



PENINSULA RAMBLERS

Hiking and Social Programme: March to June 2010

Committee members:

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

Postal address: P O Box 793, Rondebosch, 7701

Website: www.ramblers.org.za

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 water bottle, 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.

Socials:

Wednesday 24 March: AGM

It's AGM time again and your input will be appreciated. Please diarise and make every effort to attend. As usual Luci will be providing us with delicious snacks and drinks. Arrive promptly to socialise and read last year's minutes, which will be available prior to the meeting. You will also be able to pay your annual subs prior to the meeting, R50 for single and R70 for family members.

Venue: Pinelands Library, Howard Centre, Pinelands

Time: 19h00 for 19h30

Sunday 23 May: Bring and braai and easy walk in the Milnerton area

For details see hiking programme.

Hikes:

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. If the weather is wet, the hike may be cancelled, but this is up to the leader. Please phone before 20h00 on Saturday night for Sunday hikes.

Saturday 6 March: Kitchen Ravine

Hike up the Bridle Path through Ash Valley and cross the dam wall to the overhang on Kitchen Ravine for tea with a view. Meet at 11h45 at Constantia Nek parking area.

Duration: 5 hours

Fitness level: Easy to moderate

Leader: Iris van Wyk +27-21 797 6748 / +27-79 737 8305

Sunday 7 March: Smitswinkel Bay to Simonstown

Perennial favourite in this stunning area, with superb views of False Bay. Prepare for a full day's hike. Phone leader for meeting place and time – cars need to be shuttled.

Duration: Approx. 7 hours

Fitness level: Strenuous

Leader: Ian Pearce +27-21 671 9213 / +27-84 624 4691

Saturday 13 March: Klaassens Traverse

A strenuous full day hike with rock scrambling and exposure to heights. Phone leader for more details.

Duration: 7 hours

Fitness level: Strenuous, rock scrambling and exposure

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

Sunday 14 March: No hike due to Argus Cycle Tour

Long weekend 19 to 22 March: Leopard Trail Bush Camp, Drew, Bonnievale

Arrive on Friday evening and camp until Monday afternoon. There are easy and strenuous day hikes, suitable for all fitness levels, dams for swimming, fireplaces, hot showers and toilets. Own tent, bedding, gas cooker, crockery, cutlery, camp chairs, etc.

Cost is R55 p/n (total R165) plus petrol, food, drinks, etc. Transport and equipment can be arranged if necessary. The farmer sells milk at R5 a litre, pot breads at R20 each and fruit in season. Please book with the leader and your place will only be confirmed on full payment to the Ramblers. Please also state if you want to buy milk, bread and fruit.

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

Saturday 20 March: Oppelskop

A combined walk with Friends of Lion's Head. Enjoy some great views of the City Bowl and Table Bay. Meet at Kloof Nek car park, upper level, at 08h00. We will drive to the start at the Saddle, going around Oppelskop for tea at Breakfast Rock.

Duration: 4 Hours

Fitness level: Moderate

Leader: Annabel Kyriazis +27-21 439 7786

Sunday 21 March: Scenic coastal walk

Meet at the Shell Garage in Kommetjie at 09h00. We will proceed to the lookout at Kommetjie with views across the Bay to Chapman's Peak and Hout Bay, then inland towards Scarborough, returning along the coast via the Slangkop lighthouse.

Duration: Approx 5 hours

Fitness level: Moderate

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

Wednesday 24 March: AGM

Saturday 27 March: Reserve Peak

Ascend Nursery Ravine for views and tea on Reserve Peak, then descend via Cecilia Ridge. Phone leader for starting details. Total ascent 684m.

Duration: Approx 5 hours

Fitness level: Strenuous, with some mild rock scrambling and exposure to heights.

Leader: Phillip Minnaar +27-21 462 6883

Sunday 28 March: Chapmans Peak

Meet at the East Fort parking area on Chapmans Peak Drive at 09h00 for a full day's hike to the peak and back.

Duration: Approx 6 – 7 hours

Fitness level: Moderate

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

Easter weekend: 2 – 5 April: Black Eagle Gorge

Camp at Black Eagle Gorge. Friday: arrive late morning/early afternoon and pitch camp, followed by a few hours of alien hacking and a braai. Saturday: for the adventurous, a tough bundu bash over the mountain to the botanical gardens in Caledon; for the not-so-fit, a leisurely trip to the gardens for tea and a stroll. Sunday's programme is flexible, either walking in the Greyton reserve or a trip to the waterfall for some scrambling, then up to the top of Wittekop, which has recently been cleared of aliens. Monday: a shortish walk to the pool via the firebreak for a swim (if it's rained), before packing up and leaving at around lunchtime. Plenty of braai wood available but primitive camping (composting loo and make-shift shower). Booking essential.

Leaders: Rob and Gill Gimberg +27-84 683 6230 / +27-21 448 0556

Saturday 10 April: Elephant's Eye

Join Iris for a leisurely walk to Elephant's Eye from Silvermine. Meet at the Silvermine Dam parking lot (don't forget your Wild Card or gate money) at 13h00.

Fitness level: Moderate

Duration: Approximately 4 hours

Leader: Iris van Wyk +27-21 797 6748 / +27-79 737 8305

Sunday 11 April: Devil's Peak circuit

Join Margaret for a leisurely circuit of Devil's Peak. We'll go over the Saddle, down Newlands Ravine and to Rhodes Memorial for lunch. Some ups and downs, but will maintain an easy pace while circumnavigating Devil's Peak. Start at 08h00 and finish at around 15h00. Bring money for lunch and water for the walk. Contact the leader for booking at the Tearoom. Meeting place: Tafelberg Road at the base of the climb up to Oppelskop.

Duration: Approx 4 hours

Fitness level: Moderate, slow pace

Leader: Margaret Spicer +27-21 788 8281 / +27-72 972 2367

Saturday 17 April: Doggy Walk at Silvermine

Meet at Silvermine paying gate (Wild Card or entrance fee) at 14h00 to do the River Trail for tea at the dam then return to the cars. Owners to bring poop bags and 'socialised, well behaved pooches'; pooches to bring 'socialised, well behaved owners'!

Duration: 3 hours

Fitness level: Easy

Leader: Colin Attwell +27-21 531 0199 / +27-83 656 7121

Sunday 18 April: Upper Kat se Pad

Descend Kat se Pad from the top of the Franschhoek Pass, down to Jan Joubert se Brug, up the old Boland Trail, contouring around the mountain to a plateau with views of the Franschhoek valley below. We'll descend via a jeep track to the cars at a higher level. Permits required at R20 per person (Wild Cards not accepted). Bring at least 2 litres of water; there should be water at Jan Joubert se Brug and the lunch spot. Meet opposite the French Huguenot monument at 08h30 or at Kenilworth Centre at 07h30, to begin hiking at 09h00.

Fitness level: Moderate

Duration: Full day

Leader: Peter Phillips (Tornado) +27-21 674 3979

Friday 23 to Tuesday 27 April: Gifberg & the Sandveld (Vanrhynsdorp area)

Arrive on Friday evening and spend three nights (Friday – Sunday) in the Gifberg cottages. Swimming and day hikes, both easy & strenuous, so suitable for different fitness levels. Everything is provided including bedding, cutlery, plates, fridges, etc., and even a coffee shop. There is one small two-plate stove per cottage, so bring your own gas cooker. Leave on Monday morning, drive to the Sandveld Cottages on the Redelinghuys road for some relative luxury – beautiful 6-sleeper cottages, everything provided except food; swimming and braai boma. We may climb Sandveld Tafelberg; other walks possible. Drive back to CT on Tuesday afternoon, which is a public holiday. Bookings will only be confirmed on receiving full payment to the club. Total: R480.00 per person.

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

Saturday 1 May: Klaassenskop

Ascend Spilhaus Ravine for views and tea on Klaassenskop, then descend via Clayton's Road. Phone the leader for starting details. Total ascent: 582m.

Duration: Approx 5 hours
Fitness level: Moderate, mild exposure to heights
Leader: Phillip Minnaar +27-21 462 6883

Saturday 1 May: Cecilia Forest Doggy walk

Join Mel and Colin on a walk in this lovely area. Your dog is also welcome. Meet at Cecilia Forest at 09h00.
Duration: 2 – 3 hours
Fitness level: Easy
Leader: Colin Attwell +27-21 531 0199 / +27-83 656 7121

Sunday 2 May: Caveman's Overhang

Meet at 08h00 at Cecilia Forest car park for a strenuous, full day hike with rock scrambling and exposure. Phone the leader for more details.
Duration: Approx 7 hours.
Fitness level: Strenuous, rock scrambling and exposure to heights.
Leader: Gunther Bohringer +27-21 554 1851

Saturday 8 May: Karbonkelberg

A moderate hike up the mountain, with nice views on top. Meet at Mariners Wharf car park at 12h45.
Duration: 4 – 5 hours
Fitness level: Moderate
Leader: Iris van Wyk +27-21 797 6748 / +27-79 737 8305

Sunday 9 May: Tokai Forest ramble

Meet at Tokai Arboretum parking area at 13h00 for a relaxing walk in the forest.
Duration: Approx 4 hours
Fitness level: Moderate
Leader: Geoff Maddocks +27-21 903 0686 / +27-72 922 9593

Saturday 15 May: Yellowwood Trail

A beautiful trail along the contour path and then into Kirstenbosch garden. Meet at Cecilia Forest parking area at 13h00.
Duration: Approx 4 hours
Fitness level: Moderate
Leader: Ian Pearce +27-21 671 9213 / +27-84 624 4691

Sunday 16 May: Jonkershoek

A strenuous, full day hike, ascending via Swartboskloof, around the Boland Trail to Guardian Peak and down the corkscrew past the waterfalls. Meet at Damelin in Liesbeeck Parkway at 08h00 promptly.
Duration: Full day
Fitness level: Strenuous
Leader: Colin Attwell +27-21 531 0199 / +27-83 656 7121

Saturday 22 May: Myburgh's Waterfall

Walk up to the contour path and along to the ravine, thus up to the waterfall, where we will have tea, before returning via same route. Fynbos interesting; route may be a bit overgrown, and includes boulder-strewn ravine. Rain cancels. Meet on side road to Suikerbossie Restaurant at 13h45.
Duration: Approx 3 hours
Fitness level: Easy to moderate
Leader: Nerine de Villiers +27-21 701 2355 / +27-73 728 5361

Sunday 23 May: Rietvlei hike and bring and braai

Walk in this beautiful area with plenty of bird watching, to build up your appetites for a braai at Victoria's home. Meet at 11h00 at Table View Pick 'n Pay parking area, close to the Engen service station. Bring binoculars for the bird watching, swimming costume, and your own food, drinks, crockery and cutlery for the braai. There is a R10 charge to enter the Rietvlei Nature Reserve.

Leader: Victoria Geldenhuys +27-72 247 4045

Saturday 29 May: Steenberg Peak, Silvermine

Enjoy a moderate hike on the waterfall side, along the jeep track to Junction Pool and up Splitkop and the Fat Lady Shelter, returning via the Wolfkop trail. Super views of False Bay, but no prizes for spotting sharks. Meet at 12h45 at the Wolfkop parking area (entrance Wild Card or pay R10). Bring adequate water, snack, hat and rainwear, together with your R10 donation.

Duration: Approximate 3.5 hours

Fitness level: Moderate

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

Saturday 29 - Sunday 30 May: Traverse in the TMNP area

If you're feeling adventurous, phone the leader to find out details and book for a long hike with a difference.

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

Saturday 5 June: Steenberg Peak

Meet at Silvermine waterfall side parking at 14h00 for a circular hike, with an ascent of Steenberg Peak on the way.

Duration: 3 hours

Fitness level: Easy to moderate

Leader: Peter Henshall +27-21 671 3428

Saturday 5 June: Doggy walk at Big Bay

Meet at Big Bay parking lot at 14h30, walk up the beach as far as we like and back again. Remember poop bags and water for the pooch, tea etc. for the owner!

Duration: 2 - 3 hours

Fitness level: Easy

Leader: Colin Attwell +27-21 531 0199 / +27-83 656 7121

Sunday 6 June: Swartkop

Meet at the Simonstown station at 09h00 for a circular walk to the top of Swartkop, returning via the mule track. Enjoy beautiful views of False Bay and some good exercise.

Duration: Approx 5 - 6 hours

Fitness level: Moderate to strenuous

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

Sunday 6 June: Orange Kloof

Another chance to walk in this superb area. Our route will depend on the weather. If it is good, we'll explore this exceptional area; if not we'll walk in the valley. This is a hike for the fit and adventurous. Booking essential as numbers are limited. Bookings by SMS or email only.

Duration: Full day (weather dependant)

Fitness level: Strenuous

Leader: Karen Watkins +27-76 543 7266 / karen.watkins@inl.co.za

Saturday 12 June: Rhodes Memorial area

Meet at 13h00 at Rhodes Memorial for a hike up to the blockhouse, along the contour path to the bottom of Newlands Ravine and back via the giant three.

Duration: 4 hours

Fitness level: Moderate

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

Sunday 13 June: Lion's Head

Meet at the parking area at the base of the track up Lion's Head on the Signal Hill Road at 13h00. We'll climb Lion's Head – chains optional – for tea on the top, before returning to the cars.

Duration: Approx 4 hours

Fitness level: Moderate

Leader: Rob Gimberg +27-21 448 0556 / +27-84 440 0556

Saturday 19 June: Promenade by the sea

Muizenberg to Fish Hoek and back (walk or train). Lunch (bring your own or buy) and a swim (for the certifiable, weather and shark dependant) at Fish Hoek beach. The tide should be low so we'll boulder-hop wherever we can to avoid walking on the roads where there's no boardwalk. Meet at Muizenberg Beach parking (under the bridge and second right) at 12h00.

Duration: Approximately 4 hours

Fitness level: Flat, but brisk pace, 6km one way

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

Sunday 20 June: Vineyard hiking trail, Devon Valley

We plan to do the 16km mountain route in this superb area. If, for some reason the trail is closed, we will do the 10.4 km Devon valley route. Drinks afterwards at the restaurant. Hiking permit fee of R25. Meet at 08h30 at the Spar Centre parking area in Platteklouf Road, opposite Panorama Medi-Clinic.

Duration: Full day

Fitness level: Moderate

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

Saturday 26 June: Newlands forest

Meet at the Newlands Forestry Station parking area at 13h00 for a toughish, lesser-known bundu bash to the upper contour path. We'll take a tea break at the round table, followed by a reasonably easy hike, but still no walk in the park. Hike will be cancelled if there's a likelihood of rain. Phone the leader for final details.

Leader: Colin Kidwell +27-21 715 4434 / +27-83 650 8557

Sunday 27 June: Devil's Peak via Mowbray Ridge, Minor Peak & Knife Edge

An exciting ascent, returning via the Middle Traverse. Meet at Rhodes Memorial at 08h00 for a full day. Note: Rain cancels or changes the objective (Newlands Ravine, Saddle, Oppleskop, 12 o'clock hole), but please phone the leader if the weather is wet.

Duration: 6 – 7 hours

Fitness level: Strenuous, rock scrambling with exposure to heights

Leader: Colin Attwell +27-21 531 0199 / +27-83 656 7121