

PENINSULA

P O Box 793
Rondebosch
7701

Email: glendadoller@gmail.com

Web: www.ramblers.org.za



RAMBLERS

Standard Bank Rondebosch

Account: 073603201

Branch: 025009

Hiking and Social Programme: November 2018 – February 2019 COMMITTEE MEMBERS

Chairman: Ian Pearce	021 794 5989	or	084 6244 691	or	hounddog10g@gmail.com
Treasurer: Antonio Serafin	072 701 5499	or			antoniomserafin@gmail.com
Secretary: Cornel Schutte	072 161 9366	or			Cornel.s@iafrica.com
Glenda Doller	021 794 5989	or	078 292 2477	or	glendadoller@gmail.com
Ewen Smith	073 799 9109	or			ewensmith@afrihost.co.za
Urs Huber	084 713 5545	or			uhuber@gmail.com
Greta Brock	082 413 7396	or			greta.brock@gmail.com

Membership enquiries: Glenda Doller (078 292 2477) or Cornel Schutte (072 161 9366)

Visitors: Visitors are welcome on any hike, subject to fitness, and should telephone the leader prior to a hike to check. A donation of R20 per outing is requested. If you wish to join the Club, please speak to the leader or any member of the Committee on a hike. Application forms are available on our website, www.ramblers.org.za or from the Club Secretary.

Essential gear: Sturdy boots, filled water bottle, a whistle, warm clothing, raingear, personal medical kit and refreshments. It is useful to carry an empty plastic bag in your rucksack to collect any unsightly litter.

Children: Children aged 10 years and over are welcome on half-day hikes as long as they are accompanied by an adult who takes responsibility for them. Please check with the leader. Children aged 12 and over may also participate in day hikes. Again, please check with the leader.

Dogs: Unfortunately dogs are only allowed on special “doggy” walks, which feature on the programme from time to time.

Indemnity: All persons taking part in Club activities do so at their own risk and are required to adhere to the Rules of the Club. You must complete the full hike – you may not break away once the hike has begun.

Transport costs: When sharing a car on more distant outings, transport costs should be shared. Please discuss this with the driver to arrive at a suitable amount.

Recce fees: On country meets a charge of R20 per person may be requested by the leader to help cover recce fees.

Keep these numbers handy:	SAPS Emergency Number:	10111
	Table Mountain National Park Safety:	0861 106 417
	CT Emergency Services:	021 480 7700
	Mountain Rescue (WSAR):	021 937 0300
	Cell phone rescue (free):	112 or 911

NB: If you wish to join any of the hikes, please contact the leader at least 1 hour before the start of the hike. If the leader does not receive the minimum number of participants (four), the hike may be cancelled.

Social Events

Christmas Party, Saturday 8 December at 12:30

All Ramblers and their partners/immediate family are cordially invited to our Christmas Party to be held at Silvermine Dam this year. The club will pay the entrance fee (currently R51.00) Pay at the entrance and we will re-imburse you at the picnic spot. Please bring your picnic lunch and drinks (at your discretion) plus utensils. The club will provide dessert . There is a hike on that morning so we are planning the party from lunch time onward. Looking forward to as many as can make it, to enjoy camaraderie at year's end. Bring your swimming costumes along.

I will be going to Silvermine Dam early on Saturday morning to secure a suitable picnic site for the Ramblers.

RSVP: Ian Pearce 084 624 4691 or 021 7945989

Leaders Dinner, Saturday 26 January,

This is to inform all hike leaders to please keep this date open for your leaders dinner. The club will sponsor this dinner to thank you for your hike contributions during the past year.

You will be informed of the details closer to the date. Of course your spouses are invited too.

To all members, it pays to lead a hike for us!

Various social events will be advertised adhoc via Facebook and email. Please watch out for these on the electronic media mentioned above.



Hikes

WEEKEND AWAY - January 11 to 13 - Greyton-McGregor Trail

Here is your opportunity to do this beautiful hike through the mountains, with its great vistas and swimming spot along the way. We travel to Greyton on Friday and sleep over at the Greyton Eco Lodge. I have booked 2 self-catering dormitories, each sleeping 6 people, price R150.00 each. Bed linen provided, bring towel, toiletries. We set off on Saturday after an early breakfast. The hike is approx. 14kms, say 6 hours long, depending on stops. We overnight at Die Galg on the McGregor side. Price is R175.00 p.p. bedding and towels included. The owner, Ruth Oosthuizen, will also do our shopping for us, for just 20% of the total cost of goods. It sounds like a good deal to me! We hike the return trip on Sunday.

Permits cost R100.00 per person for the two days. With Wild card free. Looking forward to another great weekend away. Contact leader to book.

Hike Leader: **Ian Pearce 084 6244691 or 021 7945989**

3 Nov - Sat #01 Constantia Nek to Hout Bay

Meet: **7:30 AM** at the Hout Bay beach parking lot (across the road from Chapmans Peak Hotel) to shuttle cars to Constantia Nek

Hike details: The hike is in association with the Cape Camino (<https://capecamino.co.za/>) and will take the route through Bokkemanskloof (part of the Hoerikwaggo trail) from Constantia Nek to East Fort on Chapman's Peak Drive with a short walk back to the cars. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome.

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **8 - 10 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Glenda Doller - 078 292 2477 or 021 794 5989**

4 Nov - Sun #02 Jonkershoek Ramble

Meet: **9:00 AM** at At the parking area close to the entrance to Jonkershoek

Hike details: Bring your Wild Card or R50.00 for entry. We drive into the park and leave our cars near the causeway. Then hike the contour path off to the right side to the waterfall. Return to the cars on the same trail. This is a beautiful area with many other trails to explore, time permitting.

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Ian Pearce - 084 6244 691 or 021 794 5989**

10 Nov - Sat #03 Beach walk

Meet: **1:00 PM** at Muizenberg Surfers corner

Hike details: A walk from Muizenberg to Fishhoek and back. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome.

Difficulty: **Easy** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Glenda Doller - 078 292 2477 or 021 794 5989**

11 Nov - Sun #04 Spitzkop and beyond

Meet: **8:00 AM** at Car park inside Silvermine Gate 1 (Dam side) Wild card or R51 entrance fee required.

Hike details: Hike will start from car park to take in River Walk then on to summit of Spitzkop with scenic views of the deep south. Return to cars by a different route. Not too strenuous with some fairly short steep gradients along the way

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **8 - 10 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Ewen Smith - 073 799 9109**

17 Nov- Sat #05 Eagles' Nest Buttress

Meet: **8:00 AM** at Cecilia Car park

Hike details: We will make our way from Cecilia along one of the various routes with link up with the Constantia Nek Jeep Track and then proceed on to Eagle's Nest. Return route to be decided on the day.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Colin Theunissen - 021 696 0357 - 082 4844 600**

When hiking in hot conditions then take frequent breaks.

Pace yourself to prevent overexertion. Use these breaks to hydrate. Enough said.

18 Nov - Sun #06 Blouberg Hills

Meet: **7:15 AM** at Plattekloof Centre cnr. Olienhout (take exit 18 off N1) for car-pooling (park in front of Spar & restaurants)

Hike details: Special permission has been obtained to access this area which must be done with a guide. Booking with the leader is essential as there are indemnity forms to be completed as well as a R30 payment (please bring exact amount)

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **6 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Urs Huber - 084 713 5545 - uhuber@gmail.com**

24 Nov - Sat #07 Constantia Nek to Vlakkenberg

Meet: **8:00 AM** at Constantia Nek

Hike details: This a circular route from Constantia Nek, along the Hout Bay pipe track, up Bokkemans Kloof (steep path) then over Vlakkenberg back to Constantia Nek.

Difficulty: **Strenuous** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: **Marco Bauer - 084 370 8855- marco@brwm.co.za**

25 Nov - Sun #08 Happy Valley Bainskloof

Meet: **6:30 AM** at Plattekloof Centre cnr. Olienhout (take exit 18 off N1) for car-pooling (park in front of Spar & restaurants)

Hike details: Starting at Eerste Tol near the top of the Bainskloof pass enjoy a scenic hike, some of it along the area's streams, on an in/out trail in the Limietberg Nature Reserve. There are some historic points of interest along the way and rockpools for swimming at the half-way mark.

A Cape Nature hiking permit is required at R55 per person or Wild Card; Permit needs to be arranged in advance so please contact the hike leader by Wednesday (21st) to book.

Difficulty: **Moderate** Duration: **6 Hours + (Whole Day)** Distance: **More than 10km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Cornel Schutte - 072 161 9366 - cornel.s@iafrica.com**

1 Dec - Sat #09 Hike around Lions Head

Meet: **1:30 PM** at Kloof Nek Parking Area

Hike details: Walk down The Glen and cross over to Lions Head. A pleasant walk. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Glenda Doller - 078 292 2477 or 021 794 5989**

2 Dec - Sun #10 Kommetjie/Soetwater coastal

Meet: **8:00 AM** at Kommetjie slipway car park

Hike details: Hike will follow the coast towards Scarborough and return via the old war time radar station overlooking Kommetjie. Enjoy coastal views along the way.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Ewen Smith - 073 799 9109**

8 Dec - Sat #11 Silvermine West (Dam)

Meet: **8:00 AM** at Silvermine Dam parking Wild card or R51 entrance fee required. Contact leader preferably by email.

Hike details: A circular hike to viewpoint above Blackburn Ravine, returning along the contour above the dam. A swim in the dam to cool off afterwards. Entrance fee or Wild/Green card; Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Elizabeth Robinson - 021 782 6999 or 079 888 6073 - swiss.robinson@gmail.com**

"Never follow someone else's path unless you're in the woods and you're lost, and you see a path. By all means, you should follow that." — Ellen DeGeneres

9 Dec - Sun #12 Judas Peak and surrounds

Meet: **9:00 AM** at Suikerbossie/Ruyteplaats exit from Victoria road Hout Bay. Near Ruyteplaats entrance.

Hike details: This hike rewards us with magnificent views over Llandudno and the Atlantic Seaboard. We take in the Pimple, summit Judas Peak and then hike along the trail to Grootkop, time permitting. Drinks at Dunes or Lookout.

Difficulty: **Strenuous** Duration: **5 - 6 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: **Ian Pearce - 084 6244 691 or 021 794 5989**

15 Dec - Sat #13 Kalk Bay Spes Bona & Echo Valley

Meet: **8:00 AM** at Ou Kraal 106 Boyes Drive

Hike details: We start at Ou Kraal, head up Spes Bona Valley, across to the Amphitheatre, down through Echo Valley and back to the start.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Marco Bauer - 084 370 8855- marco@brwm.co.za**

16 Dec - Sun #14 Noordhoek Peak

Meet: **8:00 AM** at Silvermine dam parking area; Wild card or R51 entrance fee required.

Hike details: Up Noordhoek Peak then panorama trail to Elephants Eye and back

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Urs Huber - 084 713 5545 - uhhuber@gmail.com**

A Healthy Person Can Walk 30 to 40 km's in a Day. But how far could a fit, trained person walk in eight hours? Many trained walkers finish the 42 km Portland Marathon in about seven hours, with no breaks. If the walker is taking breaks and a meal stop, then 30 km a day is reasonable for a well-trained walker.

22 Dec - Sat #15 Thomas Tucker / Sirkelsvlei

Meet: **8:30 AM** at Olifantsbos Parking Area, Cape Point Nature Reserve

Hike details: A ramble along the coast to see the wreck of the Thomas T Tucker before swinging inland to visit Sirkelsvlei (hopefully still with water) before returning to the cars. Wild or Green Cards are recommended for entrance to the Reserve as the fee is currently advertised at R147 per person. See https://www.sanparks.org/parks/table_mountain/tourism/access-cards-permits.php for more information on obtaining a Green Card.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Charley Lewis - 083 539 5242 - charley.a.lewis@gmail.com**

23 Dec - Sun #16 Jonkersdam/Blackhill

Meet: **8:00 AM** at TMNP Parking area top of Glen Cairn express way

Hike details: This circular hike is on fairly open ground, the gentle ascent of Roodberg offers scenic coastal views of Hout Bay and the many of the major peaks in the peninsula.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **8 - 10 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Ewen Smith - 073 799 9109**

29 Dec - Sat #17 De Villiers Dam via Camel Rock

Meet: **7:00 AM** at Constantia Nek Parking

Hike details: An early start to beat heat will see us proceed from Constantia Nek, up past Eagle's Nest and on to De Villiers Dam via Camel Rock with magnificent views of the Southern Suburbs and False Bay to reward our efforts. Return route to be decided on the day.

Difficulty: **Strenuous** Duration: **5 - 6 Hours** Distance: **8 - 10 km**

Scrambling over rocks: **Yes** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Colin Theunissen - 021 696 0357 - 082 4844 600**

"Camping is not a date; it's an endurance test. If you can survive camping with someone, you should marry them on the way home." — Yvonne Prinz

30 Dec - Sun #18 Silvermine West (Dam Side)

Meet: **8:00 AM** at Parking lot near the dam; Wild card or R51 entrance fee required.

Hike details: Prepare for your New-Year's feast! We will make our way up Steenberg ridge and around to the lookout over Blackburn Ravine for tea. We'll pick up some of the Panorama circuit as we make our way back around to the dam. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **8 - 10 km**

Scrambling over rocks: **Yes** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Cornel Schutte - 072 161 9366 - cornel.s@iafrica.com**

5 Jan - Sat #19 Judas Cave

Meet: **1:00 PM** at Ruyterplaats

Hike details: The last time we did this hike only 3 found the cave so I want to go back and see it. A bit of bushwhacking but the views are lovely

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: **Glenda Doller - 078 292 2477 or 021 794 5989**

6 Jan - Sun #20 Klein Tuinkop

Meet: **8:00 AM** at Silvermine Gate 3 (to Sunbird Centre, opposite Noordhoek turn-off)

Hike details: Hike from the meeting point up the valley to the Amphitheatre. We'll then make our way up to KleinTuinkop for lunch and return via Bertie's Balcony and the waterfall to the Sunbird Centre.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: **Max Brock - 082 938 4442 - maxbrock@rondebosch.com**

"There is no WiFi in the forest, but I promise you will find a better connection." — *Unknown*

12 Jan - Sat #21 Silvemine West (Dam side) – ramble in the east!!

Meet: **8:00 AM** at the parking lot to the left of the entrance gate; Wild Card or R51 entrance fee required.

Hike details: We'll head off to the left from the carpark and explore the eastern side of the reserve. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Glenda Doller - 078 292 2477 or 021 794 5989**

13 Jan - Sun #22 Tygerberg Nature Reserve

Meet: **8:00 AM** at Welgemoed entrance to the Tygerberg Reserve. Access via Exit 20 from N1 (Jip de Jager Dr) R15 entrance fee.

Hike details: With trails covering well over 10km of this reserve and with its 360 degree view of the City, we will mix and match to the groups needs to have a moderate hike that all can enjoy, hopefully with some game viewing opportunities.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **5 - 10 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Cornel Schutte - 072 161 9366 - cornel.s@iafrica.com**



19 Jan - Sat #23 Clovelly-Kalk Bay circuit

Meet: **8:00 AM** at Turn off Main Road towards Clovelly at traffic lights (Clovelly Road) and meet in large sandy parking area on the left. Contact leader preferably by email.

Hike details: We will walk through the wetlands and then up through Clovelly to ascend the “trappies” . We head up to a rock arch from which we can see the Old Mule Path leading to Muizenberg. We will descend via Weary Willy’s to Boyes Drive, then climb up the “trappies” to get back to Clovelly. Note two steep ascents (one short). We could swim afterwards at Clovelly Beach or Fish Hoek. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome. In the light of past security concerns in this area, the route may change if the group is not big enough.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **Less than 5 km**
Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Elizabeth Robinson - 021 782 6999 or 079 888 6073 - swiss.robinson@gmail.com**

20 Jan - Sun #24 Suikerbosse to Constantia Nek via Orange Kloof

Meet: **8:00 AM** at Constantia Nek to shuttle cars to Suikerbossie.

Hike details: A traverse from Suikerbosse to Constantia Nek and see some disa flowers. Permit hike limited to 12 so booking is essential

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Urs Huber - 084 713 5545 - uhuber@gmail.com**

26 Jan - Sat #25 Cecilia Forest to Rhodes Memorial

Meet: **8:00 AM** at Cecilia Forest Car Park

Hike details: Much shade on this walk for a hot January along the contour path, with a drink at Rhodes Memorial. May require a R20 contribution to Uber to return to Cecilia. There are some short steep sections and one longer climb for about 0.5km.

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Marco Bauer - 084 370 8855- marco@brwm.co.za**

27 Jan - Sun #26 Myburgh Ravine to Llandudno Corner

Meet: **7:00 AM** at Ruyterplaats, Hout Bay (near Suikerbossie). If it is hot day we will shuttle cars to Farriers Way to have an earlier start up the Ravine.

Hike details: Ascend the Back Table via Myburgh Ravine to enjoy the red disas which will hopefully be in bloom - some rock scrambling is required. Once up we will explore the scenic views before descending via Llandudno Corner which offers some challenging scrambling (staples in places) and exposure.

Difficulty: **Strenuous** Duration: **6 Hours + (Whole Day)** Distance: **8 - 10 km**

Scrambling over rocks: **Yes** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: Cornel Schutte - 072 161 9366 - cornel.s@iafrica.com

2 Feb - Sat #27 Silvermine, Kleintuinkop, Amphitheatre

Meet: **8:00 AM** at Silvermine Gate 2 (East side, non-paying)

Hike details: A moderate circular walk on good paths, very limited exposure.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: Marco Bauer - 084 370 8855- marco@brwm.co.za

3 Feb - Sun #28 Disas in Aqueduct

Meet: **8:00 AM** at Cecilia Parking area

Hike details: We hike along the contour path and then up Skeleton Gorge. We take the Maclear's Beacon trail which leads to the aqueduct where arguably the best display of disas are to be found. The way down to be decided democratically . A long day's hike with scrambling up Skeleton Gorge.

Difficulty: **Strenuous** Duration: **6 Hours + (Whole Day)** Distance: **More than 10km**

Scrambling over rocks: **Yes** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: Ian Pearce - 084 6244 691 or 021 794 5989

"The view up here is breathtaking, and I know it's all downhill from here." — Unknown

9 Feb - Sat #29 Kloof Nek corner along contour path to Deer Park and back

Meet: **1:00 PM** at Kloof Nek parking area

Hike details: A nice mix of mountain view's and a park.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: **Glenda Doller - 078 292 2477 or 021 794 5989**

10 Feb - Sun #30 Cape Point Reserve

Meet: **8:00 AM** at Inside main gate to reserve.

We can also meet at 07:30 at Simons Town railway station and arrange a car pool from there. Please inform leader in advance if you wish to take up this option

Hike details: Come and enjoy a full day in the reserve. The outing will include an ascent to Kannon Kop and descend for a coastal section to visit Anton's cave where an escaped slave is reputed to have lived many years ago. Opportunity for swimming in the tidal pools we pass along the way. Wild or Green Cards are recommended for entrance to the Reserve as the fee is currently advertised at R147 per person. See https://www.sanparks.org/parks/table_mountain/tourism/access-cards-permits.php for more information on obtaining a Green Card.

Difficulty: **Strenuous** Duration: **5 - 6 Hours** Distance: **8 - 10 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Ewen Smith - 073 799 9109**

16 Feb - Sat #31 Elsie's Peak

Meet: **8:00 AM** at at Parking lot on Kommetjie Road opposite 2nd Ave, Fish Hoek

Hike details: The route will depend on the group and the weather. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome. Contact leader preferably by email.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **Less than 5 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Elizabeth Robinson - 021 782 6999 or 079 888 6073 - swiss.robinson@gmail.com**

17 Feb - Sun #32 Three Firs

Meet: **8:00 AM** at Theresa avenue (Rowntree estate)

Hike details: Up Three Firs, ramble around on the back table. Way down to be decided up there.

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **Yes** Exposure to heights: **Yes** Doggie Walk: **No**

Hike Leader: **Urs Huber - 084 713 5545 - uhuber@gmail.com**

23 Feb - Sat #33 St James Peak

Meet: **8:00 AM** at 101 Boyes Drive, above St James

Hike details: Hike will follow a fairly steep ascent from cars to the summit of St James peak with fine coastal views to be enjoyed along the way. We will descend by a slightly different circular route.

Difficulty: **Strenuous** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **No**

Hike Leader: **Ewen Smith - 073 799 9109**

24 Feb - Sun #34 Pipe Track to Corridor Ravine

Meet: **7:00 AM** at Kloof Nek parking lot at the start of Tafelberg Road (which leads to the cable car station)

Hike details: With an early start to limit walking after mid-day, enjoy a relatively flat walk along the rugged Pipe Track with an incline near the turning point. Hike below the Apostles from Kloof Nek to the base of Corridor Ravine and back, enjoying the wonderful Atlantic seaboard views along the way. Suitably fit and well-socialised dogs with a TMNP permit, water and pooh-bags are welcome.

Difficulty: **Moderate** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**

Hike Leader: **Cornel Schutte - 072 161 9366 - cornel.s@iafrica.com**

"I love places that make you realize how tiny you and your problems are." — Unknown

PENINSULA RAMBLINGS



A message from our Chairman

Dear Ramblers,

Is it only me who can't believe how fast the year is going by? Here we are again fast heading for the festive season and 2019 beckoning not too far away. So let's make the most of our time people. And hiking is one great way to do that.

We have had some memorable hiking times in 2018. Besides the local hikes on Saturdays and Sundays there have been super trails out in the country, notably Paarl Rocks, Krom River, and the West Coast National Park. Thanks Cornel for leading all 3 ! A stand-out weekend was had at Grootvadersbosch , where 17 of us enjoyed great hikes and camaraderie. Our new program promises to be just as varied and exciting, with a surprise out-of-towner coming up. Watch for it. As always we are grateful to Renata for hosting our soup evening in her lovely home. Thanks Renata.

At the risk of being boring, here I go again. Please come forward and lead a hike or two for the club. Even a 3 hour easy Saturday one helps the faithful regulars to have a break. Thanks.

On behalf of the committee members and Ramblers, I would like to extend our condolences to the family of Adele Treadway who passed away earlier this year. I did not know the lady personally but I believe she was an active hiker many years ago. RIP Adele.

The committee and I welcome Greta Brock as a new member of the committee. We look forward to working with Greta and having fresh ideas from her. And a big welcome too to all the new members listed elsewhere in the program . We wish you a happy time with the Ramblers and look forward to seeing you all on the hikes.

Stay safe on the trail folks. If possible, avoid crime hotspots. And with the festive season fast approaching, we would like to wish all Ramblers and their loved ones a peaceful and blessed season and a happy healthy new year. Happy hiking.

Ian Pearce 084 6244 691 or 021 794 5989 or email hounddog10g@gmail.com

Rest in the shade

I'm shocked how often I call a halt and the group just stands there in full sun. Find a tree, a boulder, an overhang, even a large stump. But find some shade! Seek every opportunity to get out of the heat when you can.

A very warm welcome to our new Members

*Maryam Assai
Ria Bom
Hilary Halladey
Di Landau
Charles Lewis (family)
Vivienne Meijer
Debbie Montgomery
Jacques Rabiller
Carol Ritschewald
Linda J van Niekerk*

May you have a wonderful time with us



Hike Reports & News



Membership Fees

Once off registration is R30. Single membership is R100 per year.

Family membership is R130 per year.

The membership renewals are due by **end of March each year.**

Banking details

Standard Bank Rondebosch Branch: 025009 Account: 073603201



Alphen trail, lead by Glenda Doller, 4 August.

The hot summer season is ahead of us. Here are some tips regarding water.

How much water should you drink a day hiking?

According to Authority Nutrition, humans should consume approximately **2 liters** daily. A 16 km day hike is a different story though. Variables like terrain, weather, and pace will dictate how much YOU need to drink... potentially much much more than **2 liters**.

Freeze your water bottle.

This is one of my favorite tricks. The night before a hot weather hike, I fill my water bottle **no more than half way** Then I put it in the freezer overnight. In the morning, I top it off with water and head out on the trail. The water remains ice cold through much of the day.

Do not fill your bottle more than half way before you put it in the freezer! As water cools, its molecules arrange themselves in an orderly fashion. This takes up more room than the water. So water expands when it freezes. If you fill your water bottle too much, the ice will crack the sides of the bottle! So leave space for the water to expand vertically.

Since the ice takes more room than liquid water, you will carry slightly less water in your bottle. But I prefer the cold water and am willing to sacrifice some additional fluid.

Unlike in a tent, do not turn your bottle upside-down before putting it in the freezer. All the water in your bottle will freeze. So it is better to leave airspace at the top of the bottle where you can add liquid the following morning.

Dip your bandana.

My bandana is a multi-use item that comes in handy on hot days. When I pass a flowing stream or large lake, I wet my bandana and tie it around my neck. The water conducts heat away from my skin as it warms and evaporates. It's a refreshing pick-me-up on the trail.

I never dip my bandana into stagnant or dank water. I keep an eye out for sources of pollution and avoid wrapping the bandana around my head. I don't want water dripping into my eyes that may contain pollutants or unfriendly microorganisms.

Stay hydrated.

Men need more than 3 liters of water each day during normal conditions. Women require slightly less. Drink plenty of fluids even if you do not feel thirsty. The body's thirst mechanism lags its need for water. By the time most of us feel thirst, we are already 2% dehydrated (2% of total body weight has been lost). Avoid drinks with caffeine or alcohol, as they can contribute to dehydration.

Kroomriver hike, lead by Cornel Schutte, October 21.



Hike early in the morning.

Cheat the heat! Start your hike in the early morning hours. Heat begins to build late morning and peaks by 3:00 pm. If you can get your km's in early, you can avoid the heat of the day.

Morning is preferable to hiking late in the day. You have plenty of daylight in case you hike slower than you anticipate or become lost. Your chances of viewing wildlife are greater in the early morning hours when wildlife is active.

Many times during summer I arrange to be at the trailhead just as the sun is rising.

"Over the mountains and through the woods, down the river and up the valley, over the boulders and through the stream to nobody's house I go." — Unknown

Select a shaded hike.

Choose a hike that's under cover of forest or at the bottom of a shaded canyon. This is another way to cheat the heat. The shade is cooler and you can find water features in this terrain. Climb the barren treeless mountain another day.

Kroomriver hike, lead by Cornel Schutte, October 21.



God, it was hot! Forget about frying an egg on the sidewalk; this kind of heat would fry an egg inside the chicken. - Rachel Caine

