

PENINSULA



RAMBLERS

Email: glendadoller@gmail.com

Web: www.ramblers.org.za

Standard Bank Rondebosch

Account: 073603201

Branch: 025009

Hiking and Social Programme: March 2019 to June 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			uhhuber@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:	086 110 6417
	Metro Control Room:	10177
	Mountain Rescue (WSAR):	021 937 0300
	Cell phone rescue (free):	112

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

Sat 30 March

AGM

Please attend our AGM. We need your input. You will also elect members of the committee among other things. Lets hear your voice.

This time we have the meeting on a Saturday afternoon so there should be no traffic issues, so no excuse! As always the club will provide snacks and drinks.

Also, Ruth McNerney will give us a short show on her recent trip to Antarctica

Meet at 2 pm at Renata's house, no 1 Sunnybrae Road, Rondebosch.

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

Pat Busch Mountain Reserve Weekend away 5 – 7 April 2019

We have booked this weekend in the lovely outside of Robertson. After the Greyton to McGregor hike which was really for one level of fitness, Pat Busch offers a choice of hikes, short, medium or long ranging from one hour to 5 or more. So there is something for everyone to enjoy. House Erika and the garden cottage have been reserved for us, and the accommodation and facilities are top class. All bedding, towels, crockery, cutlery, etc. are included in the price and the beauty of it all is that we can all drive right up to the houses. So each brings his own food and drinks and we can prepare suppers or braais together. It promises to be another great Ramblers weekend away. The price for our accommodation is R424.00 each for the weekend, if we can get 25 people . So book early in order to ensure your spot. Payment to be made to the Ramblers bank account (see program for details) and confirmed through the treasurer Tony Serafin. Booking to be made with Ian Pearce. I look forward to hearing from you.

See advanced notice at the end of this newsletter in regards to a super weekend away in September in the Klein Karoo mountains.

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

Hikes

101 - Sat, 2 Mar - Mountain, sea and forest

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

Hike details: Pipe track, down to beach and up The Glen back to cars

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**

102 - Sun, 3 Mar - Hottentots Holland N/Reserve - #1 Landdrooskop

Meet: **7:00 AM** at Entrance to Rhodes Memorial

Hike details: An 18km circular hike from the Reserve's base at Nuweberg to the Landdrooskop Hut and returning via the Jeep Track. The 670m in altitude gain is via a Jeep Track and trail without stairs. Hottentots Holland is a Cape Nature Reserve located near Grabouw. R50 entrance or Wild Card

Difficulty: **Strenuous** 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**

103 - Sat, 9 Mar - Silvermine: Elephant's Eye Cave

Meet: **8:00 AM** at Dam parking

Hike details: Walk to Elephant's Eye Cave and back. Optional swim in the dam. Dogs with TMNP permit, etc. 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**

104 - Sun, 10 Mar - Jonkershoek Panorama circuit.

Meet: **8:00 AM** at At the Jonkershoek gate/parking area. Bring entrance money.

Hike details: A long day's hike. We drive to hairpin bend and hike up to the contour path. The hike takes in Bergriviernek, the plateau, Kurktrekker, and 2nd and 1st waterfalls in a big circular back to the cars. Rehydration at the Post.

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

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

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

105 - Sat, 16 Mar - Sea Point to Green Point

Meet: **10:00 AM** at Sea Point Swimming Pool Parking

Hike details: A relaxed hike along the promenade with a stop for refreshments at Green Point.

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

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

Hike Leader: **Pam Constantinou - 072 312 0629**



106 - Sun, 17 Mar - Around Devils Peak

Meet: **8:00 AM** at Rhodes Memorial car park

Hike details: We will hike up to the Kings Blockhouse and then along Devils Peak's western side to the road, ascend to the Saddle via Oppelskop Ridge. Descend will be via Newlands Ravine and the Contour Path. Suitably fit and well-behaved dogs are welcome with TMNP permit.

Difficulty: **Moderate** Duration: **6+ hrs** Distance: **more than 10 km**

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

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

107 - Sat, 23 Mar - Silvermine Mystery recce hike

Meet: **8:00 AM** at Silvermine Parking area waterfall side

Hike details: Part of this route we have never done, so come and check it out

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**

108 - Sun, 24 Mar - Llandudno Beach to Bos 400

Meet: **8:00 AM** Suikerbossie/Ruyterplaats parking area from where we will shuttle cars to Llandudno Beach parking area where parking is limited.

Hike details: The hike follows a path through Llandudno across Sandy Bay followed by a short climb to connect with the Boss 400 path. There is a short challenging scramble to be negotiated before reaching the Boss 400 floating crane wreck where there will be a lunch break. The return path may differ slightly on the way home.

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

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

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

109 - Sat, 30 Mar - Constantia Ramble

Meet: **8:00 AM** at 66 Klein Constantia Road, Constantia

Hike details: Build an appetite for the snacks at the AGM by joining me for a ramble around Constantia. We'll finish by 11:00 in good time for the AGM scheduled for 2:00 p.m. that afternoon at Sunnybrae Road, Rondebosch.

Difficulty: **Easy** Duration: **2 - 3 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**

110 - Sun, 31 Mar - Valley of the Red Gods

Meet: **8:00 AM** at Theresa Avenue Camps Bay

Hike details: We hike up Kasteelspoort . Once on top we turn left along the path to the Valley of the Red Gods. If time permits we will visit Rendezvous Cave before descending via KP.

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**

111 - Sat, 6 Apr - Brakkloofrant, Fish Hoek

Meet: **8:00 AM** at Parking opposite ZIP Print, 2nd Ave, Kommetjie Road< Fish Hoek

Hike details: Walk along the ridge above Fish Hoek with tea at the beacon. Dogs welcome with TMNP permit.

Difficulty: **Moderate** Duration: **2 - 3 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**

112 - Sun, 7 Apr - Muizenberg & St James Peak via Peck's Valley & Bailey's Kloof

Meet: **8:00 AM** at top of Camp Rd, Muizenberg (off Main Rd – no parking on Boyes Drive)

Hike details: A Recce Hike for Marco (your leader!), as I have not done all of the route before, but all on marked paths. Steep immediate ascent (steps) up 450m height gain to Muizenberg peak and also final steep descent from St James peak! A circular route.

Difficulty: **Strenuous** Duration: **4 - 5 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**

113 - Sat, 13 Apr - Tokai Dog Walk

Meet: **9:00 AM** at Parking in Denedal Rd, off Orpen Road. Meet just inside the park entrance, cnr Denedal and Orpen Rd.

Hike details: A fun, easy ramble through Cape fynbos and pine plantation, with lots for dogs to sniff and chase as well as streams to wallow in (if there's water). TM activity permit needed for dogs, though I've never been asked for mine. Bring poop scoop.

Difficulty: **Easy** Duration: **2 - 3 Hours** Distance: **Less than 5 km**

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

Hike Leader: **Colleen Saunders - 083 450 9094 - saundicollinda@gmail.com**

I was annoyed when my mate turned up for a hike with two left hiking shoes. I had to give him a right boot.

114 - Sun, 14 Apr - Orange & Disa Kloof to Woodhead Dam

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

Hike details: MAX 12 PER PERMIT! We head through Orange Kloof (gentle 4km), then into Disa Gorge up to Woodhead Dam (+2km climb). Lunch at the dam (costumes?), then through Ash Valley and back down to Constantia Nek via Jeep Track. Approx. 12km. Moderate, but +2km s

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

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

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

115 - Sat, 20 Apr – Trappies Kop

Meet: **2:30 PM** at Turn off Main Road towards Clovelly at traffic lights (Clovelly Road) and meet in large sandy parking area on the left.

Hike details: We will walk through the wetlands and then up through Clovelly to ascend Trappies Kop. Return via same route after some refreshment. Dogs with a TMNP permit, water and poo-bags are welcome.

Difficulty: **Moderate** Duration: **2-3 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**

There's a new waterproof membrane that's also trying to stop climate change. It's called AI Gore-Tex.

My mate was annoying me on our camping trip so I told him to take a hike.

116 - Sun, 21 Apr - Cecilia Ridge

Meet: **8:00 AM** at Cecilia Forest parking area

Hike details: From the car park, hike proceeds to gain access to path which ascends the Ridge. From the top the immediate area to be explored and path down will be decided on the day

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

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

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

117 - Sat, 27 Apr - Silvertree trail (part)

Meet: **1:00 AM** at Cecilia Forest parking area

Hike details: Along the contour to the silvertree trail, do part of it and then back.

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

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

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

118 - Sun, 28 Apr - Caveman's Overhang

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

Hike details: Ascend from Constantia Nek and along the jeep track to Victoria Dam. And with Karen's book 'Off the beaten track' in hand we do a recce hike from that point. There may be a bit of bundu bashing involved as well as scrambling.

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

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

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

119 - Sat, 4 May - Tokai forest ramble

Meet: **8:00 AM** at Parking at Manor house

Hike details: Long time since we did this so let's go up and see how the forest has regenerated

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

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

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

120 - Sun, 5 May - Skoorsteenkop and Skoorsteenber

Meet: **8:00 AM** at Park in Chilton Close, off Andrews Road, past Hout Bay Museum. Cars to be shuttled to start.

Hike details: Drive some cars to Whittlers Way to gates at start of hike. Leader has code. This is another hike taken from 'Off the beaten track' by Karen Watkins, and thus is a recce for this leader. Should be fun. Drinks at Lookout afterwards.

Difficulty: **Strenuous** Duration: **4 - 5 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**

121 - Sat, 11 May - Silvermine Gate 2 circular walk

Meet: **8:30 AM** at Gate 2 parking

Hike details: Circular walk taking in Steenberg and St James Peak. Dogs welcome with TMNP permit.

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**

122 - Sun, 12 May - Mowbray Ridge

Meet: **8:00 AM** at Rhodes Memorial parking area

Hike details: Scramble up the ridge, on to Oppelskop and back

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

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

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

123 - Sat, 18 May – Silvermine West Ramble, Dam Side

Meet: **8:00 AM** at Parking lot to the left of entrance pay gate. Wild card or entrance fee required

Hike details: The circular hike will explore some of the the lesser trodden paths of the area.

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**

124 - Sun, 19 May - Brunch at Berties Balcony

Meet: A members only hike so please contact leader

Hike details: This hike is in celebration of our wonderful Club's anniversary. We will

Sponsor sparkling grape juice, orange juice and a doughnut for everyone. Bring your sandwiches, water etc. We will go at a reasonable pace so as to enable slower people to join us.

Difficulty: **Moderate** Duration: **3 - 4 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**

125 - Sat, 25 May - Zeekoevlei Bird Walk

Meet: **9:00 AM** at Zeekoevlei picnic area, Flowerpecker Street, Pelican Park.

From Fisherman's Walk, Lotus River, turn Rt at T-junction into Buck Rd, which becomes Oystercatcher Rd. After 1km turn Rt into Flowerpecker Street. The gate is just ahead of you.

Hike details: An easy meander around the pans of the Old Strandfontein sewerage works to see grebes and goslings, flamingos, falcons and fish eagles, pelicans, herons and many many more. Bring your bird book and binoculars (and water and a snack).

Difficulty: **Easy** Duration: **2 - 3 Hours** Distance: **Less than 5 km**

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

Hike Leader: **Colleen Saunders - 083 450 9094 - saundicollinda@gmail.com**

126 - Sun, 26 May - Helderberg N/Reserve - West Peak

Meet: **7:00 AM** at Rhodes Memorial entrance

Hike details: A 14km long circular hike in and out of the reserve to the "West Peak" with over 800m in altitude gain. Helderberg Nature Reserve is situated near Somerset West, R10 p.vehicle and R20 p.p. Entrance fee.
<http://www.helderbergnaturereserve.co.za/reserve/trail>

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

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

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

Albert Einstein

"Look deep into nature and you will understand everything better."

127 - Sat, 1 Jun - Princess Vlei eco-hike

Meet: **10:00 AM** at Princess Vlei Parking area, on the M5 opposite Grassy Park

Hike details: A relaxed walk around Princess Vlei, with input from members of the Princess Vlei Forum on the history and cultural significance of the vlei, and on the current work being done to rehabilitate the ecology of the vlei. Possibility of ending with lunch at a

Difficulty: **Easy** Duration: **2 - 3 Hours** Distance: **Less than 5 km**

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

Hike Leader: **Colleen Saunders - 083 450 9094 - saundicollinda@gmail.com**

128 - Sun, 2 Jun - Chapman's & Noordhoek Peaks

Meet: **8:00 AM** at Reservoir Parking area Silvermine Gate 1. Wild Card or entrance fee required

Hike details: Meet at reservoir car park from where we will have to shuttle cars to Noordhoek Beach parking area. Hike will commence from there to the summit of Chapman's Peak. After tea at the top the track descends to the saddle between the peaks from where we ascend the shoulder of Noordhoek Peak on the way back to the cars.

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**

Sir Edmund Hillary

"It is not the mountain we conquer, but ourselves."

129 - Sat, 8 Jun - Sandy Bay and Rocket Road

Meet: **8:00 a.m.** at Sandy Bay parking lot on Esutegia Way, Hout Bay

Hike details: We will walk to Sandy Bay and do a circular route back to starting point. A moderate hike with some walking over dunes. Dogs with TMNP permits and poo bags are very welcome.

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

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

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

130 - Sun, 9 Jun - Tygerberg reserve (cost R8 to R15, pensioners pay less)

Meet: **8:00 AM** at Tygerberg reserve Welgemoed entrance.
(<http://tygerberghills.co.za/tygerberg-nature-reserve/>)

Hike details: Explore the various paths in this beautiful reserve

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

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

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

131 - Sat, 15 Jun - Rhodes to Newlands Forest

Meet: **9:00 a.m.** at Rhodes Memorial car park

Hike details: It is a circular route proceeding up to the contour path and visiting the old filter house. Well behaved dogs with TMNP permit and poo bags welcome.

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

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

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

132 - Sun, 16 Jun - Chapman's Traverse

Meet: **8:00 AM** at Old Fort parking lot on Chapman's Peak Drive

Hike details: Shuttle cars to the parking lot at the toll check-point make our way back along the contour path with wonderful views of Hout Bay along the route.

Difficulty: **Strenuous** Duration: **5 - 6 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**

133 - Sat, 22 Jun - Silvermine via Peck's Valley

Meet: **8:00 AM** at Muizenberg car park adjacent to Bowling Club

Hike details: From the car parking we will ascend to higher ground via Peck's Valley to meander around the area. The return path will be by a different route.

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

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

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

134 - Sun, 23 Jun - Elsies Peak front face

Meet: **10:45 AM** at Outspan Parking in Kommetjie Road opposite Zip Print at top of 2nd Ave

Hike details: Weather permitting, we will hike around the front face of Elsies Peak. Mild exposure and minimal scrambling.

Difficulty: **Moderate** Duration: **2 - 3 Hours** Distance: **Less than 5 km**

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

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

135 - Sat, 29 Jun - Delvera Vineyard Trail

Meet: **9:00 AM** at Entrance to Rhodes Memorial

Hike details: The Delvera wine estate is just off the N1 on the R44 to Stellenbosch <https://www.delvera.co.za> The trail, operated by Dirtopia <http://www.dirtopia.co.za/index.php/delvera-trails> , covers some 10km and takes in Klipmutskop with views of Table Mountain and the Cape Winelands. R50 for the hike permit which includes a coffee. Well enjoy some lunch and wine tasting after the hike.

Difficulty: **Moderate** Duration: **3-4 Hours** Distance: **8 – 10km**

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

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

136 - Sun, 30 Jun - Constantia Nek, Maclear's Beacon, down Platteklip

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

Hike details: +-16km. A long hike up and along the full length of table mountain on the Eastern side. The first 14km is strenuous mainly due to distance, the last part down Platteklip Gorge is steep, with large steps, a real challenge at the end! Uber to return +-R50 ea

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

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

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

Andy Rooney

“Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you are climbing it.”

PENINSULA RAMBLINGS



A message from our Chairman

Dear Ramblers,

We have had another long hot summer with very little rain. Not good for our water situation but good from a hiking point of view, That is, no hikes were cancelled. It's really pleasing to note that we have had good turnouts generally, for both Saturday and Sunday hikes. A big thank you to all hike leaders for their service to the club. On the point about hot weather, lately we have had one or two occasions with members suffering due to overheating. Please be sure you drink enough water, and that you are wearing a hat. Carrying a rehydration mix is also helpful.

Our new program promises to be a winner. We have arranged a relaxing weekend away in the Pat Busch Mountain Reserve, which has at least 3 different hikes of varying lengths. And there is our Anniversary hike in May which has proved to be very popular. Hope a number of you will support me on my semi-recce hikes . The out of town hikes look very interesting too, so there's lots to look forward to.

Of special note to all members is our AGM on Saturday afternoon March 30th, to be held at Sunnybrae, Rondebosch. A big thank you to Renata. There is a bonus too. Ruth McNerney will give us a short show on her recent trip to Antarctica. Spectacular. We look forward to seeing many Ramblers there.

A warm welcome to all new members to the club. We hope you will enjoy many hikes with us.

As always safety is of paramount importance to all hikers. Be alert, stay together and avoid known hot spots. Happy hiking.

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

“Deserts, jungles, mountains or coast; I don't have a preference. If I'm out in nature with everything I need in the world on my back, chances are my smile is wide and my thoughts are clear.”

A very warm welcome to our new Members

DIANA BLATCHFORD

SHAWN & SAMANTHA CLASSEN

JACQUELINE DE GOEDE

KERRY TOY

STEPHEN DOUGLAS WILSON

May you have a wonderful time with us

Check out the following websites below for very useful information:

Wilderness Search & Rescue <https://wsar.org.za/>

Table Mountain National park <https://wsar.org.za/>

"It is not the mountain we conquer, but ourselves." "You need special shoes for **hiking**—and a bit of a special soul as well." "If you think you've peaked, find a new mountain. "In every walk with nature, one receives far more than he seeks."

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





Photo by Charmaine Odendaal

Kloof Nek corner along contour path to Deer Park and back 9 February 2019



Photo by Colin Theunissen

“Backpacking: An extended form of hiking in which people carry double the amount of gear they need for half the distance they planned to go in twice the time it should take.” – Unknown

KLEIN KAROO LONG WEEKEND 20 – 24 September 2019

Take Monday off work and join us for a long weekend of hiking and relaxation around the Swartberg Mountains near Oudtshoorn.

Club Members, Vivienne and Barry Meijr, will be our hosts on their farm Meijersrust (www.meijersrust.co.za)

Vivienne has kindly reserved 5 x 4 sleeper units (4 x chalets and the Milk Barn) for the Club at R2600 per unit for the four nights. Camping at R400 pp for the four nights is also available.

Units are equipped for self-catering (including a braai) and offer a queen size bed and a L-shape sleeper couch (sleep head to head or toe to toe) or bunk beds (Milk Barn).

There is a nice big deck and braai at the main house where we can come together for some of the evenings.

Well-socialised dogs are welcome.

Members who wish to share accommodation/catering/lifts should make arrangements among themselves and then make a single booking for a unit.

Booking and payment to be arranged directly with Vivienne at Bmeijer@aol.com. As this is a long-weekend, there is already demand for accommodation on the farm so please finalise your booking by the end of March after which the balance of the reservations will be released.

Catering - Oudtshoorn has a lovely Pick 'n Pay which is very well stocked; there is also a Checkers, Shoprite and Spar. There is a supermarket in De Rust which offers really good meat and some basics, but the fruit and veg is not that great.

A preliminary program (participate and contribute to as you see fit) includes:

- Friday (20th): Arrive after a 400+ km drive from Cape Town (best to leave by mid-day)

- Saturday morning: hike on the farm, this can be anything between 10 – 16 km to the waterfalls and just around the mountains; the farm is at the foot of the Swartberg mountains so there is much to see.
- Saturday afternoon: drive to the waterfall in Meirings Poort (hope there will be water flowing after the rain we praying for this coming winter) and finish off at the Klaarstroom Hotel for a drink - just a nice relaxing spot to chill.
- Saturday evening: a BYO braai (with Vivienne's assistance the Club will sponsor the fire, a salad or two and rooster koek – a Karoo speciality)
- Sunday: early morning hike followed by wine tasting at a local farm and a Sunday lunch (R 160 – 180 per person); food is recommended regardless of what they serve.
- Monday morning: early morning hike from the farm to a neighbour's farm;
- Monday afternoon: drive to Oudtshoorn for one of the area's attractions (see below)
- Monday evening: a BYO braai (with Vivienne's assistance the Club will sponsor the fire, a salad or two and rooster koek)
- Tuesday: Short hike in the morning and depart by midday.

Optional activities include:

- Horse riding
- Self-drive up Swartberg pass
- Cango caves
- Ostridge Farm
- The Cango Wildlife centre
- The CP Nel Museum (traces the ostrich-feather boom era and houses a working synagogue - closed Sundays and Public holidays)

Directions:

- From De Rust travel towards Klaarstroom along the N12. Turn-off is to your left about 4 kilometres out of De Rust.

- From Oudtshoorn travel towards De Rust along the R 62 (N12). Continue through De Rust towards Klaarstroom along the N12. Turn-off is to your left about 4 kilometres out of De Rust.

- From Prince Albert take R407 East towards De Rust. Roughly 22 kilometres within Meiringspoort turn right into the driveway of Meijer's Rust.

- GPS Coordinates 33°27'45.84" S 22°33'30.75" E

