

# PENINSULA



# RAMBLERS

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## Hiking and Social Programme: July 2019 to October 2019 COMMITTEE MEMBERS

Chairman: Antonio Serafin	021 424 3746	or	072 701 5499	or	<a href="mailto:antoniomserafin@gmail.com">antoniomserafin@gmail.com</a>
Treasurer: Ian Pearce	021 794 5989	or	084 6244 691	or	<a href="mailto:hounddog10g@gmail.com">hounddog10g@gmail.com</a>
Secretary: Cornel Schutte	072 161 9366	or			<a href="mailto:Cornel.s@iafrica.com">Cornel.s@iafrica.com</a>
Glenda Doller	021 794 5989	or	078 292 2477	or	<a href="mailto:glendadoller@gmail.com">glendadoller@gmail.com</a>
Ewen Smith	073 799 9109	or			<a href="mailto:ewensmith@afrihost.co.za">ewensmith@afrihost.co.za</a>
Urs Huber	084 713 5545	or			<a href="mailto:uhhuber@gmail.com">uhhuber@gmail.com</a>
Greta Brock	082 413 7396	or			<a href="mailto:greta.brock@gmail.com">greta.brock@gmail.com</a>

**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](http://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

## Friday, July 26

6.30 for 7pm Soup and Gluwein Evening. Come and join us for the annual soup evening at Sunnybrae, Renata's home which she so kindly invites us Ramblers to. A delicious variety of soups will be on the table, along with other surprises, plus some great gluwein. All compliments of the Ramblers.

Venue: Renata Puccini's home, 1 Sunnybrae Road Rondebosch.

RSVP: Ian Pearce 084 6244 691 or Glenda Doller 078 2922 477, landline 021 794 5989

**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, 6 Jul : Hout Bay - BaviaansKloof

Meet: **8:30 AM** at Corner of Andrews and Campbell Roads, Scott Estate, Hout Bay

**Hike details:** Having shuttled cars to the East Fort parking on Chapman's Peak Drive, we'll enjoy great views over Hout Bay as we make our way up to the old manganese mine. From there we follow the Hoerikwaggo Route around to the tarred service road that leads to the Constantiaberg mast. Return route is along the southern side of Skoorsteenberg to Scott Estate in Hout Bay. Suitably fit and well-socialised dogs with TMNP permits, water and poo-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](mailto:cornel.s@iafrica)**

## 102 - Sun, 7 Jul : Table Mountain Cleft & Reserve Peaks

Meet: **8:30 AM** at Cecilia Forest

**Hike details:** Ascend Nursery Ravine, descend Cecilia Ridge.

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

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

Hike Leader: **Peter Phillips - 076 232 6990 or [peterphillips308@gmail.com](mailto:peterphillips308@gmail.com)**

## 103 - Sat, 13 Jul : Tokai and Green Belt Ramble

Meet: **8:00 AM** at Pedlars on the Bend

**Hike details:** From meeting place we will shuttle cars to Total Garage Tokai Road from where hike will commence to complete a circuit in the Tokai Forest area to connect up with the track which we will follow to lead us back to Pedlars to partake of suitable refreshments

Difficulty: **Easy** 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**

**104 - Sun, 14 Jul : MAX 12 PER PERMIT! MUST PRE BOOK. Orange Kloof Disa Gorge to Table Mountain Dams**

Meet: **8:30 AM** at Constantia Nek Parking Lot

**Hike details:** We head through Orange Kloof (gentle 4km), through beautiful Disa Gorge to Woodhead Dam (moderate climb 2km), then back via Ash valley to Constantia Nek

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](mailto:marco@brwm.co.za)**

**105 - Sat, 20 Jul : Around Lion's Head**

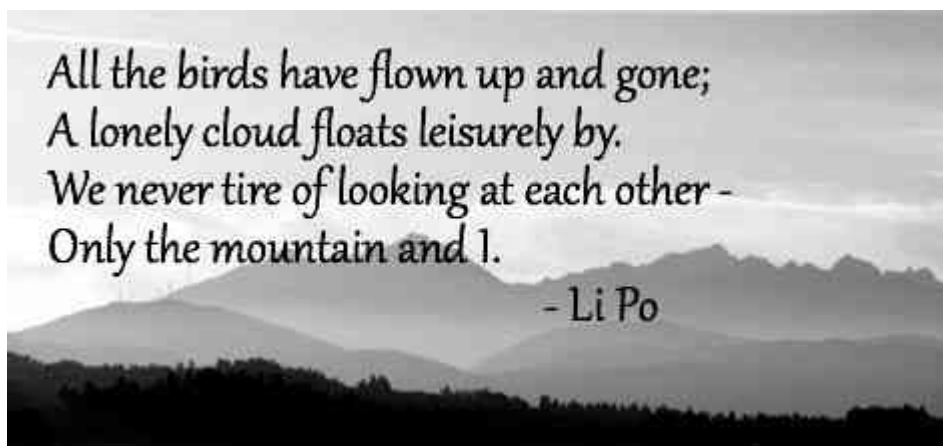
Meet: **1:00 PM** at Kloof Nek Parking area

**Hike details:** From Kloof Nek to Signal Hill and then back via the lower contour path

Difficulty: **Moderate** Duration: **3 - 4 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](mailto:uhuber@gmail.com)**



**106 - Sun, 21 Jul : Constantiaberg**

Meet: **8:00 AM** at Reservoir Parking Area Silvermine, Gate 1

**Hike details:** Hike will take us from car park to top of Blackburn Ravine from where we will ascend the western shoulder of Constantiaberg. This section has hints of strenuous mixed in with the majority of the moderate. Having achieved the summit we can wander around the area to enjoy the all round panoramic mountain vistas. The return path will take us down the eastern shoulder passing the Elephants Eye 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**

**107 - Sat, 27 Jul : Kasteelberg**

Meet: **7:00 AM** at Rhodes Memorial (Lower Car Park)

**Hike details:** Trail starts at the Pulpit Rock Winery outside Riebeeck West. It ascends from the winery to a neck with an optional scramble to a vantage point. Tea will be had at the neck. There is a path all the way, cairned in necessary places.

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

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

Hike Leader: **Peter Philips - 076 232 6990 or peterphillips308@gmail.com**



**108 - Sun, 28 Jul : Klein Tuinkop**

Meet: **8:30 AM** at Silvermine Gate 3 - Sunbird Centre

**Hike details:** We will ascend Klein Tuinkop via Klein-Tuinkloof and the Amphitheatre. Dogs with TMNP permit welcome

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

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

Hike Leader: **Max Brock - 082 938 4442 - [maxbrock@rondebosch.com](mailto:maxbrock@rondebosch.com)**

**109 - Sat, 3 Aug: ~~Jonkershoek~~**

~~Meet: **8:00 AM** at Panorama Spar parking area (diagonal opposite panorama hospital)~~

~~**Hike details:** Various areas in Jonkershoek~~

~~Difficulty: **Strenuous** Duration: **5 - 6 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](mailto:uhuber@gmail.com)**~~

**110 - Sun, 4 Aug : Corridor Ravine and Tranquillity Cracks**

Meet: **8:30 AM** at Theresa Avenue Camps Bay

**Hike details:** We head up the jeep road and turn right, hike along the pipe track and up Corridor Ravine. Then left to find Tranquillity Cracks . After exploring the area and lunch we return via Kasteelspoort. Rehydration spot by vote.

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, 10 Aug : Simon's Town to Smitswinkel Bay**

Meet: **8.30** Cnr Jan Smuts Dr and Churchill, Simon's Town

**Hike details:** We will follow the route up to Swartkop (678m high), then on to Smitswinkel. (we will need to park some cars at the end).

Difficulty: **Strenuous** Duration: **6 - 7 Hours** Distance: **10 - 11 km**

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

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

**112 - Sun, 11 Aug : Wolfkop, Steenberg and Muizenberg Peaks.**

Meet: **8:30 AM** at Silvermine East, non paying side.

**Hike details:** Circular route all on path.

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

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

Hike Leader: **Peter Philips - 076 232 6990 or [peterphillips308@gmail.com](mailto:peterphillips308@gmail.com)**

**113 - Sat, 17 Aug : Du Toit's Kop, Mont Rochele, Franschhoek.**

Meet: **7:00:00 AM** at Lower Rhodes Memorial Car Park.

**Hike details:** A circular route starting in the Mont Rochelle Nature Reserve at the top of the Franschhoek Pass.

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

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

Hike Leader: **Peter Philips - 076 232 6990 or [peterphillips308@gmail.com](mailto:peterphillips308@gmail.com)**

**114 - Sun, 18 Aug : Forest and Cave**

Meet: **8:00 AM** at 110 Boyes Drive

**Hike details:** From the meeting place we will hike up the old Mule Track above Kalk Bay and continue the ascent up Spes Bona Forest to then enter Boomslang Cave from the Fish Hoek side. Once through the cave which will be a bit sandy and require some illumination, torches, headlamps etc we will return to the cars via Echo valley and the Mule Track. There will be little bits of what maybe described as strenuous along the way, also clothing may get a bit grubby when crawling out of the cave.

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**

**115 - Sat, 24 Aug : Princess Vlei Eco Hike**

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

**Hike details:** An easy ramble round Princess Vlei, learning about the history, ecology and cultural significance of the vlei and current plans for its restoration. Option of ending with a visit to the adjacent organic market for coffee and koeksisters or lunch.

Difficulty: **Easy** Duration: **2 - 3 Hours** Distance: **5 - 8 km**

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

Hike Leader: **Colleen Saunders - 083 450 9094 - [saundicollinda@gmail.com](mailto:saundicollinda@gmail.com)**

**Never measure the height of a mountain until you reach the top. Then you will see how low it was.” -Dag Hammerskjold**



**116 - Sun, 25 Aug : Hole in the Wall**

Meet: **8:30 AM** at Constantia Nek parking area

**Hike details:** We ascend via the stepped path, and then along the jeep road to de Villiers Dam. From the dam we use Karen's book 'Off the beaten track' to find the real Hole in the wall. Then we make a circular route back to the road and down to the Nek.

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**

**117 - Sat, 31 Aug : West Coast National Park**

Meet: **6:00 AM** at Table View Mall near PnP (Cnr. Otto du Plessis Dive and Baauwberg Road)

**Hike details:** Celebrate Spring and enjoy the West Coast flowers with a varied day out at this

National Park some 120km from the City. We'll target getting to the entrance gate around opening time, 7:00 AM, as it is quite busy at this time of year (Wild Card or R54 conservation fee). A half an hour's drive through the Park will take us to Tsaarsbank for breakfast. Bring your ingredients, cooking utensils and a gas braai if you have one. We'll have a back-up fire in case there is not enough gas braai space.

Regrettably, I was not able to book hiking space, but once the Postberg section opens at 9:00 a.m., we'll spend the rest of the morning driving around and enjoying the flowers, finishing off with a picnic lunch at the magnificent view point over the Langebaan Lagoon.

After lunch we backtrack by car to the Geelbek Visitors Centre for one of the day walks on offer.

Difficulty: **Easy** Duration: **6 Hours + (Whole Day)** Distance: **5 - 8 km**

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

Hike Leader: **Cornel Schutte - 072 161 9366 - [cornel.s@iafrica.com](mailto:cornel.s@iafrica.com)**

**118 - Sun, 1 Sep : Cave Peak Circuit, Silvermine.**

Meet: **8:30 AM** at Godfrey Road, Kalk Bay.

**Hike details:** Not a difficult hike. Up Echo Valley, the Jules Path past Boomslang Cave and back along the secret forest path one tier below the path mentioned above. Descend via the Trappies Kop path.

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

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

Hike Leader: **Peter Philips - 076 232 6990 or peterphillips308@gmail.com**

**119 - Sat, 7 Sep : Tokai mountain meander**

Meet: **8:00 AM** at Braai Area Tokai Forest

**Hike details:** From the meeting place which gives secure parking for cars we check in at the gate, wild card or entrance fee, then we have to walk up to what was the Arboretum to explore the paths which are currently officially open to level 3

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**

**120 - Sun, 8 Sep : Suther Peak**

Meet: **8:30 AM** at Eustegia Way Hout Bay. Parking area at start of dunes.

**Hike details:** We hike across the dunes to Rocket Road , and then up the trail to Suther Peak. The views from the top are spectacular. Some steel hand/ footholds to negotiate up and down, but manageable. 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, 14 Sep : MAX 12 PER PERMIT! MUST PRE BOOK. Ash Valley Disa Gorge Orange Kloof**

Meet: **8:30 AM** at Constantia Nek Parking

**Hike details:** We head up path and jeep track to De Villiers Dam, then Smuts track, Ash valley, Woodhead dam, down Disa Gorge to Orange Kloof.

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**

**122 - Sun, 15 Sep : Around Devil's Peak**

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

**Hike details:** We will walk around Devil's Peak in an anti-clockwise direction taking in the fabulous views of the City and Table Mountain. There will be more-or-less continuous ascending to the Saddle on the first half of the hike, and coming down Newlands Ravine on the second half will be quite strenuous.

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

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

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

**“Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn.”**

John Muir

**123 - Sat, 21 Sep : Green belt Ramble with wine tasting**

Meet: **8:00 AM** at Wine society Klein Constantia Road

**Hike details:** A ramble having wine tasting at Groot Constantia and Buitenverwachting then tea or beer at Little Streams

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **More than 10km**

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

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

**124 - Sun, 22 Sep : Cape Point**

Meet: **8:30 AM** at Inside main gate of reserve

**Hike details:** From main gate we will motor down to Olifantsbos Bay to hike a circular route past Sirkelsvlei with the possibility of seeing some wild life along the way. Will also do some additional exploring in the area. Wild card or entrance fee required to get into the reserve.

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**

**Climb the mountain not to plant your flag, but to embrace the challenge, enjoy the air and behold the view. Climb it so you can see the world, not so the world can see you.**

*David McCullough Jr.*

**125 - Sat, 28 Sep : Zeekoevlei Bird Hike**

Meet: **9:00 AM** at Main Picnic Area Zeekoevlei Nature Reserve, cnr Oystercatcher and Flower Pecker Rds, Zeekoevlei.

Directions: From the M5 turn east onto 5th Road, Grassy Park. At the 1<sup>st</sup> traffic light turn right onto Perth Road. Pass Rondevlei Nature Reserve, where the road takes a left turn to become Fisherman's Walk. After 2.5 km at the T-junction turn right onto Buck Road, which becomes Oystercatcher. After 1km turn right into Flowerpecker. Enter at gate and drive 1,3km (left) to the main picnic area (Entrance No3).

**Hike details:** Easy walk around Zeekoevlei water treatment pans to view a large variety of birds, both local and seasonal visitors. Bring water, snack, bird book and binoculars.

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

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

Hike Leader: **Colleen Saunders - 083 450 9094 - [saundicollinda@gmail.com](mailto:saundicollinda@gmail.com)**

**126 - Sun, 29 Sep : Long Table Mountain Top Ramble from Cecilia Forest**

Meet: **8:00 AM** at Cecilia Forest Parking Lot

**Hike details:** A TOUGH, part RECCE HIKE +-15km. From Cecilia Forest, up Skeleton Gorge, Smuts Track, then East to West across the table to Echo Valley, Valley of Isolation, back via Woodhead dam, down Nursery Ravine.

Difficulty: **Strenuous** Duration: **6 Hours + (Whole Day)** Distance: **About 15km**

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

Hike Leader: **Marco Bauer - 084 370 8855- [marco@brwm.co.za](mailto:marco@brwm.co.za)**

**Mountains are not stadiums where I satisfy my ambition to achieve, they are the cathedrals where I practice my religion.**

*Anatoli Boukreev*

**127 - Sat, 5 Oct : Tokai Forest to Elephants eye**

Meet: **8:00 AM** at Denedal Road Tokai

**Hike details:** A hike to the waterfall and up to the cave. See how the Forest is recouping after the fire

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

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

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

**128 - Sun, 6 Oct : Spring Ramble in Silvermine West**

Meet: **8:15 AM** at Silvermine Gate 1 (Pay-gate), parking area just behind the gate

**Hike details:** Silvermine West has an abundance of beautiful Spring flowers! Dogs with TMNP permits welcome

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

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

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

**129 - Sat, 12 Oct : Mystery hike - Silvermine**

Meet: **8:00 AM** at Silvermine - main gate parking area

**Hike details:** Come and be surprised. You will need a wild card or pay entrance fee, currently at R31.

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 - uhuber@gmail.com**

**130 - Sun, 13 Oct : Roodeberg**

Meet: **8:00 AM** at Jonkersdam parking area top of Glencairn expressway

**Hike details:** From meeting place a circular hike will include tea stop on the summit of Roodeberg with commanding views of the scenery of the Deep South.

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**

**131 - Sat, 19 Oct : Tokai Dog Walk**

Meet: **3:00 PM** at Cnr Denedal and Orpen Rd, Tokai. Parking in Denedal Rd.

**Hike details:** Easy ramble through pine plantation and natural fynbos. Lots of dogs to sniff, squirrels to chase and streams to cool off in. Dogs must have TMNP permit, although I've never been asked for mine.

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**

**"If you think you've peaked, find a new mountain. "In every walk with nature, one receives far more than he seeks." "Look deep into nature and you will understand everything better." "To walk in nature is to witness a thousand miracles."**

**132 - Sun, 20 Oct : 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), or at Bainskloof Tweede Tol picnic site at 7:45

**Hike details:** A 12km in/out trail which is part of the Limietberg Nature Reserve. It is suitable for less experienced hikers and the trail features a number of rock pools where swimming is possible. A permit is required which will be arranged on the day at Tweede Tol.

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](mailto:cornel.s@iafrica.com)**

**133 - Sat, 26 Oct : 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:** An early start to miss the heat after mid-day. Enjoy a mostly flat walk along the Pipe Track (path is rough in some places) with an optional steep and difficult section near the turning point. Hike below the Apostles from KloofNek 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 poo-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](mailto:cornel.s@iafrica.com)**

**“A walk in nature walks the soul back home.”**

Mary Davis



**134 - Sun, 27 Oct: Table Mountain - Mclears Beacon**

Meet: **10:00 AM** at Kloof Nek parking area

**Hike details:** This is a special outing for all members but especially for the members 60+ years. We go up and down with the cable car (R100). If you are below 60 years then it is the full price of R330. We hike from the upper cable station to the beacon and back via a circular route. Take food and drink with you as the restaurant on top is very expensive. There is some minor rock scrambling and exposure. Note SA ID required or no special!

Difficulty: **Moderate** 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](mailto:uhuber@gmail.com)



# PENINSULA RAMBLINGS



## A message from our Chairman

Dear Ramblers,

Seventy two, not out! No, not the winning margin by the Proteas in the Final of the current Cricket World Cup being played in Wales and England, but the age of OUR Club.

Thanks to those who pitched to mark the occasion on May 22<sup>nd</sup> at Bertie's Balcony, and to the Committee Members, Hike Leaders and Members, who make this Club what it is.

We ARE about People and Hiking. So, let's remember in our thoughts those Ramblers who are seriously ill or aged and not able to hike !

I realise that I am preaching to the converted, here, BUT the safety of our members is of paramount importance on hikes, so let's not be complacent. If weather conditions are such that they constitute a risk to life and limb, the hike may be cancelled, or a slightly different route selected. In the event of uncertainty please contact the hike leader.

Splitting up the hiking group, too, due to the inability of a hiker to cope can lead to dangerous situations and is most undesirable. So, hikers must take into account their personal circumstances, such as level of fitness, recovering from illness, proper gear, etc.

The Club is deeply saddened to announce the passing of one of our members, Andrew Robinson, on June 22<sup>nd</sup>. Our thoughts and sympathies go to Elizabeth and family at this deeply distressing time. A Memorial Service will be held on Friday, July 19<sup>th</sup>.

The venue is likely to be St. Margaret's Anglican Church, 5<sup>th</sup> Avenue, Fish Hoek. A notice will be posted nearer the time.

## Peninsula Ramblers – Hike Program July to October 2019

A huge welcome to our new Ramblers. We wish you many happy hikes with this Club.

Please support the Soup Evening on 26<sup>th</sup> July at 1 Sunnybrae Road, Rondebosch.

Weekend away planned: Klein Karoo September 20-24 (places still available)

Day trip on the radar: Postberg Nature Reserve, Langebaan August-September

Warm regards

Tony Serafin [antoniomserafin@gmail.com](mailto:antoniomserafin@gmail.com) 072 701 5499 (021) 424 3746

### Mountain Mama's Healing Soup

#### Ingredients

- 3 tablespoons olive oil
- 1 medium onion, diced
- 4 garlic cloves, minced
- 1/2 head white cabbage, cored, shredded thinly
- 4 carrots, diced
- 1 zucchini, quartered, sliced
- 1/2 head cauliflower, coarsely chopped
- 1 28 oz can crushed tomatoes
- 6 cups chicken (or vegetable) stock
- 1 bay leaf
- 8 oz dried squash ravioli, cooked, drained
- 1 tablespoon fresh chopped dill
- 2 tablespoons fresh chopped basil
- 1-2 pints whole cherry tomatoes
- salt and pepper to taste

#### Cooking Instructions:

In a heavy soup pot, heat the olive oil over medium heat and saute the onion, until soft. Stir in the garlic, cabbage, carrots and zucchini. Cook for 10 minutes. Add the crushed tomatoes, stock and bay leaf. Gently simmer for 20 minutes. Add the cooked squash ravioli and fresh herbs. Heat through for 5-10 more minutes. Just before serving, add the cherry tomatoes and season with salt and pepper to taste.

*A very warm welcome to our new Members*

*KAREN COCHRANE  
SANDELENE and JACO DE BRUYN  
JESSICA GOURLEY  
DAVID JACOBS  
PEGGY MCPHEE  
BELINDA OOSTHUIZEN  
ALAN PEARSON  
ANNEKE SLOMAN  
GERALD and JAYNE STARK  
LES WATSON  
GINA WOODBURN*

*May you have a wonderful time with us*

The mountain most widely claimed to be the highest **unclimbed** mountain in the world in terms of elevation is **Gangkhar Puensum** (7,570 m (24,840 ft)). It is in Bhutan, on or near the border with China. In Bhutan, the climbing of mountains higher than 6,000 m (20,000 ft) has been prohibited since 1994.

### **Complaints to the U.S. Forest Service**

How well do you know your fellow hikers? How smart do you think they are, anyway? These are actual complaints to the Forest Service from trail users.

“Escalators would help on steep uphill sections.”

“Trails need to be wider so people can walk while holding hands.”

“Ban walking sticks in wilderness. Hikers that use walking sticks are more likely to chase animals.”

“Too many rocks in the mountains.”

“Trails need to be reconstructed. Please avoid building trails that go uphill.”

“The places where trails do not exist are not well marked.”

## 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



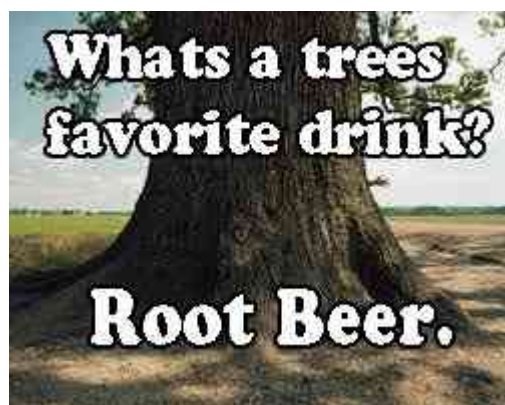
**Peninsula Ramblers – Hike Program July to October 2019**

Above & Below, Intaka Island hike, lead by Pam Constantinou. Photos Colin Theunissen



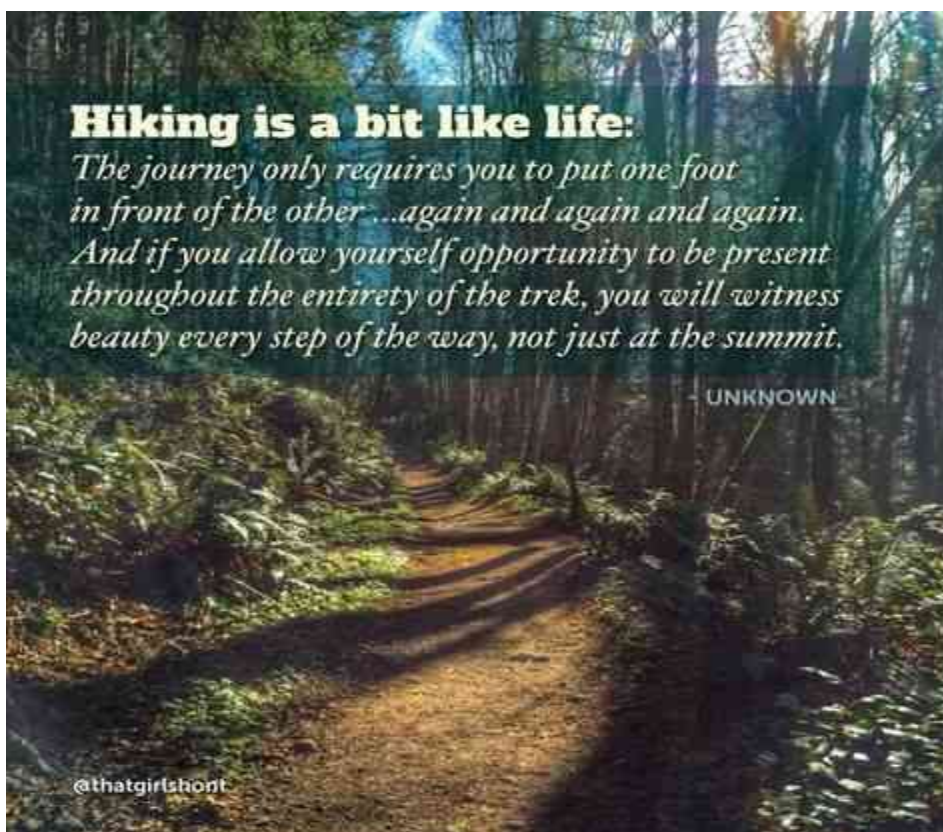
**I was annoyed when my mate turned up for a hike with two left hiking shoes. I had to give him a right boot.**

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



## Peninsula Ramblers – Hike Program July to October 2019

A relaxed group picture below. Photo by Tony Serafin



## **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](http://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](mailto: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)



## Peninsula Ramblers – Hike Program July to October 2019

- 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)

## Peninsula Ramblers – Hike Program July to October 2019

### 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

Delvera hiking Trail, lead by Ian Pearce, photo by Tony Serafin

