



HIKING CLUB STELLENBOSCH

HIKING PROGRAMME MARCH 2026 TO JULY 2026

1. Programme			
Date 2026	Route	Grading	Contact person
7 March	Tweede Waterval, Jonkershoek	12 km 2A/B Orange	Johanita Kotze 082 6584082
14 March	Missing Link, Camps Bay	12 km 2A	Louise Dudley 083 635 1510
21 March	Helderberg – West Peak	13km 3B Orange	Fay Pistorius 078 370 2269
28 March	Geelhout route, Twin Traverse and contour along the lower slopes of Cathedral Peak.	20 km 2B Orange	Linda du Toit 0721070213
3- 6 April	Easter weekend – no hike		
11 April	Muizenberg to Kalkbay	10km 2B Groen	Daleen Pretorius 084 654 3888
18 April	Up Kasteelpoort and down with the Cableway	Challenging 3B	Johanita Kotze 082 658 4082
25 April	Sculpture Corner loop, Fernkloof (Hermanus)	16-18km 3A	Johanita Kotze 082 658 4082
2 May	Plaisir Trail, Plaisir Wine Estate, Simondium	14km 2A	Cynthia Slattery 072 246 1902
9 May	Rifberg and Cathedral Peak - Jonkershoek	20km 4D Black	Breyten van Merwe 078 2913675
16 May	Vogelgat – Vogel Pool	15 km 2B Orange	Loumarie van Wyk 084 6222804
23 May	Constantia mountain and Olifant-se-stert cave – Silvermine – Cape Nature Reserve	10 km 4A Green	Hein Gericke 082 777 0881
29 to 31 May	Cedarberg Maltese Cross, Lots Wife and Window rocks (adjusted after the fires)	Various	Francois Coetzee 083 4504168 Admin Renée Coetzee 082 926 7772
6 June	Skeleton Gorge to Maclears Beacon	10km 3B Orange	Johanita Kotze 082 6584082
13 June	Panorama Jonkershoek	17km 4B Red	Johanita Kotze 082 658 4082
20 June	Kleinmond Spooknek, Dots Dash and Klipspringer to harbour	15 km 2B	Maryna Loubser 084584 2864
27 June	Ox wagon Trail – Starting at Idiom Wine Estate	10.5 km 2B Green	Fay Pistorius 078 370 2269
4 July	Banhoek (Duiwelskloof)	14km 2B/3A	Linda du Toit 072 1070213
11 July	Koopmanskloof, Stellenbosch	5-8km 1A/2B	Mariella de Lange 072 170 2888
18 July	Assegaiboskloof – ARC Bergriver dam to Jonkershoek to Berg River Dam	22 – 27 km 4B Orange	Linda du Toit 0721070213

Please get in touch with the relevant contact person for further information. Please consult the General Information 2026 document on the website or the WhatsApp group regarding rules and regulations.

Longer hikes:**21 to 27 April: Lighthouse “Pilgrimage of Hope”****Southern Cape: Mosselbaai to Stilbaai, 6 days, 107 km****Fully booked.****29 to 31 May Cedarberg: Wolfberg Arch****Contact Renée Coetzee (reneecoetzee16@gmail.com) before 15 February 2026 to book your place. There is space for only 10 people. reneecoetzee16@gmail.com**

Driving distance	235km x 2	Suggested contribution towards fuel costs	R705.00
Hiking distance	Saturday: 6.5 km out-and-back. 3 - 4 hours. Sunday: 4.2 km out-and-back. 1-2 hours.	Fee	Driekhoek Groothuis: R874 pp for two nights; CapeNature day permit R90 pp
Grading	Saturday 3B. Sunday 2B	Hike leader	Francois Coetzee. Admin: Renée Coetzee
Meeting time	We leave on Friday as early as suits everyone and arrive at Driehoek Farm that evening.	Departure time	

Overnight on Friday and Saturday night in the Groothuis at Driehoek Farm.

Saturday – Maltese Cross. The 7 km round trip to the impressive Maltese Cross rock formation takes about 3–4 hours and involves a steep climb through striking rock landscapes up to the plateau. Expect great views and unique formations along the way. The hike reaches a total elevation of 440 m and requires good fitness. More details: <https://capetrek.co.za/maltese-cross-hike/>

Sunday – After breakfast, pack up and drive 18 km to Cederberg Cellars for the “Lot se Vrou en Vensterrotse” circle route, an easy 4.2 km walk.

Baviaanskloof Canyon, 11 to 17 December 2026**Make sure that you are ready for an adventure, mountains, heights, ladders!****2 places available, contact Johanita Kotze 082 658 4082**

Day hikes:**Saturday 7 March Tweede Waterval, Jonkershoek**

Book with Johanita Kotze on 082 658 4082 by 6 March.

Driving distance	None		
Hiking distance	12 km	Entrance fee	R60.00. Wildcard holders free
Grading	2BOranje	Hike leader	Johanita Kotze
Meeting time	07:00 in Jonkershoek		

We meet at 07:00 at the Jonkershoek entrance gate. After permits have been obtained, we drive in and park at Witbrug. We then follow the path past Eerste Waterval to Tweede Waterval. Proceed along the designated path and turn left at the Kurktrekker sign. Continue walking until you reach the wooden platform, which provides an impressive view of the entire valley. Following a scheduled tea break, return via the same route.

Saturday 14 March 2026: Missing Link, Camps Bay

Book with Louise Dudley on 083 635 1510 by 12:00 on Friday 13 March.

Driving distance	60 km x 2	Suggested contribution towards fuel costs	R180.00
Hiking distance	12km	Entrance fee	geen
Grading	2A	Hike leader	Louise Dudley
Meeting time	06:45	Departure time	07:00

The Twelve Apostles "Missing Link Loop" is a 12 km circular route that starts and ends in Theresa Avenue, Camps Bay. The contour path offers lovely views of the Twelve Apostles, Lion's Head and the Atlantic Ocean and is fairly level, but it ends with a stiff climb back to the vehicles (total elevation gain of 365 m). There is very little shade.

Saturday 21 March 2026 Helderberg – West Peak

Book with Fay Pistorius on 078 370 2269 by Friday 20 March.

Tough hike, about 7 hours long – bring enough water, a hat and sunscreen.

Driving distance	20km x 2	Suggested contribution towards fuel costs	R60.00
Hiking distance	13 Km	Entrance fee	R30 + R20/ vehicle
Grading	B Orange	Hike leader	Fay Pistorius
Meeting time	7:00	Departure time	07:15

The hike starts at 07:45 at the parking area of Helderberg Nature Reserve [-34.062141, 18.873203]. We hike up on the eastern side past Porcupine Buttress to the neck between West Peak and Central Peak. Here we have breakfast with a beautiful view of the Hottentots-Holland bowl on one side and the Stellenbosch Valley on the other. We then take the path on the left and climb up to West Peak (1003 m), which offers an incredible view over the whole of False

Bay. On the way back we descend on the western side of the reserve.

TUESDAY 24 March 2026: Bobbejaanskloof, Eerste Tol, Bainskloof (swim hike)

Book with Delene Pretorius on 084 654 3888 by 17 March

Permit hike. Numbers are limited. Permits will be obtained in advance, and this will determine the final number of hikers.

Hikers will be informed of the payment date. Pay the club directly and send proof of payment to the treasurer, mariella@internext.co.za, as well as the hike leader, dp2@sun.ac.za. mariella@internext.co.za zadp2@sun.ac.za

Wild Card holders – phone CapeNature on 087 087 8250 to book your place and receive a discount.

Driving distance	60 km	Suggested contribution towards fuel costs	R180.00
Hiking distance	± 9 km (approximately 6 hours)	Entrance fee	R50.00 or Wild Card holders (free)
Grading	2B	Hike leader	Delene Pretorius 084 654 3888 (WhatsApp)
Meeting time	06:45 by Coetzenburg	Departure time	07:00 or 08:00 at Eerste Tol, Bainskloof

We hike from Eerste Tol across the Witte River and then through beautiful fynbos into the Bobbejaan River kloof, up to the waterfall. This is an out-and-back route. The footpath is uneven and rocky, and hikers are exposed on the last section before the waterfall—hence the B grading. All the while we enjoy the mountains closing around us, and we can cool off from the summer heat in the wonderful pools. Remember swimwear, sunscreen, sunglasses and a sun hat. This popular route is offered on a Tuesday because it is overcrowded on a Saturday.

Saturday 28 March: Geelhout and Twin Traverse route, Jonkershoek

Book with Linda du Toit on 072 1070 213 by 27 March

Driving distance	Geen.		
Hiking distance	20 km	Entrance fee	MTO R60.00 adults, R55.00 pensioners. No cash accepted.
Grading	3BOranje	Hike leader	Linda du Toit
Meeting time	8:00 by die Jonkershoek hek.		

The hike starts at the gate. We follow the Geelhout route, which eventually becomes the Twin Traverse route. We follow a trail—occasionally crossing stretches of jeep track—as we take in the stunning views of the Jonkershoek mountains and valley. After traversing Twin Traverse, we keep to the path, passing Langrivier until it joins the climb up to Bergriviernek. From there, we descend toward Witbrug and make our way back to the gate along the circular route.

Saturday 11 April 2026 Muizenberg to Kalkbaai			
Book with Delene Pretorius on 084 654 3888 by Friday 10 April.			
Driving distance	40 km x 2	Suggested contribution towards fuel costs	R120.00
Hiking distance	10 km	Entrance fee	Non
Grading	2B Green	Hike leader	Delene Pretorius
Meeting time	7:00	Departure time	7:15
<p>We'll park on Main Road near the Muizenberg public gardens and walk towards Boyes Drive through "The Hole." We'll climb stairs past Muizenberg Peak (about 450m elevation) and continue past Nellie's Pool to Kalkbay Peak, then return to Boyes Drive. The hike is easy but rocky and uneven, so we'll go at a slow pace; fast hikers may want to skip it. We'll finish by descending residential stairs to Main Road Kalkbay for refreshments at the Brass Bell, then walk back along Main Road (about 3.5km), passing historic homes and enjoying views of False Bay.</p>			

Saturday 18 April – Kasteelpoort			
Book with Johanita Kotze on 082 658 4082 by noon 17 April			
Buy your cable car ticket online in advance if you do not have a Wild Card, for a discount.			
Driving distance	65 km x 2	Suggested contribution towards fuel costs	R200.00 =
Hiking distance	7 km	Entrance fee	Cable car ticket R295 (60+ get a substantial discount, R100).
Grading	3BOranje	Hike leader	Johanita Kotze
Meeting time	7.30 by parkeerarea van Kloofnek	Departure time	06:45 from Stellenbosch
<p>This is one of Table Mountain's routes with the best views over Camps Bay, Lion's Head and the Twelve Apostles. Table Mountain—one of the oldest mountains on earth—is 600 million years old. We hike from Teresa Avenue, Camps Bay. We join the Pipe Track, and from there continue up via the Kasteelspoort route. Clambering over rocks requires good stamina, as the path grows steep. We then hike to the "Diving Board" at 900 m elevation, a popular spot for photos of the overhanging rock. We walk to the upper cable station (1,076 m) for refreshments and take in the views. There are ladders with minimal exposure.</p> <p>Please remember to bring valid identification to ensure you are eligible for the standard or discounted single ticket fare for the cable car descent. In the event of strong winds, the cable car service will be suspended, and the hike will be cancelled. Given the variable weather conditions on Table Mountain, it is advisable to pack warm clothing. Ensure you carry an adequate supply of drinking water.</p>			

Saturday 25 April: Sculptures Corner loop, Fernkloof (Hermanus)			
Book with Johanita Kotze on 082 658 4082 by 24 April			

Driving distance	100 km x 2	Suggested contribution towards fuel costs	R300.00
Hiking distance	16 – 18 Km	Entrance fee	None
Grading	3A	Hike leader	Johanita Kotze
Meeting time	06:00	Departure time	06:15

We aim to meet at 07:45 at the car park at Fernkloof Nature Reserve's main gate. We then start hiking at 08:00 through the gardens, up through the indigenous trees of Boekenhoutbos, steeply up via Adder Ladder's zig-zag. At White Rock we turn right and walk to Galpin Hut, where we rest for a while with beautiful views over Hermanus. From there we do the Sculpture Corner loop and let our imagination run free with all the lovely rock formations. We pass at the foot of Aasvoëlkop (824 m) on a wide circuit, from where we again have beautiful views towards the Kleinrivier Lagoon and Stanford. We turn down to the three Mosselrivier dams and descend steeply to the bottom. At the dams we stop for lunch and explore a bit. Then we return through Fernkloof's gardens to the cars.

NB: Please make sure you bring enough water. Depending on the weather the day can get very hot. For mountain-fit hikers only.

Saturday 2 May 2026 - Plaisir Trail, Plaisir Wine Estate, Simondium

Hike leader: Cynthia Slattery – Please Whats App Cynthia on 072 246 1902 by 13h00 on 1 May to confirm

Driving distance	20 km x 2	Suggested contribution towards fuel costs	R60.00
Hiking distance	14 km	Entrance fee	R60.00
Grading	2A	Hike leader	Cynthia Slattery
Meeting time	7h30	Departure time	07h45

We drive to the Plaisir Wine Estate in Simondium (about a half-hour drive from Stellenbosch), where we park and obtain our permits at the Wine Tasting Centre. The walking trail starts after the 'Trail Centre'. We begin hiking in the direction of Simonsberg and return on a different path along a little stream. Hikers and mountain bikers share the path, so we must keep an eye out for bikes at all times. The path can be slippery in wet weather.

Tamlin Amber in her blog notes the following: "The trail offers a wide range of scenery and flora. There are forest sections near the streams, to proteas and pines nearer the top. This hike is quite exposed. You only really enjoy shade in the stream sections and near the top in the pines. Apart from a few steep hill climbs, clay tracks and some rocky areas with loose sand, there is nothing too hectic to tackle. Overall, this is a truly beautiful, rewarding hike. It is not overly demanding; however, you will need water, plenty of sunscreen and comfortable shoes."
<https://tamlynamberwanderlust.com/best-western-cape-day-hikes>".

Saturday 9 May Rifberg and Katedraal Peak - Jonkershoek

Contact Breyten van der Merwe by 13:00 on 8 May on 078 291 3675 if you would like to join.

This is a demanding and challenging hike. Watch Ralph Pina's video "Scrambling up the Cathedral" (<https://ralphpina.com>) beforehand if you are unsure whether it is for you. <https://ralphpina.com>

Driving distance	None		
Hiking distance	20 km	Entrance fee	R65.00 wild card holders free. No cash payments.
Grading	4D Black	Hike leader	Breyten van der Merwe

Meeting time	07:00 in Jonkershoek		
<p>The group convenes at 07:00 at the Jonkershoek reserve entrance. Vehicles are parked at Witbrug, followed by an ascent to Bergriviernek. The route continues north toward Rifberg, also referred to as the Second Ridge. Descent is made via the smooth "Slab" route. Access to the Third Ridge involves traversing an exposed ledge and ascending a grassy gully, commonly known as the Green Mamba, which leads to Cathedral Peak. The return journey follows the same path, with a detour through Langrivier.</p>			

<p>Saturday 16 May – Vogelgat Hermanus</p> <p>Book with Loumarie van Wyk on 084 622 2804 by 2 May</p> <p>The hike is limited to 9 hikers. Please note the earlier meeting time.</p>			
Driving distance	100 km x 2	Suggested contribution towards fuel costs	R300.00
Hiking distance	15 km	Entrance fee	R100.00 contribution to the annual permit
Grading	2B Orange	Hike leader	Loumarie van Wyk
Meeting time	06h45	Departure time	Leave Stellenbosch at 07:00
<p>We meet at 08:45 at the entrance to Vogelgat. The hike then starts at the base camp, via Shower and Vogel Pool to Guys Pool, and returns via a circular route.</p> <p>Bring swimwear. This is a wonderful opportunity to hike in this private nature reserve.</p>			

<p>Saturday 23 May 2026: Constantia Mountain and Olifant-se-stert cave – Silvermine is a CapeNature Reserve</p> <p>Book with Hein Gericke on 082 777 0881 by 22 May.</p> <p>Wild Card holders – phone CapeNature on 087 087 8250 to book your place and receive a discount.</p>			
Driving distance	70 km x 2	Suggested contribution towards fuel costs	R210.00
Hiking distance	9 km	Permit	R45:00, Wild Card free
Grading	2AOranje	Hike leader	Hein Gericke
Meeting time	6:00	Departure time	6:15
<p>We gather at 07:00 in the car park beside the dam. From there, we take the circular trail in an anti-clockwise direction, passing Olifantsoog cave and making our way up the mountain. Although the path is steep and exhausting, it doesn't present any technical challenges. Starting at 474 meters, we ascend to the radio mast at 927 meters, where stunning panoramic views await us. After beginning our descent on the Hout Bay side, we soon come across the secluded Olifant-se-stert cave, hidden away in the landscape. We then make a sharp descent to the popular viewing platform before winding through Prinskasteel Valley to return to our starting point. During this season, the vegetation should be vibrant and full of colour.</p>			

Saturday, 6 June Skeleton Gorge to Maclears Beacon

Book with Johanita Kotze on 082 658 4082 by 5 June.

Buy your cable car and Kirstenbosch tickets online in advance if you do not have a Wild Card, for a discount. If you do have a Wild Card, you get an additional discount.

Driving distance	50 km x 2	Suggested contribution towards fuel costs	R150.00
Hiking distance	10 km	Entrance fee	R100 Kirstenbosch and R295 cable car – pensioners and Wild Card members get a discount.
Grading	3B Orange	Hike leader	Johanita Kotze
Meeting time	6:45	Departure time	7:00

We meet at 08:00 at the Kirstenbosch entrance gate. We start our walk, walking through the garden to reach the route. Skeleton Gorge is a popular route to the Back Table, as hikers stay in the shade of the wooded gorge. The route follows Smuts Path to the contour path and then climbs steeply on the left-hand side of the ravine. There are ladders that help hikers over a few steep, rocky sections. The gorge opens out above this section and emerges on the Back Table. Here hikers turn right for Maclear's Beacon (the highest point on Table Mountain, 1,085 m). From here we follow the path to the Upper Cableway Station to descend by cable car.

It's quite a scramble, with big, steep rocky sections in the gorge—please make sure you are prepared.

Saturday, 13 June: Panorama Route (Up to Bergriviernek and down via Kurktrekker) – Jonkershoek

Book with Johanita Kotze on 082 658 4082 by 12 June.

Driving distance	None		
Hiking distance	17 km	Entrance fee	R60.00, Wild card holders free. No cash payments.
Grading	4B Red	Hike leader	Johanita Kotze
Meeting time	07:45 by die hek in Jonkershoek	Departure time	08:00

We meet at 07:00 at the gate of the Jonkershoek Nature Reserve. We park at Witbrug and then start the steep climb to a contour path just below the Third Ridge and Banghoek peaks. Following the contour path, you reach Bergriviernek, with incredible views over Assegaaiboskloof. The path then winds across the Dwarsberg plateau, with its marshy areas and streams surrounded by disas, to Kurktrekkernek. There is a short detour here to the summit of Guardian Peak (1,227 m), with breathtaking views over the Cape Peninsula, from Table Mountain to Cape Point, Robben Island, False Bay, Cape Hangklip and the peaks of the Hottentots-Holland range. From Kurktrekker the path descends past Tweede and Eerste watervalle back to the start.

On the day we can decide whether we go up or come down via Kurktrekker!

Saturday, 20 June: Kleinmond – Spooknek, Dots Dash, Klipspringer to the harbour			
Book with Maryna Loubser on 084 548 2864 by 19 June.			
For fit people only who can handle heights, descents and uneven terrain.			
Driving distance	80 km x 2	Suggested contribution towards fuel costs	R240.00.
Hiking distance	15 km	Entrance fee	None
Grading	2BRooi	Hike leader	Maryna Loubser
Meeting time	07:00	Departure time	07:15
Please assemble at the harbour at 08:30. The hike will commence from the harbour, proceeding along the boardwalk on the east bank of the river toward Fairy Glen. The route then ascends to Kasteelkopnek and continues onward to Spooknek. The descent follows Dots Dash and Klipspringer, traversing through Feetjiesbos before returning along the east bank to the harbour.			

Saturday 27 June 2026 Ox- wagon Trail, Somerset West			
Book with Fay Pistorius on 078 270 2269 by 12:00 on Friday 26 June.			
Driving distance	20 km x 2	Suggested contribution towards fuel costs	R60.00
Hiking distance	10 km	Entrance fee	None
Grading	2B Green	Hike leader	Fay Pistorius
Meeting time	7:00	Departure time	7:15
Starting at Idiom Restaurant [-34.104674,18.941571], we follow a jeep track; then, a rocky trail climbing steadily. Our total ascent on a good trail, steep at times, is 450m. Gouged into the rocks we see the scars left by the wheels of ox-wagons. The first wagon to venture into the interior left the Cape in 1664. Traffic peaked in 1821 with 4½ thousand wagons using this pass annually - 20% not making it. At the top of the pass, we head up to the right to the old cannons to enjoy a well-earned snack break before returning to Idiom where refreshments can be enjoyed by those not wanting to leave immediately.			

Saturday 4 July 2026 Banhoek - Duiwelskloof			
Book with Linda on 072 107 0213 by 3 July.			
Driving distance	12 km x 2	Suggested contribution towards fuel costs	R35.00
Hiking distance	±14 km	Entrance fee	None
Grading	2BOranje	Hike leader	Linda du Toit
Meeting time	7:15	Departure time	7h30
We park at 08:00 at Betlehem farm and hike from there in the direction of Boschendal to the turn-off to Duiwelskloof. We walk a short way uphill to the start of the kloof. From there it is a lovely, level and cool path			

between trees, alongside the stream, with impressive rock walls on both sides. The last roughly third of the route involves serious boulder hopping and rocky terrain to the waterfall. Those who want to skip the last section can wait comfortably until the rest of the group returns the same way. We follow the same route back from the kloof to the starting point.

Saturday, 11 July 2026, Koopmanskloof, Stellenbosch

Book with Mariella de Lange on 072 170 2888 by 10 July.

Driving distance	18 km x 2	Contribution to fuel costs	R 54
Hiking distance	5 km	Permit	Geen
Grade	1A/2A	Hike leader	Mariella de Lange
Meeting time	07h45	Departure time	08h00

Participants will gather at the Koopmanskloof 'werf' to commence the hike. The route follows a footpath ascending the Bottelary hills to the Mountain Hut, located at 476 meters above sea level, offering panoramic 360° views of Table Mountain, Paarl, Drakenstein, and the Stellenbosch mountains. The scenic expanse of False Bay is visible across from the mountains, providing a remarkable vista. Afterward, hikers will return via the same path to the 'werf', where those interested may enjoy breakfast or brunch in the Devonvale area.

18 July 2026: Assegaaiboskloof – ARC Berg river dam to Jonkershoek

Book with Linda du Toit on 072 1070 213 by 3 July.

The hike begins at the gate of the Jonkershoek Nature reserve. From there hikers will be transported by mini bus to the gate of the ARC at the Bergriver dam.

This is a permit hike and numbers are limited. Members get preference.

Driving distance	None	Cost of the shuttle	Approximately R300 pp (exact cost will be available closer to the date of the hike).
Hiking distance	22 – 27 km	Entrance fee	R60.00
Grading	4BOranje	Hike leader	Linda du Toit

We'll meet at 5:45 at the Jonkershoek gate to catch the minibus at 6:00. At the ARC gate, we'll pick up permits and then head toward the Berg River Dam. After crossing the river, we'll follow a jeep track in the direction of Jonkershoek, which eventually transitions into a hiking trail about halfway through the journey. With luck, the Assegaaibos valley will show fresh greenery following January's fire. Once we reach the end of the Bergriver, we'll take a break before tackling the zigzag ascent to Bergriver Neck, where we'll enjoy views of both valleys. Afterwards, we'll descend along the path to Witbrug. (If possible, we hope to arrange transportation for the final 5 km back to the gate.) It promises to be a long and exhausting day, but one that should be well worth the effort.