

MAY 2025

Transport Cost (New Rate Mar 2025 - Feb 2026) \*\* The suggested transport fee of R4,76 /km is based on the SARS prescribed rate per kilometre (excl tolls). N.B. The driver and occupants should agree on the rate before departing and the total cost will be divided amongst the occupants of the car.

**HIKE TIMES - NB. AS OF 01 MAY -- CHANGE TO WINTER TIMES - MEET AT VENUE 08.15 FOR HIKE START 08.45 SHARP**

Date	Event	Venue Meeting Time (Winter start time)	Description	Fee (non-mem)	Return Distance	**Transport Cost @ R4,76/km	Rating	Leader of the Day / Convenor	Phone
Wed 30th April - Tues 6th May	Garden Route Camino		7 days - Uniondale to Heimersriver - You will meet interesting people and enjoy their hospitality as you travel across the beautiful Garden Route.	7 day Camino R9300(R11150) Includes daily meals, accommodation & transfer of luggage	Varies	R4.76/km	Moderate to Strenuous	Duncan Hodge	083 279 5835
Sun 4th May	Rustig (Booking No. 15519)	08.15 for 08.45 SHARP HIKE START	Variety of paths below and top of the escarpment. Lovely views, swimming pool and restaurant.	Pensioners R60(R120) NonPens. R80(R140)	Varies	R4.76/km	Moderate to Strenuous	Erlank van der Merwe	073 134 8341
Wed 7th May	Wild Dog Cheetah Lodge (BRAAI)	08.15 for 08.45 SHARP HIKE START	Steep hike up the Magaliesberg from the north side and several options along the escarpment with beautiful views	R60(R110)	Varies	R4.76/km	Moderate to Strenuous	Mike Hardisty	082 920 5667
Sun 11th May	Castle Gorge (Members Only) 1 x guest free per membership (15 permits available to the public)	08.15 for 08.45 SHARP HIKE START	Strenuous hike to the saddle for amazing views and then go to the pools to cool off or to the waterfall.	R0(R60)	Varies	R4.76/km	Moderate to Strenuous	Lucho Malinov	083 327 1707
Wed 14th May	Phefumula	08.15 for 08.45 SHARP HIKE START	Moderate hike up the escarpment. Boerie rolls and craft beer after the hike.	R50(R110)	Varies	R4.76/km	Moderate	Stephan Stephansen	083 982 8498
Fri 16th - Sun 18th May	Suikerboschfontein Away Hike		2 day/2 Night Backpack/Slackpack Huted. Beautiful trail with waterfalls, wooded ravines, ancient ruins and rock art. 20 km N.E. Of Carolina, Mpumalanga.	R654(R774)	Varies	R4.76/km	Moderate to Strenuous	Mary Reynolds	082 372 4869
Sun 18th May	Fountain Gully	08.15 for 08.45 SHARP HIKE START	A steep climb to the top then hike along the top of the rock pools.	R50(R110)	Varies	R4.76/km	Strenuous	Ivor Templer	082 795 4087
Wed 21st May	Vergenoeg	08.15 for 08.45 SHARP HIKE START	The hike climbs up the side of themountain to White Rock, a fine viewing spot of the Hartbeespoort dam.	R50(R110)	Varies	R4.76/km	Moderate to Strenuous	Greg King	082 452 1442
Fri 23rd - Sun 25th May	Foothold Club Weekend (Members Only)		Members & Guests only. Communal braai.	R0(R75)	Varies	R4.76/km	Leisure	To be confirmed	
Sun 25th May	Foothold Club Hike (Members Only)	08.15 for 08.45 SHARP HIKE START	A myriad of hiking possibilities once you reach the escarpment. Relax for lunch near crystal clear pools.	R0(R60)	Varies	R4.76/km	Moderate to Difficult	Francé Roussouw	083 306 4446
Wed 28th May	Syringa Park : Avianto Estate **NEW**	08.15 for 08.45 SHARP HIKE START	A selection pf well marked trails between the Aviento hotel and "The Ground" just to the north of Muldersdrift along the crocodile river and over undulating hills and valleys	R0(R60)	Varies	R4.76/km	Moderate	Rick Ackroyd	076 142 1729

\*Involves steep long climbs, typically 300m or more. Not suitable for visitors unless already reasonably sports fit or are experienced hikers. **Sunday Hikes** are typically 7 hours or longer, often in tough terrain without paths. Three hours of hiking up sometimes steep mountainsides and down valleys, over rough ground and scrub are usually covered, before stopping for 1/2 hour lunch break, after which a further 3 hours of hiking back to the start point covers a typical day. **Level 1 - Slow** Challenging for the relatively unfit hiker with a slower (but not necessarily slow) pace and plenty of rest/recovery stops. **Level 2 - Moderate** Faster pace with fewer rest/recovery stops and a longer distance. **Level 3 - Fast** Challenging for the fit hiker with a fast pace and long distance.