



# HIKING CLUB STELLENBOSCH

## INFORMATION & HIKING PROGRAMME

### JANUARY 2019

#### 1. General

- 1.1 **Hiking club website:** [www.stb-voetslaan.co.za](http://www.stb-voetslaan.co.za)  
**'Facebook':** <https://www.facebook.com/stellenboschvoetslaanklub>

#### 1.2 Management Committee 2017/2018

|                   |                      |              |              |                               |
|-------------------|----------------------|--------------|--------------|-------------------------------|
| Chair             | Kosie Smit           | 087 897 0749 | 073 537 8809 | jhs@sun.ac.za                 |
| Vice-chair        | Marthie Swiegers     |              | 082 733 2748 | marthie.swiegers@outlook.com  |
| Secretary         | Annerè van Pletsen   | 021 888 9276 | 072 245 1417 | annere@cpcqualicare.co.za     |
| Treasurer         | Klaus von Pressentin | 021 887 2783 | 082 689 8102 | klausvp51@gmail.com           |
| Additional member | Mina Redelinghuys    |              | 083 225 8188 | mina.redelinghuys@gmail.com   |
| Additional member | Frederik Stapelberg  |              |              | fstapelberg@geoscience.org.za |
| Website           | Delene Pretorius     |              | 084 654 3888 | dp2@sun.ac.za                 |

#### 1.3 Hikes: Notification of intention to join a hike

Each person needs to notify the hike leader of his/her intention to join a hike at the latest on the Thursday or Friday evening before the hike. **(If the notification is by e-mail, please provide your telephone number.)**

#### 1.4 Payments

- **Please make use of EFT to reduce banking costs.**
- Please make payments of membership fees or for weekend or permit hikes directly into the club account:  
Name: Voetslaanclub Stellenbosch  
Bank: Nedbank Stb  
Branch code: 107 110  
Acc #: 200 540 2354  
Type: Savings account

**Please send proof of all payments to the treasurer, Klaus, at: [klausvp51@gmail.com](mailto:klausvp51@gmail.com) with clear mention of your name and the purpose for which the payment has been made.**

- Cash may be used to pay hike leaders or the treasurer for day hikes.
- Please bring the correct amount for transport and permits on day hikes.
- Members enjoy preference on weekend and longer hikes, but after the closing date for payments this preference falls away and visitors may take up empty places. **Places may therefore not be reserved for members who did not pay before or on the closing date.**

#### 1.5 Membership fee

The annual membership fee for 2019 is **R130.00** per person.

#### 1.6 Contribution towards transport

The contribution towards transport is **R1.00 per person per km**. Drivers of vehicles during weekend – or five day hikes may consider an adjustment of this fee considering the number of persons and the fuel consumption of the vehicle.

#### 1.7 New members

We welcome the following new members: **Lauren Clapham (Stb), Mari-Louise du Plessis (Stb), Aretha du Rand (Paarl) & Marne Bester (Somerset-West).**

May you enjoy nature with us and make life long new friends.

[Interested visitors need to complete three hikes with the club before applying for membership for the first time. Applicants should complete the membership form and present it to the secretary. After receiving notification that the application has been successful, the annual membership fee of R130 per person should be paid into the club account. Proof of payment should be sent to the treasurer at klausvp51@gmail.com.]

**1.8 Matters for the attention of the Management Committee**

- Please inform a Committee member of a matter you wish to put on the agenda.

**1.9 Emergency numbers (Mountain rescue) / Handy Contact numbers:**

- WSAR (Wildernis Search & Rescue): 021 937 0300
- Metro Ambulance: 10177
- Cape Nature: 021 483 0190 / 0861 2273 628873 (Please contact the manager of the reserve to be visited for the relevant emergency number.)
- National cellular emergency number:112
- **New 24-hour emergency number for Poison Centre (snake bites, etc.) 0861 555 777**

|   |
|---|
| <b>2. Information applicable to all day hikes</b> |
|---|

Place of departure      The parking area in front of the Visual Arts building, Victoria Street, Stellenbosch; across the street from the Endler, **or as mentioned in the programme.**

Meeting time            **NB:** Please see the programme.

Clothes                  Be prepared for all weather conditions. ALWAYS bring warm cloths (fleece or jacket). In winter a water proof jacket will also be needed in case of rain.

First Aid                Each hiker is responsible to bring his/her own first aid items. The hike leader is not responsible for pills, ointment, plasters, etc. **NB: Please especially remember allergy and hay fever medication.** The telephone number of a next of kin (who is not hiking along and who is available to be contacted) has to be provided to the hike leader.

Food, etc.                Each hiker is responsible to bring his/her own food and drink for tea time and lunch, as well as drinking water (minimum 2 liter).

Donation                Visitors: **R30.00**

Transport                Transport may be arranged among hikers. The amount suggested in the programme should be paid by the passengers towards transport costs.

If other arrangements have been made it will be mentioned under the specific hike.

**Hike grading**

|   |                      |   |  |
|---|----------------------|---|--|
| 1 | Easy                 | A | No exposure to heights   |
| 2 | Slightly strenuous   | B | A little rock climbing, but no more difficulty than scaling a short ladder |
| 3 | Exhausting exercise  | C | Some exposure to heights – not for the faint-hearted                       |
| 4 | Only for the fittest | D | Lots of exposure to heights  |

In combination, the above specifies the level of difficulty of a given hike (e.g. 2A, 3B or 2D).

**Permit hikes** A permit hike may imply that we have to limit the number of persons in the group. It is therefore essential to consult with the assigned leader of the hike at least a week beforehand to ascertain that there is still a vacancy on the hike. When someone has booked a place on the hike they are responsible for the payment of the permit fee, unless someone else can be found to fill the place.

**When someone has booked a place on a permit or weekend hike he/she is responsible for the payment of the costs, unless someone else can be found to fill the place. The responsibility for the costs stays with the club member who booked in the first instance.**

## **2.1 Code of conduct for all hikers**

### **Day, weekend or longer hikes**

- **Please make sure that you comply with the fitness level required. Hikers should take note of the hike grading of hikes they intend to join. Gradings are mentioned for each hike in the hiking programme. Hike leaders who are of the opinion that someone may not be able to finish a hike may turn that person away.**
- The leader of the hike must be obeyed at all times. The leader walks at the front with all the members behind him/her.
- With a view to the group's safety, the leader may, at any time, check a person's equipment or evaluate his/her fitness and may exclude a person from the hike if it is judged that the person would handicap the group or compromise the safety of the group.
- Do not litter.
- Protect and conserve the natural beauty of our mountains by respecting the environment, by staying on the footpaths and not taking shortcuts.
- Take only photos and leave only footprints.
- Obey the rules and regulations and obtain permission from the authorities involved prior to entering areas with limited access.
- When leaving the path for some or other reason, leave your rucksack next to the footpath for others to see.
- Remain in touch with the group – do not stray.
- Always behave considerately towards fellow-hikers.
- Hiking is a privilege, not to be abused.

## **2.2 Additional regulations for weekend and longer hikes**

- **Please make sure that you comply with the fitness level required. Hikers should take note of the hike grading of hikes they intend to join. Gradings are mentioned for each hike in the hiking programme. Hike leaders who are of the opinion that someone is not able to finish a hike may turn that person away.**
- All persons going on a weekend or longer hike are responsible for their own travel arrangements. It is not the responsibility of the hike organiser.
- Hike leaders may weigh backpacks before a hike and ask a hiker to make the backpack lighter if necessary. Keep your backpack as light as possible. According to Olivier (2003:24) a backpack should never weigh more than a third of your body weight. The ideal weight is 20% of a woman's body weight and 25% of a man's body weight.
- In the case of a very big group the hike leader may give permission to divide the group in which case a lead hiker and lock hiker for the second group will be identified. During tea and lunch breaks the 2 groups should meet to make sure that everybody is still with the 2 groups.

## **3. Important notice concerning Wildcards**

- It is possible to save on the conservation fees of many hikes if a hiker has a Wildcard. Apply today for your Wildcard: [www.sanparks.org/wild/](http://www.sanparks.org/wild/)
- **VERY IMPORTANT: It is the responsibility of the club member to make sure her/his Wildcard is valid BEFORE he/she books a hike for which a Wildcard number is needed. If a club member's card is not valid the hike leader has no other option but to request the full amount from the club member.**

## **4. Annual General Meeting: Saturday 23 February 2019**

A separate notice will be sent to members as soon as arrangements have been finalised.

## **5. Weekend and longer hikes: PREFERENCE WILL BE GIVEN TO CLUB MEMBERS**

### 5.1 21 – 24 March 2019: Garden route hikes

Enquiries and bookings: Delene Pretorius: 084 654 3888 (evenings) or e-mail [dp2@sun.ac.za](mailto:dp2@sun.ac.za)

#### Garden-route hikes:

- Beach walk and swim - Brenton-on-Sea to Buffels Bay and back
- Knysna forest hike
- Robberg at Plettenberg Bay

On which days the hikes will take place will depend on the weather and tides and will be decided later.

We stay in Brenton-on-Sea in a house called Meetsnoere. There are 5 bedrooms, 1 en 'n half kitchens, 3 bathrooms and an outside braai area. Each bedroom sleeps 2 persons – so it is possible to accommodate 10 persons. Cost is R200/person per day. That will be R600 for 3 nights. Bed linen and bathroom towels are included.

Possible additional expences: restaurant meals and drinks.

**Bookings open on 18 January and payment need to be made by 22 February.**

### 5.2 Weekend 5 – 7 April 2019. Zoo Ridge (Southern Cederberg)

Book with Mina Redelinghuys: 083 225 8188 (evenings) or e-mail [mina.redelinghuys@gmail.com](mailto:mina.redelinghuys@gmail.com)

|                                       |                                   |
|---------------------------------------|-----------------------------------|
| Number:                               | 10 persons                        |
| Hike & Overnight costs                | ± R380 per person for the weekend |
| Travelling distance                   | 200 km x 2                        |
| Contribution towards travelling costs | R400.00                           |
| Hiking distance (and grading)         | Varied (2A)                       |

We depart from Stellenbosch on Friday. We stay in a house on a farm called Zonderwater. A fully equipt kitchen, beds with bedding, warm showers & towels are provided. Bring bathing costumes to swim in the swimming pool and bring wood and grids if you want to braai in the lapa. Saturday early we will drive to the starting point on the hike where we will admire the rock formations and Bushman art. The hike takes us to the Riet river canyon viewpoint. This canyon is the 2nd biggest in South African. Sunday morning we will hike another route to the bow and other spectacular rock formations and more Bushman art. This route is not well known. Only the group staying in the Zonderwater house may hike on the farm. No day visitors are allowed.

**Enquiries and bookings: Mina Redelinghuys: 083 225 8188 (evenings) or e-mail [mina.redelinghuys@gmail.com](mailto:mina.redelinghuys@gmail.com)**

**Bookings open op 1 February and payment need to be made by 1 March**

### 5.3 Easter Weekend 19 – 21 April 2019. Central Cederberg: Townhall caves, Truitjieskraal, Maltese Cross, Lot's Wife & Vensterklippe, Cederberg Cellar & possibly Wolfberg bow from Driehoek

**Hike leader: Jaap van Wyk**

**Enquiries and bookings: Annerè van Pletsen: 072 245 1417 / [annere@cpcqualicare.co.za](mailto:annere@cpcqualicare.co.za)**

|  |   |
|--|---|
| Number                                 | 12 persons ( <b>more is a possibility</b> )   |
| Hike and overnight costs               | R500 (2 x camping sites at Krom river: for 4 nights @ R125 p/p per nag)<br><u>Permitstappe: (Wildcard-houers = GRATIS)</u> Maltese Cross = R70, Townhall caves = R50, Truitjieskraal = R50, Lot's Wife = Free |
| Travelling distance                    | ± 528 km in totaal<br>[Krom river via Ceres = 231 km x 2 / Krom river via Citrusdal = 248 km x 2<br>Distance between farm & sights = ± 66km]  |
| Contribution towards travelling costs: | ± R1,056 (see also 1.6 on bl. 1 of the program)   |
| Grading                                | Maltese Cross: 2B, Lot's Wife & Vensterklippe: 1A Wolfberg bow; 2B<br>Town hall caves, Truitjieskraal & Dwars river Cellars = Sights (no hiking required)   |

The booking is from Thursday afternoon 18/04 – 10:00 Monday morning 22/04 (it is compulsory to book for 4 nights over Easter!). It is therefore possible for those who have Thu free to arrive on the Thursday from 14:00. The rest will depart Friday morning early. 4 persons per campsite (max 8). The idea is that you make yourself at home in your camping vehicle or tent on your piece of the camp site under the moon & stars. Krom river has 'n beautiful new

modern information centre with a restaurant. Breakfast and light meals are provided. Each South African should experience the Cederberg at least once in a life time.

## 6. Day hikes

### 6.1 Saturday 12 January 2019. Beach hike: Paardevlei > Strand & back ... (including time to swim)

Book with Fay Pistorius: 021 854 5959 (evenings) / 078 370 2269 / e-mail: [faypistorius@gmail.com](mailto:faypistorius@gmail.com)

|                     |           |  |               |
|---------------------|-----------|--|---------------|
| Travelling distance | 22 km x 2 | Proposed contribution towards travelling costs | R44.00        |
| Hiking distance     | ± 9 km    | Entrance fee                                   | None          |
| Grading             | 1A        | Hike leader                                    | Fay Pistorius |
| Convening time      | 07:00     | Departure time                                 | 07:15         |

We walk around Paardevlei to admire the bird life. Then down the section of beach that has recently been opened to the public from the Lourens River Mouth to the fence at Denel, our turn around point. From here we walk to the main swimming area in front of the change rooms. We will stop here for those who want to experience one of the best swimming beaches in the Cape. After that, we return via Triggerfish - part of the Paardevlei development. At Triggerfish one can buy something to eat and/or drink. The walk back to our cars, takes us past Cheetah Outreach. Those who haven't visited Cheetah Outreach might like to do it before going home. **Remember sunscreen, a hat & extra money!**

### 6.2 Saturday 19 January 2019. Krom river, Du Toitskloof (Paarl)

**This is a permit hike.**

Book before **19 Dec 2018** with Frederik Stapelberg: 084 490 7960 or e-mail: [fstapelberg@geoscience.org.za](mailto:fstapelberg@geoscience.org.za)

|                     |           |  |                                 |
|---------------------|-----------|--|---------------------------------|
| Travelling distance | 60 km x 2 | Proposed contribution towards travelling costs | R120.00                         |
| Hiking distance     | 9 km      | Entrance fee                                   | <b>R50.00 or valid Wildcard</b> |
| Grading             | 2B        | Hike leader                                    | Frederik Stapelberg             |
| Convening time      | 07:00     | Departure time                                 | 07:15                           |

We hike on the banks of the Krom river and enjoy the awesome 100m high waterfall and swim in the huge pool under the waterfall. Please bring swimming costumes. In this beautiful area the disas and New Years' lily are full in bloom.

### 6.3 Saturday 26 January 2019. Wolwekloof (Franschhoek)

**This is a permit hike with costs but unlimited number of hikers are allowed. Book before Thursday 24/01/19:**  
Willie Huggett: 021 876 2490 / 083 453 9191 or [huggett@netactive.co.za](mailto:huggett@netactive.co.za)

|                     |           |  |                |
|---------------------|-----------|--|----------------|
| Travelling distance | 30 km x 2 | Proposed contribution towards travelling costs | R60-00         |
| Hiking distance     | 9 km      | Entrance fee                                   | <b>R50-00</b>  |
| Grading             | 2B        | Hike leader                                    | Willie Huggett |
| Convening time      | 07:00     | Departure time                                 | 07:15          |

Easy tempo hiking over rocks (bolder hopping) and swimming in the many pools until we reach a beautiful waterfall. **Not for hikers that are not good at "bolder hopping"**  
**Please bring a walking stick, swimming costume, sun block, sun glasses and sun hat.**

**6.4 Saturday 2 February 2019. Bobbejaans river, Bainskloof (Wellington)**

Book by **24 January** with Delene Pretorius: 084 654 3888 (evenings) or e-mail [dp2@sun.ac.za](mailto:dp2@sun.ac.za)  
**This is a permit hike for 12 persons. Please include your Wildcard nr, in in your message; if you do not have one you need to pay R50-00 into the club account. Please e-mail proof of payment to Delene & Klaus (treasurer)**

|                     |           |  |                              |
|---------------------|-----------|--|------------------------------|
| Travelling distance | 60 km x 2 | Proposed contribution towards travelling costs | R120.00                      |
| Hiking distance     | ± 8 km    | Permit costs                                   | <b>R50 or valid Wildcard</b> |
| Grading             | 2B        | Hike leader                                    | Delene Pretorius             |
| Convening time      | 07:00     | Departure time                                 | 07:15                        |

We hike from Eerste Tol through beautiful fynbos up into the kloof, up to the waterfall. We enjoy the mountains that surround us and on our way back cool of in the marvelous pools.

**Please bring swimming costume, sun block, sun glasses & sun hat.**

**6.5 Saturday 9 February 2019. "Amphibian" Palmiet river hike (Kogelberg Nature reserve, Kleinmond)**

Book with Louise van der Merwe: 021 880 1875 (after hours) / 082 492 4293 (after hours)

|                                |                  |  |                              |
|--------------------------------|------------------|--|------------------------------|
| Travelling distance            | 85 km x 2        | Proposed contribution towards travelling costs | R170.00                      |
| Hiking distance<br>Swemafstand | ± 5 km<br>± 5 km | Permit costs                                   | <b>R50 or valid Wildcard</b> |
| Grading                        | 2B               | Hike leader                                    | Louise van der Merwe         |
| Convening time                 | 07:00            | Departure time                                 | 07:15                        |

We hike from the Kogelberg Reserve office for 5 km up to the "beach" next to the Palmiet river. The challenge is now to go back to the start in the river by swimming/climbing from pool to pool.

**Please bring swimming costumes, sun block, sun hat, sun glasses and make sure that you water proof everything you need to keep dry in your day pack.**

**6.6 Saturday 16 February 2019. Table mountain: Constantia neck – 'Aquaduct', Disa hike**

Book with Annerè van Pletsen before Friday evening: 072 245 1417 or at [annere@cpcqualicare.co.za](mailto:annere@cpcqualicare.co.za)

|                     |                          |  |              |
|---------------------|--------------------------|--|--------------|
| Travelling distance | 55 km x 2                | Proposed contribution towards travelling costs | R110-00      |
| Hiking distance     | 16 km                    | Entrance fee                                   | None         |
| Grading             | 3B                       | Hike leader                                    | Jaap van Wyk |
| Convening time      | <b>06:00</b> (Vanaf Stb) | Departure time                                 | <b>06:15</b> |

**PLEASE NOTE EARLIER DEPARTURE TIME.** We hike **07:00** from Constantia neck, up to the plato. Then we hike along the edge of the mountain to the Aquaduct. Here we enjoy the beautiful disas before we hike to the dams and then further along the cement road down to Constantia neck. Come and have a look at these special flowers that are to be found in the Western Cape mountains only.

**6.7 Saturday 23 February 2019 – Annual General meeting****6.8 Saturday 2 March 2019. Perdeberg (Kleinmond)**

**PLEASE NOTE EARLIER DEPARTURE TIME**

Book with Magdaleen Brits 072 450 3134 or e-mail: [magdaleen@hope365.co.za](mailto:magdaleen@hope365.co.za)

|                     |              |  |                 |
|---------------------|--------------|--|-----------------|
| Travelling distance | 85 km x 2    | Proposed contribution towards travelling costs | R170.00         |
| Hiking distance     | 18 km        | Entrance fee                                   | None            |
| Grading             | 2B/3B        | Hike leader                                    | Magdaleen Brits |
| Convening time      | <b>06:30</b> | Departure time                                 | <b>06:45</b>    |

We start at **08:00** at the top of Fourth Street in Kleinmond and hike along the contour path over Ghost Neck (Spooknek), up through the gates to the next neck and up to Perdeberg peak. Here we rest and enjoy the panoramic view of the coast and the sea. We take a wide circle back to the neck and down the mountain via Ghost Neck and Dot's Dash over the plateau above Palmiet river. From here we take the contour back to Fourth Street. All along the way we enjoy the big variety of fynbos and the breathtaking views.

**NB: Please bring enough water. It is a long day and it can become very hot. For mountain fit hikers this route has a 2B grading. Less fit hikers may experience it as a 3B.**

**6.9 Saturday 9 March 2019. Coetzenburg hikes (Stellenbosch)**

**Book with Klaus von Pressentin: 082 689 8102 (evenings) or [klausvp51@gmail.com](mailto:klausvp51@gmail.com)**

|                     |         |  |                      |
|---------------------|---------|--|----------------------|
| Travelling distance | None    | Proposed contribution towards travelling costs | None                 |
| Hiking distance     | ± 10 km | Entrance fee                                   | None                 |
| Grading             | 2A      | Hike leader                                    | Klaus von Pressentin |
| Convening time      | 07:00   | Departure time                                 | 07:15                |

**We meet at the parking area behind the Coetzenburg Centre, at the Maties gimnasium & the Biokenetics building.** It is a easy hike. We hike from Coetzenburg on the lower contours of Stellenbosch mountain in a circle route and enjoy the views of the town and Cape peninsula.

**6.10 Saturday 16 March 2019. Forts neck (Franschhoek-omgewing)**

**Book with Willie Huggett: 021 876 2490 / 083 453 9191 or [huggett@netactive.co.za](mailto:huggett@netactive.co.za)**

|                     |           |  |                |
|---------------------|-----------|--|----------------|
| Travelling distance | 30 x 2 km | Proposed contribution towards travelling costs | R60            |
| Hiking distance     | ± 14 km   | Entrance fee                                   | <b>R50</b>     |
| Grading             | 3B        | Hike leader                                    | Willie Huggett |
| Convening time      | 07:00     | Departure time                                 | 07:15          |

This route is overgrown and start at the same place as the Berg river neck hike, but go in the direction of the Theewaterskloof dam. We bundu bash a little to reach a path going up to Forts neck where Willie share the interesting history of the English fort with us. Beautiful views of the dam and Franschhoek await us. **This is a long hike and fitness is important.**

**6.11 21 – 24 March 2019. Long weekend: Garden Route hikes (see also 5.1)**

**6.12 Saturday 30 March 2019. Botmaskop & rest of Jonkershoek mountains ... (Stellenbosch)**

**Book with Klaus von Pressentin: 082 689 8102 (evenings) or [klausvp51@gmail.com](mailto:klausvp51@gmail.com)**

|                     |           |  |                      |
|---------------------|-----------|--|----------------------|
| Travelling distance | 10 km x 2 | Proposed contribution towards travelling costs | R20.00               |
| Hiking distance     | ± 14 km   | Entrance fee                                   | None                 |
| Grading             | 3B        | Hike leader                                    | Klaus von Pressentin |
| Convening time      | 07:00     | Departure time                                 | 07:15                |

The hike start at Rozendal & we follow the path up to the top of Botmaskop (914m). Here we enjoy the awesome view over Stellenbosch & the Cape Flats up to Table Mountain. Then we hike along the edge of the mountain to Jonkershoek and enjoy the view of the Banghoek valley on the one side and the Jonkershoek valley on the other side. **You have to be fit to undertake this hike.**

**6.13 5 – 7 April 2019. Weekend hike: Zoo Ridge (Southern Cederberg) See also 5.2**

**6.14 Saturday 13 April 2019. Fernkloof Nature Reserve (Hermanus)**

**Book with Annerè van Pletsen before Friday evening: 072 245 1417 or [annere@cpcqualicare.co.za](mailto:annere@cpcqualicare.co.za)**

|                     |            |  |              |
|---------------------|------------|--|--------------|
| Travelling distance | 100 km x 2 | Proposed contribution towards travelling costs | R200.00      |
| Hiking distance     | ± 10 km    | Entrance fee                                   | None         |
| Grading             | 2A         | Hike leader                                    | Hans Knoetze |
| Convening time      | 6:45       | Departure time                                 | 7:00         |

**PLEASE NOTE THE EARLIER DEPARTURE TIME.**

We hike the beautiful Fernkloof Nature Reserve and walk through lovely fynbos. **The route will be decided closer to the time depending on the weather.**

Please bring money for something to drink at one of the lovely cafes in the vicinity.

**6.15 19 – 21 April 2019. Easter weekend: Central Cederberg (camping) See also 5.3**

**6.16 Saturday 27 April 2019. Freedom Day at Koopmanskloof (Hike & social with boerewors rolls)**

**Please book already by Wednesday, 24 April with:**

**Annerè van Pletsen: 072 245 1417 or [annere@cpcqualicare.co.za](mailto:annere@cpcqualicare.co.za) (purchasing of rolls and sausage need to be done)**

|                     |              |  |   |
|---------------------|--------------|--|---|
| Travelling distance | 18 km x 2    | Proposed contribution towards travelling costs | R36.00                                  |
| Hiking distance     | Wisselend    | Entrance fee                                   | None                                    |
| Grading             | 1A/2A        | Hike leader                                    | Annerè van Pletsen                      |
| Convening time      | <b>07:45</b> | Departure time                                 | <b>08:00 (vanaf vertrekpunt in Stb)</b> |

Hikers convene at **08:30** at Koopmanskloof. We hike the path up the Bottelary Hills to the Mountain hut and enjoy the beautiful 360° view. Hikers may choose from 2 return options: the same route back or a longer detour. We convene for a tasty and social late breakfast treat: sausage rolls and fruit juice (or wine) (provided with complements by the club).

**6.17 Saturday 4 May 2019. Cultural hike in the Bo-Kaap ... (Cape Town)**

**Book with Mina Redelinghuys: 083 225 8188 (evenings) or e-mail [mina.redelinghuys@gmail.com](mailto:mina.redelinghuys@gmail.com)**

|                     |           |  |  |
|---------------------|-----------|--|--|
| Travelling distance | 55 km x 2 | Proposed contribution towards travelling costs | R110   |
| Hiking distance     | ± 6 km    | Entrance fee                                   | Bring money for the museum and a light lunch |
| Grading             | 2A        | Hike leader                                    | Mina Redelinghuys                            |
| Convening time      | 07:00     | Departure time                                 | 07:15  |

We park in Orange Street near the Compagne's Gardens. We hike through the Gardens to Adderley Street and up to the Bo-Kaap via Waal Street. There we enjoy the colourful homes, the history and the culture. We visit the 'Atlas Spice Trading Centre' as well as the interesting Bo-Kaap museum and learn more about the Malayan culture. It may be possible to visit a mosque (ladies please bring something to cover your heads and gents please bring a hat). Please bring money to eat and drink something at the Biesmiellah Cape Malay Restaurant. From there we walk back to the vehicles.

**6.18 Saturday 11 May 2019. Skeleton Gorge to 'Maclear's Beacon' & down with the cable car (Table Mountain)**

**Book with Delene Pretorius: 084 654 3888 (evenings) or e-mail: [dp2@sun.ac.za](mailto:dp2@sun.ac.za) not later than Thursday 9 May. For travel arrangements between the cable car and Kirstenbosch to be made.**

|                     |               |  |   |
|---------------------|---------------|--|---|
| Travelling distance | 55 km x 2     | Proposed contribution towards travelling costs | R110.00   |
| Hiking distance     | ± 6 – 7 hours | Entrance fee                                   | <b>Kirstenbosch entrance fee: R70.00) + cable car Adults: R190 or Senior Citizens (SA ID 60 yr +) R50</b> |

|  |       |                |                  |
|--|-------|----------------|------------------|
| Grading  | 3B    | Hike leader    | Delene Pretorius |
| Convening time   | 07:00 | Departure time | 07:15            |
| <p>We hike through Kirstenbosch Gardens to Skeleton Gorge, a popular route to the back table. This route provides shade in the ravine. The route follows the Smuts road to the contour path and then steep up into the left side of the ravine. There are ladders to assist hikers at rocky areas. At the top we turn right to Maclear's Beacon (the highest point of Tafel mountain, 1,085 m). From here we follow the route to the cable car station and the restaurant. We take the cable car down. <b>You need to be fit to undertake this hike.</b></p> |       |                |                  |

**6.19 Saturday 18 May 2019. Welvanpas hike (Wellington)**

**Book with Chris Denner: 082 578 4176 / Estelle Denner: 083 442 6965 or e-mail: [Chris.denner@gmail.com](mailto:Chris.denner@gmail.com)**

|                     |           |  |               |
|---------------------|-----------|--|---------------|
| Travelling distance | 55 km x 2 | Proposed contribution towards travelling costs | R110.00       |
| Hiking distance     | ± 7.5 km  | Entrance fee                                   | <b>R40.00</b> |
| Grading             | 2B        | Hike leader                                    | Chris Denner  |
| Convening time      | 07:00     | Departure time                                 | 07:15         |

One of the oldest family farms owned by the Retiefs and farmed over 11 generations, and more than 305 years in the family. The hike is more or less 7.5 km. We hike along a river, through a forest called Popular forest, Fairy Forest and Fern Forest) as well a through orchids . From the top we have a late autumn view of the vinyards and Groenberg, Sneekop and Hawekwa mountains in the beautiful Wamakers valley.

**6.20 Saturday 25 May 2019. Swartboskloof (Jonkershoek Nature Reserve, Stb.)**

**Book with: Cynthia Slattery: 021 882 9442, 072 246 1902 or: [slathome@sun.ac.za](mailto:slathome@sun.ac.za)**

|                     |              |  |                                    |
|---------------------|--------------|--|------------------------------------|
| Travelling distance | None         | Proposed contribution towards travelling costs | R10 (in the Reserve)               |
| Hiking distance     | ± 11 km      | Entrance fee                                   | <b>R50.00 or valid 'Wild Card'</b> |
| Grading             | 3A           | Hike leader                                    | Cynthia Slattery                   |
| Convening time      | <b>07:45</b> | Departure time                                 | <b>08:00</b>                       |

**Hikers convene at the Jonkershoek Nature Reserve gate.** From there we depart for the parking area at the beginning of the hike. We hike up the beautiful Swartboskloof to the view point Pic Sans Nom from where we can see the Hottentots Holland basin. We return along the same route. This is an up & down route & beginners need to be fit enough to climb up for at least 2 hours. **This is an ideal hike for hikers who want to progress from 2B grading to 3A.**

**6.21 Saturday 1 June 2019. Diagonal up & Kasteelpoort down ... (Table Mountain)**

**Book with Alet Louw: 021 461 1649 / 073 689 5752 or: [alettamail@gmail.com](mailto:alettamail@gmail.com)**

|                     |           |  |           |
|---------------------|-----------|--|-----------|
| Travelling distance | 55 km x 2 | Proposed contribution towards travelling costs | R110.00   |
| Hiking distance     | ± 9 km    | Entrance fee                                   | None      |
| Grading             | 3C        | Hike leader                                    | Alet Louw |
| Convening time      | 07:30     | Departure time                                 | 07:45     |

The starting point is in Theresa Avenue (over Kloof Neck) **at the boom. The starting time is 08:30. Directions to Theresa Avenue from Kloof Neck will be provided.**

The diagonal hike passes the three apostles & three ravines. This is a beautiful hike, at some places a little exposed. It ends at the Valley of Red Gods. We return via Kasteelpoort.

**6.22 Saturday 8 June 2019. Swartkop to Smitswinkel bay (Simonstown)**

**Book with Louise van der Merwe at 021 880 1875 (after hours) / 082 492 4293 (after hours)**

|                     |           |  |                      |
|---------------------|-----------|--|----------------------|
| Travelling distance | 70 km x 2 | Proposed contribution towards travelling costs | R140.00              |
| Hiking distance     | 14 km     | Entrance fee                                   | None                 |
| Grading             | 3C        | Hike leader                                    | Louise van der Merwe |
| Convening time      | 07:00     | Departure time                                 | 07:15                |

We climb Swartkop, (678 meter above Simons Town). From here we have a lovely view off land and sea. We hike through beautiful fynbos all along the edge (with a few ups and downs). We see the picturesque bays of Millers' Point, Parson's Nose and Smitswinkel. We do quite a bit of rock climbing to come down to our vehicles that we have parked there prior to starting the hike.

**You need to be fairly fit for this hike. There is no water on the mountain, so please be sure that you carry enough for the whole day.**

|   |                       |  |   |
|---|-----------------------|--|---|
| <b>6.23 Saturday 15 June 2019. Helderberg farm: Bobbejaansgat (Somerset-West)</b>   |                       |  |   |
| <b>Book with Annerè van Pletsen <u>before Friday evening</u>: 072 245 1417 / <a href="mailto:annere@cpcqualicare.co.za">annere@cpcqualicare.co.za</a></b> |                       |  |   |
| Travelling distance   | 15 km x 2             | Proposed contribution towards travelling costs | R30   |
| Hiking distance   | ± 11 km (bruin roete) | Entrance fee                                   | <b>R35 (Adults)</b><br><b>R25 (Seniors, 60 yr+ – SA ID)</b> |
| Grading   | 2A/B                  | Hike leader                                    | Annerè van Pletsen  |
| Convening time  | 07:30                 | Departure time                                 | 07:45   |

The farm called Helderberg has a unique view of False Bay, Stellenbosch and the peninsula. Helderberg was given to Klaas Vechtman by Simon van der Stel in 1692. The current owner is the 5th generation of the Hendriksz/Obermeyer family farming there since 1843.

We park on the Helderberg farm and hike through indigenous forest, vineyards and fynbos to the West Peak road on the Stellenbosch side. More than 90 species of birds on the route.

**Please bring money for the tea garden.**

**6.24 Saturday 22 June 2019. Information to be distributed later**

**6.25 Saturday 29 June 2019. Information to be distributed later**

**SAFE & JOYFUL hiking to each and every one**

Regards

Annerè

.....