

Peninsula Ramblers – Hike Program March 2022 to June 2022

PENINSULA



RAMBLERS

Email: glendadoller@gmail.com

Web: www.ramblers.org.za

Standard Bank Rondebosch

Account: 073603201

Branch: 025009

Hiking and Social Programme: March 2022 to June 2022

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
Glenda Doller			078 292 2477	or	glendadoller@gmail.com
Les Watson	084 856 1742	or			les_watson@yahoo.com
Urs Huber	084 713 5545	or			uhuber@gmail.com
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

Notice is hereby given that the **Annual General Meeting** of the Peninsula Ramblers will take place on Saturday, 9 April at 14:00 at 1 Sunnybrae Rd, Rondebosch.

On Sunday, 22 May, the Peninsula Ramblers will be celebrating their **75th birthday**. We are planning a special hike. Please keep the date open so you can join us.

We apologise for the late publication of the new hiking programme for the next 4 months.

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



Hikes

101 - Sat, 5 Mar : Silvermine (non-pay side) Ramble

Meet: **1:30 PM** at Parking area near entrance boom on RHS

Hike details: A circular ramble through the fynbos with a stop for tea along the way. Strong wind, rain cancels

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

102 - Sun, 6 Mar : Orange Kloof, Disa Gorge

Meet: **7:30 AM** at Constantia Nek Parking area

Hike details: Permit Hike. 12 Places only. A hike through Orange Kloof up beautiful Disa Gorge to Woodhead Dam.

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 - hounddog10g@gmail.com

103 - Sat, 12 Mar : Princess Vlei Eco-Ramble and doggie walk

Meet: **10:00 AM** at Princess Vlei Parking area on Prince George Drive (M5). Between De Waal Rd (M38) Southfield, and Retreat Rd (M35). Entrance on your right at traffic light if traveling in direction of Muizenberg.

Hike details: An easy walk around the vlei, learning about the cultural significance and efforts to rehabilitate the surrounding ecosystem. A visit to a local market for lunch / tea/ beer / spicy koeksisas is a hot favourite.

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

104 – Sun, 13 Mar : Cape Town Cycle Tour (aka “Argus”) No hike

105 - Sat, 19 Mar : The Old Mule Track, Simonstown

Meet: **7:30 AM** at beginning of the track, corner Jan Smuts Drive and Churchill Avenue, Simonstown

Hike details: Uphill to the old Anglo-Boer blockhouse in the gap below Swartkop. Coffee break at the blockhouse. Scenic view of the False Bay coastline on the way back. Heavy rain cancels.

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

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

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

106 - Sun, 20 Mar : Simonstown to Smitswinkel Bay

Meet: **7:30 AM** at Jan Smuts Rd off Harrington Rd Simonstown.

Hike details: Park cars at start. Glenda will transport drivers from Smitswinkel. This is a long hike for the fit as both the ascent and the descent are challenging. Beautiful views are the reward. Bring enough water; sunscreen essential.

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

108 - Sat, 26 Mar : Soetwater/Kommetjie

Meet: **8:00 AM** at Beach Road, Kommetjie

Hike details: Hike will start at the Kom and proceed southwards through Soetwater to cross the Kommetjie/Scarborough road. Return to Kommetjie via the old radar station above the village. Coastal views and mountain vistas to be enjoyed along the way.

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

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

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

110 - Sat, 2 Apr : Scarborough beach to the Old Crayfish factory

Meet: **8:00 AM** at Scarborough beach parking

Hike details: Meet at Scarborough beach parking. Follow the coast towards the Old Crayfish factory.

Those who would love to swim can do so at the Witsands beach.

Return to Scarborough beach parking where the hike officially ends. I plan to go onto Schuster's picnic spot a little bit further on. This is a well kept site, with toilets.

There I plan to chill out and spend some time relaxing. Anybody is free to bring extra food, drinks and chairs and join me.

I would prefer that you use WhatsApp to contact me. 0848561742

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

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

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

111 - Sun, 3 Apr : Kalk Bay Peak

Meet: **7:30 AM** at Silvermine Entrance Gate 2 (East)

Hike details: We start on the jeep track, past Silvermine Waterfall and then take a circular route via the old fishermen's path around Kalk Bay Peak. Heavy rain cancels.

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

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

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

114 – Sat, 9 Apr : Ramblers Annual General Meeting

Meet: **14:00** at 1 Sunnybrae Rd, Rondebosch

Refreshments will be provided

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

"Me thinks that the moment my legs begin to move, my thoughts begin to flow." - Henry David Thoreau

113 - Sun, 10 Apr : Newlands Forest - Devil's Peak Circuit

Meet: **7:30 AM** at Newlands Forest parking area

Hike details: Hike through the forest to Newlands Ravine. Ascend. Once over the Saddle turn left, then right to Middle Traverse. On to King's Blockhouse and Contour Path back to Forest. Great views of City and Bay. Bring enough water, sunscreen. Rehydration at Forries.

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

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

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

115 – Sun, 17 Apr (Easter Sunday)

No hike

116 - Mon, 18 Apr (Family Day) : Chapman's day parking along contour path to Blackburn Ravine, and down to East Fort.

Meet: **8:00 AM** at Chapman's day parking. We will shuttle some cars to East Fort.

Hike details: We will hike along the contour path, with lovely views of Hout Bay on the left, and the mountains on our right side.

Down the Blackburn ravine to East Fort. 11kms. Altitude gain 500m.

I would prefer that you use WhatsApp to contact me. 0848561742

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

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

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

117 - Sat, 23 Apr : Adullam's Cave, from Silvermine 2, Both Steenberg peaks

Meet: **8:00 AM** at Silvermine Gate 2

Hike details: Moderate bit of climbing up to Fat Lady's cave, then contour, down to marine camp. Up to Adullam's cave, then traverse and down from Lower Steenberg, then ramble home

Difficulty: **Moderate** 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

118 - Sun, 24 Apr : Silvermine Three Peaks

Meet: **8:00 AM** at Silvermine Gate 2

Hike details: Higher Steenberg Peak, Muizenberg Peak and St James Peak

Please preferably contact me through WhatsApp.

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**

120 - Sat, 30 Apr : Silvermine/Tokai

Meet: **8:00 AM** at Silvermine Parking area adjacent to pay gate (Gate 1)

Hike details: A circular hike to take in the River Walk then descend down to the jeep track on the Tokai side to return to the cars.

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

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

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

121 - Sun, 1 May (Workers Day) : Vlakkenberg.. (Back by popular demand)

Meet: **8:00 AM** at 32 Price Drive, Constantia.

Hike details: : We will start off walking through the dense canopy of the Vlakkenberg forest. Then go up to the top and around the Vlakkenberg peak, coming down the same way and returning through a different part of the forest.

There is a short bit where hands will be needed to get over some rocks.

I would prefer that you use WhatsApp to contact me. 0848561742

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

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

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

122 - Mon, 2 May (Public Holiday) : East Fort to the top of Blackburn Ravine.

Meet: **8:00 AM** at East Fort.

Hike details: Starting at East Fort, we will make our way up to the top, which is the viewpoint from Silvermine. Returning on a different path.

I would prefer that you use WhatsApp to contact me. 0848561742

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

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

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

123 - Sat, 7 May : Higher Steenberg Peak – the easy way

Meet: **8:00 AM** at Silvermine Gate 2

Hike details: Doing Higher Steenberg Peak in an anti-clockwise direction really is a lot easier! Please preferably contact me through WhatsApp.

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

124 - Sun, 8 May : Blackburn Ravine, three peaks, return.

Meet: **8:00 AM** at East Fort parking place

Hike details: Start from East Fort, up Alfies track and then up Blackburn Ravine to Hout Bay lookout. Over the three peaks of the outer circuit, down to Chapman's saddle and return on the 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: **Chris Taylor - 083 294 5845 - chris@taylor1.co.za**

"Real adventure is defined best as a journey from which you may not come back alive, and certainly not as the same person." - Yvon Chouinard

125 - Sat, 14 May : Tokai Forest ramble

Meet: **1:00 PM** at Parking area Orpen Road (M42) start of Restoration Trail

Hike details: Hike round the forest with a detour to view finebos garden over Firgrove Way

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**

126 - Sun, 15 May : Diagonal Ravine, Kasteelpoort

Meet: **8:00 AM** at the end of Theresa Avenue in Camps Bay

Hike details: We head up to the pipe track, turn left towards Diagonal Ravine, all the way up to Valley of the Red Gods and circular back via Kasteelpoort. 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**

127 - Sat, 21 May : Chapmans Peak

Meet: **8:30 AM** at We meet in the parking opposite the Chapmans Peak Hotel at the start of Chapmans Peak Drive. We will then take just a few cars to the hike starting point.

Hike details: A beautiful there and back walk with great views. Steep in the beginning.

Difficulty: **Strenuous** 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**

128 – Sun, 22 May : Ramblers' 75th Birthday Hike

Special hike will be arranged, details to follow.

130 - Sun, 29 May : Helderberg West Peak

Meet: **8:00 AM** at Helderberg Nature Reserve parking area

Hike details: Travel out to Somerset West in your own car (or make private arrangements for sharing). We meet in the car park outside the visitors centre inside the Helderberg Nature Reserve (Entrance fee: R15 per vehicle, PLUS R25 per adult or R15 for pensioners with proof of age). From there we will do a circular hike up to the West Peak. Quite steep in parts, pretty strenuous, but very rewarding 360° views from the top.

The Helderberg Nature Reserve is tucked away above Somerset West and one can easily get lost (even with Google). Best look up the map and directions at

<https://helderbergnaturereserve.co.za/the-reserve/map-directions/>

Please preferably contact me through WhatsApp.

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

131 - Sat, 4 Jun : Echo Valley and Spes Bona forests

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

Hike details: We will go up the Mule Track and then through Spes Bona a natural canopy. Should be nice and cool on a sunny day. Go on up to the Amphitheatre and back to our cars via Echo Valley natural canopy.

Please preferably contact me through WhatsApp.

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

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

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

Catching those first views of layered mountains, endlessly folding over each other like a giant blue blanket, tears sprung unbidden to my eyes. I had made it. And though I was indeed alone, I felt as if I was in the best company in the world." - Thru-hiker, [Chris "Rad" Carter](#), on the Katahdin summit AT2021

132 - Sun, 5 Jun : Agatha's Gully

Meet: **7:30 AM** at Constantia Nek Parking area

Hike details: We hike up to Constantia Corner and then around the contour path to find the sometimes overgrown path into Agatha's Gully. A bit of exposure for a short while but doable. Once we are through we will take in Camel Rock and De Villiers Dam before returning to the cars. Refreshments at La Parada.

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

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

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

133 - Sat, 11 Jun : Brakkloof Ridge, Fish Hoek

Meet: **8:00 AM** at Assuming you are coming from the Cape Town end, turn right towards Kommetjie, immediately on your left, just before a church, is a large off-road parking area. Leave your car here and go up the Ravine Steps, leading off the far corner of the parking area.

Hike details: A gentle climb up the ridge above the end of Fish Hoek Main Road, through fynbos. Continue along the ridge between Fish Hoek and Glencairn to a trig beacon and return.

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

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

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

134 - Sun, 12 Jun : Scarborough to Kommetjie

Meet: **8:30 AM** at Meet in Kommetjie at the top of Rubbi Rd. We will shuttle cars to Scarborough.

Hike details: Permits will be required and will be purchased in Scarborough. The hike is about 14km, and is partially a recce hike for your leader.

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

I was amazed that what I needed to survive could be carried on my back. And, most surprising of all, that I could carry it." - Cheryl Strayed: Wild

135 - Sat, 18 Jun : Kloof Nek to Camps Bay and back via the Glen

Meet: **9:00 AM** at Kloof nek parking area.

Hike details: We hike along the pipe track for a while then go down to the jeep track then down the road to Camps Bay beach along the beach and then come back up the Glen.

Difficulty: **Strenuous** Duration: **5 Hours** Distance: **More than 5km**

Scrambling over rocks: **No** Exposure to heights: **No** Doggie Walk: **Yes**
Dogs welcome but only with valid dog permit, poo bag and water.

Hike Leader: Urs Huber – 0847135545 - uhhuber@gmail.com

137 - Sat, 25 Jun : End of Tafelberg road to camps bay corner and back.

Meet: **9:00 AM** at Kloof nek parking area.

Hike details: We hike up the zig zag to the contour path to the corner and back.

Difficulty: **Strenuous** Duration: **5 Hours** Distance: **More than 5km**

Scrambling over rocks: **No** Exposure to heights: **Yes (minor)** Doggie Walk: **Yes**
Dogs welcome but only with valid dog permit, poo bag and water.

Hike Leader: Urs Huber – 0847135545 - uhhuber@gmail.com



139 - Sun, 26 Jun : Camel Rock and the underground forest

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

Hike details: Up the first stairway, then circle around Eagles Nest to Camel Rock and Crenulations food stop. To De Villiers Dam, then unused path to the secret underground forest with worm holes and memorial grounds. Back via overseers and jeep track

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



Now I see the secret of making the best person, it is to grow in the open air and to eat and sleep with the earth." - Walt Whitman

PENINSULA RAMBLINGS



A message from our Chairman

Greetings, fellow Ramblers,

You'll agree the new hiking program has something for everyone. Thank you to our hike leaders who give of their time and expertise. Thank you, Max and Urs, for setting up the program.

There has not been much in the news about attacks on hikers lately and I appeal to you to not let your guard down.

The Peninsula Ramblers Hiking Club will be 75 years old in May of this year. We shall keep you posted as to how we will celebrate this milestone.

I ask you, too, to attend the AGM to be held in April. That date and venue, too, will be relayed to you.

The position of Club Chairperson is up for grabs. I should like to thank the Committee (they know who they are) and the fabulous members of this club for making my job an easy and pleasant one.

Last but not least, a huge welcome to our new Ramblers: Kathy Hackett, Audrey Ransome, Kate Hurst, Faith Knight, Shelly Fraser, Ania Komorowicz, Zoe Donald, Jeff Rich, Grant van Zyl and John Byett. We wish you many happy hikes with this Club.

Warm regards.

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

If everyone in the world took care of each other the way folks do out on the trail, and if everyone approached each day with as much hope and optimism as hikers do, the world would be a better place." - Jon Tullis

A very warm welcome to our new Members

JOHN BYETT

ZOE DONALD

SHELLY FRASER

KATHY HACKETT

KATE HURST

ANIA KOMOROWICZ

FAITH KNIGHT

AUDREY RANSOME

JEFF RICH

GRANT VAN ZYL

May you have a wonderful time with us



The Balance of Nature

"Walking: the most ancient exercise and still the best modern exercise." - Carrie Latet

Hike Reports & News



Membership Fees

It's time that we all pay our **annual subscriptions**: Please make payment (Ordinary Members R100 and Family Members R130 and a registration fee of R30) to Standard Bank Rondebosch: 051001 Account: 073603201 using YOUR name and the word "subs" as the reference. A few people have already paid unsolicited – thank you very much.

What is the difference between walking boots and hiking?

Hiking boots are usually much sturdier and more durable than walking shoes. These boots have reinforced extra padding and may even have metal bars in the soles. This gives plenty of foot support and also reduces the chances of strain or bruising when hiking over rocky, rough or uneven terrain.

What is special about hiking boots?

Hiking boots offer **better ankle coverage**, which helps prevent ankle sprains, and much stiffer midsoles, which provide better support. It's dangerous to wear regular sneakers or tennis shoes when hiking because not only can you sprain your ankle, but you can actually hurt yourself.

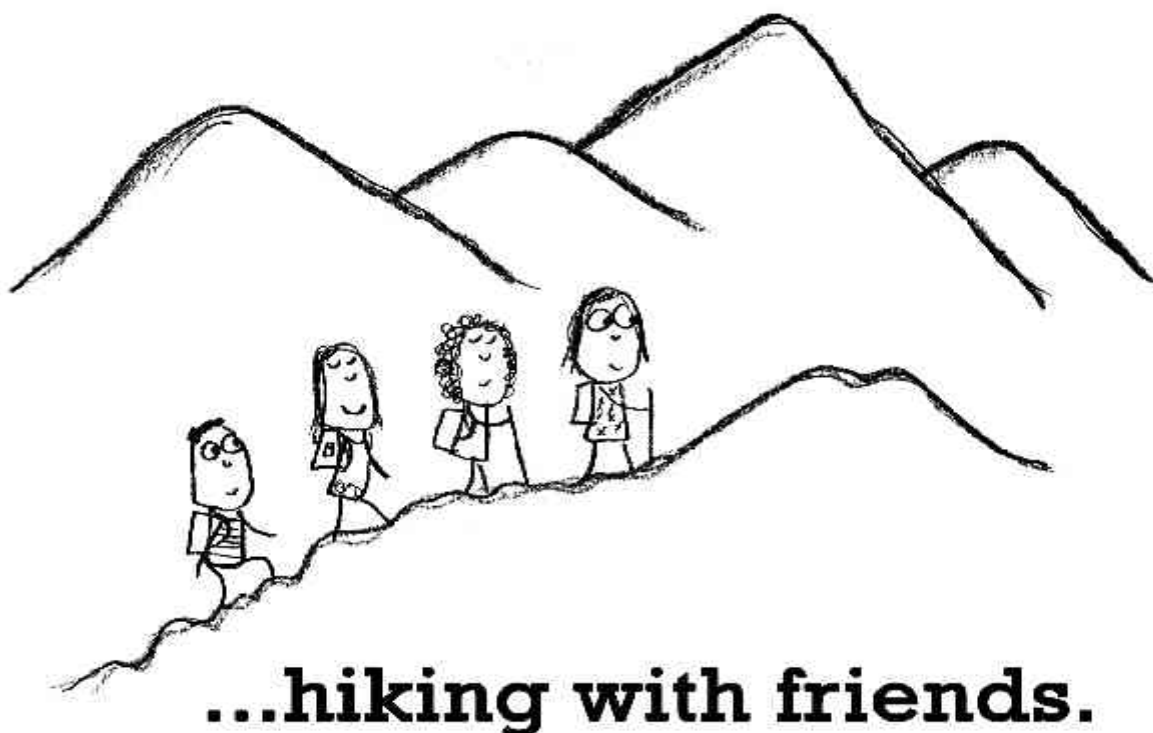
What is a rock plate in shoes?

Specific to trail-running shoes, rock plates are **hard plastic inserts situated between the midsole and outsole of the shoe to prevent sharp objects from injuring the foot.** They can run the full length of the shoe, only under the forefoot or some variation thereof

How long should hiking boots last?

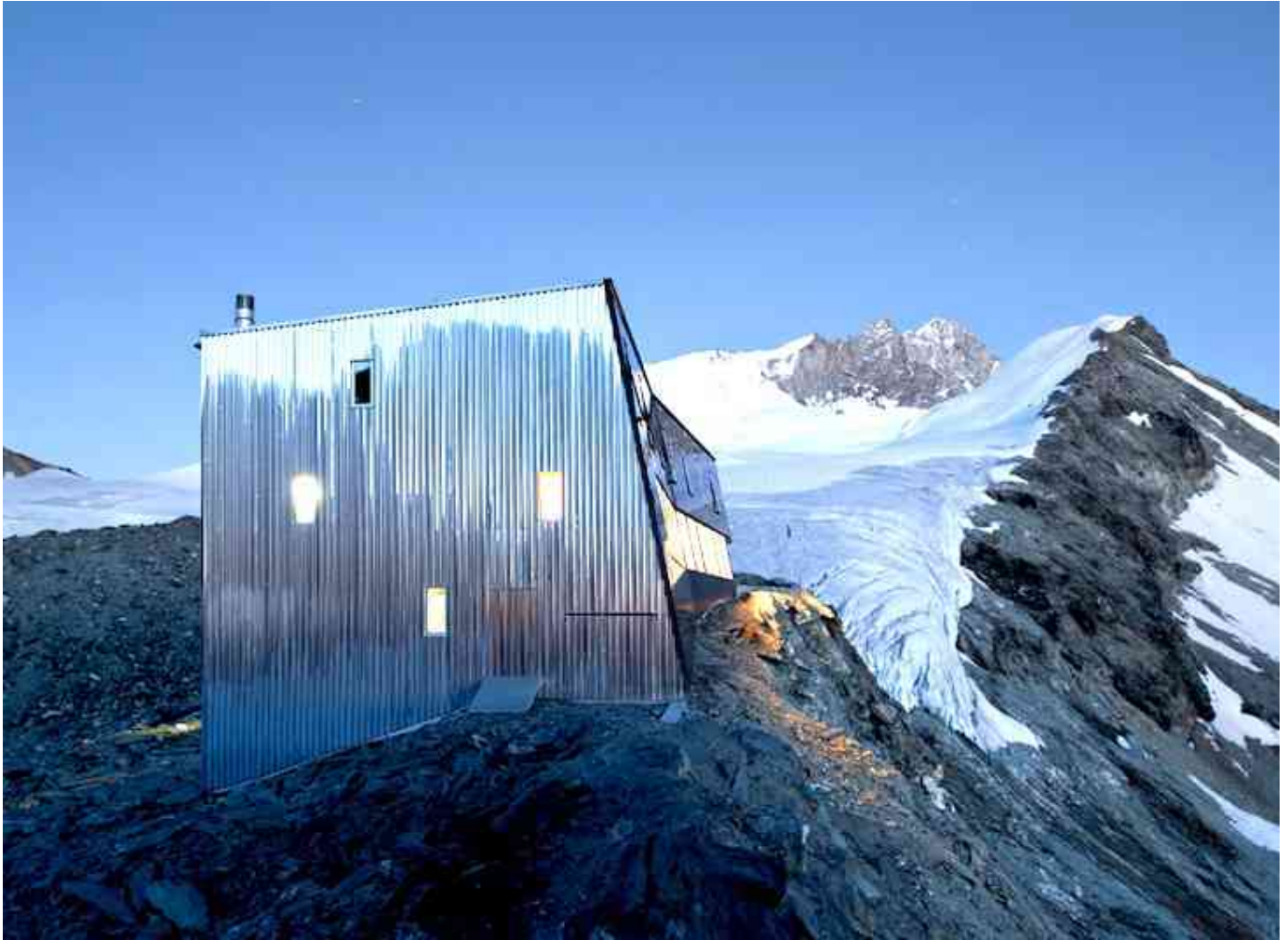
Some shoe manufacturers recommend consumers replace their hiking boots **every three to six months or every 350 to 500 miles** depending on usage. This milestone may be accurate, depending on the type of hiking a person enjoys and the conditions in which the boots were used.

HAPPINESS IS



for more visit www.funnyhappyquote.com

Some superb mountain huts in Switzerland.



Located at the popular starting point for the ascents of Bishorn, Weisshorn, and Les Diablons, the new Tracuit Hut is situated along a ridge caught between a cliff and a glacier. Due to its location, the wooden structural frame and wall components were prefabricated in a factory and then airlifted on-site for assembly. Stainless steel covers the roof and much of the outer facade to protect the hut from the harsh alpine climate and to reflect the surrounding landscape.

To take maximum advantage of the sun's potential energy, a large panoramic window and solar panels line the southern facade. The south-facing glazing also offers breathtaking views over the alpine ridge. The Tracuit Hut's compact shape, superior insulation, and small handful of openings minimize heat loss.



The autonomous alpine shelter, which resides at 2,810 meters above sea level, was designed by the Department of Architecture at the Swiss Federal Technical University in Zurich (ETH). The four-story building is used by mountaineers, from all over the world as a base camp from which to go on expeditions up the mountains and glaciers. The hut can accommodate up to 125 guests in its restaurant and hostel-like guest rooms. Resembling a shimmering ice crystal, Studio Monte Rosa blends in with the surrounding rock and snow and has a minimal environmental impact on the natural reserve around it.

Since the hut is situated at the edge of a glacier and outside of the range of power lines, it was designed to be 90% energy independent and very energy-efficient. The majority of its energy is generated from photovoltaic panels and solar thermal systems, while the rest comes from a cogenerative heat and power system as a backup source. The designers are still considering how to generate bio-gas from human waste in order to make it totally powered from alternative energy and even more self-sufficient.

The retreat was designed by both students and professionals at the ETH in a combined effort to create a modern, efficient building. Interestingly, the structure was pre-fabricated from wood and digitally optimized to become a state of the art hotel – so James Bond. The hut was recently completed and at the end of September and has received a Holcim Bronze Award for Sustainable Construction.

Peninsula Ramblers – Hike Program March 2022 to June 2022

Some wonderful ramblers for many years.

Sadly Roger Johnson (the one sitting down in the middle) is no longer with us.

But rest assured he is watching over all of us from above.

The others are Ewen Smith (back).

Urs Huber, Roger Johnson and Ian Pearce (front).



Blue Disa

