



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

06/03/2010 to 09/08/2010

PO Box 404

Bergvliet

7864

Website :

www.trailsclub.co.za

Chairperson : Conrad Thomas Tel. 0217822330
Day Hikes: Geoff Tinker Tel. 217827757
Trails: Brian Ford Tel. 215312660

The GRADING SYSTEM and HIKING NOTES are printed on the Website and in the Newsletter

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 06/03/2010	Tony Burton Home Ph: 217015021	Start Time: 08:00 End Time: 12:00 Upper Noreen Ave	LIESBEEK RIVER WALK Easy Hike We will have a champagne breakfast on the upper Liesbeek River after a hike from Kirstenbosch. We meet at upper Noreen Ave on the banks of the Liesbeek, leave cars with cool bags, skottels, champagne and breakfast. We will transfer some cars to the Kirstenbosch upper parking area and walk down the Liesbeek River back to our cars and the beautiful and transformed picnic site on the river	Cost Member: R0 Visitor: R10 Limit: Distance: 3km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 07/03/2010	Geoffrey Barton Home Ph: 217978916	Start Time: 08:00 End Time: 16:00 Phone convenor	HELDERBERG DOME Difficult Hike This will be a full days hike at a fast pace for fit hikers to the top of the Helderberg Dome. Bring rain gear, sunblock, lunch and plenty of water (min 2litres). This is a classic hike not to be missed for those who are up to it. Please phone Geoffrey to book at 021 797 8916 after 6pm.	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 15km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: 24/02/10 End: Children Welcome: No
Friday 12/03/2010	Rosemary Paul Home Ph: 0784251880	Start Time: 09:30 End Time: 12:30 Constantia Nek parking	ORANGEKLOOF HELLS GATE WATERFALL Moderate Hike From Constantia Nek we will be guided through this pristine area to the Hells Gate waterfall and then back to the start. Phone Rosemary to book as there is a limit of twelve people allowed on each hike. 078 425 1880	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Saturday 13/03/2010	Peter Petropulos Home Ph:	Start Time: 13:00 End Time: 16:30 Meet at entrance to the River Club	OLD CROCKS LIESBEEK RIVER WALK Easy Hike This will be a slow walk along the Liesbeek River from the River Club to the Josephine Mill in Newlands for tea. A slow walk back to the cars. All old crocks are welcome!	Cost Member: R0 Visitor: R10 Limit: Distance: 5km Fitness: Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 14/03/2010	Tony Burton Home Ph: 217015021	Start Time: 09:00 End Time: 14:30 Reserve entrance	BONTEBERG PEAK CAPE POINT Moderate Hike We will hike to the top of Bonteberg where there are magnificent views of the Atlantic and Scarborough as well as Cape Point. We will walk down 230 m to a beautiful white beach and a lagoon and river mouth where we can swim. There are no paths but the going is relatively easy. If you only walk on paths give this one a miss. Wear good boots and leggings	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 20/03/2010	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 17:00 Helipad parking	NEWLANDS FOREST TO RHODES MEM Moderate Hike We will walk through to the memorial and try to find the giant Ficus tree for our tea break if it is still there. Return via the contour path. Bring water, tea snack and R5 for the car guard	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 21/03/2010	Brian Ford Home Ph: 215312660	Start Time: 07:00 End Time: 17:00 Phone Brian 083 896 7904 or 531 2660	ROCK HOPPER BAINS KLOOF Difficult Hike Starting at Eerste Tol, hike down the Witte River to Tweede Tol by boulder hopping. Beautiful scenery and lots of swimming. Strenuous hike with no path, only for experienced rock hoppers with no knee or ankle problems	Cost Member: R25 Visitor: R35 Limit: 12 Distance: 12km Fitness: Fit Exposure: None Technical: Easy scramble Booking Start: 01/03/10 End: 15/03/10 Children Welcome: No
Friday 26/03/2010	Conrad Thomas Home Ph: 0217822330	Start Time: 19:30 End Time: 20:30 Long Gallery, Alphen Hotel, Constantia	ANNUAL GENERAL MEETING Our 28th Annual General Meeting! Elect the new committee and hear all about the activities of the Club. The Long Gallery is above the restaurant near the Boer & Brit pub at the Alphen. Come early and have a pub supper before the meeting	Cost Member: R0 Visitor: R0 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: No

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 27/03/2010	Geoff Tinker Home Ph: 217827757	Start Time: 13:30 End Time: 17:00 Cape Point carpark, just before bus area	CAPE POINT TO THE VISITOR'S CENTRE Moderate Hike Hike from Cape Point over the ridge to the Gold Fields Centre with spectacular views of both oceans. Hike down the cliffs to above Rooikrans (easy decent) and on to Buffels Bay, then up through the fynbos to the Visitor's Centre. Bring your Wild card and ID or entrance money. Allow time to get through the gate and to the Point . Car shuffle required	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 28/03/2010	Anthony Sneath Home Ph: 217901671	Start Time: 09:00 End Time: 16:00 Phone convenor	BOSS 400 WRECK Moderate Hike Hike from above Sandy Bay along the contour track to the blockhouse, then down a steep path and around the bay to the wreck. Some tricky areas with crumbly path on edge of steep drop! One easy rock scramble with a ladder. Low, overhanging branches on some of the path. No water en route. 4 hr actual hiking at moderate pace with return by the same route.	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No
Friday 02/04/2010 to Monday 05/04/2010	Brian Ford Home Ph: 215312660	Start Time: 08:00 End Time: 18:00 Phone convenor	GIFBERG 2 - 5 April EASTER WEEKEND Moderate Hike A wonderful hiking retreat in Namaqualand (Vanrhynsdorp area). Amazing 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. 320km from Cape Town. If you haven't been to Gifberg before this is your chance. A truly amazing area to spend a few days. Go to the web site for more details. Phone Brian at 083 896 7904 or 531 2660	Cost Member: R375 Visitor: R450 Limit: 21 Distance: 22km Fitness: Average Exposure: None Technical: Walk Booking Start: 08/02/10 End: 10/03/10 Children Welcome: Yes
Saturday 10/04/2010	Mervyn Henderson Home Ph:	Start Time: 14:00 End Time: 17:00 Cecelia car park	KIRSTENBOSCH CONTOUR PATH RAMBLE Moderate Hike From Cecelia Forest hike up to the contour path and head North to the bottom of Skeleton Gorge, then down the Smuts Track through Kirstenbosch Gardens for tea on the lawn, returning to Cecelia on a lower route	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 11/04/2010	Tommy Hiscock Home Ph: 0217127476	Start Time: 09:00 End Time: 15:00 Non pay parking, Silvermine	SILVERMINE - WOLFKOP & SPITZKOP Moderate Hike Hike up Wolfkop with some easy rock scrambling, return via a circular route	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: No
Thursday 15/04/2010 to Sunday 18/04/2010	Mervyn Henderson Home Ph:	Start Time: 08:00 End Time: 18:00 Email Mervyn	CEDERBERG CRACKS,WOLFBURG ARCH, MALTESE CROSS & SNEEUBERG Moderate Hike Weekend at Sanddrif resort, 250k from CT. Drive up on Thurs 15th. On 16th hike from Sandrift through the cracks and on to the Wolfberg Arch (13km round trip). On the 17th hike to the Maltese Cross (7km round trip) with an option to go up Sneeuberg (extra 10km) for the fit!. Return home on the 18th with an option to visit the Raadsaal Rocks with a fee payable. Members get preference. Cost is for accommodation only with extra for hiking permits ie Arch R50, M Cross R35. Bookings to Mervyn by email at: mervyn.henderson@gmail.com	Cost Member: R380 Visitor: R450 Limit: 12 Distance: 20km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: 08/02/10 End: 19/03/10 Children Welcome: Yes
Saturday 17/04/2010	Nerina De Villiers Home Ph: 217012355	Start Time: 13:30 End Time: 17:30 Silvermine non pay side	DASSIES KASTEEL TRAVERSE Moderate Hike Hike to the far side of Kleintuin Kop then ascend to the rock band where the traverse begins. A scramble leads to thr peak with great views. Descend via Berties Balcony. Rain cancels. Non members phone Nerina at 073 728 5361	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 18/04/2010	Rosemary Paul Home Ph: 0784251880	Start Time: 10:00 End Time: 16:00 Cecelia Forest parking	BACK TABLE MAGIC FOREST Moderate Hike We will go up Spilhouse Ravine in the shade then past the dam on to the Magic Forest. We will try to find the entrance to Wynberg Cave. Bring water, lunch and R5 for the car guard	Cost Member: R0 Visitor: R10 Limit: Distance: 14km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: Yes

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Saturday 24/04/2010	Mervyn Henderson Home Ph:	Start Time: 13:30 End Time: 17:00 Silvermine dam car park	SILVERMINE - PANORAMA ROUTE Moderate Hike From the Silvermine dam car park, hike to the top of Noordhoek Peak, then along the Panorama Path to the top of Blackburn Ravine, then turn east to rejoin the jeep track and return. Stunning views.	Cost Member: R0 Visitor: R10 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 25/04/2010	Tommy Hiscock Home Ph: 0217127476	Start Time: 09:00 End Time: 15:30 Cecelia Forest parking	SKELETON GORGE/NURSERY RAVINE Moderate Hike Hike up to the contour path and then up Skeleton Gorge. We will visit the museum and go around the dams and return via Nursery Ravine. Bring 2l water, lunch and rain jacket	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Fit Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: No
Saturday 01/05/2010	Rory Gilmore Home Ph: 217121516	Start Time: 13:00 End Time: 16:30 Meet inside the park at Olifantsbos parking area	CAPE POINT - SIRKELSVLEI Moderate Hike Hike from Olifantsbos inland to Sirkelsvlei for tea, then return via a circular route. Bring Wild Card + ID or entrance money. NOTE: No ID no entrance. Allow time to get through the entrance and to Olifantsbos	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 02/05/2010	Brian Ford Home Ph: 215312660	Start Time: 07:30 End Time: 16:30 Phone convenor	KLOOF NEK TO CONSTANTIA NEK Moderate Hike Walk from lower Cable Station up to the contour path, along the front face of Table Mountain, around Devils Peak and through Newlands Forest to Kirstenbosch and along the contour path to Constantia Nek. A long and strenuous full day with beautiful views. May be shortened if the weather is too hot. Car shuffle required. Phone Brian at 083 896 7904 or 531 2660	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 21km Fitness: Fit Exposure: None Technical: Walk Booking Start: 12/04/10 End: 28/04/10 Children Welcome: No
Saturday 08/05/2010	Rosemary Paul Home Ph: 0784251880	Start Time: 13:00 End Time: 17:00 Silvermine non pay side	SILVERMINE - BLOKHUISKOP Moderate Hike Hike along a little used track towards Blokhuiskop, then through Peter's Alley to Old Fart's Crack. Back to the cars via Bertie's Balcony. Bring R5 for car guard, water and snacks for tea	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 09/05/2010	Robin Cooper Home Ph: 215322939	Start Time: 08:30 End Time: 17:30 Cecelia forest parking 33° 59.898S 18° 25.591E	HOERIKWAGGO/ ASH VALLEY AND A FEW DAMS Moderate Hike Hike up Spilhaus Ravine onto the back table. We will pass the Devilliers, Alexandra, Victoria, Woodhead and Hely Hutchinson dams. We will return using the Ash Valley path. Bring R5 for car guard	Cost Member: R30 Visitor: R40 Limit: Distance: 12km Fitness: Fit Exposure: Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Saturday 15/05/2010	Geoffrey Barton Home Ph: 217978916	Start Time: 12:30 End Time: 16:00 Phone convenor	MYBURG WATERFALL Moderate Hike Start at Suikerbossie and hike along the contour path to Myburg Ravine. Ascend to the first waterfall for tea or coffee. We will return by the same route. Some scrambling over tree roots and boulders. Please carry sufficient water, sunblock and a good hat. Phone Geoff at 021 797 8916 to book after 18:00 please	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 7km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: 05/05/10 End: Children Welcome: No
Saturday 22/05/2010	John Powell Home Ph: 0217884501	Start Time: 13:30 End Time: 17:30 Silvermine non pay side	SILVERMINE - SPLITKOP Moderate Hike Hike to Fat Ladies Cave and then to Splitkop. Return via the masts, Steenberg upper peak shoulder and Wolfkop. Rain cancels	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: No
Sunday 23/05/2010	Brian Ford Home Ph: 215312660	Start Time: 08:00 End Time: 16:30 Phone convenor	IAN COWBURN MEMORIAL HIKE - SILVERMINE Moderate Hike Hike along Steenberg Ridge to Tokai fire lookout. Then up Constantiaberg to the TV tower. Down to Blackburn and along the Panorama path to Noordhoek Peak and along the Amphitheatre Path and returning to the cars. This is a full day hike which may be shortened depending on the weather. Bring your Wild Card or R15 entrance fee. Phone Brian at 083 896 7904 or 531 2660	Cost Member: R0 Visitor: R10 Limit: 14 Distance: 14km Fitness: Fit Exposure: None Technical: Easy scramble Booking Start: 03/05/10 End: 19/05/10 Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 29/05/2010	Nerina De Villiers Home Ph: 217012355	Start Time: 13:30 End Time: 17:30 Constantia Nek parking	CONSTANTIA CORNER Moderate Hike From Constantia Neck, hike up the ridge and return down the other side. Some scrambling. Rain cancels. Non members phone Nerina at 073 728 5361	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 30/05/2010	Anthony Sneath Home Ph: 217901671	Start Time: 09:00 End Time: 16:00 Phone convenor	CHAPMAN'S PEAK Moderate Hike Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 4km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Saturday 07/08/2010 to Monday 09/08/2010	Tommy Hiscock Home Ph: 0217127476	Start Time: 08:00 End Time: 17:00 Phone convenor	SILHOUETTE TRAIL Moderate Hike Experience the winter wonders of the Hantam Karoo. We will visit the observatory at Sutherland including the giant SALT telescope. Then onto Ezeljacht farm for a two day backpacking trail (Silhouette). From there we will overnight on a wildflower farm and visit highlights near Calvinia. The forth night will be spent at the hot springs near Citrusdal. Winter gear is essential. Sutherland is cold but beautiful. Not to be missed!	Cost Member: R380 Visitor: R456 Limit: 11 Distance: 22km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: 03/05/10 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 Maré Ascott immediately at tel. no. 424-4801

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 treasurer!