



STELLENBOSCH HIKING CLUB

GENERAL INFORMATION 2025

1. General information

Communication channels

Website: www.stb-voetslaan.co.za

Facebook: <https://www.facebook.com/stellenboschvoetslaanklub>

Instagram <https://www.instagram.com/p/DE7X1yWOK4S/?igsh=MXVvNubG16cnVrbw==>

Whats/App groups:

For each hike: Whats/App groups will be set up for each individual hike, so that last minute information and photos can be shared.

Friends of the StHiking Club: Only for information pertaining to the Hiking club and Programme. Members and visitors are however invited to post alternative hikes that they will be leading. The link to join this group. <https://chat.whatsapp.com/FPPLm2h9RpJDp0SAj7Gjlm>

Social Club of the FSHC: A W/App group that can be used for sharing hiking news, special birthday congratulations, get well wishes, selling of hiking gear etc. The link to join this group. <https://chat.whatsapp.com/BUKMJpJYR0iHFtyU2ydDXe>

2. Committee 2025/2026

Chairperson	Mariella de Lange	072 170 2888	mariella@internext.co.za
Vice Chairperson	Carin Coetser	083 627 9987	carincoetzer@icloud.com
Secretary	Johan van der Merwe	083 466 3710	johan@jdvdm.co.za
Treasurer	Mariella de Lange	072 170 2888	mariella@internext.co.za
Hiking programme manager	Linda du Toit	072 1070 213	lindadt@mweb.co.za
Membership	Johanita Passerini	079 293 9858	johanitap@sun.ac.za
Functions	Carin Coetser	083 627 9987	carincoetzer@icloud.com
Facebook and Instagram	Carin Coetser	083 627 9987	carincoetzer@icloud.com
Website & data base	Johan Loubser	083 557 0902	johanl@sun.ac.za
Additional members:	Cynthia Slattery Renée Coetzee	072 246 1902 082 926 7772	slathome@sun.ac.za reneoetzee16@gmail.com

2.1 **Committee meetings** - Please submit suggestions for the agenda to any committee member.

2.2 **New members** – We welcome new members Hannelie Caine, Heloise Conradie, Zelda Bekker, Elize Taljaard and Amanda Kapp.

2.3 Fees

2.3.1 Membership fees: R140 per member per year from 2025.

2.4.2 Visitor's fees for non-members. Also see point 6.

Non-members pay R30 per person per hike.

2.5 Petrol contribution

The suggested petrol contribution is R1.50 per km per person or as agreed upon with the driver. Drivers of cars during weekend and longer hikes can make an estimation of costs and can adjust this fee if needed.

2.6 Payments

- Payment of membership fees and bookings for weekend and permit hikes must be deposited directly in the club bank account.

Nedbank Stellenbosch, Branch code: 107 110, Account number: 200 540 2354, Type of account: Savings account.

Please send your proof of payment to the treasurer. This must be clearly marked with your name and what the payment is for.

- Cash may be used to pay hike leaders for day hikes.
- Please bring the correct amounts in cash for petrol contributions and permit fees on day hikes.

3. General information regarding day hikes

Item	Arrangement
Departure point	Meet at the parking area opposite Maties Gym, Coetzenberg, unless otherwise indicated on the programme. Also consult messages on the Whats/App group that is set up for specific hikes as other arrangements may be made for a specific hike with specific participants.
Clothing	Please be prepared for ALL weather conditions. ALWAYS take warm clothes with you. In the winter it is wise to pack a raincoat.
First Aid	All hikers are responsible for their own first aid requirements. The hike leader is NOT responsible for supplying pills, plasters and ointments etc. NB: Remember especially to bring medication for allergies eg bees, hay fever etc.
Refreshments	Each hiker is responsible for supplying their own food and drink for the hike (for tea time and lunch time). Please also ensure that you bring along sufficient water for the hike, minimum 2 litres.
Bookings	Normal day hikes: Please contact the hike leader before a hike if you wish to join the hike. This must be done by 13:00 on Thursday or Friday before the hike. Permit hikes: The booking deadline date will be indicated on the programme.

4. HIKE GRADING SYSTEM

The hike grading system is based on the following:

Number: represents how physically tough the hike is. Personal fitness, distance and duration of the hike play a role.

Letter: represents exposure to heights. Persons with a fear of heights should pay particular attention to this.

Colour: represents the technical abilities that may be needed. Good balance, strong arms and/or agility may be requirements for a particular hike

Note: The grading assumes a basic level of hiking fitness. Choose a hike where you are able to keep up with the group and that you are capable of completing within a reasonable time.

<u>NUMBER</u>	1	2	3	4
PHYSICAL EFFORT	Relatively easy hike	Moderate to somewhat strenuous	Strenuous hike	Very strenuous hike

LETTER	A	B	C	D
EXPOSURE TO HEIGHTS	No exposure	Sate exposure: sate scrambling required	Moderate exposure: not recommended to persons with a fear of heights.	Very exposed to heights
COLOUR	Green	Orange	Red	Black
TECHNICAL ABILITY	Easy walking on an established path path with a relatively smooth surface.	Walking on a path with occasional use of hands required (easy scrambling). Or walking on a path with a rough surface or on loose sand.	Trail not always clear. Frequent use of hands to scramble over boulders or steep downhill sections with loose stones. Or hikes where good balance is required.	Serious scrambling. Excellent balance, strong arms and agility required.

Examples of hikes:

- **Palmiet river: Kogelberg Nature Reserve**, Grade 1.5 A Orange (Hike approximately 10 km on a path next to the river. In some places the path is uneven with loose stones.)
- **Swartboskloof, Jonkershoek**: Grade 3 B Orange (Hike approximately 6 km on a steep, rocky path to a lookout point at the top of the kloof. The same path is followed down to the cars. Total distance approximately 12 km)
- **The Dome, Helderberg Nature Reserve**: Grade 4 C Red (A 15 km route that starts out moderately but changes to a steep trail up the mountain to the 1,137 m high peak. Quite a lot of exposure with scrambling over huge boulders. The hike takes approximately 8 hours.)

5 GENERAL HIKING RULES AND REGULATIONS

5.1 Day hikes.

NB Make sure that you have reached the specific level of hiking fitness required for a particular hike. Carefully study the description and grading of a hike to know what to expect in terms of degree of difficulty.

- The hike leader may exclude a person from a hike if it is judged that the person is incapable of completing in a reasonable time and/or would not be able to keep up with the group.
- The hike leader's directions and decisions must be accepted unconditionally by all participating in the hike.
- The hike leader walks in front and all the hikers follow him/her.
- On each hike an additional hike leader (sweep) will be appointed to walk at the back.
- In poor weather, e.g. mist and rain, as well as dangerous circumstances all hikers need to keep the person in front as well as behind him/her in sight.
- Inform the hike leader if you have difficulty in keeping up with the group or if you are feeling ill.
- If you need to leave the path for a call of nature inform the hike leader and/or the sweep. Remain in touch with the group – do not stray.
- Protect and conserve the natural beauty of the environment. Do not litter. Take along a plastic bag for used tissues, food wrappers etc.
- Keep to the designated hiking trail; do not take shortcuts.

- Under no circumstances may you remove any plant material from conservation areas.
- Obey the rules and regulations and obtain permission from the authorities involved prior to entering areas with limited access.
- Do not pollute water resources.
- Be aware of the dangers of bees, snakes and baboons.
- Do not carry firearms or other dangerous weapons on hikes. It is incumbent on all persons that absolutely no offensive or defensive action is taken on being apprehended. Please remain passive and immediately submit all belongings to the offenders. By taking this approach we minimise the danger of being physically attacked.
- Always behave considerately towards fellow hikers.
- Hiking is a privilege, not to be abused.

5. 2 Additional regulations regarding weekend and longer hikes.

- Members get preference over visitors for weekend and longer hikes. However after the closing date for the payments, for the particular hikes, there will no longer be preferences. Places cannot be reserved for members that do not pay by the due date for the particular hike.
- All the general rules and regulations should also be followed on longer hikes.
- Members are accountable for fees if they withdraw from outings. If you withdraw it is your responsibility to get someone in your place. The hike leader can offer suggestions, but the fees remain your responsibility.
- As per the constitution of the club no refunds are given for payments made.
- All communication should be done via the hike leader/organizer – do not contact the hike provider e.g Cape Nature directly if you have questions.
- All hikers participating in a weekend or longer hike are responsible for their own transport.
- A hike leader may weigh a backpack prior to a hike. If deemed too heavy the hiker will be asked to lighten the bag. Keep backpacks as light as possible.
- With a large group the hike leader may decide to split the group into two. The hikeleader will then appoint a leader and sweep for each group. During tea and lunch times the groups must meet to determine that nobody has strayed.

6. INFORMATION FOR VISITORS

- **Study the general rules and regulations for hikers on day hikes.**
 - Ensure that you understand the grading system. Visitors are advised to first join a level 1 or 2 hike before attempting a more difficult hike.
 - According to the club constitution visitors may only participant in five club hikes in a year.
 - Visitors are encouraged to apply for club membership after successfully completing three club hikes. Contact the committee member who deals with membership issues for further information.
 - Advantages of being a member: members get preference on day hikes if the numbers are limited, as well as all permit hikes, weekend and longer hikes.

7. Wildcard information

There are a number of hikes where the entrance fee can be waived, if you have a current wild card. Apply today at www.sanparks.org/wild/.

It is the club members' responsibility to make sure that their wild card is up to date, BEFORE it is used for a particular hike.

For certain hikes members supply wild card numbers and these must represent current annual membership of the Wild card scheme. If numbers supplied are not up to date, the member will be charged the full entrance fee.

8. Emergency and other useful contact numbers

- WSAR (Wilderness Search & Rescue): 021 937 0300
 - Metro Ambulance: 10177
 - Cape Nature: 021 483 0190 / 0861 2273 628873 (Contact the manager of the reserve where the hike is taking place for a specific emergency number).
 - National cellular emergency number: 112
 - New 24 hour emergency number for the Poison Centre (snake bites) **0861 555 777**
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