



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

19/09/2017 to 13/01/2018

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 and in the Newsletter

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 Houdenbek Farm in the Fisant and Tarentaal cottages (http://houdenbek.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
Saturday 23/9/2017	Derrick Robinson Home Ph: 0217123566	Start Time: 14:00 End Time: 17:00 Simon's Restaurant parking, Groot Constantia Estat	GROOT CONSTANTIA CIRCUMNAVIGATION Moderate Hike A circular route through the vineyards of Groot Constantia with unusual views of Constantia Valley. Please have lunch before the hike. Tea stop may not be possible. Bring money for drinks a Simon's Restaurant afterwards. Call Derrick for directions if in doubt.	Cost Member: R0 Visitor: R20 Limit: Distance: 5km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 1/10/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:00 End Time: 13:00 Phone/ email mervyn.henderson@gmail.com	TABLE MTN- CONSTANTIA CORNER Moderate Hike From Constantia Nek hike up to the ridge overlooking Hout Bay valley. Ascend via a short rock scramble to Belle Ombre peak (725 m) and continue over rock ridges past Camel Rock to De Villiers Dam. Return via Clayton's Road and the Hoerikwaggo Trail to Constantia Nek.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 8km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: 25/09/17 End: Children Welcome: Yes
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 WAITING LIST ONLY. 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 8/10/2017	Margarethe Schaefer Home Ph: 0214480238	Start Time: 08:00 End Time: 16:00 Phone convenor cell 0827013105	TABLE MTN- GROOTKOP VIA OUDEKRAAL RAVINE Difficult Hike Hike along the Pipe Track and up Oudekraal Ravine and then via the northeast route to the top of Grootkop. An interesting route with great views. Return via Kasteelspoort.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 12km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: 01/10/17 End: Children Welcome: No
Saturday 14/10/2017	John Powell Home Ph: 0217832577	Start Time: 13:30 End Time: 17:30 Silvermine pay gate 1 parking	SILVERMINE- SILVERMINE RIVER & BOKKOP Moderate Hike Walk from carpark at the entrance to Silvermine up the Silvermine River to the reservoir, then around the reservoir and along the Noordhoek Peak road, branching off to the east on a path that goes past Bokkop before turning north to return to the carpark. Bring your Wildcard & ID for pay R50 entrance fee.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 15/10/2017	Derrick Robinson Home Ph: 0217123566	Start Time: 08:30 End Time: 14:30 Non-pay parking on South side of Silvermine	SILVERMINE- LOWER STEENBERG & SPLITKOP Moderate Hike Climb Lower Steenberg peak via a less frequented path and explore Splitkop. Some easy scrambling on the way.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No

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Saturday 21/10/2017	Debbie Marshbank Home Ph: 0217970867	Start Time: 09:00 End Time: 11:30 Parking on Alphen Dr just before the hotel	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 Klaassenbosch 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
Sunday 22/10/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: 06:30 End Time: 18:00 Phone/ email mervyn.henderson @gmail.com	JONKERSHOEK - PANORAMA FROM KURKTRERKER Difficult Hike A strenuous circular route starting at the top of the Jonkershoek Valley. Hike up the valley past the two waterfalls and ascend 700 m up the Kurktrekker to the nek above Buchukloof. Rest before heading north along the rim of the valley up to 1200 m and then descend to the Berg River Nek and back to the cars. Bring your Wildcard or pay R40 at the gate.	Cost Member: R0 Visitor: R20 Limit: 8 Distance: 17km Fitness: Fit Exposure: Mild Technical: Walk Booking Start: 16/10/17 End: Children Welcome: No
Saturday 28/10/2017	Helen Faure Home Ph: 0216853426	Start Time: 14:00 End Time: 17:00 Sunbird Centre, Silvermine Road, 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 on the same route.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 29/10/2017	Geoff Tinker Home Ph: 0217827757	Start Time: 08:00 End Time: 15:30 Theresa Ave, Camps Bay	TABLE MTN - KASTEELS POORT - MACLEARS - CABLEWAY Moderate Hike From Theresa Ave the hike goes up Kasteels Poort and then through the Valley of the Red Gods and Echo Valley to Maclears Beacon. Return along the front face of the mountain to the Cable Station and down to Tafelberg Road. Car shuffle required. Bring R135 for cableway. 20% discount for Wild/Green card holders.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 4/11/2017	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: Parking just inside Silvermine pay gate 1	SILVERMINE- SILVERMINE RIVER WALK Easy Hike A shady walk along the Silvermine River up to the dam and back. Bring money for entrance fee or Wild Card.	Cost Member: R0 Visitor: R20 Limit: Distance: 5km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 5/11/2017	Margarethe Schaefer Home Ph: 0214480238	Start Time: 08:00 End Time: 16:00 Phone convenor cell 0827013105	JONKERSHOEK WATERFALLS Moderate Hike An easy ramble 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 swimming costume, wild card or cash for entry.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 7km Fitness: Average Exposure: Mild Technical: Walk Booking Start: 01/11/17 End: Children Welcome: Yes
Saturday 11/11/2017	Denise Hopkins Home Ph: 0217902510	Start Time: 14:00 End Time: 17:00 Constantia Nek parking	TABLE MTN- CONSTANTIA NEK TO KIRSTENBOSCH Moderate Hike Starting at Constantia Nek, hike along the old forestry paths to Kirstenbosch and back. Bring tea and snacks. Rain cancels.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 12/11/2017	Anthony Sneath Home Ph: 0217901671	Start Time: 08:00 End Time: 16:00 PnP parking, Constantia or 9:30 at Betty's Bay	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 & ID or pay cash. Please book with Ant if you intend meeting him in Betty's Bay.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 12km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: No

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Friday 17/11/2017 to Sunday 19/11/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: End Time: Phone/ email mervyn.henderson @gmail.com	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 new cabins are all 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. Cost does not include the conservation fee (Wildcard or R40 per day). Additional accommodation may be booked if demand exceeds 8 people.	Cost Member: R500 Visitor: R560 Limit: 8 Distance: 25km Fitness: Average Exposure: None Technical: Walk Booking Start: 04/09/17 End: Children Welcome: No
Saturday 25/11/2017	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: Peddlars-on-the- Bend, Spaanschemat River Road	CONSTANTIA - GREENBELT TO TOKAI PARK Easy Hike Walk across Spaanschemat River Road and head down the Keyzers River to Tokai Park for tea.	Cost Member: R0 Visitor: R20 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 26/11/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: 07:30 End Time: 18:00 Phone/ email mervyn.henderson @gmail.com	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.	Cost Member: R0 Visitor: R20 Limit: 10 Distance: 14km Fitness: Fit Exposure: None Technical: Walk Booking Start: 20/11/17 End: Children Welcome: No
Saturday 2/12/2017	Debbie Marshbank Home Ph: 0217970867	Start Time: 16:00 End Time: 19:30 BP Garage, Glencairn	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: Yes
Sunday 3/12/2017	Helen Faure Home Ph: 0216853426	Start Time: 09:00 End Time: 12:00 Phone convenor	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 9/12/2017	Geoff Tinker Home Ph: 0217827757	Start Time: 13:00 End Time: 17:00 Scarborough beach carpark	SCARBOROUGH- KLEINPLAAS DAM Moderate Hike From Scarborough, hike up to the plateau, past Platberg, between the gap of Vlooiberg and Grootkop and down to Klein Plaas Dam. Return on the jeep track around Grootkop and then turn off to take the path south west directly to Scarborough. Tea, snacks or drinks at The Hub afterwards.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 10/12/2017	Mervyn Henderson Home Ph: 0217950092	Start Time: 08:00 End Time: 16:00 Phone/ email mervyn.henderson @gmail.com	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. Enjoy tea or coffee at the cafe after the hike. Entry fee discount of R10 for pensioners.	Cost Member: R20 Visitor: R40 Limit: 12 Distance: 10km Fitness: Average Exposure: Mild Technical: Walk Booking Start: 04/12/17 End: Children Welcome: Yes
Saturday 16/12/2017	Denise Hopkins Home Ph: 0217902510	Start Time: 09:00 End Time: TBD	SOCIAL- CHAMPAGNE BREAKFAST Annual end of year get together. Bring skottel, breakfast goods, orange juice and a glass for champagne and expect to have a good time!	Cost Member: R0 Visitor: R20 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Sunday 17/12/2017	Anthony Sneath Home Ph: 0217901671	Start Time: 08:00 End Time: 17:00 PnP parking, Constantia or 9h30 at Betty's Bay	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. Bring your Wildcard & ID or pay cash. Please book with Ant if you intend meeting him in Betty's Bay.	Cost Member: R0 Visitor: R20 Limit: 12 Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 23/12/2017	Debbie Marshbank Home Ph: 0217970867	Start Time: 13:30 End Time: 16:30 Carpark just inside Silvermine pay gate	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 Crags) then down to the dam for tea. Round the dam and back down the river to the cars. Bring your Wildcard or pay at the gate. Bring your swimming costume for a swim in the dam!	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 30/12/2017	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: 17:30 Carpark at Silvermine non- pay (southern) gate	SILVERMINE- ST JAMES PEAK Moderate Hike Walk from the car park to Junction Pool then up past Muizenberg Cave and on to St James Peak. Bring water, tea, snacks and R5 for car guard.	Cost Member: R0 Visitor: R20 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: 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 WAITING LIST ONLY Day 1: 3,6 km/ 1 hr: The hike commences at Natures Valley and skirts the lagoon to Kalander, 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