



TRAILS CLUB OF SOUTH AFRICA

Hike Schedule

03/10/2009 to 31/01/2010

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 03/10/2009	Rosemary Paul Home Ph: 0784251880	Start Time: 13:30 End Time: 17:30 Rhodes Mem parking	QUEENS BLOCKHOUSE Easy Hike Walk up to the stile and then along to the blockhouse. We will return by the lower road to the cars. Bring plenty of water, a snack and car guard money. Quite a bit of uphill but its all downhill afterwards	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Sunday 04/10/2009	Denise Hopkins Home Ph: 217975638	Start Time: 09:30 End Time: 16:00 Phone Denise	GROTTO BAY Easy Hike Come out and enjoy the sun! Stunning flowers, scenery and pristine beaches. Not a full day's hike, boots not essential. Bring tea, sun hat, sun block, windcheater, camera, lunch and plenty of water. Phone Denise to book.	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Saturday 10/10/2009	John Powell Home Ph: 0217884501	Start Time: 13:00 End Time: 17:30 Silvermine non pay side. Bring R5 for car guard	SILVERMINE - WOLFKOP, SPLITKOP Moderate Hike Hike up Wolfkop, over Steenberg higher peak shoulder, across to the masts then up to the Fat Ladies Cave. Return to the car park. Phone John 082 954 3986	Cost Member: R0 Visitor: R10 Limit: Distance: 9km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: End: Children Welcome: No
Sunday 11/10/2009	Tommy Hiscock Home Ph: 217127476	Start Time: End Time:	CHAPMANS PEAK _ NOORDHOEK Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 17/10/2009	Geoff Tinker Home Ph: 217827757	Start Time: 13:00 End Time: 17:00 Silvermine Dam car park	SILVERMINE - PANORAMA ROUTE Moderate Hike From the dam car park, hike via the fynbos route to Noordhoek Peak, then along the Panorama Path to the top of Blackburn Kloof, then turn east rejoining the jeep track and return. Wonderful views over Chappies, the Atlantic and Hout Bay. Bring Wild Card or R15 entrance money	Cost Member: R0 Visitor: R10 Limit: Distance: 9km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 18/10/2009	Brian Ford Home Ph: 215312660	Start Time: 07:30 End Time: 16:30 Phone Brian	AVONDALE WINE FARM TO WEMMERSHOEK RIVER Moderate Hike Sandy Moss, the horticulturalist from Avondale wine farm, will be leading us on this hike from the farm up to Klein Drakenstein Nek and on to the Wemmershoek river. Fantastic views and the flora should still be great. Car shuffle necessary so we need an early start. For those who missed Sandy's previous hike this is an opportunity to witness some truly great sights in a beautiful area. Phone Brian to book and for details. 021 531 2660 or 083 896 7904	Cost Member: R0 Visitor: R10 Limit: 14 Distance: 19km Fitness: Fit Exposure: None Technical: Easy scramble Booking Start: 05/10/09 End: Children Welcome: No
Saturday 24/10/2009	Maré Ascott Home Ph: 0834455728	Start Time: 13:00 End Time: 17:00 Kloof Nek Superette, Kloofnek Road	LION'S HEAD & GLENN FOREST Easy Hike A hike on the base of Signal Hill and Lions Head. Some short steep bits to get the heart pumping, but not difficult at all. Lovely all round views! Bring warm jacket, water and snacks. Not necessary to book and no calls on the day of the hike please	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 25/10/2009	Tommy Hiscock Home Ph: 217127476	Start Time: End Time:	YELLOWWOOD JUDAS PEAK Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: No

Date	Convenor	Meeting Details	Event Description	Notes
Saturday 31/10/2009	Rosemary Paul Home Ph: 0784251880	Start Time: 13:30 End Time: 17:30 Hoerikwaggo camp site, +- 1km from dam	SILVERMINE RAMBLE Moderate Hike We will go up Steenberg Ridge along the top to the fire lookout hut for tea. Bit of a scramble as the path along the ridge is not very clean. Beware scratchy bits!! Bring plenty of water and a tea snack	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: No
Sunday 01/11/2009	Anthony Sneath Home Ph: 217901671	Start Time: End Time: Phone convenor	TBA Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 07/11/2009	Rosemary Paul Home Ph: 0784251880	Start Time: 13:30 End Time: 17:30 Rhodes mem parking	MOWBRAY RIDGE Moderate Hike Ascend Mowbray Ridge from Rhodes Memorial via the Block House and return via upper contour path. Bring plenty of water and car guard money	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Easy scramble Booking Start: 30/12/99 End: Children Welcome: No
Sunday 08/11/2009	Denise Hopkins Home Ph: 217975638	Start Time: 12:30 End Time: 15:00 Mowbray Golf Club	CELEBRATION LUNCH Join us for an end of year function and also to celebrate some surprise birthdays! Drinks available before a three course meal. Booking essential. No hiking boots! Phone Denise at 021 797 5638	Cost Member: R0 Visitor: R90 Limit: 24 Distance: 0km Fitness: Exposure: Technical: Booking Start: 19/10/09 End: Children Welcome: Yes
Saturday 14/11/2009	Conrad Thomas Home Ph: 0217822330	Start Time: 12:30 End Time: 17:30 Outside Simon's Town Station	SIMONSBERG CIRCUIT Moderate Hike After a car has been dropped off at Seaforth, we will proceed up the Military steps to Klawer Valley. We will then pick our way up to the top of Simonsberg. From here we will move along the ridge until we meet up with the Smitswinkel track from where we will descend to Seaforth. There is no path so be prepared to rough it. Great views of False Bay providing excellent photographs	Cost Member: R0 Visitor: R10 Limit: Distance: 12km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: End: Children Welcome: Yes
Sunday 15/11/2009	Ethnee Hepburn Home Ph: 216830604	Start Time: 08:00 End Time: 16:00 Rhodes mem car park but please phone Ethnee	DEVILS PEAK - MOWBRAY RIDGE Moderate Hike Hike from Rhodes Memorial via the Kings Blockhouse and the knife edge; tea on the Minor Peak and then up the back of Devils Peak, stopping at the top for lunch. Return around the contour path. Rain cancels. Phone Ethnee at 021 683 0604	Cost Member: R0 Visitor: R10 Limit: 10 Distance: 8km Fitness: Fit Exposure: Mild Technical: Easy scramble Booking Start: 11/09/09 End: 13/11/09 Children Welcome: No
Saturday 21/11/2009	John Powell Home Ph: 0217884501	Start Time: 12:30 End Time: 17:30 Meet at Constantia Nek Car Park	CONSTANTIA CORNER Moderate Hike Starting from Constantia Nek, Hike up Constantia Corner to de Villiers Dam returning via Cecilia Ridge onto the contour path and and back to the cars. Phone John at 082 954 3986	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Fit Exposure: None Technical: Easy scramble Booking Start: 30/12/99 End: 30/12/99 Children Welcome: No
Sunday 22/11/2009	Phillip Williams Home Ph: 215311620	Start Time: End Time: Phone convenor	STEENBRAS RIVER Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 28/11/2009 to Sunday 29/11/2009	Brian Ford Home Ph: 215312660	Start Time: End Time: Phone convenor	BREEDE RIVER RAFTING We have booked a Breede River rafting weekend with Canoe Safaris in the Worcester area. A fun weekend on the river, easy paddling with a couple of small rapids depending on the river flow but not too hectic. 2 man glass fibre canoes and life jackets supplied, waterproof buckets supplied and ice for drinks From Saturday morning to Sunday afternoon and includes a Saturday braai with all food supplied and Sunday breakfast. Camp at the cars on Saturday and bring your own tent - Long drop toilet at the camp site. We will be met down river on Sunday and returned to our cars at lunch time. Further details emailed to those that book. phone Brian at 021 531 2660 or 083 896 7904	Cost Member: R350 Visitor: R420 Limit: 20 Distance: 0km Fitness: Exposure: None Technical: Booking Start: 01/10/09 End: 30/11/09 Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Wednesday 02/12/2009	Brett Hollands Home Ph: 214392607	Start Time: End Time:	LION'S HEAD Moderate Hike Starting from Forester's Glen, hike to the top, returning the same way. Chains or easy scrambling required. Good views of the coast, the city and out to Robben Island.	Cost Member: R0 Visitor: R10 Limit: Distance: 4km Fitness: Average Exposure: None Technical: Easy scramble Booking Start: 30/12/99 End: 30/12/99 Children Welcome: Yes
Saturday 05/12/2009	Nerina De Villiers Home Ph: 217012355	Start Time: 13:30 End Time: 17:30 Meet at the car park at Kloof Nek at the left of t	DEVILS PEAK - OPPELSKOP Moderate Hike Circular walk starting on Tafelberg road. Climb up the Saddle to Saddle Rock on to Oppelskop, and down and around back to the cars along the lower contour path.	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: 30/12/99 End: 30/12/99 Children Welcome: Yes
Sunday 06/12/2009	Brian Ford Home Ph: 215312660	Start Time: 08:30 End Time: 16:30 Phone convenor	WITTE RIVER BAINS KLOOF Moderate Hike Hike from top of Bains Kloof along part of the Limietberg Trail, down to the river and rock hop along to the waterfall. Lots of swimming stops in stunning pools. Rock hop back to the cars. How about seeing some new faces on this river hike but rock hopping ability at a reasonable pace is a necessity. Phone Brian to book and to discuss meeting details and whether you have a wild card. 021 531 2660 or 083 896 7904.	Cost Member: R25 Visitor: R35 Limit: 12 Distance: 12km Fitness: Fit Exposure: None Technical: Easy scramble Booking Start: 09/11/09 End: 20/11/09 Children Welcome: No
Saturday 12/12/2009	Maré Ascott Home Ph: 0834455728	Start Time: 13:00 End Time: 17:00 Kloofnek Superette, Kloofnek Rd	WOODSTOCK CAVE Easy Hike Steep climb to the contour path and then an easy walk to the cave and back a different way. The Superette is the only meeting point, will decide the starting point on the day of the hike. We will shuffle cars. Bring warm jacket, water and snacks. Not necessary to book and no calls on the day of the hike please	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 13/12/2009	Conrad Thomas Home Ph: 0217822330	Start Time: 08:30 End Time: 16:30 Phone convenor	SIMONSTOWN - SMITWINKEL TRAVERSE Moderate Hike A steep ascent to Swartkop , followed by a high level traverse with stunning views of False Bay and the Atlantic. Steep descent to Smitwinkel Bay. Car shuffle required.	Cost Member: R0 Visitor: R10 Limit: Distance: 12km Fitness: Fit Exposure: None Technical: Walk Booking Start: End: Children Welcome: No
Wednesday 16/12/2009	Conrad Thomas Home Ph: 0217822330	Start Time: 09:00 End Time: Eagle Owl picnic area, just past the Arboretum Tok	CHAMPAGNE BREAKFAST Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 19/12/2009	Robin Cooper Home Ph: 215322939	Start Time: End Time: Phone convenor	NEWLANDS RAMBLE Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Sunday 20/12/2009	Dolores Donovan Home Ph: 217852191	Start Time: End Time:	TABLE MOUNTAIN Moderate Hike Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 10km Fitness: Average Exposure: None Technical: Walk Booking Start: 30/12/99 End: Children Welcome: Yes
Wednesday 23/12/2009	Conrad Thomas Home Ph: 0217822330	Start Time: End Time:	ELSIE'S PEAK Moderate Hike Hike up to Elsie's Peak from Fish Hoek. Lovely views of False Bay. Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: 30/12/99 End: Children Welcome: Yes
Sunday 27/12/2009	Dolores Donovan Home Ph: 217852191	Start Time: End Time:	SILVERMINE- AMPHITHEATRE CIRCUIT Moderate Hike Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: None Technical: Walk Booking Start: 30/12/99 End: 30/12/99 Children Welcome: Yes

Date	Convenor	Meeting Details	Event Description	Notes
Tuesday 29/12/2009 to Monday 04/01/2010	Brian Ford Home Ph: 215312660	Start Time: End Time: Phone convenor	OUTENIQUA TRAIL Moderate Hike This is a first call for this "must do" hike. More details will follow but we are trying for portage if possible. We will take in Millwood and Diep Valle etc. What a lovely place in which to see in 2010. Booking opens 1 September.....The cost includes 5 nights on trail and the last night (3 January) at the Harkerville Backpackers with dinner and breakfast included	Cost Member: R400 Visitor: R480 Limit: 16 Distance: 70km Fitness: Fit Exposure: None Technical: Walk Booking Start: 01/09/09 End: 15/11/09 Children Welcome: Yes
Saturday 02/01/2010 to Sunday 10/01/2010	Anthony Sneath Home Ph: 217901671	Start Time: End Time: Phone convenor	COFFE BAY TO MBASHE RIVER This is an adventure hike from Coffee Bay to Mbashe River in the Transkei and requires practice and expertise in river crossing. There will be a pre-qualification of a practice river crossing in full kit, with proper equipment. Details to follow. Phone Anthony if you are interested. Note: There is an overlap with the Outeniqua Trail	Cost Member: R0 Visitor: R0 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: No
Saturday 09/01/2010	Rosemary Paul Home Ph: 0784251880	Start Time: 14:00 End Time: 18:00 Newlands Forest heli parking	NEWLANDS TO KIRSTENBOSCH Easy Hike Walk through the forest to the gardens. Hopefully have tea under a tree on one of the top lawns. Bring snack and plenty of water and car guard money	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 10/01/2010	Tony Burton Home Ph: 217015021	Start Time: End Time: Phone convenor	TBA Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 16/01/2010	Nerina De Villiers Home Ph: 217012355	Start Time: 08:30 End Time: 12:30 Meet in the carpark near the beach	LLANDUDNO TO OUDESCHIP Moderate Hike Hike from Sunset Rocks via Sandy Bay to Oudeschip via Sandy Bay along the coast which includes boulder hopping. Return the same route and swim at Llandudno for the Pugh's among us.	Cost Member: R0 Visitor: R10 Limit: Distance: 8km Fitness: Average Exposure: Mild Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 17/01/2010	Ethnee Hepburn Home Ph: 216830604	Start Time: 08:00 End Time: 15:30 Phone convenor	SILVERMINE BOWL Easy Hike From the car park, climb up to the ridge that circles the Silvermine Dam. Have tea on the way to Noordhoek Peak then continue around the dam, remaining at the same level. Return to the cars via the riverwalk. Apart from the first climb, this is not a strenuous hike	Cost Member: R0 Visitor: R10 Limit: 12 Distance: 12km Fitness: Fit Exposure: None Technical: Walk Booking Start: 01/01/10 End: 14/01/10 Children Welcome: Yes
Saturday 23/01/2010	John Powell Home Ph: 0217884501	Start Time: 13:00 End Time: 17:00 Inside main gate, Cape Point	CAPE POINT: GIFKOMMETJIE - HOEK VAN BOBBEJAAN Easy Hike Hike from Gifkommetjie lookout, down to and along the coast to Hoek van Bobbejaan. Return along the Kommetjieberg ridge. Bring Wild Card and ID or R60 entrance. Phone John at 082 954 3986	Cost Member: R0 Visitor: R10 Limit: Distance: 6km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 24/01/2010	Geoffrey Barton Home Ph: 217978916	Start Time: End Time: Phone convenor	MYBURG WATERFALL Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes
Saturday 30/01/2010	Robin Cooper Home Ph: 215322939	Start Time: End Time: Tokai Arboretum parking	TOKAI FOREST RAMBLE Easy Hike An easy walk up through shady forest onto a scenic traverse above the forest and returning to the Arboretum. Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 7km Fitness: Average Exposure: None Technical: Walk Booking Start: End: Children Welcome: Yes
Sunday 31/01/2010	Tony Burton Home Ph: 217015021	Start Time: End Time: Phone convenor	TBA Details to follow	Cost Member: R0 Visitor: R10 Limit: Distance: 0km Fitness: Exposure: Technical: Booking Start: End: Children Welcome: Yes

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<p>IMPORTANT NOTES</p> <ul style="list-style-type: none"> · 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 <p>Emergency Phone Numbers: Mountain Rescue 107 or 021-9489900 Ambulance 10177 Flying Squad 10111 Poison Information Centre Tygerberg 021-93106129 Mountain Fires 107</p> <p>Emergency Codes: Need help: 6 Blasts/Flashes, Long Pause (Repeat). Have heard distress call: 3 Blasts/Flashes, Long Pause (Repeat)</p> <p>BANKING DETAILS: Standard Bank Claremont (025109) Cheque Account Number: 072528451</p> <p>Please write your name & what you are paying for on the deposit slip and send it to the treasurer!</p>				