

## Peninsula Ramblers – Hike Program July to October 2020

# PENINSULA



# RAMBLERS

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### Hiking and Social Programme: July 2020 to October 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>       |
| Les Watson                |              | or | 084 856 1742 | or | <a href="mailto:les_watson@yahoo.com">les_watson@yahoo.com</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

**There will be no social activity of any kind for now due the covid-19 lockdown. Should the situation change to allow again social gatherings then we will inform you via facebook and email of any happenings.**

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



Hopefully we will soon be able to hike in our beloved mountain again without any restrictions and also without fear of any mugging.

## Hikes

### 101 - Sat, 4 Jul : Hout Bay - Mitchell's Road

Meet: **9:00 AM** at Sandy Bay parking lot at the end of Eustegia Way, Hout Bay

**Hike details** Just under 5km in/out route follows the jeep track from the meeting point to the end of Mitchell's Road with wonderful views of the Atlantic Seaboard and a chance to see both Lion's Heads and Robben Island from one spot. Other than for the steep climb on a paved road from the parking lot (approx. 600m), this would be classed as an easy hike. Well behaved dogs with their TMNP permit, poo-bags and water are welcome.

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

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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### 102 - Sun, 5 Jul : St James peak and Kalk Bay peak

Meet: **08:30 AM** at 110 Boyes drive

**Hike details:** We will hike up to St James peak and enjoy the views over False Bay. Then move up to Muizenberg cave and have something to eat. Then on to Kalk Bay peak and down through the forest.

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

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

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

**Of all the path you take in life, make sure a few of them are dirt. - John Muir**

**103 - Sat, 11 Jul : 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)

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**104 - Sun, 12 Jul : 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, 18 Jul : Elsies 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)

**106 – Sun, 19 Jul : Silvermine East (Waterfall)**

Meet: **9:00 AM** at Parking area at Silvermine

**Hike details:** We'll make our way to Kalk Bay Peak for lunch. Return route to be decided on the day. Well behaved dogs with their TMNP permit, poo-bags and water 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)**

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**107 - Sat, 25 Jul : The Glen**

Meet: **9:00 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 - [uhhuber@gmail.com](mailto:uhhuber@gmail.com)**

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**108 - Sun, 26 Jul : 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)**

**109 - Sat, 1 Aug : 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, 2 Aug : 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**

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**111 - Sat, 8 Aug : Trappieskop**

Meet: **9:00 AM** 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)**

**102 - Sun, 9 Aug : 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)**

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**113 - Sat, 15 Aug : 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, 16 Aug : Brakkloofrant**

Meet: **10:30 AM** at the parking opposite Zip Print in Kommetjie Road

**Hike details:** Walk along Brakkloofrant with great views.

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



**115 - Sat, 22 Aug: 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)**

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**116 - Sun, 23 Aug : Pipe Track to Corridor Ravine**

Meet: **9:00 AM** at Kloof Nek parking lot at the start of Tafelberg Road (which leads to the cable car station)

**Hike details:** 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)**

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**117 - Sat, 29 Aug : 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)**



**118 - Sun, 30 Aug : 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, 5 Sep : No Leader – no hike**

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**120 - Sun, 6 Sep : 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, 12 Sep : Contact Hike Leader for Details.**

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

**22 - Sun, 13 Sep : 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, 19 Sep: 2 Oceans hike in Cape Point Nature Reserve**

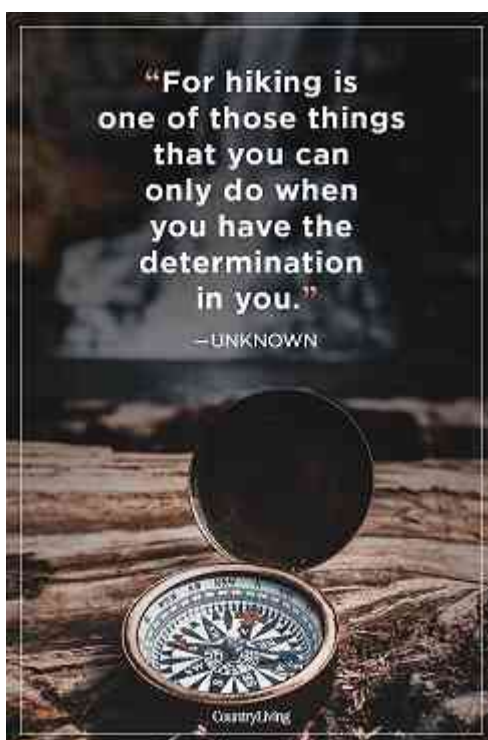
Meet: **8:00 AM** at the main Cape Point car park (where restaurants are)

**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)**



**124 - Sun, 20 Sep : 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. Bring Wild Cards or entrance fees.

Difficulty: **Strenuous** Duration: **5 - 6 Hours** Distance: **10 – 15 km**

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

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

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**125 - Sat, 26 Sep : 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, 27 Sep : No Leader – no hike**

**The beautiful thing about hiking is that it's truly an activity everyone can do. Whether you're young or old, an expert or an amateur, there's a trail out there that will be perfect for you. So the next time you're pondering an outdoor adventure—consider checking out one of the many hiking trails at Table Mountain National Park.**

Peninsula Ramblers – Hike Program July to October 2020

**127 - Sat, 3 Oct : 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)**

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**128 - Sun, 4 Oct : 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, 10 Oct : 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. Donuts 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 [uhhuber@gmail.com](mailto:uhhuber@gmail.com)**

**130 - Sun, 11 Oct : 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)**

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**131 - Sat, 17 Oct: 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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**132 - Sun, 18 Oct : 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**

**133 - Sat, 24 Oct: 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, 25 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](mailto:cornel.s@iafrica)**

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**135 - Sun, 31 Oct : Paarl Aboretum**

Meet: **8:00 AM** at Meet at the parking area of the Plattekloof Spar, CNR OLIENHOUT & 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 - [uhhuber@gmail.com](mailto:uhhuber@gmail.com)**

# PENINSULA RAMBLINGS



## A message from our Chairman

Dear Ramblers,

The Covid pandemic destroyed the current hiking schedule, as you all know. Thanks to the Ramblers Committee and the hike leaders who gave of their time to produce a hiking schedule pleasing, hopefully, to all of our members. We are short of hike leaders, and ask members who have a yen, to get more involved by leading a hike !

As mentioned before, splitting up the hiking group due to the inability of a hiker to cope is most undesirable. Many of us have not hiked in months and when we get the green light I urge you to ease into it slowly. We do not wish for anyone to come to harm on the hikes.

The safety of our members and visitors is of paramount importance on hikes, so let's continue to be wary. There have been several opportunistic incidents in the short time that hiking alone/in pairs has been permitted.

With Winter weather approaching, if conditions are such that they constitute a health risk, the hike may be cancelled, or a slightly different route selected, on the day. In the event of uncertainty please contact the hike leader.

For those Ramblers who have been hiking for many a year and remember Egbert de Jong, he has Alzheimer's and now resides permanently at "Livewell", 41 Lourens Street, Somerset West.

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

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

Marie Buchanan is the Quality of Life Leader, and 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....post-Covid 19.**



## Peninsula Ramblers – Hike Program July to October 2020

The Annual General Meeting, set for 28<sup>th</sup> March, did not take place due to the pandemic lockdown. Ewen Smith has decided to step down from the Committee and we thank him for his service to the Club as hike leader and Committee member and poet extraordinaire.

We take this opportunity to welcome Les Watson who has agreed to come on board.

Condolences to Renata Puccini and family on the death of her dear Mother on the 25 June 2020.

June 23<sup>rd</sup> is upon us, so let's remember in our prayers Elizabeth Robinson and family, on the anniversary of the passing of husband and father and Rambler, Andrew Robinson.

Long weekend away planned: Assegai Rest Farm; Friday October 30 – Monday November 2 (3 nights, departing Monday morning).

Thank you, Ian, for arranging the deferment with Jackie.

A huge welcome to our new Ramblers, Rein Dekker, Alison Downie, Lisbet Winther, Shehaam Davids, Eirini Moutzouri and Paul Collis, none of whom have actually hiked with us yet (in the current program), I think, because of the lockdown. 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

***A very warm welcome to our new Members***

***PAUL COLLIS  
SHEHAAM DAVIDS  
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***May you have a wonderful time with us***

What to say about hiking?

“Hike Mountains. Run through Meadows. Explore the Forrest. Swim the Sea Climb the trees. Breathe the wild air. Gaze at the stars. Enjoy the natural world ”

- “Everything worthwhile is uphill, EVERYTHING. -John Maxwell.
- “There are so many beautiful reasons to be happy ”
- “My. was made to hike!”
- “The world is ours to explore ”

## 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

He is unimpressed with his unnecessary COVID scan



# Ginger Carrot Soup

This healthy carrot ginger soup has a velvety smooth texture thanks to the addition of some creamy Greek yogurt. Delicious warm or cold!

**Course** Main Course

**Cuisine** American

**Keyword** carrot ginger soup

**Prep Time** 20 minutes

**Cook Time** 40 minutes

**Total Time** 1 hour

**Servings** 4 quarts or 16 cups

**Calories** 493 kcal

## Ingredients

## Instructions

## Recipe Notes

\*If you use chicken broth rather than the stronger, concentrated chicken stock, replace 2 of the cups of water with the broth.

Lightly adapted from Chobani

2 tablespoons extra virgin olive oil

1 1/2 cups yellow onion

3 tablespoons fresh ginger

3 cloves garlic

2 pounds carrots

2 quarts chicken stock\*

1 quart water

2 bay leaves

2-3 fresh thyme sprigs

2 teaspoons kosher salt

1 teaspoon white pepper

2 cups vanilla flavored Greek yogurt

3 tablespoons butter

1. Heat the olive oil in a large stock pot over medium heat. Add the onion, ginger and garlic and cook for 5 minutes or until the onions soften, stirring often.

2. Add the carrots, chicken stock, water, bay leaves, thyme sprigs and salt and pepper. Bring to a boil then reduce to simmer and cook until the carrots are tender, about 35-40 minutes.

3. Remove the bay leaves and thyme sprigs and blend the mixture with an immersion blender or transfer to a blender and blend until smooth. Blend in the vanilla yogurt and butter and season with more salt and white pepper to taste.

4. Serve with a dollop of yogurt and fresh thyme if desired.

## Nutrition Facts

Ginger Carrot Soup

Amount Per Serving

**Calories** 493

**Fat** 22g

Saturated Fat 8g

**Cholesterol** 42mg

**Sodium** 2122mg

**Potassium** 1482mg

**Carbohydrates** 50g

Fiber 8g

Sugar 24g

**Protein** 25g

**Vitamin A** 38165IU

**Vitamin C** 20mg

**Calcium** 227mg

**Iron** 2mg



## Peninsula Ramblers – Hike Program July to October 2020

Some of the animals on Table Mountain national Park

Cape Cobra and below



Male Ostrich



Dassies and below



Pinguins

