where the track is not easily visible – see map - stay on upper left flank of mountain ridge. During the ascent you will spot the golden-coloured paper-bark euphorbia and before reaching the river bed, the entire mountainside to the left is covered by the resurrection plant.
3	Iab river bed – turn left. Catchment and source of river is on farm Hakos and forms the main river at the foot of the Hakos Mountains. The Iab feeds into the Kuiseb River, which flows westward through the Namib Desert and into the Atlantic Ocean at Walvis Bay. Both the Iab and Kuiseb are ephemeral rivers.
4	Balancing rock.
5	Moringa tree (on the slope to the left). <i>Moringa ovalifolia</i> , a protected and near endemic tree in Namibia. The sculptural, thick trunk can reach a diameter of 1m. Flowers white, December – May.
6	Rocky cliff with evidence of rock hyrax / dassie activity ( <i>Procapra capensis</i> ). Note the dwelling holes in the rock wall and the large quantities of white 'hyraceum' - a sticky mass of dung and urine. These squat, furry, grey-brown mammals (50 cm long) enjoy basking in the sun.
7	Coming around the river bend, at the large trees turn left up the steep cemented track and rocky slope.
8	Gate – continue straight.
9	Keep on main track turning left at this crossing.

**ENJOY YOUR HIKE !**