



## HIKING

There are numerous hiking trails in the McGregor area for those with itchy feet and lots of energy. The Kleinberg trail is within walking distance of town and is an easy two-hour walk in the surrounding hills. Or go for a walk amongst the wildlife at The Krans Nature reserve or the Vrolijkheid Research Station.

The Rooikat and Boesmansklouf Trails, 13 and 14 kms respectively, offer a more challenging hike, both through mountainous terrain. Dassieshoek Nature Reserve offers a two-day hike, as does Genadendal, or you can take the easy Waterfall hike to secluded, crystal-clear rock pools. What makes the Boesmansklouf Trail exceptional is that it starts in one town and ends in another. Hikers can choose to start in McGregor and finish in Greyton, or visa versa. The hike starts or ends at the nature reserve in Greyton, following a trail through the Riversonderend mountain range with a stop at Oak Falls.

## CYCLING

McGregor is a true mountain biking heaven with a variety of routes in the area from flat and easy trails for families to hardcore single tracks and longer gravel rides.

Pop into McGregor Tourism to pick up their route map of the seven most popular mountain biking trails. Wheel amongst the wild at Vrolijkheid Nature Reserve, just 5 km out of town. Here you'll find an easy 8 km trail along footpaths and gravel roads through the reserve— expect to see resident springboks and other mammals. For the adventurous there are four challenging trails at the Van Loveren Wine Estate, ranging from 12 km to 35 km.

## WELLNESS

While the Temenos Retreat in the village will look after your spiritual and physical wellbeing with gentle walks and even yoga, there's also a clinic that tends to the villagers' medical needs.

The nearest hospitals are in Robertson and Worcester (the Robertson Hospital, Worcester Hospital and a Worcester Medi-Clinic). The fresh unpolluted air, tranquillity and slower pace will also rejuvenate body and soul with various walking, hiking and cycling trails in the area.