



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

10/11/2018 to 01/09/2019

Website :

www.trailsclub.co.za

Chairperson : Mervyn Henderson Tel. 0217950092
Day Hikes: Mervyn Henderson Tel. 0217950092
Trails: Debbie Marshbank Tel. 0734575121

The GRADING SYSTEM and HIKING NOTES are printed on the Website

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 10/11/2018	Debbie Marshbank Home Ph: 0734575121	Start Time: 14:00 End Time: 16:30 Alphen Drive parking	CONSTANTIA- ALPHEN TRAIL-CECILIA LOWER LEVEL-KLAASENBOSCH TRAIL Easy Hike From Alphen Drive, walk up the Greenbelt of the Diep River up to Southern Cross Drive and Rhodes Drive, then into Cecilia Plantation, heading up the Old Rhodes Drive, and then turning north, hike parallel to Rhodes Drive. Descend to Cecilia carpark and return via the Klaasenbosch and Alphen Trails back to the cars.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 11/11/2018	Wendy Scott Home Ph: 0832707765	Start Time: 06:45 End Time: 14:00 Phone convenor	TABLE MTN- HOLE IN THE WALL VIA CECILIA RIDGE Difficult Hike From Cecilia parking, we will ascend Cecilia Ridge and then hike past De Villiers Dam. A short way right up the bushy track, a vague path leads off westwards along the slope overgrown with protea bushes, eventually rock scrambling over a very exposed area from the ridge into a woody kloof and return the same way. We will descend on the road to the second corner and then down through the plantation to the cars. A fairly fast pace will be maintained. Bring tea and lunch. Bookings: w3ndy.sc0tt@gmail.com or phone Wendy.	Cost Member: R0 Visitor: R20 Limit: 8 Distance: 8km Fitness: Fit Exposure: High Technical: Difficult scramble Booking Start: End: Children Welcome: No
Saturday 17/11/2018	Geoff Tinker Home Ph: 0217827757	Start Time: 12:15 End Time: 16:30 Glencairn Spar	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. Meet at the Glencairn Spar at 12:15 to share transport or at Gifkommetjie parking at 13:00	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Friday 23/11/2018 to Sunday 25/11/2018	Barbara Kahn Home Ph: 0724710581	Start Time: End Time: Email/ Phone convenor	VOGELGAT & PHILLIPSKOP - STANFORD Waiting list only Moderate Hike This weekend includes hikes at Phillipskop Private Nature Reserve and Vogelgat Private Nature Reserve, Hermanus, a place that is adjacent to Fernkloof Nature Reserve, but not normally accessible. Vogelgat is an area of great scenic beauty for the botanist (over 900 plant species) and hiker alike. The reserve constitutes of 35 km of breath-taking hiking trails, vistas of Walker Bay and Kleinmond, waterfalls, plunge pools, majestic gorges and awesome Cape Fold Mountains. Phillipskop Mountain Reserve provides hikers with expansive views, trails and spacious accommodation. Travel to Phillipkop near Stanford on Friday 23 November. Day 1 (24 Nov): Vogelgat: Base Camp to Guys Pool Distance: 10,5 Km, Duration: 5/6 hrs, Elevation: 412 m. Guys pool is a beautiful rim like natural pool with small waterfall with superb views where we will stop for lunch and a swim. Possible swims along the way as well. Day 2 (25 Nov): Phillipskop: Circular walk to Phillipskop summit. Distance: 5 km, Duration 2-3 hours, Elevation: 480 m NOTE: Both hikes will be done at a moderate, steady pace. Accommodation at Phillipkop: Chalets Restio and Erica each consists of fully equipped 3 twin bedded rooms, one doubled bed with en suite, and one separate bathroom and shower; a large open plan kitchen, lounge and dining room. Each cottage has braaiing facilities. Bedding and towels are supplied. See: https://www.phillipskop.co.za/ . The cost may reduce to R600 if all 10 places are taken. Bookings: email barbara3420@gmail.com or phone Barabara. Co-leader: Mervyn Henderson	Cost Member: R650 Visitor: R690 Limit: 10 Distance: 16km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Saturday 01/12/2018	Rosemary Paul Home Ph: 0784251880	Start Time: 13:30 End Time: 16:00 Rycroft Gate, Kirstenbosch	KIRSTENBOSCH- KLAASENBOSCH TRAIL - DIEP RIVER TRAIL GREENBELT Easy Hike Walk from Rycroft Gate, Kirstenbosch, down to the Klaasenbosch Trail and across to Diep River Trail and up this till we find a suitable tea spot. Wonderful walk especially if the rivers are flowing. Bring tea, water and car guard money.	Cost Member: R0 Visitor: R20 Limit: Distance: 5km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes

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Sunday 02/12/2018	Phillip Williams Home Ph: 0215311620	Start Time: 08:00 End Time: 16:30 Phone convenor	KROM RIVER Moderate Hike Walk through riverine forest along the Krom River gorge in Du Toit's Kloof and up to champagne rock pools. The path follows the river up the valley and when it veers up onto the hill, we have amazing views of the surrounding mountain peaks. There are swimming spots dotted along the way with the end two pools and waterfalls being well worth the extra effort. Bring sunblock and costume for swimming. This hike is subject to permit availability. Wild card or cash for the permit.	Cost Member: R40 Visitor: R60 Limit: 12 Distance: 8km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: 04/11/18 End: 18/11/18 Children Welcome: No
Sunday 09/12/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:30 End Time: 16:00 Email/ Phone convenor	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. Bookings mervyn.henderson@gmail.com or phone Mervyn.	Cost Member: R0 Visitor: R20 Limit: 10 Distance: 11km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: 03/12/18 End: 08/12/18 Children Welcome: No
Saturday 15/12/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:00 End Time: Email/phone convenor	KOGELBERG- PALMIET RIVER Easy Hike Easy hike along the river to swimming pool and back. Best fynbos in the Cape! Bring costume and money for permit and tea afterwards. Hike suitable for beginners. Bookings mervyn.henderson@gmail.com or phone Mervyn	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: 10/12/18 End: 14/12/18 Children Welcome: No
Sunday 16/12/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: 09:00 End Time: Silvermine pay gate, Silvermine dam parking	SOCIAL- CHAMPAGNE BREAKFAST Annual end of year get together. Bring breakfast goods, orange juice and a glass for champagne and expect to have a good time!	Cost Member: R0 Visitor: R20 Limit: Distance: 1km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 22/12/2018	Debbie Marshbank Home Ph: 0734575121	Start Time: 16:00 End Time: 19:30 Glencairn Spar	ELSIE'S PEAK SOUTHERN APPROACH - FULL MOON Moderate Hike Hike up from Glencairn side to the top of Elsie's Peak. Fabulous views across False Bay with a grandstand view of the full moon rising. Bring your picnic and drinks for a sociable supper!	Cost Member: R0 Visitor: R20 Limit: Distance: 5km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Saturday 29/12/2018	Debbie Marshbank Home Ph: 0734575121	Start Time: 14:00 End Time: 17:00 Alphen Drive Constantia parking	CONSTANTIA- ALPHEN TRAIL-CECILIA- KLAASENBOSCH TRAIL Moderate Hike From Alphen Drive, walk up the Greenbelt of the Diep River up to Southern Cross Drive and Rhodes Drive, then into Cecilia Plantation, heading up the Old Rhodes Drive, and then turning south hike up to the next level for great views over the southern Peninsula. Descend to Cecilia carpark and return via the Klaasenbosch and Alphen Trails back to the cars.	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Wednesday 02/01/2019 to Monday 07/01/2019	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone convenor	SHIPWRECK TRAIL - PORT ALFRED TO THE FISH RIVER Moderate Hike Places available A wonderful coastal trail in the Eastern Cape. Day 1: Start at Port Alfred Eastern Beach to Milkwood hut on Rufane Farm (±8,6km). Day 2: Rufane Farm to Riet River Tree Houses (±13,67km). Day 3: Tree Houses to Three Sisters (±6,97km). Day 4: Three Sisters to Kleinemonde West River mouth (±2.9 km) then 9 km paddle & ±3 km hike to Lily Pad Hut. Reaching Nyala Valley Game Reserve you shoulder your backpacks for the hike to the overnight hut, where you can enjoy the beauty of the reserve, looking out for nyala, giraffe, impala, zebra, wildebeest, etc. The overnight hut is set in an indigenous forest. Day 5: Lily Pad Hut to Stone Cottage (3 km hike & 8 km paddle back to river mouth) plus ±10km hike to cottage. Day 6: Stone Cottage to Fish River Mouth (±14,34km). For more details go to http://www.shipwreckhiking.co.za/hike2.html . Bookings email mervyn.henderson@gmail.com	Cost Member: R1360 Visitor: R1480 Limit: 12 Distance: 80km Fitness: Fit Exposure: None Technical: Walk Booking Start: 01/07/18 End: Children Welcome: No
Saturday 05/01/2019	Rosemary Paul Home Ph: 0784251880	Start Time: 13:30 End Time: 17:30 Parking on side of pay gate at Silvermine	SILVERMINE- 'ROSIES' PEAK Moderate Hike Walk from Main Gate parking down the road over the river and up the back path which loops round and we turn off to 'Rosies' Peak. Bring tea and water. Wild/Green card or pay cash at the gate	Cost Member: R50 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No

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Sunday 06/01/2019	Geoff Tinker Home Ph: 0217827757	Start Time: 08:15 End Time: 16:00 Glencairn Spar to share transport	CAPE POINT- GIFKOMMETJIE TO CAPE POINT Moderate Hike Walk from Gifkommetjie via Platboom and Neptune's Dairy along the Atlantic coast to the Cape of Good Hope and ascend the cliffs past Dias Beach to Cape Point. Spectacular views from the cliffs. Car shuttle required. Wild/Green card or cash for entrance fee. Meet at Glencairn Spar at 08:15 to share transport or at Gifkommetjie parking at 09:00.	Cost Member: R0 Visitor: R20 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Thursday 21/03/2019 to Sunday 24/03/2019	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Email/Phone convenor	GROOTVADERSBOS- BUSHBUCK & GRYSBOK TRAILS Moderate Hike Grootvadersbosch Nature Reserve is situated in the Langeberg, about 22 km northwest of Heidelberg, and comprises 250ha of indigenous forest. Hike the Bushbuck (10 km) and Grysbok (15 km) trails in indigenous forest and mountain fynbos. The cabins are all 3/4-sleepers, with two bedrooms, an inside braai area, kitchen, lounge with fireplace and an outside braai area. Kitchens are fully equipped with an electric fridge, freezer, microwave, toaster and gas stove with four burners. Bedding and towels are provided. Bookings mervyn.henderson@gmail.com or phone Mervyn.	Cost Member: R0 Visitor: R20 Limit: 8 Distance: 26km Fitness: Average Exposure: None Technical: Walk Booking Start: 01/02/19 End: Children Welcome: No
Friday 19/04/2019 to Monday 22/04/2019	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Email/Phone convenor	CEDERBERG- HEUNINGVLEI HIKES Moderate Hike This magnificent area of the northern Cederberg has many excellent hikes, interesting rock formations, lovely views and beautiful fynbos, and few people! Drive to Heuningvlei and stay at the backpackers (http://heuningvlei.yolasite.com/). We will hike the Biedouw walk and Circular Route to Krakadouw Pass as well as visiting Bergkraal to hike the Circular walk via Boontjieskloof where there are wonderful pools to have a swim. Bookings mervyn.henderson@gmail.com or phone Mervyn.	Cost Member: R410 Visitor: R490 Limit: 12 Distance: 30km Fitness: Fit Exposure: None Technical: Walk Booking Start: 01/03/19 End: Children Welcome: No

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Saturday 10/08/2019 to Sunday 18/08/2019	Anthony Sneath Home Ph: 0217901671	Start Time: End Time: Phone convenor	<p style="text-align: center;">OKAVANGO KAYAK SAFARI, BOTSWANA - 2019</p> <p style="text-align: center;">Places available</p> <p>5 day/4 night kayak safari with Kayaktive Adventure Safaris from 10 to 18 August 2019.</p> <p>A usual day: waking up around 6 am with coffee, tea and biscuits around the campfire before setting off on a walk (where possible), usually about an hour and half. Breakfast is usually eggs, bacon/ boerewors/ sausage, toast and baked beans, coffee/ tea/ fruit juice. Guests set off in kayaks around 9.30 am & kayak until lunch, around 1 pm. stopping to game view along the way. After lunch, typically, cold meats, salad, bread, cheese, we usually paddle until around 4 pm when we stop, set up camp and relax a bit before going on an evening walk (where possible) of about an hour and half, come back to camp, shower and relax while dinner is cooked and served. Dinner is usually, chicken/ steak/ lamb/ kudu with rice/ pap/ potato/ couscous and butternut/ peas & carrots/ stir fry mixed veg. We cater for vegetarians, vegans and those with allergies and dietary restrictions, if informed when the booking is made.</p> <p>Accommodation: Campmor Timbavati, (or similar) 2 man tents 2,1m. x 2,1m. The bedding is bedrolls, with mattress, cotton sheet, duvet, pillow and extra blankets in winter.</p> <p>Safari is inclusive of all food, some soft drinks and beers, dinner wine, snacks, sweets, drinking water and National Park and/or Community Controlled Wildlife Management Area fees. Tsunami 125 single seat kayaks are supplied. A motorboat travels with the group carrying all eqt, food etc. The motorboat also assists as a deterrent and in protecting if we encounter Hippo and crocodiles, responding to any situation that may develop.</p> <p>Kwai safari: This is an 'old-style' safari with a large central luxurious and comfortable dining/entertainment/kitchen tent and surrounding accommodation tents, hot bush-style showers and long-drop toilets. Note that the camp is unfenced and curious elephants occasionally stroll through the campsite area. The days will be spent in the game-viewing vehicles in an area with good rivers and water generally, so there is a lot of game, including wild dogs the big 5 except rhino.</p> <p>Itinerary: Sat 10th: Arrive Maun SA Airlink 1:05 pm and transfer to The Bridge backpackers to overnight Sun 11h: Depart from Maun around 8.30 am. Motorboat aprox. 110 km up Boro River through Community Controlled wildlife Management Area (CCWMA) Ng.32 to Xaxaba, arriving aprox. 1pm. Have lunch, Spend afternoon motorboat into Moremi Wildlife Reserve for game / bird viewing. Get back to camp, Xaxaba in evening. Mon 12th: Breakfast around 7.30 am. Pack camp and start kayak, Kayak approx.30 km. downstream back toward Maun, Lunch en-route, arrive camp Moporota around 4pm. Set up camp, evening game walk Tues 13th: Wake around 5.30 am, Tea/Coffee, biscuits, go for game walk back in camp around 8 am, breakfast, Kayak approx.25 km, lunch en-route, arrive camp Loop around 4 pm. Set up camp, evening walk Wed 14th: Same as previous day kayak approx. 30 km. Arrive camp Chonomo around 4 pm. Thurs 15th - Sun 18th: Same kayak approx. 25km to Buffalo fence (border of CCWMA) about 3 pm, Motorboat back to Maun, arriving around 3.30pm. Transfer to Khwai, 125 km from Maun. Fri 16 & Sat 17: Khwai Sun 18/8: Transfer to Maun airport & depart CT SA Airlink approx. 13:35 pm</p> <p>NOTE: there is an element of risk on safari</p> <p>Bookings: Call Ant. Cost of R20 000,00 per person is an estimate only. There is a R200,00 per person surcharge for visitors, payable with the deposit. To secure your place, a deposit of R3300,00 per person to be paid to TCSA on booking . Please use your surname & 'Bots' as a reference. For more details call Ant. NOTE: the trip will be cancelled if there are insufficient numbers.</p>	Cost Member R20000 Visitor: R0 Limit: 12 Distance: 0km Fitness: Exposure: Technical: Booking Start: 05/07/18 End: Children Welcome: No

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<p>IMPORTANT NOTES</p> <ul style="list-style-type: none"> · 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 Margarethe Schaefer immediately at margaretheschaefer@gmail.com or tel. no. 0214480238 <ul style="list-style-type: none"> · 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. <p>Emergency Phone Numbers: Mountain Rescue 107 or 021-9370300 Ambulance 10177 Flying Squad 10111 City Emergency 021-4807700 Mountain Fires 107 Emergency Codes: Need help: 6 Blasts/Flashes, Long Pause (Repeat). Have heard distress call: 3 Blasts/Flashes, Long Pause (Repeat)</p> <p>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</p>				