

**NOVEMBER 2024**

**Transport Cost (New Rate Mar 2024 - Feb 2025) \*\*** The suggested transport fee of R4,84/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.**

**SUNDAY HIKES - NB. AS OF 01 SEPTEMBER - CHANGE TO SUMMER TIMES, MEET AT VENUE 08.00 AND HIKE START 08.30 SHARP**

**WEDNESDAY HIKES : NB. AS OF 01 SEPTEMBER - CHANGE TO SUMMER TIMES, MEET AT 07:15 AT THE VENUE AND HIKE AT 07.45 SHARP**

Date	Event	Venue Meeting Time (Summer start time)	Description	Fee (non-mem)	Return Distance	**Transport Cost @ R4,84/km	Rating	Leader of the Day / Convenor	Phone
Fri 1st - Sun 4th November	Pins/Rwanqa Passes Wilderness		Difficult - only for the very fit - CONTACT HIKE LEADER				Difficult	Paul Barnard	076 564 9972
Sun 3rd November	Maretlwane	08.00 FOR 08.30 SHARP HIKE START	Starting from the Wilderness School we'll hike through the nature reserve up to the summit of Zebra Hill with it's stunning view of the Castle Gorge Waterfall. Then follow the river down to Maretlwane Waterfall for lunch and swimming.	R120(R180) MCSA Memb. R70 (R130)	Varies	R4.84/km	Strenuous	Greg Commons	078 780 1476
Wed 6th November	Hennops River + Braai *SUPER LEISURE HIKE*	07.15 for 07.45 SHARP HIKE START	Moderate path walking over hills and along river. Swimming pool at the end.	R60(R120)	Varies	R4.84/km	Moderate	Jim Yetman	082 624 4577
Fri 8th Nov - Sun 10th Nov	Rhebok Trail		The Rhebok Hiking Trail is at the Golden Gate Highlands National Park near Clarens in the Eastern Free State Highlands. The Park has been proclaimed for the conservation of scenery – and the scenery is spectacular!	R501(R590)	Varies	R4.84/km	Moderate to Strenuous	Paul Barnard	076 564 9972
Sun 10th November	Castle Gorge (Members Only) 1 x guest free per membership (15 Permits available to the Public)	08.00 FOR 08.30 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	R4.84/km	Moderate to Strenuous	Paul Richardson	082 813 9945
Wed 13th November	Foothold (Members Only)	07.15 for 07.45 SHARP HIKE START	A myriad of hiking possibilities once you reach the escarpment. Relax for lunch near crystal clear pools.	R0(R60)	Varies	R4.84/km	Moderate	Tom Kenny	066 290 1480
Sunday 17th November	B'Sorah SUNRISE HIKE*	0600 FOR 0630 SHARP HIKE START	Moderate to easy path walking over hills and along Skeerpoort river.	R70(R130) Pens. R50(R110)	Varies	R4.84/km	Moderate	Brenda Durow (LOD/L2) Mary Reynolds(L1)	082 446 4334
Sun 17th November	B'Sorah <b>HIKE CANCELLED</b>	08.00 FOR 08.30 SHARP HIKE START	<b>NOTE: THIS HIKE HAS BEEN CANCELLED - WE WILL ONLY HAVE THE SUNRISE HIKE</b>						
Tues 19th - Sat 23rd November	Otter Trail		5 day/ 4 night backpack <a href="https://www.hikingsouthafrica.co.za/the-otter-trail/">https://www.hikingsouthafrica.co.za/the-otter-trail/</a>	R2564(R3070)	Varies	R4.84/km	Moderate to Strenuous	Simon Kemsley	
Wed 20th November	Itaba Thuli *NEW*	07.15 for 07.45 SHARP HIKE START	Follows the Thaba Manzi trail but starts closer to the escarpment. Steep climb to the top then explore Groblers kloof and others.	R50(R110)	Varies	R4.84/km	Moderate	Mike Hardisty	082 920 5667
Fri 22nd to Sun 24th November	Foothold Club Weekend (Members Only)		Members & Guests only. Communal braai.	R0(R75)	Varies	R4.84/km	Leisure	To be confirmedf	
Sat 23rd November	KIDDIES CHRISTMAS PARTY @ FOOHOLD	11.00 am	African Bush themed Christmas Party for the kids - lots of games with a special visit from Father Christmas.	R70 per child / Guests Camping R75				Zandree Lill	
Sun 24th November	Foothold Club Hike (Members Only)	08.00 FOR 08.30 SHARP HIKE START	A myriad of hiking possibilities once you reach the escarpment. Relax for lunch near crystal clear pools.	R0(R60)	Varies	R4.84/km	Difficult	Ivor Templer	082 795 4087
Wed 27th November	Bekkers School *NEW*(confirmed)	07.15 for 07.45 SHARP HIKE START	Easy to strenuous hiking trails along the Magalies River and through indigenous forests and veldt	Cost tbc	Varies	R4.84/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.