



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

09/09/2017 to 17/09/2017

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 9/9/2017 | Rosemary Paul Home Ph: 0784251880 | Start Time: 13:30 End Time: 16:30 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 |
| Sunday 10/9/2017 | Margarethe Schaefer Home Ph: | Start Time: 09:00 End Time: 16:00 Phone convenor on 0827013105 | OSTRICH TRAIL, GROTTO BAY Easy Hike About 60 km up the West Coast is the Grotto Bay Nature Reserve which forms part of the Cape West Coast Biosphere. Hike through the strandveld and on the beach. It is spring and, hopefully, we will see wild flowers blooming. We will do a circular walk, going inland first, through fynbos, and then wend our way down to the beach. This is a relaxed and easy day out in the sunshine to admire the flowers along our West Coast. We may, afterwards, have a drink of your choice at either Blue Peter or Ons Huisie or Café on the Rocks. We will play that by ear! | Cost Member: R0 Visitor: R20 Limit: 16 Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: 04/09/17 End: 09/09/17 Children Welcome: No |
| Saturday 16/9/2017 | John Powell Home Ph: 0217832577 | Start Time: 13:30 End Time: 16:30 Slangkop Lighthouse parking - Kommetjie | SLANGKOP Difficult Hike A fit hike requiring some bundu bashing and scrambling. Wonderful views and flowers on this hike. Transfer of cars will be necessary as the hike will be starting in Scarborough, across Klaasjagersberg and ending in Simonstown. | Cost Member: R0 Visitor: R20 Limit: Distance: 14km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes |
| Sunday 17/9/2017 | Helen Faure Home Ph: 0216853426 | Start Time: 09:00 End Time: 14:30 Parking at Silvermine dam. Entry at main pay gate | SILVERMINE- NOORDHOEK PEAK & BLACKBURN RAVINE LOOKOUT Moderate Hike From the Silvermine dam car park, hike via the jeep track to the top of Noordhoek Peak, then along the Skyline Panorama Path to the lookout at the top of Blackburn Ravine, then turn east to rejoin the jeep track and return to the cars. Stunning views all around! | Cost Member: R0 Visitor: R20 Limit: Distance: 9km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No |
| Friday 17/11/2017 to Sunday 19/11/2017 | Mervyn Henderson Home Ph: 0217950092 | Start Time: End Time: 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 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. See http://www.capenature.co.za/reserves/grootvadersbosch-nature-reserve/ | Cost Member: R500 Visitor: R560 Limit: 8 Distance: 25km Fitness: Average Exposure: None Technical: Walk Booking Start: 04/09/17 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