

PENINSULA



RAMBLERS

Email: glendadoller@gmail.com

Web: www.ramblers.org.za

Standard Bank Rondebosch

Account: 073603201

Branch: 025009

Hiking and Social Programme: November 2019 to February 2020 COMMITTEE MEMBERS

Chairman: Antonio Serafin	021 424 3746	or	072 701 5499	or	antoniomserafin@gmail.com
Treasurer: Ian Pearce	021 794 5989	or	084 6244 691	or	hounddog10g@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 7 Dec - Christmas Function

Meet: **12:00 PM** at Renata's house, Sunnybrae Cottage, 1 Sunnybrae Road Rondebosch.

Details: Join us for our Christmas Party braai. Please bring your own meat and drinks as well as cutlery, crockery and deck chairs. The Club will provide the fire, salads and breads. Don't forget your swimming costume and towel. Please confirm your attendance to Glenda by Thursday, 5 December.

Difficulty: **Social Function** Duration: 4 - 5 **Hours**

Event Organiser: **Glenda Doller - 078 292 2477 or 021 794 5989**

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 Nov : Silvermine Gate 2

Meet: **8:15 AM** at Silvermine Gate 2 (non pay, Waterfall side)

Hike details: Steenberg and St James Peaks. Dogs welcome with a TMNP activity permit and poo bag.

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

102 - Sun, 3 Nov : Magic Forest

Meet: **8:00 AM** at at the Willowbrigde Food Lovers Market parking area near Tygervalley Road

Hike details: Hike through the forest and along the dams and maybe to the top of Tygerberg Hill.

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 - uhhuber@gmail.com**

103 - Sat, 9 Nov : Constantia Greenbelt walk

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

Hike details: This was rained out last programme. Nice easy walking to get fit. We will have a nice wine (whine) at a farm in the area

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

“ Somewhere between the bottom of the climb and the summit is the answer to the mystery why we climb.”

104 - Sun, 10 Nov : Corridor to Tranquillity Cracks

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

Hike details: Hike takes us along the Pipe Track and up Corridor Ravine. Then along path to Tranquillity Cracks. We were in thick mist last time so we did not get to see any views from the Cracks. Hoping for better luck this time. Descent via KP.

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

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 Nov : Muizenberg history tour

Meet: **10:00 AM** at Surfers Circle, Muizenberg

Hike details: R60 to have a historian tell us the story of Muizenberg

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

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

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

106 - Sun, 17 Nov : Apostles' Traverse to Grootkop and back

Meet: **8:00 AM** at Kloofnek Parking Area

Hike details: Kloofnek, along Pipe Track, up Wood Ravine, to Grootkop, and back via Kasteelspoort. Dogs welcome with TMNP permit. Longish hike but fairly easy. As there is no water along the route, everybody should carry 2 litres of water!

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

Scrambling over rocks: **Yes** Exposure to heights: **Yes** Doggie Walk: **Yes**

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

107 - Sat, 23 Nov : Muizenberg and St James Peak via Peck's Valley & Bailey's Kloof

Meet: **8:00 AM** at close to the corner of Camp Rd and Main Rd Muizenberg (no parking on Boyes Drive)

Hike details: Steep immediate ascent via steps and good path up to 450m to Muizenberg Peak, then to St James Peak and back to Cars. A 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: **Marco Bauer 084 370 8855 (SMS/ WhatsApp) marco@brwm.co.za**

108 - Sun, 24 Nov : Silvermine Gate1.

Meet: **8:00 AM** at Silvermine Gate 1. Meet at dam

Hike details: Our one and only breeding pair of Black eagles have produced a chick which has just started to fly about a month ago. We saw her flying with her parents a little time ago around their nest. The hike entails following the mountain peaks from Panorama Plateau to Noordhoek peak.

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

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

Hike Leader: **Les Watson - 084 856 1742 - les_watson@yahoo.com**

109 - Sat, 30 Nov : A Know Your Hood Walk in the Hout Bay Area

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

Hike details: A lovely route that will surprise you. Hout Bay is amazing. One steep part only, but will have car if some people don't want to do it.

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

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

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

110 - Sun, 1 Dec : Du Toit's Kloof - Krom River

Meet: **6:30 AM** at Plattekloof Centre cnr. Olienhout (take exit 18 off N1) for car-pooling (park in front of Spar & restaurants) or 7:30 at Du Kloof Lodge (on the left, a few kms after exiting the Huguenot Tunnel)

Hike details: Track the river, bolder hopping from time to time and scramble (optional) to a beautiful pool and waterfall in the Limietberg Nature Reserve; starts near the eastern side of the Huguenot Tunnel - see <http://hikingcapetown.co.za/hike-pages/one-dayhikes/krom-river-trail/>. A Cape Nature permit is required R55 or Wild Card.

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

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

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

111 - Sat, 7 Dec : Spitzkop Silvermine

Meet: **8:00 AM** at Silvermine Gate 1 Pay Gate

Hike details: Park at car park inside pay gate. Wild card or entrance fee required. Hike will be of a circular nature with the furthest point being summit of Spitzkop, affording stunning views of the Noordhoek Valley and deep south. Return to cars via 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**

Let's not mince words: Everest doesn't attract a whole lot of well-balanced folks. The self-selection process tends to weed out the cautious and the sensible in favor of those who are single-minded and incredibly driven. Which is a big reason the mountain is so dangerous. – Jon Krakauer

112 - Sun, 8 Dec : A Long Table Top Ramble from Cecilia Forest

Meet: **7:00 AM** at Cecilia Forest Parking Lot, depart 7am sharp.

Hike details: A TOUGH, part RECCE HIKE +/-16km. From Cecilia Forest, up steep Skeleton Gorge, along Smuts Track, then East to West across the table to Echo Valley, Valley of Isolation, back via Woodhead Dam, down steep Nursery Ravine.

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

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

Hike Leader: **Marco Bauer 084 370 8855 (SMS/ WhatsApp) marco@brwm.co.za**

113 - Sat, 14 Dec : Kanonkop

Meet: **8:30 AM** at Buffelsfontein Visitors' Centre, Cape Point National Park

Hike details: From Buffelsfontein Visitors' Centre we follow an easy trail along to Kanonkop, before heading up the faint path to the top of Paulsberg for the views. We descend past the old lime kiln to Booi se Skerm before heading over to Bordjiesdrif for a swim in the tidal pool. From there it's back up to the Visitors' Centre.

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

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

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

Although I deeply love oceans, deserts and other wild landscapes, it is only mountains that beckon me with that sort of painful magnetic pull to walk deeper and deeper into their beauty. They keep me continuously wanting to know more, feel more, see more.

Victoria Erickson

114 - Sun, 15 Dec : Paarl Rocks

Meet: **7:00 AM** at Plattekloof Centre cnr. Olienhout (take exit 18 off N1) for car-pooling (park in front of Spar & restaurants)

Hike details: Start with a couple of steep climbs (some chains) up the “pearls” of Paarl to enjoy 360° views which include Table Mountain some 60km to the west and the magnificent Du Toitskloof mountain range to the east. Hike through the Paarl Mountain Nature Reserve past dams and fynbos, finishing up with a braai at the picnic site.

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

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

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

115 - Sat, 21 Dec : Midsummernight's Green

Meet: **5:00 PM** at Peddlars on the Bend, Spaanchemat River Road, Constantia.

Hike details: Meet at Peddlars on the Bend for an evening stroll through Sillery Walk, Silverhurst Trail, and back to Peddlars for sundowners. Well socialised dogs welcome, providing they don't turn Peddlars into Piddlers.

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'm sorry, I can't help you. Trying to figure out Excel charts is what drove me up here to begin with.”

116 - Sun, 22 Dec : Pipe Track and Slangolie Ravine

Meet: **8:00 AM** at Kloof Nek parking area.

Hike details: Along the pipe track to slangolie ravine and see how far we can go up there.

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

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

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

117 - Sat, 28 Dec : Elsie's Peak

Meet: **8:00 AM** at Parking area opposite Zip Print at the top of Second Avenue, Fish Hoek.

Hike details: Walk up the steps to the start of the hike in Mountain Road. Bring a snack to eat at the beacon. Return by a slightly different route.

Difficulty: **Easy** 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**

118 - Sun, 29 Dec : Kloof Corner to Deer Park

Meet: **9:00 AM** at Kloof Nek Parking area

Hike details: A moderate hike with only an ascent to the contour path at the start. Thereafter a fairly easy hike, descending at the zig-zag and crossing over to Deer Park, our route back to the cars. Great views of Table Mountain and the city.

Difficulty: **Moderate** 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**

119 - Sat, 4 Jan : Kommetjie Radar Station

Meet: **8:00 AM** at Car park Beach Road, adjacent to the Kom, boat launching area

Hike details: Hike will commence along the board walk to pass by the Slangkop Lighthouse, before ascending to the old wartime radar station. The descent will follow a different route back to the cars via a very convenient re hydration establishment

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, 5 Jan : Crystal Pools Hike on the Steenbras River

Meet: **7:30 AM** at at UCT Campus outside the Sports Centre (northern side of campus) for car pooling

Hike details: We will car-pool and drive out on the N2, past Gordon's Bay to the Steenbras River. Then we will hike up the river. Swimming in the rock pools is the major attraction - so bring towels and swimming costumes (and suntan lotion)!

Booking is essential as this is a permit hike we are limited to 10 people.

The costs are: Members R50, visitors R70, to be paid to the hike leader on meeting (correct change please) or to the club's account (email proof of payment to the hike leader).

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

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

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

**The way up to the top of the mountain is always longer than you think.
Don't fool yourself, the moment will arrive when what seemed so near is still very far.**

Paulo Coelho

121 - Sat, 11 Jan : Flirting with Scarborough

Meet: **2:00 PM** at Scarborough parking after Camel Rock

Hike details: A walk to Crayfish factory along the beach and back. A lovely area to walk in and great waterhole with music later. Get to know your Cape

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

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

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

122 - Sun, 12 Jan : Du Toit's Kop, Mont Rochele, Franschhoek

Meet: **8:30 AM** at Meet at Mont Rochelle Reserve where permits can be obtained

Hike details: A circular route starting in the Mont Rochelle Nature Reserve at the top of the Franschhoek Pass. Refreshments at The Elephant and Barrel.

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

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

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

123 - Sat, 18 Jan : Rhodes Memorial to Kirstenbosch Gardens

Meet: **2:00 PM** at Rhodes Memorial Parking Lot

Hike details: Other than the first 45 min, a largely shaded forest walk. We will then enter Kirstenbosch gardens for Drinks/ Snacks at one of the restaurants. Shared Uber back to Rhodes Memorial parking +- R25 each, please bring change (+-7km)

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

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

Hike Leader: **Marco Bauer 084 370 8855 (SMS/ WhatsApp) marco@brwm.co.za**

124 - Sun, 19 Jan : 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**

125 - Sat, 25 Jan : Circular hike in Silvermine

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

Hike details: Wild card, Green card, or entrance fee (R31 with SA ID) or dog walking permit. Brief description: We will go to the lookout point above Blackburn Ravine and return above the dam. Optional swim afterwards.

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**

Mountains: They define landscapes, people risk their lives to climb them, and they can even make their own weather.

The mighty chunks rise all over the world, including the oceans. They usually have steep, sloping sides and sharp or rounded ridges, and a high point, called a peak or summit. Most geologists classify a mountain as a landform that rises at least 1,000 feet (300 meters) or more above its surrounding area. A mountain range is a series or chain of mountains that are close together.

126 - Sun, 26 Jan : Recce hike - Check out a ravine path

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

Hike details: Check out a path which I never did and see if it gets us to the top of the back table.

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 - uhhuber@gmail.com**

127 - Sat, 1 Feb : Alphen Trail

Meet: **8:00 AM** at Parking area. Alphen Drive

Hike details: Trail leads through shaded wooded area following a circular route. Some scenic little rivers may be encountered along the way, if still flowing.

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**

128 - Sun, 2 Feb : Silvermine Hop

Meet: **8:00 AM** at Silvermine Gate 2 - non-paying entrance

Hike details: We are going to take bolder hopping to a new level, from mountain top to mountain top. Starting from Gate 2, past two massive rocks and up to Wolfkop. From there on to Steenberg peak and along the NE side of the Silvermine mountain ridge up to Muizenberg Peak. Wonderful views of the peninsular and rock formations. From there we go back down to The Cracks and back to the car park.

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

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

Hike Leader: **Les Watson - 084 856 1742 - les_watson@yahoo.com**

129 - Sat, 8 Feb : 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.

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. Dogs require a TMNP activity 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**

130 - Sun, 9 Feb : Agatha's Gully

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

Hike details: We hike up to Eagle's Nest and then onto Constantia Corner. Agatha's Gully is not the easiest one to find but we have done it in the past. Some exposure to heights and some rock scrambling on the way out. An adventure hike.

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

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

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

Impact of Mountains on Habitats and Geopolitics

Mountains often serve as geographic features that define natural borders of countries. Their height can influence weather patterns, stalling storms that roll off the oceans and squeezing water from the clouds. The other side is often much drier. The rugged landscapes even provide refuge—and protection—for fleeing and invading armies.

131 - Sat, 15 Feb : Princess Vlei Eco-hike

Meet: **10:00 AM** at Princess Vlei Parking area, Prince George Drive, Retreat.
Entrance between DeWaal Rd and Retreat Rd on the M5.

Hike details: Walk round the vlei, learning about its ecological and cultural significance and recent initiatives to rehabilitate the vlei. End with the option of tea, lunch or coffee and koeksisters at the local organic market.

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**

132 - Sun, 16 Feb : East Fort to Bokkemanskloof (Hout Bay)

Meet: **8:00 AM** at Corner of Blue Valley and Gumtree in Bokkemanskloof, just off the M63 from Constantia Nek to Hout Bay (opposite Clay Café)

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 between Skoorsteenbergrug and Vlakkenbergrug down to Bokkemanskloof. Suitably fit and well-socialised dogs with TMNP permits, water and poo-bags are welcome.

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

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

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

The mountains have rules. they are harsh rules, but they are there, and if you keep to them you are safe. A mountain is not like men. A mountain is sincere. The weapons to conquer it exist inside you, inside your soul.

Walter Bonatti

133 - Sat, 22 Feb : Kalk Bay/ St James Ramble

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

Hike details: We will ascend to St James. Peak from which vantage point superb coastal views may be enjoyed. The return to the cars will be via the old mule track above Kalk Bay

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 Feb : Alphen Trail & Cork Trees

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

Hike details: Along the cork trees and then down Alphen trail to the alphen hotel and back again

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

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

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

135 - Sat 29 Feb : Silvermine Dam Ramble

Meet: **1:00 PM** at Silvermine Dam parking area. Entrance fee R31.00 or Green/Wild Card

Hike details: We meet at the car park and we will decide on the day which way to go. This hike wont be a strenuous one. So if you have not hiked for quite a while then it's for you.

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**

136 - Sun 1 Mar : Smitswinkel to Simonstown

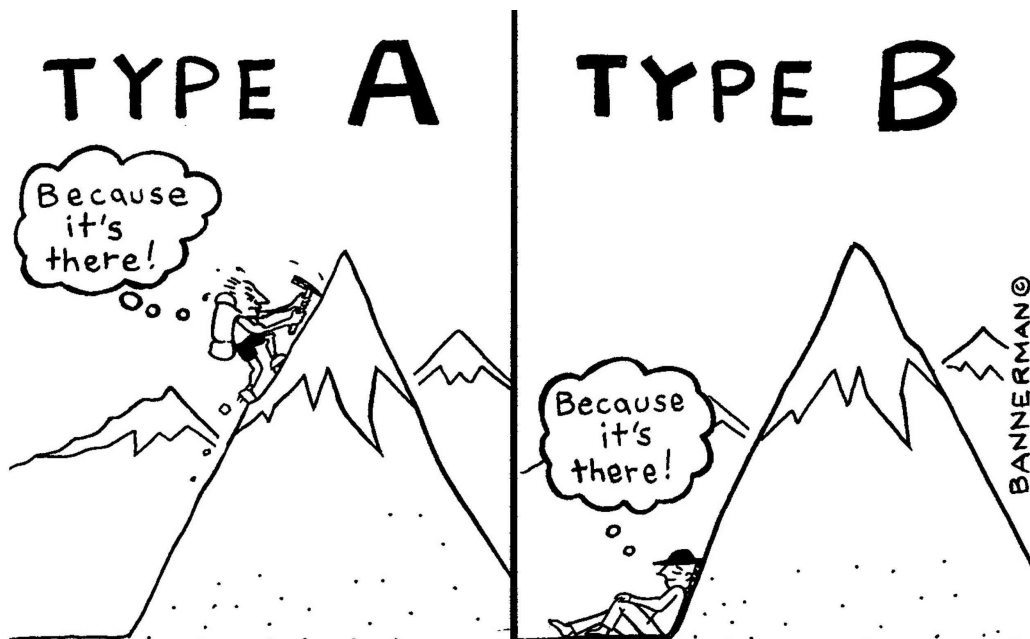
Meet: **7:30 AM** at Parking 1km before Cape Point reserve entrance on RHS, Simonstown road.

Hike details: From the start there is a tough & at times exposed climb up to 600m (views), then an undulating walk on top along the ridge before a descent to 450m and another climb up to Swartkop at 678m. Thereafter, a not too steep descent to Simonstown. This can be a tough hike, especially in the heat. Hydration is critical. 11.3km, 6-7 hrs.

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

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

Hike Leader: **Marco Bauer 084 370 8855 (SMS/ WhatsApp) marco@brwm.co.za**



PENINSULA RAMBLINGS



A message from our Chairman

Greetings, fellow Ramblers,

I think you'll agree the new hiking program has something for everyone. Thank you, and welcome to our new hike leaders, and to the regulars (if I may refer to you as such) who give of their time and knowledge. Thank you, Ian and Urs and Cornel, we do appreciate your efforts in setting up the program, and and and.

I urge you please to diarise December 7th when we shall celebrate our annual Christmas Braai at the home of Renata Puccini, 1 Sunnybrae Road, Rondebosch. Details to be released nearer the time.

And please scroll thru' to read the beautiful poem entitled LEST WE FORGET, a small but important tribute to Ramblers who have passed, by our very own Bard, Ewen Smith.

There has not been much in the news about attacks on hikers lately and I apologise for bringing it up, but, please, let's not be complacent, and let's not wander far from the group during the hike. I be guilty of that, I know!!

The September long weekend trip to the Klein Karoo, and hiking in the Swartberg Mountains, was a huge success, by all accounts. Thank you again, Cornel, for setting that up **and a particular thanks to Vivienne and Barry Meijer for their wonderful hospitality.**

Peninsula Ramblers – Hike Program November to February 2020

Last, but by no means least, a very warm welcome to the new Ramblers in our midst. Their names appear in this program. We wish you many happy hikes with the Club.

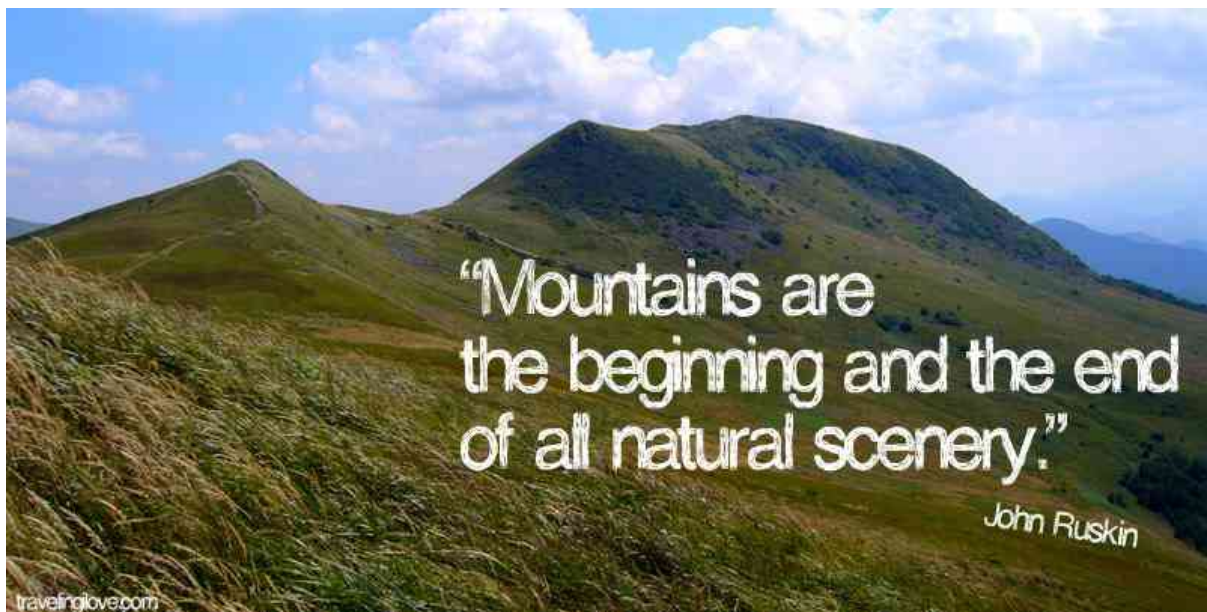
Warm regards.

Tony Serafin antoniomserafin@gmail.com 072 701 5499 (021) 424 3746

A very warm welcome to our new Members

**GAVIN BERETTA
JANE FITZGERALD
JENNIFER & STUART FRASER (FAMILY)
SONJA GRASER
PAUL LORNE-McDOUGALL
ANGELA SAYER-FARLEY
LOUANN SMITH
KATHRINE & GREGORY STARKE (FAMILY)
CHRIS & GAIL TAYLOR (FAMILY)**

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



LEST WE FORGET

The Ramblers is a hiking club with a friendly reputation
Members from all walks of life with no ethnic segregation
Like minded people they all share a common love of hiking
Outings in the great outdoors are really to their liking

Looking back over the years the memories they unfold
Of the many associations made and the stories that were told
Hiking in the mountain peaks amid scenic panorama
Or overnighting in a hut on the trail at Tsitsikamma

Soaking in wet winter gales or struggling in the snow
Visibility down to zero and you don't know where to go
Or wearily trudging up a hill getting baked in searing heat
With an urgent need to rehydrate, sit down and rest your feet

Perhaps a tranquil afternoon in a shady forest glade
Reflecting on experiences shared and the many friendships made
Of the individual characters who now are sadly missed
No longer do they sign consent, their names absent from the list

Iris, Andrew and Roger are some who spring to mind
With Gunter and Clem Barker no better could you find
Thank you all for sharing time with us whilst in the Ramblers set
Your memory we will take on hikes to ensure we don't forget

By Ewen Smith



In memory of some wonderful and great Rambler members



Top Left – Clem Barker (Blue)

Top Right – Gunther Bohringer (Yellow)

Middle Left – Iris van Wyk (Green)

Middle Right – Andrew Robinson (White)

Bottom Middle – Isabel Smith (White)

Bottom Right) – Roger Johnson (Tie)

You will always be remembered and have a place in our hearts

Peninsula Ramblers – Hike Program November to February 2020

Misty Point mountain on the Swellendam trail at 5:30 am.
Photo taken by Charmaine Odendaal from the Proteavallei hut.



Peninsula Ramblers – Hike Program November to February 2020

Homemade energy drinks are less expensive than store bought and so much healthier! These diy energy drinks are sugar free and so delicious—they'll give you a boost of energy with no jitters! Made with green tea, honey, and fruit. Prep Time 5 mins.

Ingredients:

- 1/4 cup watermelon
- 6 cherries pitted
- 2 limes squeezed
- 2 tsp honey optional
- 20 ounces unsweetened green tea

Instructions:

- Juice the limes and measure out the cherries, honey, and watermelon into a blender or food processor. Add the honey.
- Blend very well—for about one minute.
- Divide the contents of your blender into two bottles of unsweetened green tea. This mixture will be about 4 ounces, so measure two ounces into each bottle. I think the perfect ratio is 10 oz green tea to 2 ounces juice.
- You can keep this in the fridge for up to five days or so.

You can actually freeze the juice itself in 2 Oz portions or freeze the entire 12 ounce drink. I love doing this so it stays fresh and I know it'll be easy to put one together quickly when I want one.

Ramblers hike Tokai Forest, 5 October 2019, photos by Tony Serafin.

