



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

28/08/2010 to 15/01/2011

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 28/08/2010 to Sunday 29/08/2010	Conrad Thomas Home Ph: 0217822330	Start Time: 08:00 End Time: 17:00 Phone convenor	CAPE OF GOOD HOPE HIKING TRAIL Moderate Hike A spectacular hike close to home. On the Saturday we hike down the western shore of the Cape Point nature reserve, overnight in huts at the base of Da Gama peak and spend the Sunday hiking up the eastern shore, with great views over False Bay. An ideal starter trail for those who want to extend their capabilities to multi-day trails. Please phone convenor to book and full payment secures place.	Cost Member: R120 Visitor: R180 Limit: 18 Distance: 34km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 04/09/2010	Rosemary Paul Home Ph: 0218017030	Start Time: 13:00 End Time: 17:00 Under the trees near Alphen Hotel	CONSTANTIA GREENBELT Easy Hike Description - This is a really nice social walk. I link up all the trails to make it a good afternoons hike. Bring water, a snack and car guard money. We can go to the Alphen Hotel afterwards for a glass of wine/beer, whatever!!! Rain cancels. Please NOTE hike leaves promptly at stated time	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 05/09/2010	Tony Burton Home Ph: 217015021	Start Time: 08:30 End Time: 15:00 Lakeside Arms car park	LAKESIDE RIDGE Difficult Hike A short but difficult hike, steep up and steep down with some limited exposure (B-Scramble). Meet at the Car Park at Lakeside Arms on the Corner of Main Rd and Boyes Drive at 08h 30. We can have a beer here after the hike. The beginning of this hike has changed due to fires and the purpose of this hike is partly as a recci, to re-establish this beautiful and exciting route to the top of Lower Steenberg Peak. We should be back by 15h00.	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No
Saturday 11/09/2010	Nerina De Villiers Home Ph: 217012355	Start Time: 13:00 End Time: 17:00 Lions Head parking area	LIONS HEAD Moderate Hike Start at the chain and take the circular hike up Lions Head. Look out for spring flowers on the way. This is an easy scramble or take the chains route for tea on top. Spectacular views. Rain cancels	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 12/09/2010	Tommy Hiscock Home Ph: 0217127476	Start Time: 09:00 End Time: 15:00 River Club, Observatory	JONKERSHOEK- SWARTBOSKLOOF Moderate Hike Hike starts in the Jonkerhoek Valley and follows a well-graded path next to the river, then up Swartboskloof through some riverine forest and have lunch at a magic waterfall before returning via the fire lookout hut. Bring warm/rain jacket, water, lunch, money for entrance and tea after	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Sunday 19/09/2010	Tony Burton Home Ph: 217015021	Start Time: 09:00 End Time: 14:30 Meet at the Total petrol station at Glencairn	BRAKKLOOFRANT Moderate Hike Brakkloofrand stretches for 3kms the length of Fish Hoek, and looks down onto Fish Hoek Valley in the North and the Peninsula to the South. An easy hike for all. You could even bring your grandmother on this walk. We haven't done this for a while, which is surprising, because it is an easy and pretty walk, about 8km, no big gradients. We will retrace our steps back again, and will finish fairly early. We should be finished by 14h 30. No need to book, just turn up	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes

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Friday 24/09/2010 to Sunday 26/09/2010	Brian Ford Home Ph: 215312660	Start Time: End Time: Phone convenor	HEIVELD ARCH - KOUE BOKKEVELD Moderate Hike Travel to Houdenbek guest house and cottage on Friday 24th, 200km from Cape Town (approx. 2hours), 60km north of Ceres. Self catering accomodation in a beautiful old National Monument farmhouse with beautiful gardens, outside braai areas, miniature golf, mountain biking etc. Hike to the spectacular Heiveld arch , about 5 hours, on the Saturday and shorter walks on the Friday afternoon and Sunday morning or just spend a lazy weekend in stunning surroundings. This will be a great weekend so book early! Price:R500-00 p/p Limit: 15 (11 in guest house and 4 in separate cottage) Booking start: 16th August to pay by 31st August latest. Phone Brian at (021) 531 2660 or 083 896 7904.	Cost Member: R340 Visitor: R408 Limit: 15 Distance: 14km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: 16/08/10 End: 31/08/10 Children Welcome: Yes
Saturday 02/10/2010	Phillip Williams Home Ph: 215311620	Start Time: 13:00 End Time: 17:00 Phone convenor	NEWLANDS TO KIRSTENBOSCH Moderate Hike We will start from the Newlands forest station (near the helipad) and take a leisurely stroll past the top of Newlands Estate. Then on to Lubberts Gift and into Kirstenbosch gardens. We will have tea on the top lawns before returning. Bring cash for the car guard	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 03/10/2010	Rosemary Paul Home Ph: 0218017030	Start Time: 10:00 End Time: 17:00 Cecelia forest car park	TABLE MOUNTAIN RAMBLE Moderate Hike We will start from the Cecelia forest and ascend to the contour path. From there Rosemary will lead us up the back table. She will explain on the day. The hike will end at Cecelia. A late start so please be on time	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 09/10/2010	John Powell Home Ph: 0217884501	Start Time: 13:00 End Time: 17:00 Checkers car park, Muizenberg	ST. JAMES PEAK FROM MUIZENBERG Moderate Hike Up hill hike from Boyes Drive to St James Peak from Muizenberg side. We will do some bundu bashing on a route not well known. We will circuit back to Muizenberg via Farmer Peck's Valley	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 10/10/2010	Brian Ford Home Ph: 215312660	Start Time: End Time: Phone convenor	TRAVERSE FROM ONE WINE ESTATE TO ANOTHER Sandy Moss will lead us from the Backsberg wine estate over Kanonkop to the Delheim wine estate where they serve great tea and cake! Sandys hikes are always special and have spectacular views. Car shuffle needed between estates. Will meet at Delheim, lifts can be co-ordinated to Stellenbosch. Phone Brian, co-leader, for more details, time etc at (021) 531 2660 or 083 896 7904. Rain cancels. Booking opens Monday 2nd August, closes 13th. Don't miss this one!	Cost Member: R0 Visitor: R0 Limit: 12 Distance: 12km Fitness: Exposure: Technical: Booking Start: 02/08/10 End: 13/08/10 Children Welcome: Yes
Saturday 16/10/2010 to Sunday 17/10/2010	Rosemary Paul Home Ph: 0218017030	Start Time: 08:00 End Time: 17:00 Phone convenor	HOERIKWAGGO TWO DAY TRAIL Moderate Hike We will do these two days in reverse. We will start on Friday night in the Orange Kloof camp and hike to the Silvermine camp and overnight there. We will hike in the Silvermine area on Sunday. If portage is required an extra R100 is payable	Cost Member: R400 Visitor: R480 Limit: 12 Distance: 30km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 17/10/2010	Rosemary Paul Home Ph: 0218017030	Start Time: 08:00 End Time: 17:00 Phone convenor	HOERIKWAGGO TWO DAY TRAIL	Cost Member: R0 Visitor: R0 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 23/10/2010	Geoff Tinker Home Ph: 217827757	Start Time: 13:00 End Time: 17:00 Parking near the Platteklouf entrance	OPPELSKOP Moderate Hike Hike to the upper contour path via the Platteklip Gorge route and continue East to Saddle Rock and then along the Oppelskop Ridge to the ruins. Continue East and join the Lower Traverse back to Platteklip and to the cars. Rain cancels	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No
Sunday 24/10/2010	Tony Burton Home Ph: 217015021	Start Time: 09:00 End Time: 14:00 Total garage, Glencairn	KLEINPLAAS DAM Moderate Hike A short and pleasant hike through the fynbos starting at Da Gama Park from Red Hill with a gentle climb to Kleinplaas Dam ending at Brooklands ghost town and back to Da Gama Park. Meet at 9am at the garage cor Glencairn Expressway and Main Road	Cost Member: R0 Visitor: R10 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes

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Saturday 30/10/2010	Nerina De Villiers Home Ph: 217012355	Start Time: 13:30 End Time: 17:00 Kalk Bay end of Boyes Drive	CAVE PEAK AND SPES BONA FOREST Moderate Hike We will start at the end of Boyes Drive and hike up Cave Peak. Some scrambling will be necessary. We will circle around the peak and return via Spes Bona Valley. Beautiful views and lovely fynbos. Visitors must phone Nerina at 073 728 5361	Cost Member: R0 Visitor: R10 Limit: Distance: 9km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 31/10/2010	Robin Cooper Home Ph: 215322939	Start Time: 08:30 End Time: 15:00 Constantia Nek car park	CONSTANTIA CORNER/CAMEL ROCK Moderate Hike Walk past Eagles Nest and up the mountain past Camel Rock. Continue to De Villiers Dam. Return via the jeep track and forest paths. A slow pace will be set	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Wednesday 29/12/2010 to Tuesday 04/01/2011	Brian Ford Home Ph: 215312660	Start Time: End Time: Phone convenor	TSITSIKAMMA TRAIL- 6 DAYS Moderate Hike 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. The club has booked to do the full Tsitsikamma trail on the above dates, which was last done 9 years ago. It's now regarded as a Green Flag trail with upgraded huts and ablutions. Full portage available. Cost of the full trail including portage and dinner, bed and breakfast at the Harkerville Backpackers on the 3rd Jan. is R960-00p/p. This is one trail that you cannot miss so start planning, saving and getting fit now! Further details will follow or phone Brian at (021) 531 2660 or 083 896 7904. Limit 16, booking is now open! Payment by mid-October latest.	Cost Member: R960 Visitor: R1152 Limit: 16 Distance: 61km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
IMPORTANT NOTES · All persons participate in Trails Club activities entirely at their own risk. · All visitors and members bringing visitors must phone the Convenor first. · No smoking allowed on any hikes. · Hikers must bring at least 1 litre of water & full rain gear (raincoat and hood) on hikes. · Do not leave the hike party without contacting the Hike Leader. · Payments for trails and weekends to: The Trails Club, P.O. Box 404, Bergvliet, 7864 · 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: · Prices of weekends and trails are subject to change without notice. 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!				