

# PENINSULA



# RAMBLERS

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Web: [www.ramblers.org.za](http://www.ramblers.org.za)

Standard Bank Rondebosch

Account: 073603201

Branch: 025009

## Hiking and Social Programme: March 2020 to June 2020 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

## AGM (Annual general meeting)

**Saturday, 28 March, 2 pm at Renata's house, 1 Sunnybrae Road, Rondebosch.**

**This is an important event to discuss your club's future, so please attend.**

**For catering purposes please**

**RSVP to Glenda Doller 021 794 5989 or 078 292 2477 Or [glendadoller@gmail.com](mailto:glendadoller@gmail.com)**

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

**Winter is coming, here are 8 Natural Cold and Flu Remedies that actually work:**

1. Gargle with salt water. Do this as soon as you start feeling sick! ...
2. Honey. Honey not only helps soothe a sore throat it also works as a cough suppressant. ...
3. Take a Ginger Shot. ...
4. Elderberry syrup. ...
5. Propolis. ...
6. Essential oils. ...
7. Garlic. ...
8. Probiotics.

**Of all the path you take in life, make sure some of them are dirt.**

# Hikes

## 101 - Sat, 7 Mar : Myburgh Ravine with option to Llandudno Corner

Meet: **8:00 AM** at Victoria Access Rd to Ruyterplaats, Hout Bay (near Suikerbossie) to shuttle cars to Farriers Way

**Hike details:** Explore Myburgh Ravine to enjoy the red disas which will hopefully still be in bloom - some rock scrambling is required. Those wanting to avoid the exposure and have a less strenuous hike can return down the ravine and back to cars at Farriers Way. The rest will continue up to the back table and enjoy 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](mailto:cornel.s@iafrica.com)**

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## 102 - Sun, 8 Mar : No hike because of Argus Cycle Tour

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## 103 - Sat, 14 Mar : Muizenberg Beach Walk

Meet: **9:00 a.m.** at Beach Road, Muizenberg (near Kneads)

**Hike details:** Walk 60 minutes out and 60 minutes back on the sand or in the shallow surf, and get our feet wet. Hot choc or tea at Kneads after the hike.

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

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

Hike Leader: **Tony Serafin – 072 701 5499 - [antoniomserafin@gmail.com](mailto:antoniomserafin@gmail.com)**

**Keep close to nature's heart.... and break clear away, once in a while, and climb a mountain or spend a week in the woods.**

**Wash your spirit clean.**

John Muir

**104 - Sun, 15 Mar : Devil's Peak**

Meet: **8:30 AM** at Tafelberg Road . Parking at zig-zag path.

**Hike details:** A challenging hike in that it reaches about 1000 metres. We ascend via the zig-zag , past Saddle Rock and up to the nek. ( Windy conditions may result in modifying our destination at this point.) Descent from the peak will be on the Minor Peak side.

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

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

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

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**105 - Sat, 21 Mar : Elsie's Peak**

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

**Hike details:** Walk up steps to start of walk and follow a circular route for spectacular views of False Bay.

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](mailto:swiss.robinson@gmail.com)**

**Whats the laziest mountain - Mount Ever-rest**

**Why don't mountains catch colds? They wear snow caps.**

**106 - Sun, 22 Mar : Hottentots Holland N/Reserve - #1 Landdrooskop**

Meet: **7:00 AM** at Entrance to Rhodes Memorial to carpool or at the Reserve (8:00 AM) (approx. 100km from CT)

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

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**107 - Sat, 28 Mar : The Glen**

Meet: 8:00 am at Kloof Nek parking area

**Hike details:** We hike down the Glen, then roam along the beach, scramble over some rocks and then go back up again to Kloof Nek.

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

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

Hike Leader: **Urs Huber - 084 713 5545 - [uhuber@gmail.com](mailto:uhuber@gmail.com)**

**Wholesome exercise in the free air  
under the wide sky  
is the best medicine  
for body and spirit**

Sarah Louise Arnold

**108 - Sun, 29 Mar : Silvermine Three Peaks**

Meet: **8:15 AM** at Silvermine East Gate 2

**Hike details:** Higher Steenberg Peak, Muizenberg Peak, Maiden Peak - hiking through beautiful fynbos, with breathtaking views from the peaks. Dogs with MyActivity permit allowed.

Difficulty: **Moderate** Duration: **5 - 6 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](mailto:maxbrock@rondebosch.com)**

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**109 - Sat, 4 Apr : Danie Miller Trail Gordon's Bay know your Hood**

Meet: **9:00 AM** at Top of Suikerbossie Road Gordon's Bay

**Hike details:** This is a Recce hike and w can enjoy a day in this nice area. After hike we can walk,swim at a Bikini beach and have lunch before journeying home

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**

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**110 - Sun, 5 Apr : Constantiaberg Ramble**

Meet: **8:30 AM** at Silvermine Dam

**Hike details:** Meet at Silvermine Dam ( R31.00 entry fee at present or Green Card ) The hike takes in Fireman's Lookout, Elephant's Eye and then a steep , safe ascent to the top of Constantiaberg. Great views from the summit. Descent via Lookout Platform.

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

**111 - Sat, 11 Apr : Trappieskop**

Meet: **3:00 PM** at Sandy parking area next to Silvermine River wetlands, 100 meters from the Clovelly traffic lights. Turn from Main Road into Clovelly and then turn left.

**Hike details:** Walk around the wetlands then up Trappieskop. A short afternoon walk after the Two Oceans shutdown of main routes.

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](mailto:swiss.robinson@gmail.com)**

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**102 - Sun, 12 April : Baviaanskloof waterfall**

Meet: **8:00 AM** at Top of Baviaanskloof Road

**Hike details:** An easy shaded walk up to the waterfall. We will then ascend up to Klein Koppie, and from there around to Skoorsteenberg. which affords wonderful views of Hout Bay.

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

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

Hike Leader: **Les Watson - 084 856 1742 - [les\\_watson@yahoo.com](mailto:les_watson@yahoo.com)**

**You need mountains  
long staircases don't  
make good hikers**

Peninsula Ramblers – Hike Program March to June 2020

**113 - Sat, 18 Apr : Scarborough re visited**

Meet: **10:00 AM** at Camel Rock Restaurant

**Hike details:** Let us meet for a nice brunch at this special restaurant. Afterwards a brisk walk to Crayfish factory for a dip in the sea and back to our cars

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**

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**114 - Sun, 19 Apr : Recce Hike**

Meet: **8:00 AM** at Please contact leader

**Hike details:** Please contact leader

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

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**115 - Sat, 25 Apr : St James and Muizenberg Peaks from Muizenberg**

Meet: **8:00 AM** at Close to Corner of Camp Rd and Main Rd Muizenberg (can Google Caledonion Cycles)

**Hike details:** Steep initial climb to St James Peak via good path, then easier walk to Muizenberg Peak and descent back to Muizenberg. 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- [marco@brwm.co.za](mailto:marco@brwm.co.za)**



**Peninsula Ramblers – Hike Program March to June 2020**

**116 - Sun, 26 Apr : Helderberg N/Reserve - West Peak**

Meet: **7:00 AM** at Rhodes Memorial entrance for car pooling or at Reserve at 7:45

**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, R15 p.vehicle and R25 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: **No** Doggie Walk: **No**

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

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**117 - Sat, 2 May : A circular hike in Silvermine.**

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

**Hike details:** Walk to lookout over Blackburn Ravine and Hout Bay and return above the dam. Dogs are welcome with a dog walking permit (otherwise, you pay R81). Wild card, Green card or R31 for SA citizens with ID. R81 for others. If it's warm, a swim in the dam is an option.

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

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

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### 118 - Sun, 3 May : Vlakkenberg from Price Drive

Meet: **8:00 AM** at Top parking in Price Drive

**Hike details:** A sharp incline at the beginning of this hike with interesting views above Constantia. We walk to the descent above Silvermist farm. We will have a car or two to take drivers back to fetch the cars

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

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

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

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### 119 - Sat, 9 May : Zeekoevlei Bird Hike

Meet: **9:00 AM** at the main picnic area inside Zeekoevlei Nature Reserve, cnr Flowerpecker and Oystercatcher Rds, Pelican Park. Picnic area is 1.3 km from the gate. DIRECTIONS: From the M5 turn east onto 5th road, Grassy Park. At the 1st traffic light turn Right onto Perth Road. The road passes Rondevlei Nature Reserve, curving left to become Fisherman's Walk. After 2.5 km turn Right onto Buck Road, which becomes Oystercatcher. After 1km turn Rt into Flowerpecker Rd (just before new housing area). Enter at gate and drive 1,3km (left) to the main picnic area, at which point you turn right. Parking is just beyond the circle.

**Hike details:** The walk takes us around the Strandfontein water treatment dams in the Zeekoevlei Nature Reserve where hundreds of birds, both local and seasonal foreign visitors, come to enjoy the sights of the Cape. It can be smelly, but is well worth it. We might even catch the first migratory flocks leaving for warmer climes as our winter approaches.

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

**When he said he was an experienced trail runner, I didn't realise he meant he trailed behind everyone else.**

**(The above applies to some hikers too)**

## Peninsula Ramblers – Hike Program March to June 2020

### **120 - Sun, 10 May : Kasteelpoort to Corridor Ravine**

Meet: **8:30 AM** at Theresa Avenue Camp's Bay

**Hike details:** We hike onto the Pipe Track and up Kasteelpoort. The old Cable Station, Rendezvous Cave and Tranquillity Cracks are all places of interest along the way to our descent on Corridor Ravine. Weather conditions may affect our itinerary.

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

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### **121 - Sat, 16 May : Contact Hike Leader for Details.**

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

### **Why do I love hiking?**

**Walking through nature and breathing clean air helps us to relax and get away from the stress of the city. Hiking helps you to forget all the problems, being highly recommended for people suffering from anxiety, stress or depression**

**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**

## Peninsula Ramblers – Hike Program March to June 2020

### **122 - Sun, 17 May : 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 and make our way back along the contour path with wonderful views of Hout Bay along the route.

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

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### **123 - Sat, 23 May: 2 Oceans hike in Cape Point Nature Reserve**

Meet: **8:00 AM** at the main Cape Point car park (where restaurants are)

**Hike details:** We'll head up the hill away from the lighthouse with views of False Bay to the right and then cross the main road to make our way to Platboom for tea. The return leg will take in the southern most point of the Western Cape and head back up the hill to the car park. An entrance fee is payable at the Reserve – bring your SA ID and Wild Card or Green Card.

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

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

Hike Leader: **Chris Taylor - 083 294 5845 - [chris@taylor1.co.za](mailto:chris@taylor1.co.za)**

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### **124 - Sun, 24 May : East Fort to Constantia Nek via Hoerikwaggo Trail**

Meet: **8:00 AM** at Constantia Nek for car pooling and drive down to Hout Bay

**Hike details:** This is a strenuous point-to-point trail, so some cars have to be left at Constantia Nek where we will finish. We will hike along a section of the Hoerikwaggo Tail.

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

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

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

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**125 - Sat, 30 May : Long Table Mountain Hike**

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

**Hike details:** We will head to the Woodhead Reservoir , then on via the Valley of Isolation to Echo Valley, then to Smuts Track and back to Constantia Nek. About 16km. Weather permitting, please check with leader if rain is predicted, as may then be cancelled.

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)**

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**126 - Sun, 31 May : A ramble in the Newlands Forest**

Meet: **9:00 AM** at Forestry station parking area (by the wildfire offices, Helicopter station)

**Hike details:** We hike around the forest and climb up to the contour path and then return via a different route.

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](mailto:uhhuber@gmail.com)**

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**127 - Sat, 6 Jun : St James - Ou Kraal**

Meet: **8:00 AM** at At Ou Kraal meeting point at 110 Boyes Dr

**Hike details:** We will do a circular walk above St James/ 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: **Marco Bauer - 084 370 8855- [marco@brwm.co.za](mailto:marco@brwm.co.za)**

## Peninsula Ramblers – Hike Program March to June 2020

### **128 - Sun, 7 Jun : Elsie's Peak Front Face**

Meet: **10:30 AM** at Parking in Kommetjie Road opposite 2nd Ave (Zip Print), Fish Hoek. The church uses the parking till 10.15, so don't come too early.

**Hike details:** A short walk with a late start to allow for a winter's lie in. Weather permitting, we will walk around the front face of Elsie's Peak to the beacon. Some scrambling and crawling is called for, but nothing too hard.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **5 - 8 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](mailto:swiss.robinson@gmail.com)**

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### **129 - Sat, 13 Jun : Silvermine ramble (Members function)**

Meet: at **1 pm** at the Silvermine dam parking area, R31 or wildcard.

**Hike details:** A get together **in memory of Roger Johnson** with a short walk. All welcome even people who can't hike anymore. Cakes and bubbly will be provided.

Difficulty: **Easy** Duration: **2 - 3 hours** Distance: **2- 3 km**

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

Hike Leader: **Urs Huber 0847135545 or [uhuber@gmail.com](mailto:uhuber@gmail.com)**

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### **130 - Sun, 14 Jun : Koeberg - Dikkop Trail**

Meet: **9:00 AM** at Koeberg turn-off from the R27, just after Melkbosstrand

**Hike details:** A flat circular route with game viewing opportunities. Eskom closes the reserve from time to time and we will have an alternate hike planned if this happens. Hikers to bring ID's for access.

Difficulty: **Moderate** Duration: **4 - 5 Hours** 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)**

**131 - Sat, 20 Jun : No Leader – No Hike**

**What's the difference between a walk and a hike?**

**When you hike, it means you are walking from a lower elevation to a higher elevation. On the other hand, when you walk, it means that you are only trekking a relatively smooth and flat path, without too many hurdles. Hiking entails a lot more effort than walking since the path in hiking trails is more difficult.**

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**132 - Sun, 21 Jun : Chapman's Peak**

**Meet: 8:30 AM** at Parking area Chapman's Peak Drive. Turning point.

**Hike details:** Drive to Toll Plaza , ask for free day pass and then to parking at Chapman's Peak trail start. Hike takes in Lower and main Chapman's Peak. Magnificent views over Hout Bay. Rehydration at waterhole of choice afterwards.

**Difficulty: Strenuous** 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**

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**133 - Sat, 27 Jun : Around Lions head**

**Meet: 8:00 AM** at Kloof Nek Parking

**Hike details:** We will walk down The Glen Forest and cross the road onto Lions Head. Nice views of Sea Point etc and a snippet of how the other half lives

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

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

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

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**134 - Sun, 28 Jun : Paarl Aboretum**

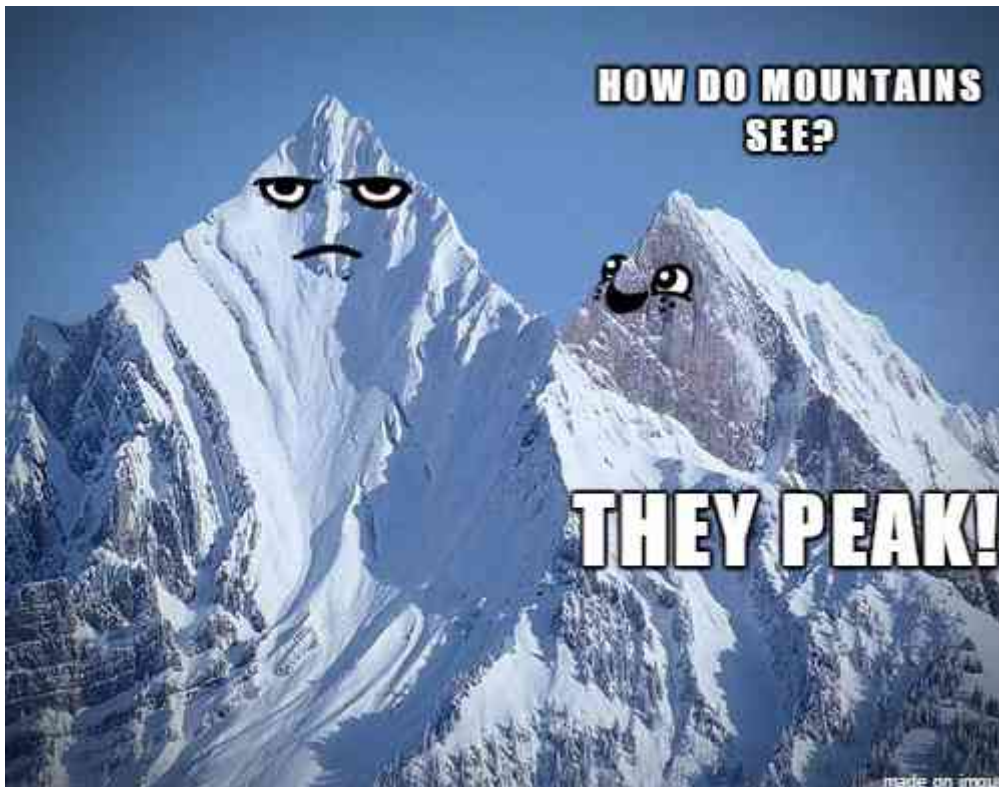
Meet: **8:00 AM** at Meet at the parking area of the Plattekloof Spar, CNR OLIEHOUT & PLATTEKLOOF DRIVE, Plattekloof, diagonally opposite the panorama hospital.

**Hike details:** We explore the aboretum with over 2500 trees and bushes. Also there are sections divided into the various continents.

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





# PENINSULA RAMBLINGS



## A message from our Chairman

Dear Ramblers,

Another quadrimester, another hiking schedule. I take this opportunity to thank the Ramblers Committee and the hike leaders who give of their time to produce a hiking schedule pleasing, hopefully, to all of our members. You will have noticed that we are, sadly, short of hike leaders, and since we cannot purchase same at Checkers or Woollies, we ask members who have a yen, to get more involved by leading a hike, even along the beach, Muizenberg, for example. Get your hike-leading feet wet, in the surf, so to speak !

As mentioned in this communiqué before, splitting up the hiking group due to the inability of a hiker to cope can lead to dangerous situations and is most undesirable. So, hikers must PLEASE take into account their personal circumstances, such as level of fitness, recovering from illness, proper gear, etc. This message needs to be emphasised as we do not wish for anyone to come to harm on the hikes.

I realise that I am preaching to the converted, here, BUT the safety of our members and visitors is of paramount importance on hikes, so let's continue to be wary. 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, on the day. In the event of uncertainty please contact the hike leader. Please folks, let's also be in time for the scheduled start, if at all possible.

For those Ramblers who have been hiking for many a year and remember Egbert de Jong, he has been diagnosed (brain scan) with Alzheimer's. He is permanently ensconced at "Livewell", 41 Lourens Street, Somerset West.

## Peninsula Ramblers – Hike Program November to February 2020

Terry Bridge is the family Advisor, she may be contacted at 021 851 6886.

Email: [terry@livewell.care](mailto:terry@livewell.care)

Marie Buchanan is the Quality of Life Leader, she may be contacted at 071 598 2528

Email: [MarieB@livewell.care](mailto:MarieB@livewell.care)

**One needs to make contact with either lady BEFORE visiting.**

Let's keep in our thoughts Martha Bensch, another long-serving member of the Ramblers, whose brother, Stefan, passed away in Germany on February 21<sup>st</sup>. Our condolences to you and your family, Martha.

Gerald Stark, one of our newer members, has a medical condition which is being sorted and hopes to be hiking with us again soon. I shall keep you in my prayers, Gerald.

Long weekend away planned: Assegai Rest Farm; April 24-27 (places still available).

Please contact Ian Pearce for details at 084 624 4691 or [hounddog10g@gmail.com](mailto:hounddog10g@gmail.com)

I am of the opinion that not many members actually read beyond the current week's hiking notice (!) and am wondering what has become of the many hikers I "met" when I first joined the Ramblers, and why they are no longer hiking? We wish to stay in touch, as a Club, so let's hear from you.

Last but not least, a huge welcome to our new Ramblers, Carol Katz, Brian Davey, Rodney Manicom, Maryam Assai and Gwen Hewett. We wish you many happy hikes with this Club.

Warm regards

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

**We have been taking refuge from the mountains over the centuries by causing damage to them, and we are still doing the same to those surroundings. A mountain is obviously home to many creatures. It tells how simple our lives can be. We always find a sense of belongingness in the lap of the mountains. We summit their own stairs to feel the thrill, conquer our fears, and unite our worlds.**

*A very warm welcome to our new Members*

*Maryam Assai  
Brian Davey  
Gwen Hewett  
Carol Katz  
Rodney Manicom*

*May you have a wonderful time with us*



## Hike Reports & News



### Membership Fees

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

Family membership is R130 per year.

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

### Banking details

Standard Bank Rondebosch    Branch: 025009    Account: 073603201



Alphen trail, Sun 23 February, lead by Urs Huber.

Only 6 of us but participants learnt about the cork trees and the circular route of the trail. Photos taken by Les Watson.

I will just leave this here



Very dangerous crossing!



The Bernese Mountain Dog is a large-sized breed of dog, one of the four breeds of Sennenhund-type dogs from the Swiss Alps. Bred from crosses of Mastiffs and guard-type breeds, Bernese Mountain Dogs were brought to Switzerland by the Romans 2,000 years ago.

Hypoallergenic: No

Life expectancy: 6 – 8 years

Origin: Switzerland

Temperament: Affectionate, Intelligent, Loyal, Faithful

Height: Male: 64–70cm, Female: 58–66cm,

Weight: Male: 38–50kg, Female: 36–48kg

Peninsula Ramblers – Hike Program November to February 2020

Various disa's on the mountains in the Western cape  
(can be seen in January and February)

