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Parts of the shoreline of False Bay, associated with Wolfgat Nature Reserve, are backed with steep, crumbly cliffs, formed by the consolidation of ancient sand dunes laid down about 125 000 to 220 000 years ago. During this time, the sea level varied from about 6 m higher to a few metres lower than at present. These aeolianite rocks are soft and friable, so they erode easily and form delicate etched forms like this frozen 'wave', or are carved into caves. In one of these, a fossil den site of a brown hyena was discovered, hence the name 'Wolfgat'. Brown hyenas roamed the coast of False Bay as recently as the 1840s.

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