



TRAILS CLUB OF SOUTH AFRICA

Trails for 2023

All costs are estimates except for the Leopard Trail

Website :

www.trailsclub.co.za

Chairperson : Margarethe Schaefer Tel. 0827013105
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Trails: Debbie Marshbank Tel. 0734575121

The GRADING SYSTEM and HIKING NOTES are printed on the Website

Date	Convenor	Meeting Details	Event Description	Notes
Monday 20/02/2023 to Friday 23/02/2023	Mervyn Henderson Home Ph: 0738493393	Start Time: End Time: Phone/email 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 cabins are all 3/4-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. Bookings: mervyn.henderson@gmail.com or call/WhatsApp me.	Cost Member: R1000 Visitor: R0 Limit: 10 Distance: 26km Fitness: Average Exposure: None Technical: Walk Booking Start: 21/12/22 End: Children Welcome: No
Monday 06/03/2023 to Thursday 09/03/2023	Mervyn Henderson Home Ph: 0738493393	Start Time: End Time: Phone/email convenor	GROOTWINTERHOEK- DE HEL Moderate Hike Hike down the Grootkliphuis River to De Tronk where we will stay in Ribbok hut that accommodates up to 8 people (https://www.capenature.co.za/accommodation/ribbok). Next day hike down to De Hel, passing San rock paintings, and swim in the wonderful pool at the bottom. A steep return and overnight followed by an early morning return to beat the heat! You need to carry your own pack. Bookings: email mervyn.henderson@gmail.com or call/WhatsApp me.	Cost Member: R350 Visitor: R0 Limit: Distance: 24km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: 21/12/22 End: Children Welcome: No
Monday 27/03/2023 to Friday 31/03/2023	Mervyn Henderson Home Ph: 0738493393	Start Time: End Time: Phone/email convenor	CEDERBERG- HIKES FROM DRIEHOEK Moderate Hike We will be based at Driehoek and stay at Groothuis and possibly Kothuis. Both houses have all facilities required. There is swimming at Driehoek. Day 1: drive to Driehoek and hike on the farm Days 2, 3 & 4: Three hikes are planned: - 13 km hike up from Welbedacht to the shale band and on to the top of Tafelberg. A scramble is required to get to the top of Tafelberg; - 16 km hike up Gabriel's Pass and on to the Wolfberg Arch, returning to Driehoek. - Another shorter hike Day 5: return home. Bookings: mervyn.henderson@gmail.com or phone/WhatsApp Mervyn	Cost Member: R1100 Visitor: R0 Limit: 12 Distance: 40km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No
Saturday 15/04/2023 to Friday 21/04/2023	Mervyn Henderson Home Ph: 0738493393	Start Time: End Time: Phone/ email convenor	LEOPARD TRAIL - BAVIAANSKLOOF Difficult Hike The Leopard Trail is a 4-day and 3-night trail set in the magnificent Baviaanskloof World Heritage Site Wilderness Reserve, Eastern Cape. It is a circular hike starting from, and returning to, Cedar Falls Base Camp. The trails a slackpacking hike and each day bags and food are transported from one overnight hut to the next. Hikers walk with a small day pack. The Leopard Trail is a moderately difficult hike with the longest day being 22km. The route is designed for people with good hiking fitness. DAY 1: 9,75 km, 3 - 5 hours DAY 2: 18 km, 5 - 8 hours DAY 3: 22 km, 6 - 9 hours DAY 4: 13 km, 3 - 5 hours More information on the trail visit https://gobaviaans.co.za/project/route-and-map/ Accommodation before and after the trail is in the Hikers House comprising three bedrooms with two bunk beds in each room. A big lounge opening onto a covered veranda provides a great communal holiday space, ensuring you feel comfortable and at home. The house has an old traditional Aga fireplace in the lounge for winter. There are two bathrooms, with gas geyser showers. Close to the house is a braai/barbeque area. https://gobaviaans.co.za/project/hikers-house/ Bookings: email mervyn.henderson@gmail.com or call/WhatsApp me. Waiting list only.	Cost Member: R2935 Visitor: R0 Limit: 12 Distance: 63km Fitness: Fit Exposure: Technical: Walk Booking Start: End: Children Welcome: No

Date	Convenor	Meeting Details	Event Description	Notes
Monday 15/05/2023 to Wednesday 17/05/2023	Mervyn Henderson Home Ph: 0738493393	Start Time: End Time: Phone/email convenor	PIKETBERG - ZEBRASKOP Moderate Hike Hike to Zebraskop and back. This is a recce hike. Other shorter hikes will also be done. Stay at Noupport Resort on top of Piketberg (https://noupportestate.com/). This is a recce hike. Bookings: email mervyn.henderson@gmail.com or call/WhatsApp me.	Cost Member: R700 Visitor: R30 Limit: 12 Distance: 20km Fitness: Average Exposure: None Technical: Walk Booking Start: 21/12/22 End: Children Welcome: No
Tuesday 05/09/2023 to Friday 08/09/2023	Mervyn Henderson Home Ph: 0738493393	Start Time: End Time: Phone/email convenor	ALIKREUKEL TRAIL - STILBAAY Moderate Hike The Alikreukel Trail runs along a beautiful stretch of coast with wild rocky shores, lonely beaches, fynbos-covered coastal dunes, caves, amazing sea life and intriguing cultural heritage. As a variation to the hiking theme, there is also a paddle on the breathtaking Goukou River. DAY 1: Once upon a cave, Distance: 16 km; Grading: average to difficult, with a lot of loose sand and some rough, rocky terrain in places. Hike from Blombos private hamlet to Jongensfontein, a beautiful and peaceful seaside village, past lovely places like Skurwebaai, Pletsenbaai and Heuningnesbaai. DAY 2: Whales and walls, Distance: 12 km; Grading: easy to average. Hike from Jongensfontein to Stilbaai, past scenic places like Jongensgat arch, Noordkapper Point, the ancient fish traps and Skulpiesbaai Nature Reserve. DAY 3: Up the River, Distance: 4 km walking & 4 km paddling in kayak; Grading: easy walking; average paddling. Walk to the Stilbaai Museum, view the Blombos Cave exhibition, with a talk by an archaeologist. Then do a short hike to some of the biggest milkwood trees alive, before getting transported up the Goukou River for an hour's paddle in kayaks. Then visit a beautiful olive farm with a tasting and lunch, and get transported back to your accommodation. DAY 4: The sands of time, Distance: 11 (or 16 km if you have time); Grading: easy walking. Hike on the eastern side of Stilbaai from the Preekstoel towards Geelkrans (and further to Rooikrans, if desired). This is a beach walk with fascinating scenery, totally different from the first two days. It is a there-and-back walk. You need a day pack to carry your food and drinks for the day. The rates include four nights accommodation in comfortable overnight establishments (shared bathrooms), guide fees, all meals (including lunch packs with snacks for each day), purified water, an alikreukel Hors D'oeuvre, visit to the Blombos Cave museum exhibition, the paddle on the Goukou river, olive tasting with lunch, all local transport during the trip, and luggage portage. You will only have to pay for your alcoholic drinks, your own preferred snacks along the trail and what you order extra. single rooms available with a single supplement. Only selected dates are available to hike the Alikreukel Trail. (Please see the list lower down). Optimum dates are selected. This is for your comfort (not walking on soft sand during high tide) and to make the best use of what the coast offers in tidal rock pools, seeing the fish traps and appreciating the coastal ecology. Bookings: email mervyn.henderson@gmail.com or call/WhatsApp me. Payment will be in advance due to the cost of the trail. Note that there are only 4 dates that the trail will be done in 2023. Once there are sufficient numbers (8 people) a booking can be made for 5 or 19 September, or 17 Nov or 1 December 2023	Cost Member: R7200 Visitor: R0 Limit: 14 Distance: 47km Fitness: Average Exposure: None Technical: Walk Booking Start: 21/12/22 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 Mervyn Henderson immediately at trails.club.sa@gmail.com or tel. nos 0737807882 or WhatsApp 0738493393..
- 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 021-9370300 Ambulance 10177 Flying Squad 10111 City Emergency 021-4807700 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 (Susan O'Brien) at Trails.club.sa@gmail.com