



PENINSULA RAMBLERS

Hiking and Social Programme: July to October 2009

Committee members:

Ian Pearce (Chairman)	+27-21-671 9213	Robert Gimberg	+27-21-448 0556
Luciana Degiovanni (Treasurer)	+27-21-558 4623	Urs Huber	+27-21-559 7947
Gill Gimberg (Secretary)	+27-21-448 0556	Roger Johnson	+27-21-448 7041
Victoria Geldenhuys	+27-21-552 1553	Priscilla Journet	+27-21-558 2159
Phillip Minnaar	+27-21-462 6883		

Postal address: P O Box 793, Rondebosch, 7701

Membership enquiries: Urs Huber (+27-21-559 7947) or Luciana Degionvanni (+27-21-558 4623)

Visitors: Visitors are welcome on any hike, subject to fitness, and should telephone the leader prior to a hike to check. Donation of R10 per outing requested. If you wish to join the Club, please speak to the leader or any member of the Executive 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 waterbottle, warm clothing, raingear and refreshments. It is useful to carry an empty plastic bag in your rucksack to collect any unsightly litter.

Children: Children aged 12 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 15 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 R10 per person may be requested by the leader to help cover recce fees.

NB: If you wish to join any of the hikes, please contact the leader beforehand. If the leader does not receive the minimum number of participants (four), the hike may be cancelled. Please phone before 20h00 on Saturday night for Sunday hikes.

Socials:

Saturday 17 October: Bring and braai

See hiking programme for details.

Tuesday evening 21 July: Planetarium

A visit to the planetarium at 20h00. The presentation is about the Southern African Large Telescope and a sky talk. Costs is R20 per person or for pensioners R8.

Booking: Urs Huber +27-21 559 7947 / +27-84 713 5545

Friday 14 August: Soup and slideshow evening

Join us at Rogers home and enjoy a cup of one of Luciana's tasty soups and see a slide show of wonderful pictures taken by Jean Du Plessis on the different Rambler hikes.

Venue: 4 Vine Street, Woodstock, +27-21 448 7041

Hikes:

Saturday 4 July: Koeberg Nature Reserve

Visit the Zebras and Grysbokke on the 9½ km Dikkop Trail, which has rugged fynbos. Please note that an Identity Book or Passport must be presented at the Entrance Security gate otherwise you will be refused entry. Meet at the covered parking {preferably wearing boots} at 12h45 for 13h00. Start with adequate water, hat, snack, rainwear and your R10 donation.

Leader: Ron Heath +27-21 552 3637 / +27-83 45 9999 2

Sunday 5 July: Circular route from Sunbird Centre

There will be a moderate circular route hike in the lovely Silvermine area. Meet at 09h00 at the Sunbird Centre.

Duration: 5-6 hours Fitness level: Moderate

Leader: Ewen Smith +27-21 789 0541

Saturday 11 July: Lion's Head

A moderate hike up this famous mountain with some exposure to heights. Meet at 13h30 at the Kloof nek parking area. Rain cancels.

Duration: 3 hours Fitness level: Moderate

Leader: Nerina De Villiers +27-21 701 2355

Sunday 12 July: East Fort to Constantia Nek

A moderate traverse in this lovely area with some side explorations. We need to shuttle cars. Meet at Constantia Nek parking area at 09h00.

Duration: 6 - 7 hours Fitness level: Moderate

Leader: Urs Huber +27-21 559 7947 / +27-84 713 5545

Saturday 18 July: Mystery hike

Another moderate mystery hike in the lovely silvermine area. Phone leader for more details. Meet at 1:30 at the waterfall side entrance.

Duration: 3 -4 hours Fitness level: Moderate

Leader: Colin Kidwell +27-21 715 4434

Sunday 19 July: Oude Schip

A moderate hike along the Karbonkelberg to the Oude Ship and back. Minor exposure to heights. Meet at Suikerbossie Estate parking area (on the left hand side before the boom entrance) at 09h00.

Duration: 4-5 hours Fitness level: Moderate

Leader: Sydney Shlomowitz +27-21 439 1812

Saturday 25 July: Paarl Rock

A moderate hike in the Paarl rock area climbing up some of the big rocks. Some exposure to heights. Phone leader to book.

Duration: 4 hours Fitness level: Moderate

Leader: Iris van Wyk +27-21 797 6748 / +27-78 433 7974

Sunday 26 July: Contour Path traverse

From Constantia Nek to the end of Tafelberg road along the contour path. Lovely waterfalls to see this time of the year. We have to shuttle cars. Meet at Constantia parking area at 09h00.

Duration: 6 hours Fitness level: Moderate

Leader: Gunther Bohringer +27-21 554 1851

Saturday 1 August: Yellowwood Trail

An easy to hike from Constantia Nek to the start of Newlands Ravine and back. Meet at 13h00 at Constantia Nek parking area. Contact leader for further details.

Duration: Approx 3 -4 hours Fitness level: Easy

Leader: Urs Huber +27-21 559 7947 / + 27-84 713 5545

Sunday 2 August: Orange Kloof

A permit hike limited to 12 people only, so book early if you don't want to be disappointed. Meet at 09h00 at Constantia Nek car park. The route, which is dependent on weather, will be decided on by Clem.

Duration: Approx 4 hours Fitness Level: Moderate

Leader: Clem Barker (**Bookings:** Priscilla Journet +27-21 558 2159/+27-82 427 1528)

Saturday 8 August: Ash Valley

Meet at 12h45 at Constantia Nek car park. Good warm up as fairly steep at first then levels out into a moderate hike.

Duration: Approx 4 hours Fitness Level: Moderate

Leader: Iris Van Wyk +27-21 797 6748 / +27-78 433 7974

Sunday 9 August: Swartberg and more

Join Ewen on an adventurous hike in the Simonstown area. Meet at 08h30 at the Simonstown Station and start with a climb up Swartberg returning down into the valley and then back to the station. Superb views on this moderate to strenuous hike.

Duration: Approx 5-6 hours Fitness Level: Moderate to strenuous

Leader: Ewen Smith +27-21 789 0541/ +27-73 799 9109

Saturday 15 August: Constantiaberg via Lookout Hut & Elephant's Eye Cave

Meet 13h00 at Reservoir parking in Silvermine (don't forget your Wild Card or cash). Bring snacks and water. We will climb 450m at a moderate pace. At the top fantastic views of the Back Table and rest of the Peninsula to the south. We'll descend via Silvermine Neck with views of Blackburn Ravine - an easy return. Rain or high winds cancel.

Duration: Approximately 4 hours (\pm 5 km)

Leader: Margaret Spicer +27-72 972 2367

Sunday 16 August: Sirkelsvlei – Cape Point

Walk from Oliphantsbos Baai to the wreck of Thomas T Tucker and Sirkelsvlei. Meet at the entrance gate to Cape Point at 09h00. Please bring your Wild Card or cash.

Duration: Approx 4 hours Fitness Level: Easy

Leader: Peter Henshall +27-21 671 3428

Saturday 22 August: Steenberg Peak

A moderate hike up the jeep track to Junction Pool and Splitkop to higher Steenberg Peak and the fat lady shelter returning via Wolfkop. Meet at 12h45 at the Silvermine Dam parking area with your Wild card or R10 cash for the parking area. Please bring adequate water, food, hat, rainwear as well as a R10 donation if you are a visitor.

Duration: Approx 3 hours Fitness Level: Moderate

Leader: Ron Heath +27-21 552 3637 / +27-83 459 9992

Sunday 23 August: Chapmans Peak

Meet at East Fort, Hout Bay at 09h00 for a full day's hike to Chapman's Peak and back

Duration: Approx 6-7 hours

Fitness Level: Moderate

Leader: Geoff Maddocks +27-21 903 0686 / +27-72 922 9593

Saturday 29 August: Cecelia Forest to Kirstenbosch

An easy to moderate hike in this beautiful forest area. Meet at 13h00 at Cecelia Forest.

Duration: Approx 3 -4 hours Fitness level: Easy to moderate

Leader: Victoria Geldenhuys + 27-21 552 1553 / +27-72 247 4045

Sunday 30 August: Silvermine Panorama

A picturesque, moderate circular hike via the panorama route to Blackburn Ravine over Steenberg Ridge. Meet at 0900 at the Dam parking at Silvermine – don't forget your Wild Card or entrance fee to the park.

Duration: Approx 5-6 hours Fitness Level: Moderate

Leader: Gunther Bohringer + 27-21 554 1851

Saturday 5 September: Devil's Peak circuit

Meet at Rhodes Memorial at 13h00, prepared to get your heart pumping on Newlands Ravine. We'll skirt round the base of Devil's Peak and return and enjoy tea and views at the top.

Duration: Approximately 4 hours Fitness level: Moderate to strenuous

Leader: Richard Sherry +27-21 686 3896

Sunday 6 September: Lion's Head

Meet at 09h00 at parking area near hut and start of path. This popular hike is fairly moderate with some strenuous climbs near the top. A beautiful spot to have tea and snacks. Wonderful views.

Leader: Ian Pearce +27-21 671 9213 / +27-84 6244 691

Saturday 12 September: Tokai Forest calls again

Meet at the Tokai Arboretum at 13h00 for a ramble in the forest area. Bring cash for Arboretum donation box.

Duration: Approximately 4 1/2 hours Fitness level: Moderate

Leader: Geoff Maddocks +27-21 903 0686

Sunday 13 September: Chapman's Peak from Noordhoek Beach

Join Ewen for this interesting route up Chapman's Peak with spectacular views from Kommetjie to Hout Bay and more. Meet at Noordhoek Beach parking lot at 08h30.

Duration: Approximately 5 – 6 hours Fitness level: Moderate to strenuous

Leader: Ewen Smith +27-21 789 0541

Saturday 19 September: Silvermine Surprise

Park at the waterfall side off Ou Kaapse Weg and don't forget to bring R5 parking fee.

Meet at 13h00. Rain or high winds cancel.

Duration: Approximately 4 hours Fitness level: Easy to moderate pace

Leader: Margaret Spicer 27-72 972 2367

Sunday 20 September: Constantiaberg Mast from Tokai Arboretum

Join Peter for a good work-out as we climb up to the mast from the Tokai forest. Meet at the Arboretum at 09h00 and be prepared for a full day on the mountain.

Duration: Approximately 6 – 7 hours Fitness level: Moderate to Strenuous

Leader: Peter Henshall +27-21 671 3428

Saturday 26 September: Eagle's Nest for tea

Barbara will be meandering up from Constantia Neck to the stone bench at Eagle's Nest for afternoon tea. Bring some snacks and a drink and enjoy wonderful views. Please phone Barbara if the weather is inclement as she may decide to cancel.

Duration: Approximately 3 hours Fitness level: Easy to moderate

Leader: Barbara Walls +27-21 715 4434

Sunday 27 September: Porcupine

Meet at the top of Theresa Ave, Rontree Estate, at 08h30 for a strenuous hike, starting with a climb up to the top via Porcupine, taking in some of the Twelve Apostles and returning to the cars via Kasteelspoort. Enjoy the beautiful views of the Atlantic and some challenging terrain. Eddy will be overseas until Friday 25 September. If you need to make enquiries or book, please phone him after this date.

Duration: 6 – 7 hours Fitness level: Strenuous, rock scrambling and some exposure

Leader: Eddy Waring +27-21 903 3299 / +27-84 245 2762

Saturday 3 October: Spring nature walk

A moderate hike among the new season's blossoming fynbos and onto the beach at Koeberg Nature Reserve. Animal-spotting and the odd snake also on the cards. Meet at the parking area opposite the Koeberg Information Centre. ID book required to sign in at gate.

Duration: Approximately 4 hours Fitness level: Moderate

Leader: Jean du Plessis +27-21-554 1381 / +27-82-351 3687

Sunday 4 October: Orange Kloof

Karen has a permit for 12 persons to hike this pristine area. Booking essential. First come, first served. Booking opens Monday September 28 after 18h00. Book via email karen.watkins1@gmail.com or SMS to 076 543 7266. No phone calls please.

Fitness level: Strenuous, some exposure to heights.

Leader: Karen Watkins

Saturday 10 October: Manganese Mine / Blackburn traverse

Meet at 13h00 at East Fort parking area Hout Bay for a steady climb on somewhat rough paths, offering fine views across the bay.

Duration: 4 - 5 hours Fitness level; Moderate, with mild exposure to heights

Leader: Phillip Minnaar +27-21-462 6883

Sunday 11 October: Harold Porter reserve

Meet at 08h00 at Kenilworth Centre main entrance area (facing mountain). We'll hike from the ranger's office in Kogelberg up the kloof, literally in 'oudebos', i.e. a patch of Afromontane forest. Wind along the top, rich in fynbos unique to this biosphere, peer over the top of dramatic Leopards Kloof waterfall, before taking the path down to Harold Porter Reserve. Car shuttle will be required. Cost of permit is R26, unless you send your name and Wild Card number to the convenor by 17 June. Numbers limited. Booking ends 9 October.

Duration: Full day (8 - 10 hours including travelling time)

Leader: Nerina de Villiers +27-21 701 2355 / 021 712 0284

Saturday 17 October: Milnerton Beach Walk/ Bring & Braai

Join Victoria for an easy pleasant walk along the coast-line and afterwards we head to her house at 37 Ixia St Milnerton for a braai. Bring your food, drinks and a swimming costume.

Leader: Victoria Geldenhuys +27-21 552 1553 / +27-72 247 4045

Sunday 18 October: India Venster

Meet at 08h00 at Kloof Nek. Hike along contour path and then up Diagonal and down India Venster. Not for the faint-hearted.

Duration: 7 hours Fitness level: Strenuous, 'B' grade rock scrambling and exposure

Leader: Colin Attwell +27-21 556 8233 / +27-83 656 7121

Saturday 24 October: Jonker Dam

Meet at 13h00 at Glencairn Spar, from where we will travel together to start of hike up on Black Hill. Phone leader for details.

Duration: 4 hours Fitness level: Moderate

Leader: Ewen Smith +27-21 789 0541 / +27-73 799 9109

Sunday 25 October: Suther Peak

Meet at 08h30 at Eustegia way Hout Bay parking area. Be prepared for a stiff climb to the top of Suther Peak. Great views of surrounding area, i.e. Hout Bay, Llandudno and Sandy Bay. Phone leader for details.

Leader: Ernie Durra +27-21 761 5469

Saturday 31 October: Sunset supper hike

An evening walk up to Kloof Corner for a picnic supper and sundowners. Pack a light supper and your favourite drink and don't forget your torch for the descent. Meet at Kloof Neck car park (upper level) at 18h30 - we'll drive up to the base of Kloof Corner for a quick and easy start.

Duration: Approximately 3 hours Fitness level: Easy

Leader: Gill Gimberg +27-21 448 0556 / +27-84 683 6230