

Peninsula Ramblers – Hike Program July 2022 to October 2022

PENINSULA



RAMBLERS

Email: glendadoller@gmail.com

Web: www.ramblers.org.za

Standard Bank Rondebosch

Account: 073603201

Branch: 025009

Hiking and Social Programme: July 2022 to October 2022

COMMITTEE MEMBERS

Chairlady: Glenda Doller		078 292 2477	or	glendadoller@gmail.com	
Treasurer: Antonio Serafin	021 424 3746	or	072 701 5499	or	antoniomserafin@gmail.com
Secretary: Max Brock	082 938 4442	or			maxbrock@rondebosch.com
Les Watson	084 856 1742	or			les_watson@yahoo.com
Urs Huber	084 713 5545	or			uhhuber@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

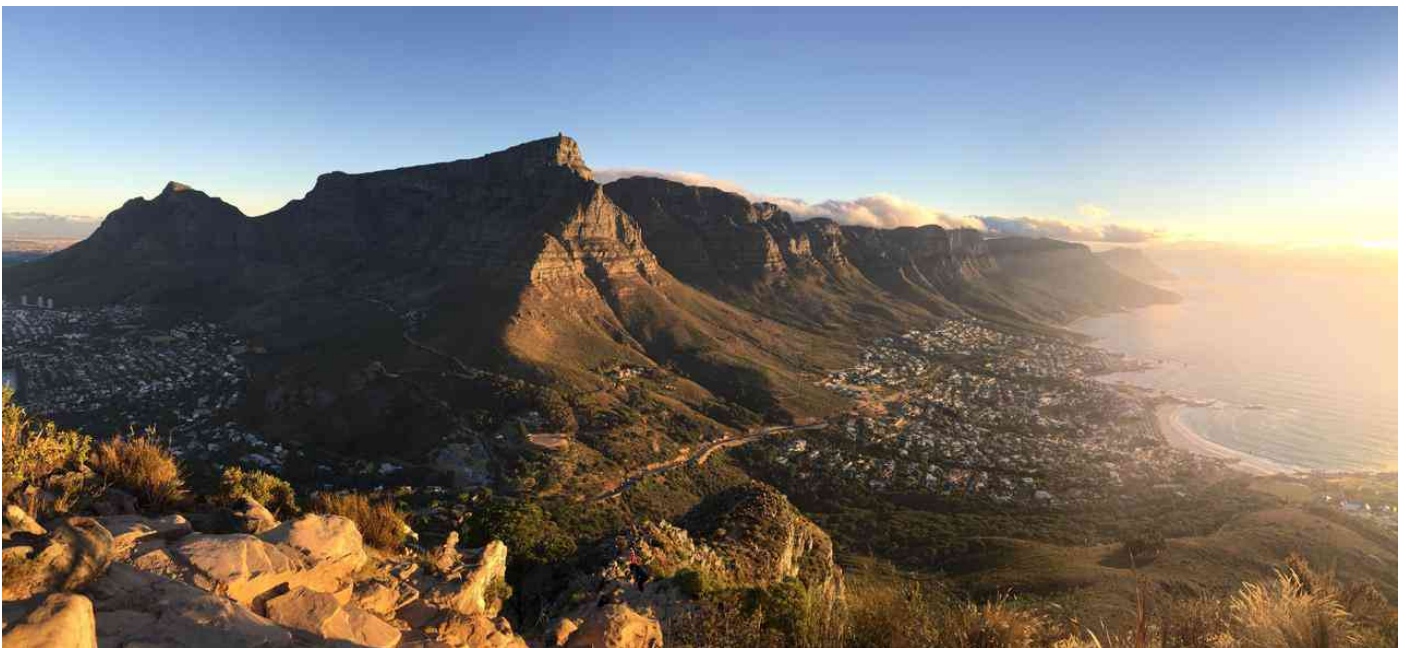
Friday, 19 August,

6.30 pm 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 to. 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, landline 021 794 5989**

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



What is the nature of hiking?

hiking, walking in nature as a recreational activity. Especially among those with sedentary occupations, hiking is a natural exercise that promotes physical fitness, is economical and convenient, and requires no special equipment.

Hikes

101 - Sat, 2 July : Constantiaberg Peak

Meet: **8:30 AM** at Top Parking Lot (Silvermine Gate 1)

Hike details: Meet at top parking lot. Walk towards the Hout Bay look out point. Ascend to Constantiaberg mast. Descend via the back of Elephants Eye and along Steenberg Ridge.

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

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

Hike Leader: **Lizette Leigh** - 074 462 3496 - limaleigh@gmail.com

102 - Sun, 3 July : Coastal amble from Llandudno to bos400

Meet: **8:30 AM** at Llandudno parking lot

Hike details: Will try get to Isthmus if tides allow but a nice walk to get fitness up. Rain cancels

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

103 - Sat, 9 July : Chapman's Contour Path

Meet: **9:00 AM** at at the end of the hike, parking area just before the East Fort on Chapman's Peak Drive. We will then shuttle to the beginning of the hike.

Hike details: Uphill next to the stream to the contour path. Scenic views all the way over Hout Bay, past flat rock ravine and blackburn ravine, down to the end point at the East Fort. Shuttle back to the cars at the beginning of the hike. Heavy rain cancels.

Difficulty: **Moderate** Duration: **2 - 3 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

104 - Sun, 10 July : Reserve, Cleft and Junction Peak

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

Hike details: We will make our way up from the Nek towards the Overseer's Hut, walk on to Junction Peak, having a break and explore. Circle around to walk across the Hely Hutchinson dam wall. Then around walking between Cleft Peak and Reserve Peak. Back towards the Overseer's Hut and down to Constantia Nek

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

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

Hike Leader: **Lizette Leigh - 074 462 3496 - limaleigh@gmail.com**

105 - Sat, 16 July : The Crags to waterfall back along Jeep track.

Meet: **8:00 AM** at Silvermine gate 1. Meet at the Mountain Bike parking.

Hike details: We head straight up to the Crags, and then head in the direction of Elephants Eye, enjoying the views of Constantia and the Cape flats. But, turning down to a waterfall, before the Look out, and then down to a jeep track, which will bring us back to the start.

Preferably contact me on WhatsApp. Les 084 856 1742

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**

What are the 3 types of hikes?

Though it is up to each individual hiker to categorize their adventure as they choose, I have observed that the vast majority of hikers conform to one of the 3 most popular styles of hiking; peak-bagging, long distance hiking, and day hiking.05 Feb 2016

106 - Sun, 17 July : Blokhuiskop Circuit

Meet: **8:30 AM** at Parking area bottom of Clovelly Rd

Hike details: We will ascend Cave Peak via the Trappieskop Saddle, traverse below Boomslang Cave across to Blokhuiskop. From there we will descend to Dead Man's Path and make our way round to the jeep track past Clovelly Golf Course and thence back to the cars.

Dogs with TMNP permit and good stamina and agility welcome. Wet rain cancels, dry rain still doable.

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

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

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

107 - Sat, 23 July : Elsie's Peak

Meet: **9:00 AM** at Parking area opposite Zip Print at the top of Second Avenue, Fish Hoek.

Hike details: Walk up the steps to the start of the trail and take the circular route. Tea at the beacon.

Difficulty: **Moderate** 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 - 083 765 2307 - swiss.robinson@gmail.com**

Hiking clears the mind and reduces stress

Going for a hike reduces your blood pressure and cortisol levels producing a calming effect only nature can offer - over and above the benefits of exercise alone.

108 - Sun, 24 July : Valley of the Red Gods

Meet: **8:00 AM** at Theresa Ave, Camps Bay

Hike details: We hike up Kasteelspoort. At the top turn left, pass MCSA turnoff to Red Gods and Isolation. We can explore the area depending on time after lunch. Then return the same way we came. Great views from up there.

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 - hounddog10g@gmail.com

109 - Sat, 30 July : The magic green belts of Constantia

Meet: **9:00 AM** at Alphen green belt

Hike details: A chance to see some beautiful green belts. Alphen, Diep River and Die Hel

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

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

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

110 - Sun, 31 July : East Fort to Constantia Nek

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

Hike details: Distance 10km. We will shuttle to East Fort. We climb up to the “contour path” and track along the impressive cliffs of the Constantia Berg, on to Vlakkenberg and then down to Constantia Nek.

Difficulty: **Very strenuous** Duration: **5 - 6 Hours** 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

111 - Sat, 6 August : Myberg Ravine Waterfall

Meet: **8:00 AM** at Suikerbossie Restaurant / Ruyterplaats entrance

Hike details: We will head up to the contour path, and follow it to Myberg Ravine. Then head up to see the waterfall.
Preferably contact me on WhatsApp.

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

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

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

112 - Sun, 7 August : Silvermine Gate 2 Dassieskasteel Traverse

Meet: **8:30 AM** at Silvermine Gate 2

Hike details: Start on jeep track then branch off the Dead man's path and traverse around Kleintuinkop. Then zig zag up to the top of Kleintuinkop. Tea at Bertie's Balcony then return to cars along the Fisherman's Trail.

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

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

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

What is the most basic rule of hiking?

The best thing you can do when hiking is to remember the “golden rule”: treat others the way you would want to be treated. Here are some main points of hiking etiquette. Hikers coming uphill have the right of way. If you're descending the trail, step aside and give space to the people climbing up.

113 – Tuesday, 9 August (National Women's Day) : Walk on a Wine Farm with Lunch and Wine Tasting afterwards

Details to follow, but keep the date free if you are keen to join.

114 - Sat, 13 August : Baviaan Ravine Waterfall.

Meet: **8:00 AM** at End of Baviaanskloof Rd Hout Bay

<https://www.google.co.za/maps/@-34.0439624,18.3652458,16z>

Hike details: We head up to the waterfall, which should be flowing freely, and giving a good show. Then up to a jeep track which circles in an anti-clockwise direction towards Skoorsteen berg. Then down to and through a lovely indigenous forest. I would prefer that you use WhatsApp to contact me. Les. 0848561742

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

115 - Sun, 14 August : Suther Peak

Meet: **9:00 AM** at Parking at end of Eustegia Way, off Edgar Rd off Victoria Rd, Hout Bay.

Hike details: From the carpark we hike up to Mitchell's Road to the start of the trail up Suther Peak. There are one or two scrambly bits to negotiate plus a part with staples in the rocks but doable. A relatively short hike but rewarding

Difficulty: **Strenuous** Duration: **3 - 4 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**

116 - Sat, 20 August : Chapman's Peak

Meet: **8:30 AM** at Parking Opposite Chapman's Peak Hotel

Hike details: We walk from Chapman's Peak Drive parking, to the Peak and same back. Beautiful views, flowers, 5,2km total.

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**

117 - Sun, 21 August : Trappieskop

Meet: **9:30 AM** at Turn off Main Road towards Clovelly at traffic lights (Clovelly Road) and meet in large sandy parking area on the left.

Hike details: We will walk around the wetlands and then up through Clovelly to ascend Trappieskop.

Difficulty: **Moderate** 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 - 083 765 2307 - swiss.robinson@gmail.com**



"What you have is walking. This is hiking—hiking is different from walking."

118 - Sat, 27 August : Kanonkop and Paulsberg

Meet: **8:30 AM** at just after the entrance gate at the Cape of Good Hope section of the Table Mountain National Park. We drive together to the start of the hike, near Bordjiesrif.

Hike details: We take the gentle rise with the log steps at the start, taking a circular route to the cannon. After a brief stop we ascend to Paulsberg, catch our breath before we descend and continue the circular route. Heavy 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: **Sándor Nagy - 082 082 0482 - sandor.nagy@solestex.com**

119 - Sun, 28 August : Table Mountain Back Table

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

Hike details: Up the first path in the direction of Eagle's nest, walking parallel to the jeep track until we meet up with the jeep track just before the metal bridge. Skirt the edges of the dams. Walk through Ash Valley, past the Dommissie Hut and meet up with the Overseer's Hut. Return to Constantia Nek via the same route.

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

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

Hike Leader: **Lizette Leigh - 074 462 3496 - limaleigh@gmail.com**

"Over the mountains & through the woods, down the river & up the valley, over the boulders & through the stream to nobody's house I go." - Unknown

120 - Sat, 3 September : Vlakkenberg Forest and peak.

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

<https://goo.gl/maps/84yN8d2ufV33XxBK7>

Hike details: We will start off walking through the dense canopy of the Vlakkenberg forest, and meander along a free-flowing stream. 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.

Preferably contact me on WhatsApp. Les 084 856 1742

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**

121 - Sun, 4 September : North Peak and Simonsberg above Simon's Town via Just Nuisance steps and Mule Track.

Meet: **8:30 AM** at Long Beach Simon's Town

Hike details: Ascend Just Nuisance's steps then skirt the naval buildings and continue up faint path up North Peak. Tea at a nice viewpoint then traverse over Simonsberg then down to the Blockhouse Gap before descending down the mule track to some cars in Jan Smuts Drive. There will be car shuttling. NB The exposure to heights is very minimal.

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

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

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

"If the winter is too cold and the summer is too hot, you are not a hiker." - A bitter hiker

122 - Sat, 10 September : Along the Base of Noordhoek Peak

Meet: **8:30 AM** at Parking opposite Cathedral Peak Hotel

Hike details: We walk up the Chapman's Peak path, then head left (away from Chapman's), all along the towering cliff's of Noordhoek Peak, to East Fort 7km!

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**

123 - Sun, 11 September : Diagonal Ravine

Meet: **8:30 AM** at at the end of Theresa Avenue in Camps Bay

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

124 - Sat, 17 September : Brakkloofrant

Meet: **8:30 AM** at Parking area opposite Zip Print at the top of Second Avenue, Fish Hoek

Hike details: Up the steps to Elsie's Peak trail, to the Brakkloof beacon and back.

Difficulty: **Moderate** 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 - 083 765 2307 - swiss.robinson@gmail.com**

126 - Sat, 24 September : Silvermine

Meet: **8:30 AM** at Meet at the 4 way Junction which intercepts Ou KaapseWeg and Silvermine Road. Parking on the curb.

Hike details: Walk to Topaz Way In old San Michel). Up Spitskop and down into the valley. Make a left turn towards Steenberg Plateau and down the path which meets up with the Jeep Track (near the picnic spot). We will follow the jeep track up and over as it winds itself back down to the 4 way junction.

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

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

Hike Leader: **Lizette Leigh** - 074 462 3496 - limaleigh@gmail.com

127 - Sun, 25 September : Klein Tuinkop and Maiden Peak

Meet: **8:00 AM** at Sunbird Centre

Hike details: A pleasant hike through Silvermine East, but starting from the Noordhoek Valley

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



128 - Sat, 1 October : Princess Vlei Eco-Ramble

Meet: **10:00 AM** at Princess Vlei Park on the M5 / Prince George Drive, between Southfield and Retreat / Grassy Park.

Hike details: An easy walk along the vlei, just over 5km. Learn about the cultural and ecological significance of the vlei and its current restoration. Bring gloves and a garbage bag if you wish to pick up litter along the way. Join us for lunch or coffee and spicy Koeksisters at the Jolly Carp Organic Market afterwards.

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**

129 - Sun, 2 October : Blackburn Ravine and Noordhoek Peak

Meet: **8:00 AM** at Chapman's Peak Drive Turnaround Point

Hike details: From the parking lot we hike up to Chapman's Nek from where we proceed along the contour path in a northly direction. The very strenuous part comes when we ascend Blackburn Ravine and hike along the Skyline Path to Noordhoek Peak. We descend back to the Nek via a more direct route and then back down to the cars.

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

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

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

"Getting to the top is optional. Getting down is mandatory." *Ed Viesturs*

130 - Sat, 8 October : 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 scenic walk there and back again with great views. Steep at the start.

Difficulty: **Strenuous** Duration: **3 - 4 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

131 - Sun, 9 October : Two Peaks Cape Point Reserve

Meet: **8:00 AM** at 8am at parking inside of entrance gate.

Hike details: After meeting up we drive to the Buffelsfontein Visitor's Centre, park and start hiking. We walk to Kanonkop and then ascend Paulsberg. After tea we carry on northward to Judas Peak. Stunning views over False Bay. Then return to Buffelsfontein .

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 - hounddog10g@gmail.com

Be prepared

Take enough water (at least a 1.5L bottle or two per person) and wear sunblock, proper hiking shoes, and a hat. Check that the weather is hike-friendly the night before and take a warm jacket for mountain hikes as conditions can change rapidly. If you're intending to take the [Cableway on Table Mountain](#), remember operation is weather-dependent. Check the [Table Mountain Twitter](#) feed for the latest updates or call their weather line on +27 (0)21 424 8181.

132 - Sat, 15 October : Cape Point Hike

Meet: **8:30 AM** at Just inside the main gate at the entrance to the Cape Point nature reserve

Hike details: This hike, led by an historian who once worked and lived in the park (not me), will include input on the flora and fauna, some fascinating stories of the history and landscape of the area, and possibly swimming as well. Details to follow.

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

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

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

133 - Sun, 16 October : The 3 Peaks Of Skoorsteenberg

Meet: **8:00 AM** at Hout Bay Beach carpark outside gym where coffee shop was (opposite the Chapman's Peak Hotel). Will take the necessary cars up to the top of Baviaanskloof Road.

Hike details: Hike to a waterfall then up to the Hoeriewagga path. Follow the latter to the tar post office road then head towards Skoorsteenberg. Visit 2 peaks on the first ridge, one with a trig beacon and then climb the peak where the second trig beacon is. Visiting the second trig beacon is optional. Descend via the Baviaanskloof path. The scrambling and exposure to heights is not at all serious.

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

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

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

Don't hike alone

A party size of four is recommended and if you're travelling alone, hike with a guide like [Hike Table Mountain](#), [Table Mountain Treks and Tours](#) or [Mother City Hikers](#). Don't split up—rather take the pace of the slowest member.

134 - Sat, 22 October : Silvermine Hidden Treasures

Meet: **8:00 AM** at Gate 2 (Silvermine East) parking area, near the toilets.

Hike details: The treasures are a lily pond, a waterfall and a cave. The steps down the waterfall are steep and the last 20 minutes on the jeep track is uphill and hot, so save some water!

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 - 083 765 2307 - swiss.robinson@gmail.com**

135 - Sun, 23 October : Reserve Peak

Meet: **8:00 AM** at Cecelia Forest Car Park

Hike details: We hike from Cecelia to Nursery Ravine and ascend. Then through Ash Valley to Reserve Peak. I recall reaching the peak being a little rough some years ago but we are Ramblers and we don't scare easily do we? After lunch we will return on the Jeep track and down Cecelia Ridge.

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

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

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

Tell somebody & plan ahead

Always inform someone at your hotel or in your family of your intended route and your expected time of return. Check a map of your hike before setting off so you are sure where you need to go. Always take the well-trodden path and look out for small painted footprints or piles of rocks (Cairns) to verify you're on the right track.

136 - Sat, 29 October : Tokai Doggy Walk

Meet: **9:00 AM** at Lower Tokai Park Parking Area, Orpen Rd Tokai, next to Tokai Lion's Club (just past the Range).

Hike details: Easy romp for dogs with sociable owners. Lots of squirrels to chase, sticks to fetch, and rivers and pools to splash in, water permitting. Treat your human to coffee along the way, payable by card only.

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**

137 - Sun, 30 October : Black Hill

Meet: **8:00 AM** at Black Hill Parking

Hike details: A circular route (kind of) with a deviation up the Roodeberg Peak. We will not be close to either of the dams. On the Slingsby map it is part of what is referred to as the Jonkersdam Trails.

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: **Lizette Leigh - 074 462 3496 - limaleigh@gmail.com**

Be responsible

Please don't litter, feed any animals, or disturb the wildlife on your hike. Be considerate of others and don't play loud music. Smoking or lighting any kind of fire endangers the area and should be avoided.

PENINSULA RAMBLINGS



A message from our Chairlady

Dear fellow ramblers,

75 and still going strong. I am very proud to be the chair of such a vibrant club and the wonderful picnic we had in Silvermine is testament to the spirit of the club. What a fabulous day ,weather and camaraderie wise. Thanks to everyone that joined us and the professional way the hikes were conducted with 3 groups enjoying the spectacular scenery. A fourth group of 4 hikers did their own thing as they misread the meeting place but we all got together in the end and had a superb day. Thanks to the Brock family for putting so much into the day and leading the hikes. It was so special having the founders daughter and niece with us and many long term members sharing the history of the club.

We have been so lucky with an extended summertime but winter is definitely with us now. We can look forward to some wonderful hikes in the next programme and it is so heartening to see more hike leaders that have come forward to lead. A huge thanks to you all and I am sure you will agree it is an exciting programme.

Welcome to all new members and I look forward to meeting you all at the various hikes and social programmes. Please send me any ideas you have for different hikes and social gatherings. We are only as strong as our members and welcome any ideas to improve our club.

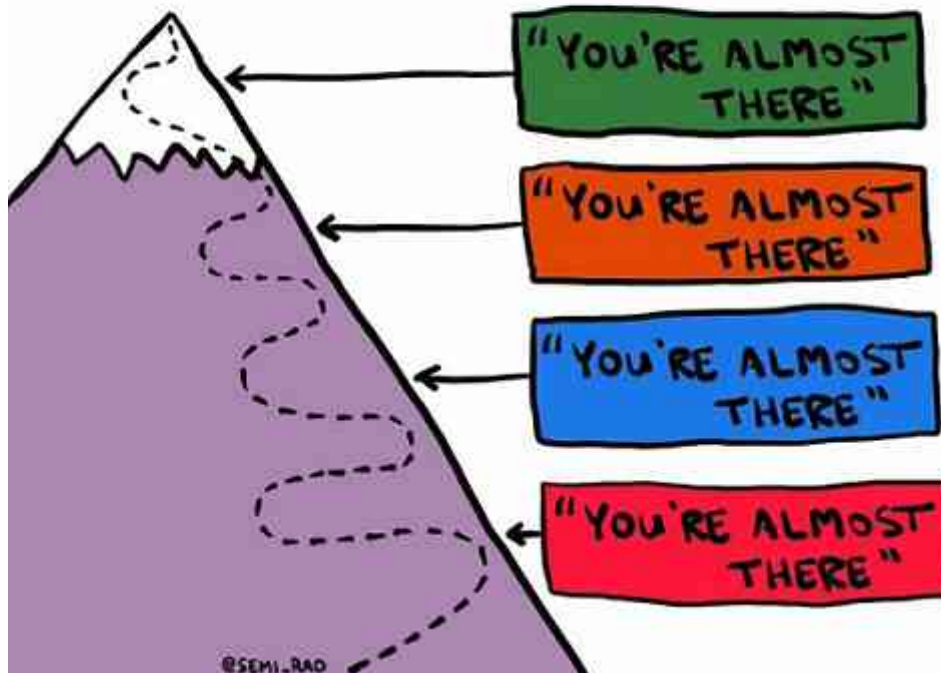
**Chairlady: Glenda Doller 078 292 2477 or
glendadoller@gmail.com**

A very warm welcome to our new Members

**BRIGITTA GAYLARD
CAROLYN HAMILTON-SMITH
LIZETTE LEIGH
DIANE MACDONALD
HELEN MITCHELL
AMANDA RISI
NOEL TOWERS**

May you have a wonderful time with us

WHAT TO SAY WHEN
A HIKER ASKS "HOW MUCH
FARTHER TO THE TOP?"



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.

Know what to do in an emergency

In the event of injury or other serious trouble stay in one place and find shelter. Do not move the injured person unless they are in a dangerous position. Do not leave the injured person alone—if possible send two people for help, while one person stays behind. Make a detailed note of where the injured person is, and look out for landmarks to navigate back to the spot. In the event of snakebite, immobilize the person and lay them flat on their back. Do not give them food or water. Get help and keep the victim very calm—shock and adrenaline is a major factor in the progression of snake bite symptoms. In the event of contact with the blister bush, cover the area from sunlight to avoid skin irritations and the eruption of blisters.



Save these emergency numbers on your phone:

Emergencies: +27 (0)21 480 7700

Table Mountain National Park: +27 (0)21 957 4700

Wilderness Search and Rescue: +27 (0)21 937 0300

Cape Town Tourism: +27 (0)861 322 223

Winter vegetable & lentil soup By [Sara Buenfeld](#)

- Preparation and cooking time
 - Prep:10 mins
 - Cook:30 mins
- Easy
- Serves 2

When it's cold outside, treat yourself to a healthy homemade vegetable soup, packed with immunity-supporting vitamin C and four of your 5-a-day

Ingredients

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

Method

- STEP 1
Tip all the ingredients into a large pan. Pour over 1½ litres boiling water, then stir well.
- STEP 2
Cover and leave to simmer for 30 mins until the vegetables and lentils are tender.
- STEP 3

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a [food processor](#).

Wildflowers and Table mountain from West coast



King Protea's Table mountain