



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

03/05/2017 to 08/01/2018

Website :

www.trailsclub.co.za

Chairperson : Denise Hopkins Tel. 0217902510
Day Hikes: Mervyn Henderson Tel. 0217950092
Trails: Deborah Shearing-Cooper Tel. 0215322939

The GRADING SYSTEM and HIKING NOTES are printed on the Website

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 6/5/2017	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: 16:30 Newlands Forest Station parking	TABLE MTN- NEWLANDS FOREST Easy Hike A circular route through Newlands Forest following shady, less frequented paths where possible.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 13/5/2017	Derrick Robinson Home Ph: 0217123566	Start Time: 13:30 End Time: 17:00 Silvermine West Gate 2 carpark	SILVERMINE- UPPER STEENBERG Moderate Hike Ascend Upper Steenberg via a seldom used path and return via circular route.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Sunday 14/5/2017	Anthony Sneath Home Ph: 0217901671	Start Time: 09:00 End Time: 16:00 Carpark at end of Sunset Avenue	LLANDUDNO TO OUDESCHIP CIRCULAR Moderate Hike Hike from the Sandy Bay carpark at the end of Sunset Ave to Sandy Bay for tea and then to Oudeschip for lunch. Then up the steep hill past the old rocket launching building to the contour jeep track, hiking along it on the top of the dunes above Sandy Bay and finally down to re-join the original path back to Llandudno.	Cost Member: R0 Visitor: R20 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Saturday 20/5/2017	Tommy Hiscock Home Ph: 0217127476	Start Time: 12:00 End Time: Cecilia Plantation carpark	CECILIA WATERFALL Moderate Hike A circular walk with a few steep slopes. Very pretty and maybe ther a waterfall to admire at the halfway stop.	Cost Member: R0 Visitor: R20 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Sunday 21/5/2017	Brian Ford Home Ph: 0215312660	Start Time: 09:00 End Time: 15:00 Mtn bike parking after Hoeriquagga camp	SILVERMINE- IAN COWBURN MEMORIAL HIKE - STEENBERG PLATEAU CIRCUIT Moderate Hike Hike along Steenberg Ridge to the Tokai fire lookout for tea. Continue on to Blackburn Ravine lookout and then along the Skyline Panorama path towards Noordhoek peak. Join the Amphitheatre path and return to car park along Steenberg Plateau.	Cost Member: R0 Visitor: R20 Limit: Distance: 11km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 27/5/2017	Debbie Marshbank Home Ph: 0217970867	Start Time: 13:30 End Time: 17:00 Carpark inside the main entry gate, Silvermine	SILVERMINE- SILVERMINE RIVER AND STEENBERG RIDGE Moderate Hike We will walk up the river and turn into the Mountain Bike car park. From there we will walk along the top of Steenberg Ridge (The Craggs) then down to the dam for tea. Round the dam and back down the river to the cars. Bring your Wild/Green card or cash for entry.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 28/5/2017	Helen Faure Home Ph: 0216853426	Start Time: 08:30 End Time: 03:30 Noordhoek beach carpark	SILVERMINE- CHAPMANS PEAK FROM SILVERMINE DAM Moderate Hike We will start at the Silvermine dam parking and hike up the Noordhoek Peak route and branch left down to the saddle and then up Chapmans Peak. We will descend towards Noordhoek Beach where the hike ends. A car shuffle is necessary.	Cost Member: R0 Visitor: R20 Limit: Distance: 10km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Saturday 3/6/2017	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 16:00 Spar carpark, Glencairn	ELSIE'S PEAK SOUTHERN APPROACH Moderate Hike Hike up from Glencairn side to the top of Elsie's Peak. Fabulous views across False Bay.	Cost Member: R0 Visitor: R20 Limit: Distance: 5km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Sunday 4/6/2017	Deborah Shearing- Home Ph: 0215322939	Start Time: 08:00 End Time: 05:30 Phone convenor	KOGELBERG - LEOPARD'S GORGE Moderate Hike Starting at Oudebosch in the Kogelberg Nature Reserve, ascend the Oudebosch river valley to the top of Leopard's Gorge, where the waterfall plunges into Leopard's Kloof and there are excellent views of Betty's Bay. Descend to Harold Porter Botanical Gardens via the gorge path. Car shuttle required. Bring your Wildcard or pay to enter. Phone convenor or email agnodas@gmail.com	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 12km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 10/6/2017	John Powell Home Ph: 0217832577	Start Time: 13:30 End Time: 17:30 Ou Kraal sign in sharp bend on Boyes Drive	SILVERMINE- KALK BAY MT VIA SPES BONA Moderate Hike Hike from Boyes Drive to Ou Kraal. Ascend Spes Bona forest on to Kalk Bay Mountains then across to Nellie's Pool, descending down Bailey's Kloof.	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 11/6/2017	Margarethe Schaefer Home Ph: 0214480238	Start Time: 08:30 End Time: Phone convenor on 0827013105	TABLE MTN- GROOTKOP VIA CORRIDOR RAVINE Moderate Hike Starting at Camps bay, hike up to the contour path, turning south to Corridor Ravine. At the top, turn south and hike to Grootkop, scrambling via a cave to the top at 761m. Return via the path leading north to Kasteelspoort and descend to the cars. great views of the western seaboard and Peninsula.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 11km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Saturday 17/6/2017	Denise Hopkins Home Ph: 0217902510	Start Time: 14:00 End Time: 17:00 Kloof Nek carpark	LION'S RUMP Easy Hike Delightful easy walk round the base of Lions Head. Many proteas will be in bloom and the views will be stunning. Bring plenty of water and a tea snack. There is very little shade on this walk. Rain cancels.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 18/6/2017	Anthony Sneath Home Ph: 0217901671	Start Time: 09:00 End Time: 15:30 Dunes Restaurant, Beach Crescent Hout Bay	HOUT BAY- EAST FORT TO CHAPMAN'S NEK CIRCULAR Moderate Hike Walk up road to East Fort and then up Constantiaberg to upper contour path and along path past Blackburn Ravine to saddle of Chapman's Peak. Then down steps to Chapman's Peak Drive and walk back to the cars. Bring money for refreshments/snacks at Dunes after the hike. Swimming optional on Hout Bay beach. Car guards in attendance at Dunes Restaurant	Cost Member: R0 Visitor: R20 Limit: Distance: 12km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: No
Saturday 24/6/2017	Tony Burton Home Ph: 0217011707	Start Time: 13:30 End Time: 16:00 Peddlars-on-the-Bend, Spaanschemat River Rd	CONSTANTIA- KEYSERS RIVER GREENBELT Easy Hike From Peddlars-on-the- Bend we will go along the Keyzers River to Constantia Main Road where we will have tea break. Return the same way.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 25/6/2017	Geoff Tinker Home Ph: 0217827757	Start Time: 09:00 End Time: 13:00 08:30 Glencairn Spar or 9:00 at Cape Point	CAPE POINT- GIFKOMMETJIE TO HOEK VAN BOBBEJAAN Easy Hike Start from Gifkommetjie parking area, walk to Hoek van Bobbejaan via the inland route. Return to Gifkommetjie along the coast and up the ridge to the parking area. This is a lovely inland walk with views ending with an interesting coastal walk. Bring Wild Card or entrance fee.	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 1/7/2017	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 16:00 Silvermine Dam carpark, main gate	SILVERMINE- NOORHOEK PEAK VIA AMPHITHEATRE PATH Moderate Hike Starting at the car park below Silvermine dam, walk up Steenberg Ridge, across to Noordhoek Peak, along the North Amphitheatre path and back to the car park.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 2/7/2017	Deborah Shearing- Home Ph: 0215322939	Start Time: 09:00 End Time: 03:30 Phone convenor	TABLE MTN- CONSTANTIA CORNER Moderate Hike From Constantia Nek hike on footpath up to the ridge overlooking Hout Bay valley. Ascend via rock scramble to the skyline and continue up and over rock ridges to teaspot with a view! some more downs and ups before winding back to the Nek. Phone convenor or email agnodas@gmail.com	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 8/7/2017	Helen Faure Home Ph: 0216853426	Start Time: 13:30 End Time: 17:00 Carpark at entrance to Fish Hoek beach	FISH HOEK TO SIMONSTOWN SEA FRONT Easy Hike Prepare for a long, fast paced walk on pavement above the sea from Fish Hoek. Pace will decide how far we get. Bring all weather gear and tea goodies.	Cost Member: R0 Visitor: R20 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 9/7/2017	Margarethe Schaefer Home Ph: 0214480238	Start Time: 08:00 End Time: Phone convenor on 0827013105	BETTY'S BAY TO PRINGLE BAY & HANGKLIP Moderate Hike From Blesberg sand dunes parking on Deport Road, Betty's Bay, we will head round the back of Betty's Bay and up to the memorial stone at Brody link before hiking down towards Pringle Bay. Then hike up the valley to the saddle between Blesberg and Hangklip. Weather permitting we can climb to the top of Hangklip for spectacular views over False Bay from Cape Point to Danger Point. Descend down a very steep, short slope, then across sand dunes to the road taking us to the beach near the start of Sea Farm. We will meander along the high water path round Sea Farm and a final stroll along Silversands beach and back to our cars.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: 01/07/17 End: Children Welcome: Yes
Saturday 15/7/2017	Denise Hopkins Home Ph: 0217902510	Start Time: 14:00 End Time: 17:00 Sunbird Centre carpark, off Oukaapseweg	SILVERMINE- SUNBIRD CENTRE TO THE WATERFALL Moderate Hike Hike along the attractive Silvermine River's edge and then head up the mountain towards Maiden Peak and traverse along the road until the waterfall where we will stop for tea. Return down the same route. Rain cancels.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 16/7/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:15 End Time: 16:30 Phone convenor	HELDERBERG TRAVERSE Moderate Hike A circular hike which starts from the carpark and goes up Disa Gorge, then traverses along the south side of the mountain and returns to the carpark on a different path. Rain cancels.	Cost Member: R0 Visitor: R20 Limit: 16 Distance: 10km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 22/7/2017	Debbie Marshbank Home Ph: 0217970867	Start Time: 09:00 End Time: Phone convenor	CAPE POINT- SIRKELSVLEI & THE SHIPWRECK TRAIL Moderate Hike Hike from Olifantsbos inland to Sirkelsvlei, then down to the sea past the wreck of the Thomas Tucker on the Shipwreck Trail and back to the cars. Enjoy the fynbos and coastal views. Bring your Wildcard or lots of cash to enter. Debbie's cell is 0734575121.	Cost Member: R0 Visitor: R20 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 23/7/2017	Derrick Robinson Home Ph: 0217123566	Start Time: 09:00 End Time: 12:30 Spar carpark, Glencairn	ELSIES PEAK CIRCUMNAVIGATION Moderate Hike Hike up to the neck and then follow a sea-facing path we will traverse around under the cliffs before climbing to the peak	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No
Sunday 30/7/2017	Brian Ford Home Ph: 0215312660	Start Time: 08:30 End Time: 15:30 Phone convenor on 083 896 7904	TABLE MTN- KLOOF NEK TO CECILIA Moderate Hike Climb up to the Contour path from the cable station and hike around the front of Table Mountain, Devil's Peak through Newlands forest on to what is left of Cecilia plantation. Fantastic views of the city bowl and Cape flats. A car shuffle will be required as it is a long hike.	Cost Member: R0 Visitor: R20 Limit: Distance: 18km Fitness: Fit Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 5/8/2017	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 17:00 Silvermine gate 2 carpark	SILVERMINE- BLOKHUISKOP Moderate Hike Hike past Maiden Peak, across to Crassula Path and up and over to Blokhuiskop for tea break. Back down Klein-Tuinkop Path to the main path and the car park. Spectacular views.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 6/8/2017	Geoff Tinker Home Ph: 0217827757	Start Time: 09:00 End Time: 13:30 Parking at Platteklip Gorge, Tafelberg Road	DEVIL'S PEAK- OPPELSKOP FROM PLATTEKLIP GORGE Moderate Hike Hike to the upper contour path via the Platteklip Gorge route and continue up the saddle to Saddle Rock and then along the Oppelskop Ridge to the ruins. Continue East and join the Lower Traverse back to Platteklip and to the cars.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Wednesday 9/8/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:30 End Time: 16:30 Phone convenor	JONKERSHOEK- SWARTBOSKLOOF CIRCUIT Moderate Hike The hike starts at the entrance to Swartboskloof and ascends to the intersection of the contour path where the route turns west passing through some riverine forest with waterfalls, one of which is a very pleasant lunch stop. The return ascends gently to the fire lookout and then back down to the cars.	Cost Member: R0 Visitor: R20 Limit: 16 Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 12/8/2017	Tommy Hiscock Home Ph: 0217127476	Start Time: 10:00 End Time: Lighthouse Rd, Kommetjie	KOMMETJIE TO SCARBOROUGH Moderate Hike From Kommetjie hike along the scenic coastline, past Slangkop Lighthouse, across Witsand beach, old crayfish factory and past Misty Cliffs and on to Scarborough. Alternative meeting place is the carpark next to Meadowridge Library at 09:00 in order to combine cars. A low tide is scheduled.	Cost Member: R0 Visitor: R20 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Saturday 19/8/2017	John Powell Home Ph: 0217832577	Start Time: 13:00 End Time: 17:30 Checkers carpark, Muizenberg	SILVERMINE- ST JAMES PEAK VIA PECK'S VALLEY Moderate Hike Hike up Farmer Peck's Valley, then onto St James Peak. Return to cars via Bailey's Kloof.	Cost Member: R0 Visitor: R20 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Friday 25/8/2017 to Sunday 27/8/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone convenor	HAARWEGSKLOOF RENOSTERVELD RESERVE, OVERBERG Moderate Hike There is nowhere else on earth where you can walk from your verandah at Haarwegskloof Renosterveld Reserve, straight into the largest stretch of Lowland Renosterveld still left in South Africa. Renosterveld is the richest bulb habitat on Earth, displaying a spectacular bloom over the spring season. The reserve is close to De Hoop Nature Reserve in the Overberg. A guided tour of the reserve costs R100 per person. Accommodation at the Centre in single beds and bunks - see http://overbergrenosterveld.org.za/accommodation/ . Visit De Hoop Nature Reserve to hike for one of the days. Extra accommodation at the Centre may be booked if demand exceed supply. Call Mervyn to book or email mervyn.henderson@gmail.com	Cost Member: R320 Visitor: R360 Limit: 12 Distance: 20km Fitness: Average Exposure: None Technical: Walk Booking Start: 10/07/17 End: Children Welcome: Yes
Saturday 26/8/2017	Helen Faure Home Ph: 0216853426	Start Time: 13:30 End Time: 16:30 Noordhoek beach carpark	NOORDHOEK BEACH TO KOMMETJIE Easy Hike Walk on Noordhoek beach from car park to the Kakapo wreck and on to Kommetjie and return.	Cost Member: R0 Visitor: R20 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 27/8/2017	Margarethe Schaefer Home Ph: 0214480238	Start Time: 08:00 End Time: Phone convenor 0827013105	GROTTO BAY NATURE RESERVE - DUINEFONTEIN DUNES Moderate Hike This hike is designed around seeing a show of our beautiful spring flowers, provided it rains this winter. From the river mouth path, we will cross the R27, heading north along the boundary fence until we reach the path that runs up the middle of the river. We follow this route to the northern boundary of the reserve, and the return along the route to the river mouth, keeping to the dunes. This area is also the breeding ground of the Black Oystercatcher.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 15km Fitness: Average Exposure: None Technical: Walk Booking Start: 17/08/17 End: Children Welcome: Yes
Sunday 3/9/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:00 End Time: 16:30 Phone convenor	PAARL MOUNTAIN - BRETAGNE ROCK FROM TAALMONUMENT Moderate Hike Hike from the Taalmonument up a gentle incline to the top of Paarl Mountain, then past the camping area and onto Bretagne Rock via a wooded kloof. Fantastic views of the Hottentot-Holland mountains! Return by completing the circular route.	Cost Member: R0 Visitor: R20 Limit: 16 Distance: 12km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 9/9/2017	Tommy Hiscock Home Ph: 0217127476	Start Time: 09:00 End Time: River Club, Observatory	TYGERBERG NATURE RESERVE Moderate Hike We will do a circular hike through some of the last remnants of the the threatened Renosterveld. Spectacular views all round. Rain cancels.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 23/9/2017 to Monday 25/9/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone convenor	HOUDENBEK- HEIVELD ARCH & KLEIN TAFELBERG Moderate Hike Hike in interesting, rocky surroundings to the Heiveld Arch in the Kouebokkeveld and stay overnight at Houdenberg Farm in the Fisant and Tarentaal cottages (http://houdenberg.co.za/). Hike to top of Klein Tafelberg with amazing views.	Cost Member: R470 Visitor: R510 Limit: 8 Distance: 25km Fitness: Average Exposure: None Technical: Walk Booking Start: 14/08/17 End: Children Welcome: No
Thursday 5/10/2017 to Saturday 7/10/2017	Phillip Williams Home Ph: 0215311620	Start Time: End Time: Phone convenor	FYNBOS TRAIL, STANFORD Moderate Hike Day 1 (6,5 km): From Steynsbos the trail leads through coastal strandveld into the Steynsbos Milkwood forest, then via the dam for a swim and up to Pinnacle view site and through Limestone Kloof to Fynbos Retreat. Day 2 (12 km): Hike through a beautiful valley characterised by an extra-ordinary mosaic of fynbos into the lush, green Witwoetskloof forest and waterfall. Ascent out of the kloof to Grootberg Summit loop and on to Stinkhoutbos forest for lunch and a swim and then on to Bodhi Kaya or Wikrans. Day 3 (6,5 km): Hike through the forests of Baviaans Fonteyn and Grootbos Milkwood Forest to the end where the cars are parked. Comfortable fully equipped cottages on both nights. All bedding and bath towels are provided as well as complimentary tea/coffee etc. in the cottages. We will use our own vehicles to transport our packs to each overnight cottage.	Cost Member: R1000 Visitor: R1060 Limit: 10 Distance: 25km Fitness: Average Exposure: None Technical: Walk Booking Start: 12/06/17 End: Children Welcome: Yes
Sunday 7/1/2018 to Friday 12/1/2018	Anthony Sneath Home Ph: 0217901671	Start Time: End Time: Phone convenor	TSITSIKAMMA TRAIL- 6 DAYS Moderate Hike Day 1: 3,6 km/ 1 hr: The hike commences at Natures Valley and skirts the lagoon to Kalandar, the first hut. Day 2: 13,5 km/6,5 hr: Ascend the escarpment to the plateau and then through Platbos indigenous forest to Bloukrans Hut (320 m). Swimming at lunch. Day 3: 13,4 km/ 6 hr: Descend through Buffelsbos forest to the Bloukrans River for a swim, and then a gentle rise up to Keurbos Hut, mostly in fynbos, but passing through Benebos relic forest. Swim again near the hut. Day 4: 13,4 km/ 6 hr: Mostly in fynbos, the path crosses the Lottering River and ascends Rushes Pass and then down to the Elandsbos River which is crossed on a swing bridge. The last part is in plantation and the path crosses the Kleinbos River. Swimming near Heuningbos hut. Day 5: 13,9 km/ 7 hr: the path crosses two saddles, Mostertshoogte and Nademaalsnek, passing through mountain fynbos and crossing the Witteklip River before reaching Sleepkloof hut, close to the Storms River gorge. Day 6: 3,2 km/ 1 hr to Paul Sauer Bridge or 5,5 km/ 1,5 hr to Storms River Village: mostly through forest. This is a slackpacking trail: there is no discount for carrying your backpack.	Cost Member: R1550 Visitor: R1650 Limit: 12 Distance: 61km Fitness: Fit Exposure: None Technical: Walk Booking Start: 09/05/17 End: Children Welcome: No

IMPORTANT NOTES

- All persons participate in Trails Club activities entirely at their own risk.
- No smoking allowed on any hikes.
- Do not leave the hike party without contacting the Hike Leader.
- If your name, address, tel number, next-of-kin, email have changed, please notify the Membership Secretary Deborah Cooper immediately at agnodas@gmail.com or tel. no. 0215322939
- All visitors and members bringing visitors must phone the Convenor first.
- Hikers must bring at least 1 litre of water & full rain gear (raincoat and hood) on hikes.
- Payments for trails and weekends to: The Trails Club, P.O. Box 404, Bergvliet, 7864
- Prices of weekends and trails are subject to change without notice.

Emergency Phone Numbers:

Mountain Rescue 107 or 021-9489900 Ambulance 10177 Flying Squad 10111 Poison Information Centre Tygerberg 021-93106129 Mountain Fires 107

Emergency Codes: Need help: 6 Blasts/Flashes, Long Pause (Repeat). Have heard distress call: 3 Blasts/Flashes, Long Pause (Repeat)

BANKING DETAILS: Standard Bank Claremont (025109) Cheque Account Number: 072528451

Please write your name & what you are paying for on the deposit slip and send it to the Hon. Treasurer (Mervyn Henderson) at Trailsclub.Treasurer@gmail.com