Historical denudation rates were determined using cosmogenic nuclides, with a focus on understanding the geomorphic evolution of the Cape Fold Belt (CFB) over the past 300,000 years. The CFB is a major orogenic belt in southern Africa, characterized by active tectonics and erosion.

**Introduction**

The CFB is a region of complex geological history, with a long history of denudation and geomorphic evolution. The introduction discusses the current state of knowledge and the challenges in understanding the denudation rates and geomorphic evolution within the CFB.

**Study Area**

The study area includes the Benguela and the Cretaceous De Witte, which are key areas for understanding the denudation rates and geomorphic evolution of the CFB. The study area is located within the Cenozoic Era, a period characterized by significant tectonic and climatic changes.

**Results**

The results section presents the findings of the study, including the distribution of denudation rates and geomorphic evolution within the CFB. The data were collected through various methods, including cosmogenic nuclide dating and analysis of river terraces.

**Conclusion**

The conclusions draw on the results to discuss the implications of the denudation rates and geomorphic evolution for understanding the history of southern Africa. The conclusions highlight the importance of understanding the geomorphic evolution of the CFB for a comprehensive understanding of the region.

**Figures**

The figures illustrate the distribution of denudation rates and geomorphic evolution within the CFB, providing a visual representation of the findings. The figures include maps, graphs, and diagrams to help clarify the data and findings.