



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

09/01/2018 to 30/08/2018

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 and in the Newsletter

Date	Convener	Meeting Details	Event Description	Notes
Saturday 13/1/2018	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: 17:00 Newlands Forest Heli parking	TABLE MTN- NEWLANDS FOREST Easy Hike A circular route through Newlands Forest following shady, less frequented paths where possible. Bring: car guard money, water and tea snack and celebrate Rosemary's birthday :) No children and dogs.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Sunday 14/1/2018	Helen Faure Home Ph: 0216853426	Start Time: 09:00 End Time: 12:00 Phone convener	SILVERMINE- CHAPMAN'S PEAK FROM CP DRIVE Moderate Hike A steep hike straight up to the top of Chapman's Peak from the drive. On a clear day you can see forever!	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 20/1/2018	John Powell Home Ph: 0217832577	Start Time: 13:30 End Time: 17:00 Silvermine Reservoir parking	SILVERMINE- AMPHITHEATRE PATH AROUND SILVERMINE DAM Moderate Hike A high level circuit of Silvermine Dam via Steenberg Ridge and the Amphitheatre path. Bring Wild card, ID & confirmation letter / Green card or R50 for entry.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 21/1/2018	Debbie Marshbank Home Ph: 0734575121	Start Time: 07:00 End Time: 18:00 Phone convener	ELANDSPAD Moderate Hike Hike up the Elands River, first along the side of the valley and boulder hopping in the river bed. Not for beginners. A long day. Wildcard nos. required or pay a fee.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 12km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: 14/01/18 Children Welcome: No
Sunday 28/1/2018	Deborah Shearing- Home Ph: 0215322939	Start Time: 07:30 End Time: 18:30 Phone convener	BUCHUKLOOF - KLOOFING Moderate Hike A full day from Nuweberg Forest station, near Grabouw, up the jeep track to Buchukloof to where the rockhopping, kloofing and swimming begin in this beautiful kloof. Jumping down into pools required making the ability to swim a requirement. Expect the unexpected! This version has not been done before but has been reced.Bring Wildcard or money for permit, money for fuel share & refreshments. Bookings: agnodas@gmail.com	Cost Member: R0 Visitor: R20 Limit: 8 Distance: 14km Fitness: Fit Exposure: Mild Technical: Walk Booking Start: End: 27/01/18 Children Welcome: No
Saturday 3/2/2018	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: 17:00 Silvermine Mountain Bike parking	SILVERMINE- STEENBERG RIDGE & SILVERMINE RIVER Easy Hike From the Mountain Bike car park we will walk along the top of Steenberg Ridge (The Crags) then down to the dam for tea. Round the dam and back down the river to the cars. Bring: car guard money, water and tea snack. Entry free with Wildcard/Greencard or pay R50. No children or dogs.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: No
Sunday 4/2/2018	Tommy Hiscock Home Ph: 0217127476	Start Time: 08:00 End Time: 16:00 Cecilia parking.	TABLE MTN- SKELETON GORGE, ACQUEDUCT, DAMS & CECILIA RIDGE Moderate Hike An initial warm up walk along Contour path to Skeleton Gorge, followed by a shady climb up to top, then onto the Aquaduct to view Disas. From there we'll proceed down Disa Gorge (may spy more Disas), past the Waterworks Museum, cross over dam, and eventually down shady zig zags back to Cecilia. A slow pace with plenty of water/rest stops will be maintained.. Bring money for car guard, lunch. Phone enquires before 8 pm please.	Cost Member: R0 Visitor: R20 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: No
Saturday 10/2/2018	Helen Faure Home Ph: 0216853426	Start Time: 14:00 End Time: Sunbird Centre, 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.	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
Sunday 11/2/2018	Debbie Marshbank Home Ph: 0734575121	Start Time: 07:30 End Time: Phone convenor	STEENBRAS RIVER - CRYSTAL POOLS Moderate Hike Hike up the beautiful kloof of the Steenbras River with swimming en route a Crystal Pools. Bring your costume and money for entry.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Saturday 17/2/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: 14:00 End Time: 17:00 Silvermine east non-pay carpark	SILVERMINE- KALK BAY MT Moderate Hike From the Silvermine east carpark we will hike on the jeep track to the waterfall and then past Maiden Peak and up to the Amphitheatre for tea. On the return journey we will hike up to Kalk Bay Mt and across the top, descending to the jeep track via Speciosa Valley, and back to the carpark via the Old Fishermans' Path. Bring snack & tea.	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 18/2/2018	Brian Ford Home Ph: 0215312660	Start Time: 07:30 End Time: Phone/email to book	HAPPY VALLEY- WIT RIVER Moderate Hike Hike from Eerste Tol along the path to Happy Valley, joining the jeep track and then descending to the Wit River at the Limietberg hut or closer to the weir. Swim at the beautiful pool below the weir and return via the Wit River gorge to Eerste Tol. Lots of boulder hopping in the river. Wildcard no. or entry fee. Bookings: email brian@solutions4storage.co.za or cell 083 896 7904.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: 14/02/18 Children Welcome: No
Sunday 25/2/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:00 End Time: Silvermine Dam carpart	ANNIVERSARY HIKE- SILVERMINE- NOORDHOEK PEAK VIA AMPHITHEATRE PATH Moderate Hike New venue for the Anniversary Hike: starting at the car park below Silvermine dam, walk up Steenberg Ridge, across to Noordhoek Peak for champagne, along the North Amphitheatre path and back to the car park. Bring: your glass for champagne; costume for swimming in the dam; Wildcard/Greencard for entry or pay the fee.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 3/3/2018	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: 17:00 Cecilia parking	TABLE MTN- CECILIA FOREST RAMBLE Easy Hike Come and enjoy a mostly shady walk in the cork forest. Bring: car guard money, water and tea snack.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Sunday 4/3/2018	Deborah Shearing- Home Ph: 0215322939	Start Time: 07:30 End Time: 17:00 Phone convenor	JONKERSHOEK WATERFALLS Moderate Hike A walk in the Jonkershoek nature reserve along the Eerste River past First Waterfall, followed by a steep climb along a gorge to the foot of Second Waterfall. Bring costume, wild card and cash for snack/petrol costs. Rain cancels. Bookings: agnodas@gmail.com	Cost Member: R0 Visitor: R20 Limit: Distance: 7km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: No
Saturday 10/3/2018	John Powell Home Ph: 0217832577	Start Time: 13:00 End Time: 17:00 Silvermine east non-pay carpark	SILVERMINE- WOLFKOP, STEENBERG, SPLITKOP Moderate Hike Hike up Wolfkop, over Steenberg Higher Peak shoulder, across to masts then up Splitkop to Fat Ladies Cave. Return to car park. Great views. Bring your tea/snacks and money for the car guard.	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: No
Sunday 11/3/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: 07:30 End Time: 15:30 Phone convenor	DUTOITSKOP- MONT ROCHELLE, FRANSCHHOEK Moderate Hike Hike from Mont Rochelle at the top of the Franschoek Pass to Breakfast Rock and then on to Dutoitskop (1419 m), a climb of 660 m, and return via the same route. excellent views of Franschoek from the top. Looking to the west, Lion's Head and Table Mountain can be seen on a clear day through the Helshoogte gap between Simonsberg and Groot Drakenstein Mountain. Lunch in Franschoek after the hike. Bring: R40 for permit and money for lunch.	Cost Member: R40 Visitor: R60 Limit: 12 Distance: 8km Fitness: Fit Exposure: None Technical: Walk Booking Start: 05/03/18 End: 10/03/18 Children Welcome: No
Sunday 18/3/2018	Brian Ford Home Ph: 0215312660	Start Time: 08:00 End Time: 17:00 Phone 083 896 7904 to book	SILVERMINE- CONSTANTIABERG CIRCULAR Moderate Hike Hike from Silvermine dam up to the plateau and on to Blackburn Ravine, then taking the path north past the managese mines and up to Vlakkenberg Neck. Hike along the front contour path of Constantiaberg and descend back to the cars. Bring Wild/Green card or money for entrance.	Cost Member: R0 Visitor: R20 Limit: Distance: 12km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: Children Welcome: No

Date	Convenor	Meeting Details	Event Description	Notes
Wednesday 21/3/2018	Margarethe Schaefer Home Ph: 0214480238	Start Time: 09:00 End Time: 17:00 Phone/ email convenor	BETTY'S BAY TO PRINGLE BAY 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. 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. Bookings: margaretheschaefer@gmail.com or 082 701 3105.	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: 15/03/18 End: 20/03/18 Children Welcome: No
Saturday 24/3/2018	Debbie Marshbank Home Ph: 0734575121	Start Time: 09:00 End Time: Cecilia parking	TABLE MTN- CECILIA FOREST TO RHODES MEMORIAL Moderate Hike After a car shuffle, we walk up to the contour path from Cecilia Forest and on to Rhodes Memorial. Mostly on the contour with some steep ups and downs. Lovely views of the southern Peninsula across False Bay. Drinks & eats at the Rhodes Memorial Cafe. Bring: money for car guard and eats at RM.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Thursday 29/3/2018 to Thursday 5/4/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone/email convenor	HOGSBACK HIKES Moderate Hike Hogsback is famous for its 3 flat-topped Hogsback Mountains, the spectacular views, indigenous forest and plethora of waterfalls. It is situated high up on the Amathole mountains of the Eastern Cape and is surrounded by centuries-old indigenous Afro-montane forests (http://www.hogsback.co.za). Enjoy a variety of hikes during our stay and chill out in beautiful surroundings. Weather is usually sunny and cool at this time of year. Accommodation at Little Dene (http://www.littledene.co.za/). Cost R1100 per person for Little Dene only. Distance to Hogsback from CT is 960 km and will be done over 1,5 days. Accommodation en route still to be finalised. Bookings: mervyn.henderson@gmail.com or call me at home.	Cost Member: R0 Visitor: R20 Limit: 8 Distance: 30km Fitness: Average Exposure: Technical: Walk Booking Start: End: Children Welcome: No
Sunday 8/4/2018	Debbie Marshbank Home Ph: 0734575121	Start Time: 08:30 End Time: 12:30 Silvermine dam parking	SILVERMINE- CONSTANTIABERG VIA TOKAI LOOKOUT Moderate Hike Hike up Constantiaberg via Tokai Lookout and down Hout Bay side to the top of Blackburn Ravine and back to the dam. Rain cancels. Bring your costume for a swim in the dam at the end of the hike. Bring your Wildcard or pay entry fee.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Booking Start: End: Children Welcome: Yes
Saturday 14/4/2018	Deborah Shearing- Home Ph: 0215322939	Start Time: End Time: Stone Cottages Kirstenbosch	RIVER CLUB TO KIRSTENBOSCH Easy Hike Walk from the River Club through suburbia and forested areas along the Liesbeek River to Kirstenbosch. Shuttle required to River Club.	Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 15/4/2018	Margarethe Schaefer Home Ph: 0214480238	Start Time: 08:30 End Time: 16:00 Theresa Ave, Rontree Estate, Camps Bay	TABLE MTN- TRANQUILITY CRACKS VIA WOODY RAVINE Moderate Hike Starting from Theresa Avenue, we will make our way up Woody Ravine to one of the truly magical areas on top of the mountain. Great views and facinating rock formations abound. Return via Corridor Ravine.	Cost Member: R0 Visitor: R20 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: No
Saturday 21/4/2018	Helen Faure Home Ph: 0216853426	Start Time: 14:00 End Time: Noorhoek beach parking	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 22/4/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: 07:30 End Time: 18:00 Phone/email convenor	KOGELBERG- PERDEBERG FROM FAIRY GLEN Moderate Hike From Fairy Glen at the Palmiet River, hike up to Perdeberg Peak (647 m) taking the path north where it joins the path to Kleinmond. Return via Spook Nek, around 3 Sisters and Kasteelkop Nek. This is a recce hike and will be done at a moderate pace. Bookings: mervyn.henderson@gmail.com	Cost Member: R0 Visitor: R20 Limit: 10 Distance: 14km Fitness: Fit Exposure: None Technical: Walk Booking Start: 17/04/18 End: 21/04/18 Children Welcome: No

Date	Convenor	Meeting Details	Event Description	Notes
Friday 27/4/2018 to Tuesday 1/5/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone/email convenor	CEDERBERG- SNEEUBERG & OTHER HIKES FROM DRIEHOEK Moderate Hike We will be based at Driehoek. Due the recent fire, only hikes south of Driehoek are open. Day 1: drive to Driehoek. Day 2: 12 km: drive to the end of the jeep track and then hike up to the Maltese Cross and up the southern end of Sneeuberg to the top at 2027 m. A 1130 m climb with high exposure near/at the top as well as spectacular views. You can hike as far as you are able to if the top is too far. Return the same route. Day 3: Short walk in the Driehoek area Day 4: 12 km: hike up from Eikeboom to the Sneeuberg Hut and return the same route, or 16 km hike along Krom River to Disa Pool . Day 5: return home. Driehoek has several places to swim. Bookings: mervyn.henderson@gmail.com	Cost Member: R0 Visitor: R20 Limit: 10 Distance: 33km Fitness: Fit Exposure: Technical: Easy scramble Booking Start: 15/01/18 End: Children Welcome: No
Sunday 6/5/2018 to Saturday 19/5/2018	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone/email convenor	DRAKENSBERG - MONT-AUX-SOURCES, ROYAL NATAL & INJISUTHI Moderate Hike The itinerary for this trip is not yet fixed, but should include a trip to the top of Mont aux sources, hikes in Royal Natal National Park and Injisuthi. The trip is planned to include a hike to the top of Mont-aux-sources, hikes in Royal Natal National Park and Cathedral Peak. Hikes will range from difficult to moderate to strenuous and from 5 to 19 km. Alternative options might be available for the strenuous, long hikes. A moderate to fit level of fitness will be required, depending on the hike. Access to Mont-aux-sources will be via the chain ladders. Accommodation cost per person: Witsieshoek Hikers Cabin - 3 nights total R1800 Mahai Campsite in Royal Natal NP: 4 nights total R320 or Tendele 4 bed chalets in RNNP: 4 nights total R4000 Injisuthi 8 bed group cabin: 4 nights total R1300 and Injisuthi Campsite: 4 nights total R380 D, B&B en route Prior Grange: 2 nights total R1140 Total accommodation approx. R3640 for camping to R8240 for chalets A 20% discount applies to people over 60 :-) Estimated cost of transport: R3300 for 3 people in a vehicle: approximately R1100 each Entry to parks: free with Wild card or R45 per night total R450 Requirements for camping: a tent or shared tent; mattress, good sleeping bag, cooking equipment and a good sense of humour if weather conditions are wet! Bookings: email mervyn.henderson@gmail.com or call Mervyn	Cost Member: R0 Visitor: R0 Limit: 10 Distance: 70km Fitness: Fit Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: No
Thursday 9/8/2018 to Sunday 12/8/2018	Brian Ford Home Ph: 0215312660	Start Time: End Time: Phone/email convenor	GIFBERG Moderate Hike A wonderful hiking retreat in Namaqualand (Vanrhynsdorp area). Amazing spring flowers, rock formations, authentic Bushman paintings and incredible beauty. Hike the Bushman Trail (10,5 km) and Gifboom Trail. There is also the Pothole walk. Home-from-home, well fitted cottages with electricity and beds & bedding. Bring food and winter hiking kit. Bookings: brian@solutions4storage.co.za or cell 083 896 7904.	Cost Member: R770 Visitor: R830 Limit: 12 Distance: 27km Fitness: Average Exposure: None Technical: Walk Booking Start: 01/06/18 End: Children Welcome: Yes

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