

TCSA NEWS

Trails Club of SA

A new format thanks to Microsoft Templates!



Hello Everyone – this newsletter is for everyone to participate in. If anyone of you have photos or memories or interesting anecdotes of hikes and trails,

do share them and I'll do my best to incorporate them into this letter. The photo above is one of the spectacular views from the Helderberg West Peak.

JUNE, 2013

Contents

Report : An Indian evening with the TCSA Supper Club May 2013	2
Report : Ian Cowburn Memorial Hike at Silvermine (19 May 2013)	2

Notes and reminders

The next TCSA Supper Club will be held on Saturday 6 July 2013 – remember to contact Charles Cook DIRECTLY to book your spot (don't 'reply' to the TCSA email as it goes to a gmail account which is not monitored daily)

Remember to submit your entries for the TCSA Photographic Competition 2013. Last year's entries can be seen on the TCSA Facebook page. Rules at the end of this Newsletter

Trails Club on Facebook

Robin Cooper has taken over management of the page and a visit is worthwhile and rewarding. You will find magnificent photos of the Fish River Trail, Cederberg, Tsitsikamma, Pampoenfontein etc. The outstanding entrants to our recent photographic competition are all there. A visit to the page will spur members to get into our mountains. To view our Facebook page follow the link:

<http://www.facebook.com/TrailsClubSouthAfrica?sk=wall>

TCSA Supper Club at Bihari, in April 2013

The first supper club of 2013 was held at BIHARI in Newlands. We were joined by an old friend of the Trails Club, Sam Greyvenstein from Meridian Hiking Club.

The venue was warm and inviting and the decor and ambiance very relaxing. Clearly the restaurant is popular as, on that evening, it was fully booked. However, they were extremely accommodating in arranging more seats than originally booked.

The menu is a veritable delight of VERY HOT to VERY MILD North Indian cuisine that serves a wide range of tastes. As our guest, Sam, didn't do "spicy" foods, but he was well catered for with a mild and tasty meal that in no way irritated his sensitive palate. To those that couldn't join us, you lost out on an extraordinarily good meal. I would recommend that if you haven't tried it yet, it's well worth exposing your taste buds to Bihari's gastronomic delights. Charles



Ian Cowburn Memorial Hike : 19 May 2013



As we started our hike on a warm, sunny May morning on 19 May 2013, it was hard to believe that 4 years ago to the day, TCSA hike leader Ian Cowburn had been senselessly murdered while out jogging. The first Memorial Hike was led by Brian Ford just after Ian died – it was the route Ian had been planning to lead that day. On that May day in 2009, however, it rained all the way and most of the spectacular views were hidden behind clouds and mist – a miserable and unhappy time for everyone. This time, the sun was bright, the air was warm, and after a moments' silence, the hikers spent time reminiscing about all the fun and laughter they'd shared with Ian. There were many good and happy memories shared.

Who can ever get tired of the spectacular views from the tops of our mountains?



The intrepid group who made it all the way to the top of the Silvermine Panorama (pity we're all getting older!) Brian and Sue Ford, Gezina Passche, Marjolein Gamble, John Powell and Robin and Debbie Cooper. Steff, Julie Ward and Tony Burton turned back after tea.

We hiked from the Silvermine Bikers' parking up to Steenberg Ridge, a rocky path with views across both the Cape Town mountains and False Bay. From the Ridge we took the path to the Tokai Lookout for tea, basking in the unseasonably warm weather.

From the Lookout, we made our way to the top of Blackburn Ravine, then ate an early lunch on the Panorama path overlooking Hout Bay. By general consensus we omitted the trek up Noordhoek Peak and we returned via the Panorama route to the west of Silvermine Dam.

Cape Town winter weather arrives in force

I had thought I would be able to include reports from the hikes scheduled at the end of May – there were two different Constantiaberg hikes, one to be led by Derrick Robinson and the other by Eddie Douglas, that I was looking forward to. However, constant rain over both the last weekends in May resulted in all rambles over the mountain being cancelled. It's no fun when you're wet and cold and there is no view because your head is in the clouds (literally).

So, with my departure for the warmer climes of Mozambique and Zimbabwe imminent, and the possibility of the band not being broad enough to send a newsletter from our neighbours to the north, I will complete this first letter and press 'send'. I hope the new format inspires hikers to take photos and share their hiking experiences with us.

The following is a possibility for future hikes – Margie and James Humphris thoroughly recommend the experience, having taken the walk on more than one occasion:

Schapenberg Sir Lowry's Conservancy Walks for Wine

Walks are conducted on the 2nd and 4th Saturday of the month or on demand, and are possible during the week. Wine tastings are offered at Waterkloof, Journey's End, Wedderwill wineries and at Da Capo (Idiom wines) depending on the route taken.

Meander amongst the vineyards and fynbos and enjoy the splendid views over False Bay and Kogelberg. Cost depends on the size of the group walking, the length of the walk and number of wine tastings.

For bookings contact Andreas 0823441096 or Pam 0824569028. Email: info@walksforwine.co.za
www.walksforwine.co.za

PHOTO COMPETITION

Categories :

1. Landscape (sea, land or air)
2. Flora (plants)
3. Fauna (animals of any kind)
4. Fowl (birds)
5. Portrait (people or animal)
6. Action (doing things)

Terms & Conditions:

1. Entry is only open to TCSA members
 2. Entry in a minimum of 3 categories is compulsory
 3. Only 3 photographs per category per entrant
 4. Email entries to charlesc@bidvestafcom.co.za
 - 5.
-

Editor : Ethnee
Hepburn