

Peninsula Ramblers – Hike Program July 2021 to October 2021

PENINSULA



RAMBLERS

Email: glendadoller@gmail.com

Web: www.ramblers.org.za

Standard Bank Rondebosch

Account: 073603201

Branch: 025009

Hiking and Social Programme: July 2021 to October 2021

COMMITTEE MEMBERS

Chairman: Antonio Serafin	021 424 3746	or	072 701 5499	or	antoniomserafin@gmail.com
Treasurer: Janet Blank		or	084 308 7057	or	janetb@ctjc.co.za
Secretary: Max Brock	082 938 4442	or			maxbrock@rondebosch.com
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Greta Brock	082 413 7396	or			greta.brock@gmail.com
Ian Pearce		or	084 6244 691	or	hounddog10g@gmail.com

Membership enquiries: Glenda Doller (078 292 2477) or Max Brock (082 938 4442)

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

Friday, August 20

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

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

RSVP: Glenda Doller 078 2922 477

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



Found in the sleeping beauty mountains near Riversdale

Hikes

No hikes in the first 2 weeks of July due to Covid-19 Lockdown Restrictions.

105 – Sat, 17 Jul : Alphen to Eagles Nest

Meet: **8:30 AM** at Alphen Trail parking

Hike details: Green belts and Constantia Nek. Come and enjoy a beautiful area

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

Scrambling over rocks: **No** Exposure to heights: **Yes** Doggie Walk: **Yes (with TMNP permit)**

Hike Leader: **Glenda Doller - 078 292 2477** or glendadoller@gmail.com

106 - Sun, 18 Jul : Cape Point: Gifkommetjie loop via Hoek van Bobbejaan

Meet: **8:30 AM** Inside the pay gate at Cape Point. We shall then proceed by car to the starting point. Bring your ID to get discounted South African entrance fee. Wild/green cards give free entry.

Hike details: This hike will give you lovely views above the Atlantic shoreline before gently descending to the beach where we may see the remains of the Phyllisia shipwreck. The trail then winds south along the coast through and (under!) natural beach and dune vegetation before climbing back up to where we have left our cars. This is not a difficult hike but includes some soft sand and finishes with an uphill stretch that is a little steep in parts. This is a fairly short hike so for those that haven't yet stretched their legs sufficiently (and following a short sandwich/lunch break) we shall take an additional meander for a couple of hours to visit Venus Pools on the False Bay side of the Peninsula.

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

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

Hike Leader: **Ruth McNerney - 078 535 8815** - ruth.mcnerney@gmail.com

107 - Sat, 24 Jul : Alphen - The Mink & Manure trail, but very extended

Meet: **8:00 AM** at Turn off the M41 at the Alphen Hotel sign. Park in Car park on left

Hike details: This is The Alphen with a difference. A combination of multiple trails in the area including Cecilia Forest. Great views and awesome architecture studies. Burbs at their best!

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **8 - 10 km**

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

Hike Leader: **Chris Taylor - 083 294 5845** - chris@taylor1.co.za

108 - Sun, 25 Jul : Muizenberg Peak

Meet: **9:00 AM** at Silvermine Gate 2 waterfall side. Irrespective of where you find parking, all are requested to assemble at central parking area below toilet to complete signing in form.

Hike details: Circular hike affording great views of the area as we proceed along the slightly less travelled route to access the peak. The return to the cars follows a different path to maximize enjoyment of the nature of this part of the reserve.

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **8 - 10 km**

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

Hike Leader: **Ewen Smith - 073 799 9109**

109 - Sat, 31 Jul : Silvermine Circuit

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

Hike details: Walk along Steenberg Ridge and jeep track to the lookout over Hout Bay and back on the far side of the dam. Wild card or entrance fee. Activity permit required for dogs .

Difficulty: **Moderate** Duration: **3 - 4 Hours** Distance: **8 - 10 km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes (with TMNP permit)**

Hike Leader: **Elizabeth Robinson - 021 782 6999 or 079 888 6073 - swiss.robinson@gmail.com**

110 - Sun, 1 Aug : Camel Rock and The Enchanted Forest

Meet: **8:00 AM** at Constantia Neck car park

Hike details: Head up the first stairway to Eagle's Nest, then scramble, bumble and get to Camel Rock. Then on to De Villiers Dam. Skirt the dam and head towards The Enchanted Forest. Spend time admiring orgy grass, worm holes and rocky rock formations. Back to the start.

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

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

Hike Leader: **Chris Taylor - 083 294 5845 - chris@taylor1.co.za**

We dont stop hiking because we grow old, we grow old because we stop hiking

111 - Sat, 7 Aug : Cecilia Forest Ramble

Meet: **9:00 AM** at Cecilia parking area

Hike details: From Cecilia Forest to Constantia Nek and back via a different route

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

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

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

112 - Sun, 8 Aug : Cape of Good Hope - Paulsberg

Meet: **9:00 AM** at the Buffelsfontein Visitors Centre, Cape Point, about 7 km from the pay gate

Hike details: You will need to pay an entrance fee (or produce a Wild/Green Card). We will hike along the Cape Point Hiking Trail in a northerly direction to Kanonkop, then ascend Paulsberg, and return on the coastal path via Boo se Skerm.

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

113 - Sat, 14 Aug : Tokai Forest Ramble

Meet: **2:00 PM** at parking area on Orphen Road, M42, northern side of the forest

Hike details: A circular walk in the forest including a out and home spur in the green belt area

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

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

Hike Leader: **Ewen Smith - 073 799 9109**



114 - Sun, 15 Aug : De Villiers and Alexandra Dam

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

Hike details: The hike will lead us via Bel Ombre, Camel Rock, and De Villiers Dam to Alexandra Dam and Victoria Reservoir. We will descend by the conventional route, partially on the Jeep Track. Heavy rain cancels.

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

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

Hike Leader: **Sándor Nagy - 082 082 0482 - sandor.nagy@solestex.com**

115 - Sat, 21 Aug : Cape Point: The Farmers Cliffs and Venus Pools

Meet: **8:00 AM** at The Smitswinkel car park just inside Cape Point gate on left. .8km from gate

Hike details: We skirt and scramble over Judas, 3 Farmers, Paulsberg, to the cannon. Then down to Booi se Skerm, along to Venus pools and head back up to the Farmer's trail and home eventually. Need lottsa water.

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

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

Hike Leader: **Chris Taylor - 083 294 5845 - chris@taylor1.co.za**

116 - Sun, 22 Aug : Back Table Ramble

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

Hike details: We ascend on Kasteelspoort. Hike takes in Valley of the Red Gods, Valley of Isolation and Echo Valley (time permitting) Descent via Kasteelspoort. Rainy weather cancels.

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 hounddog10g@gmail.com**

"I can't understand why men make all this fuss about Everest — it's only a mountain." – Junko Tabei, first woman to climb Everest

117 - Sat, 28 Aug : Clovelly - Kalk Bay Circuit

Meet: **8:00 AM** at Parking area on the left after turning into Clovelly Road.

Hike details: Walk around the Clovelly wetlands and onto the Trappies, up to the Rock Arch, descend to Kalk Bay via Weary Willy's and return over the Trappies. The hike is rated strenuous because the long uphill requires stamina and there is a second climb near the end, but it is not difficult.

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

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes (with TMNP permit)**

Hike Leader: **Elizabeth Robinson - 021 782 6999 or 079 888 6073 - swiss.robinson@gmail.com**

118 - Sun, 29 Aug : Constantia Nek to Chapman's Peak Hotel

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

Hike details: An old favourite . We hike up the steep ascent over Vlakkenberg . Then the long descent, with magnificent views, to Chapman's Peak Drive, exiting at East Fort. From there it's an easy 2 km stroll to refreshments at Chapman's Peak Hotel. Bring enough money for a shared Uber back to Constantia Nek.

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 hounddog10g@gmail.com**

119 - Sat, 4 Sep : Silvermine Loop

Meet: **2:00 PM** at Parking area on left of main pay gate Silvermine (Entrance fee or Wild Card)

Hike details: A circular walk through the fynbos in a quieter section of Silvermine. Pace moderate. Bring afternoon tea.

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

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

Hike Leader: **Rodney Manicom - 084 764 7580 - rodneymanicom@gmail.com**

"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity." - John Muir

120 - Sun, 5 Sep : Around the Berg River Dam

Meet: **8:30 AM** at Parking area near Huguenot Monument

Hike details: Drive down Roberts Vlei Road to entrance. Fee R50.00 (Snapscan). Hike around beautiful dam. Sun hat , plenty water essential. Not much shade. Bring swimming cozzie. Refreshments in town afterwards.

Difficulty: **Moderate** 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 hounddog10g@gmail.com

121 - Sat, 11 Sep : Tokai Park Doggie Walk

Meet: **9:00 AM** at Parking area on Orpen / Spaanschemat Rd, right next to Tokai Lions Club entrance

Hike details: A fun romp through forest and fynbos for active dogs and sociable owners with poop bags. Lots of other dogs to sniff, squirrels to chase and rivers to swim in.

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

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes (with TMNP permit)**

Hike Leader: **Colleen Saunders - 083 450 9094** - saundicollinda@gmail.com

122 - Sun, 12 Sep : Vogelgat Hike

Meet: **8:30 AM** at Vogelgat Nature Reserve, 2km beyond Hermanus, on the R43 to Stanford

Hike details: Limited to 8 hikers – book with leader.

We ascend steeply from the base camp, up over Lex's Gully, towards Maanschyn Kop, before turning down to Sip Stream and Quark Pool. Stunning views over the Kleinriver Lagoon, pristine fynbos and mountain streams. Final descent route to be determined by party and energy levels on the day. Bathing costumes advised for the brave. Consider making an optional donation to Vogelgat Nature Reserve.

Recommendation: Make a weekend of it. Stay over in Hermanus or Stanford. An additional afternoon hike will be organised for those who are in Hermanus on the Saturday.

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

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

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

122 - Sun, 12 Sep : Table Mountain, Echo Valley

Meet: **8:00 AM** at Cable Car lower station at the ticket office

Hike details: The hike will lead us from the top station of the cable car down Echo Valley and continue to Maclear's Beacon. From there we will continue on the central table back to the cable car. Entrance fee for a return ticket is R 100 for SA pensioners, R 190 for children, R 380 full fare. If you are not a pensioner and planning to go 3 or more times to Table Mountain in a year, then I can recommend the Cable Card which allows you unlimited access for a year for R 850 for adults. Heavy rain cancels.

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

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

Hike Leader: **Sándor Nagy - 082 082 0482 - sandor.nagy@solestex.com**

123 - Sat, 18 Sep : Brakkloofrant

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

Hike details: Walk up the steps to Mountain Road and along the trail to the Brakkloofrant beacon for tea. Return the same way. The hike could be extended to include Elsie's Peak, depending on the weather and number of hikers interested.

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

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes (with TMNP permit)**

Hike Leader: **Elizabeth Robinson - 021 782 6999 or 079 888 6073 - swiss.robinson@gmail.com**

124 - Sun, 19 Sep : Oppelskop

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

Hike details: Up to Kings Blockhouse then along upper contour to Oppelskop and back via lower contour

Difficulty: **Strenuous** 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**

I don't get it, the trail looked so flat on the map

125 - Sat, 25 Sep : Roodeberg Ramble

Meet: **9:30 AM** at Parking area top of Glencairn Expressway, M60. San Parks sign there reads “Jonkers Dam”

Hike details: A circular hike round the area, exact route to be followed will be decided on the day. Open country and mountain vistas promised, but only if no fog and or mist.

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**

126 - Sun, 26 Sep : Perdekop Trail, Mont Rochelle, Franschhoek

Meet: at **8.00 AM** at Mont Rochelle Nature Reserve parking (above Franschhoek). There is a R50 fee for permits for this private reserve (cash, SnapScan, Zapper or Masterpass apps – no card facilities) or buy in advance from webtickets.

Hike details: Up, up, and away! Spectacular panoramic views of the Wemmershoek valley and surrounding cliffs before reaching Perdekop at 1,575m the highest point in the Mont Rochelle Nature Reserve. (850m elevation from our starting point). On a clear day Table Mountain can be seen from the summit. There is also a fairly short but steep descent (steps) and ascent of the Du Toit’s River gorge. Bad weather (high winds or poor visibility) will cancel/postpone this hike

Difficulty: **Strenuous** Duration: **6-7 Hours** Distance: **14 km**

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

Hike Leader: **Ruth McNerney - 078 535 8815 - ruth.mcnerney@gmail.com**

127 - Sat, 2 Oct : Princess Vlei Eco-hike

Meet: **10:00 AM** at Princess Vlei Parking area on Prince George Drive (M5). Entrance between DeWaal Rd (M38) and Retreat Rd.

Hike details: An easy ramble round the vlei, learning about the local history, cultural significance, and restoration of endangered fynbos, followed by an optional visit to a local market for refreshments and local cuisine.

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

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes (without TMNP permit)**

Hike Leader: **Colleen Saunders - 083 450 9094 - saundicollinda@gmail.com**

128 - Sun, 3 Oct : Suikerbossie to Grootkop

Meet: **8:00 AM** at Suikerbossie turnoff . Parking area outside Ruyteplaats Hout Bay

Hike details: We ascend on Hout Bay Corner, then up the ravine to the trail , passing Judas Peak. Then on to Grootkop. Magnificent views. After lunch we retrace our steps and descend via the ravine and the Corner. Bring plenty of water please.

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

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

Hike Leader: **Ian Pearce - 084 6244 691** or hounddog10g@gmail.com

129 - Sat, 9 Oct : Cape of Good Hope - Antonies Gat

Meet: **8:30 AM** at the Buffelsfontein Visitors Centre, Cape Point, about 7 km from the pay gate

Hike details: You will need to pay an entrance fee (or produce a Wild/Green Card). We will hike along the Cape Point Hiking Trail in a southerly direction to Antoniesgat (a spectacular cave carved into the rock by the waves), and return via the coastal path.

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

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

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

130 - Sun, 10 Oct : Nursery Ravine, Maclear's Beacon

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

Hike details: The hike will lead us up Nursery Ravine on the Hoerikwaggo hiking trail to Maclear's Beacon, back via Skeleton George and Contour Path

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

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

Hike Leader: **Sándor Nagy - 082 082 0482** - sandor.nagy@solestex.com

Happiness is hiking with friends

I took a walk in the woods and came out taller than trees

131 - Sat, 16 Oct : Slangkop Stroll

Meet: **1:30 PM** at Parking area by the Kom in Kommetjie... Beach Road

Hike details: A gentle stroll to pass by the iconic Slangkop lighthouse, followed by a short section through an enchanted forest before ascending to the old war time radar station where splendid views of the peninsula coast line can be enjoyed. The return to the village follows an equally, but different, scenic route back to the cars with the option of a chance to enjoy rehydration and maybe live music at a local establishment.

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

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

Hike Leader: **Ewen Smith - 073 799 9109**

132 - Sun, 17 Oct : Long Table Mountain Ramble

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

Hike details: We head to the Overseer's cottage, then along Smuts Track, onto the Echo Valley path, through the Valley of Desolation, to the Woodhead Dam, via Ash Valley back to Constantia Nek. Total 16km.

Difficulty: **Very 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**

133 - Sat, 23 Oct : Trappieskop

Meet: **8:00 AM** at parking on the left after turning into Clovelly Road from Main Road

Hike details: Walk around the Clovelly wetland and take Marmion path to the Trappies and then to the beacon and Breakfast Rock. Descend via the same route.

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

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes (with TMNP permit)**

Hike Leader: **Elizabeth Robinson - 021 782 6999 or 079 888 6073 - swiss.robinson@gmail.com**

Hiking is the answer who cares what the question was

134 - Sun, 24 Oct : The India Venster Route up Table Mountain

Meet: **7:30 AM** at Table Mountain Rd, Stairway to the right of the lower cable station

Hike details: Up the stairway to the contour path under the cable car. Then a bit of right and left, scramble, hook on, over boulders, cling to staples, grab chains, get to the top. Difficult for short-legged people. Then down in the cable car (R50 for pensioners with ID). Awesome views but steady hand needed for camera!

Difficulty: **Very strenuous** Duration: **4 - 5 Hours** Distance: **5 - 8 km**

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

Hike Leader: **Chris Taylor** - 083 294 5845 - chris@taylor1.co.za

135 - Sat, 30 Oct : Zevenwacht Wine Farm

Meet: **8:00 AM** at Zevenwacht Wine Farm, Kuils River

Hike details: A nice 13 km hike in a very pleasant wine farm. Wine tasting afterwards.

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

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

Hike Leader: **Glenda Doller** - 078 292 2477 or glendadoller@gmail.com

136 - Sun, 31 Oct : Spring Ramble in Silvermine West

Meet: **8:00 AM** at Silvermine Gate 1, parking area just behind the paygate

Hike details: A circular route through the Western side of the Silvermine area, exact route to be decided taking weather and flowers into consideration

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

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes (with TMNP permit)**

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

"I always wonder why birds stay in the same place when they can fly anywhere on the earth. Then I ask myself the same question." - Harun Yahya

PENINSULA RAMBLINGS



A message from our Chairman

Dear Ramblers,

The start of a new hiking schedule and I take this opportunity to thank the several “new” hike leaders (Ruth McNerney, Sándor Nagy, Chris Taylor, and Rodney Manicom) and the “regular” leaders, for their time and willingness. Another varied schedule is on offer.

Thanks to all who organised the well-attended cheese and wine, and movie evening. We are currently at lockdown level 4 and, hopefully, that will not affect our hiking when an announcement is made tomorrow. A word of caution, too, as we hike in wet conditions.

Thank you, Glenda, for yet another (of several, now) out-of-the-ordinary hikes.

Last, but not least, a huge welcome to our new Ramblers: Maggie Scott, Victoria Tompkins, Henrietta Brock, Sandelene and Jaco de Bruyn, Therese de Villiers and Stevie Dreyer, Glenn and Sandy Laingno, Sue Matthews, Cynthia Rauch, Linda Hannival, Mike Rust, and Eric Sydenham. We wish you many happy hikes with this Club.

Keep safe

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

"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*

A very warm welcome to our new Members

**Henrietta Brock
Sandelene and Jaco de Bruyn
Stevie Dreyer
Linda Hannival
Glenn and Sandy Laingno
Sue Matthews
Cynthia Rauch
Mike Rust
Maggie Scott
Eric Sydenham
Victoria Tompkins
*Therese de Villiers***

May you have a wonderful time with us



The rock formation called the face in Gasterental, Kandersteg, Switzerland

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

A hiker walks into a bar and the barkeeper greets him with "What are you drinking, sir?"

The hiker scans the range of whisky bottles on display and asks for a measure of an expensive Talisker. The barman pours the drink, which the hiker knocks back in one, and says, "That will be £9.50 please, sir"

The hiker looking a little puzzled says, "Well no. I am lawyer and you clearly offered me a drink, an offer which I accepted. That's contract law sir. I owe you nothing"

"Then you can leave", says the clearly angry barman. "You're barred". So the hiker leaves

About thirty minutes later the hiker walks back into the bar and the barman immediately spots him and shouts, "You. Out! I already told you you are barred"

"I don't understand", says the hiker. "I've never been here before. This is the first time I've even stepped across that threshold."

The barman responds, "Well, you must have a double!"

"That's really kind of you," says the hiker, "I'll have one of those Taliskers"

5 Tips to Prevent Dehydration While Hiking

Hiking is a pleasurable pastime and a good way to stay healthy and happy, as it presents ample opportunity to get sunshine, fresh air, and exercise. However, the exertion makes you susceptible to dehydration, which can make a hike less enjoyable and even dangerous.

Staying hydrated is especially important for [senior hikers](#) because, on an average, older adults have 10% less fluid in their bodies than younger adults. In addition, seniors also experience a diminished sense of thirst that leads to a reduced fluid intake, making them more susceptible to dehydration. But young or old, each and every hiker needs to stay hydrated before, during, and after a hike in order to be safe.

1. Drink Water before Hitting the Trail

Before embarking on the hike, you should drink one or two cups of water. Your body only begins to feel thirsty when the water level is already low, meaning you shouldn't wait for the body's "thirsty" signal before drinking. Instead, keep your water level from dropping in the first place by hydrating pre-hike. Developing habits for long-term hydration in your life will help you be at your fittest and healthiest before going on a hike.

2. Steer Clear of Alcohol Prior to a Hike

Planning to hit the trail in the morning? Opt for water instead of a beer the night before.

Consuming alcoholic drinks prior to hiking should be absolutely avoided, as they significantly contribute to dehydration. These drinks are also not great drinks to bring on a hike, as they won't hydrate you properly and may dehydrate you.

3. Carry Food & Water (& Make Them Easily Accessible)

[Any person going on a hiking trip](#) should carry ample food and water. Water keeps you hydrated, while food is the body's main source of fuel and salts (electrolytes) – you need both to prevent dehydration. Individually wrapped snacks, energy bars, dried food, and bottled water are typically sufficient for a person embarking on a day hike, unless the trip involves meal times. Remember to balance your food intake with fluid consumption to avoid becoming severely ill and dangerously debilitated.

Whether you use a bottle or a bladder, make sure you're drinking regularly

For longer, more strenuous hikes, you may also want to pack electrolyte tablets. Sweating causes you to lose electrolytes, which can make hiking more difficult. Adding electrolyte tablets or a sports drink to your pack is an easy way to stay at the top of your game.

Of course, packing water or food alone won't keep you hydrated and healthy – you have to consume it. Maybe hydration comes naturally to you and you'll remember to drink, but if you find yourself regularly forgetting, here's a few ideas that might help:

- Use a bladder – if you use canteens or bottled water and find yourself forgetting to stop and grab a drink, using a bladder lets you drink on the move with water always easily accessible.
- Prefer bottles? Pick your pack with care – if you prefer bottles or canteens to a bladder, make sure the hiking pack you use lets you easily reach your water. Some packs have forward-facing pockets that make it easier to pull your bottle out than the traditional side pocket.
- Keep a few snacks stashed where you can reach them – the hip pocket of your pack is a great place.

4. Drink Water before Feeling Thirsty

You shouldn't wait until you're thirsty to drink water, because that means you're already dehydrated and not performing at the top of your game. You [should replenish fluids](#) and electrolytes by drinking one half to one quart of water every hour you're hiking. You may need to drink more depending upon the temperature and the intensity of the hike.

Hiking in warmer environments increases your water intake needs

For variety, consider alternating between plain water and a sports drink with electrolytes. This will retain fluids, maintain energy, balance electrolyte levels, and thus make hiking more enjoyable.

5. Stay Hydrated after Hiking

Don't stop drinking when you stop hiking. You should continue to intake fluids even after completing the hike to replenish water and electrolyte loss. Since thirst always underestimates your body's fluid needs, drink more than you think is necessary.

If Dehydration Strikes

Prevention is always the best treatment, but if you or someone in your party does become seriously dehydrated, make sure you have the first aid supplies and knowledge you need to treat them. [Oral rehydration salts](#) are a lightweight addition to your first aid kit that are proven to help your body absorb and retain fluids more effectively. If you're headed on an extended adventure, adding these to your pack could make a huge difference.

Using a purifying water bottle like the RapidPure Intrepid lets you hydrate using the water around you.

If you didn't pack enough water, having a backup plan can make all the difference. Keeping a [compact water purifier](#) in your pack or using a purifying water bottle like the [RapidPure Intrepid](#) as one of your water bottles can enable you to rehydrate from backcountry water sources you encounter while [protecting you](#) from any viruses, bacteria, or parasites.

Stay Hydrated & Get Hiking!

A hike, when done correctly and safely, has many medical benefits such as reducing the risk of diabetes, colon or breast cancer, osteoporosis, and heart attacks, as well as decreasing disability risk and increasing overall physical function. More than that though, hiking gives us a sense of adventure and a rush of adrenalin from being amidst nature and discovering new places, all of which is wonderful for mental well-being. To hike successfully and get optimal benefits, though, make sure you stay adequately hydrated to prevent dehydration.



