

SEPTEMBER 2022

C= Gateway House, Constantia Park GPS co-Ords: 26 08' 58.52"S 27 55' 32.57" E
F= Outside Checkers, Pineslopes Shopping Centre, Fourways. GPS Co-ords: 26 01' 19.86"S 28 00' 57.85" E
V = Meet at Venue A = Book with Club Admin L = Book with Leader # Meeting Place
SUNDAY HIKES - MEET AT 07:30 AND LEAVE AT 08:00 SHARP (EXCLUDING "MEMBERS ONLY" HIKES)

Transport Cost ** The suggested transport fee of R4,18/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.**

WEDNESDAY HIKES - MEET AT 08:15 AT THE VENUE AND HIKE AT 08:45 SHARP

BOOKINGS: Members receive preferential bookings.

Date	Event	Description	#	Fee (non-mem)	Return Distance	**Transport Cost @ R4,18/Km	Rating	Leader of the Day Convener	Phone
Sun. 4 Sept	Peglerae	Wilderness area on northern side of Magaliesberg. Mainly moderate to strenuous off path walking. Lots of Vultures on escarpment.	F		130km	R543	Moderate to strenuous	Betsie Laubscher - LOD Mary Reynolds - Level 2 Lucho Malinov - Level 3	066 290 1480 082 372 4869 327 1707
Wed. 7 Sept	Glenburn Lodge (Lunch in hotel)	Mainly moderate path walking on and off paths over Swartzkop and along river. Lunch at hotel after hike.	V	R65(R125) Hike/Meal R1	Varies	R4.18 per Km	Moderate to Strenuous	Greg King	082 452 1442
Fri 9 - 11 Sept	Castle Gorge Camping (Backpack)	Weekend camping/hiking at Castle Gorge	V	R0 (R60)	122 km		Moderate to difficult	Convenor - Sabine Behr	082 851 8627
Sun. 11 Sept	Castle Gorge Hike	Strenuous hike to the saddle for amazing views and then go to the pools to cool off or to the waterfall.	V	R0 (R60)	122 km	R510	Moderate to difficult	Ryan de Haast (LOD)	083 743 5221
Wed. 14 Sept	Rocky Top	Mainly moderate hiking along and below the Witwatersrand range.	V	R90(R150)	Varies	R4.18 per Km	Moderate	Pim Commissaris	082 683 3314
Fri 16 Sept.- Sun. 18 Sept	Hoelhoek, Free State (Basecamp)	A firm favourite of the club. Explore caves, see Bushman paintings, hike through breathtaking valleys and go up and down numerous ladders. A heady hike.	V	Discuss with the Leader				Tom Kenny	083 270 6441
Sun. 18 Sept	Rustig (picnic)	Variety of paths below and top of the escarpment. Lovely views, swimming pool and restaurant.	C	R80(R140)	142 km	R594	Moderate to difficult	Betsie Laubscher - LOD Aurelia Brits - Level 2 Lucho Malinov - Level 3	066 290 1480 082 9226002
Wed. 21 Sept	Castle Gorge	Strenuous hike to the saddle for amazing views and then go to the pools to cool off or to the waterfall.	V	R0 (R60)	Varies	R4.18 per Km	Moderate to strenuous	Philip Welchman	083 254 0651
Fri 23 - Sun. 25 Sept	Foothold Weekend	MEMBER'S MONTH END CAMP	V	R0 (R75)	167 km	R0		Convenor - To be confirmed	083 654 9770
Sun. 25 Sept	Foothold	A myriad of hiking possibilities once you reach the escarpment. Relax for lunch near crystal clear pools.	V	R0 (R60)	167 km	R0	Difficult	LOD - to be confirmed Wayne Silverwood - Level 1	079 196 8915
Wed 28 Sept	Leeuwenkloof Braai	Moderate to rough on and off paths and tracks. Section through old mine. Bring torch	V	R75(R135)	Varies	R4.18 per Km	Moderate	Claire Roger/Laurette Marais	062 094 5033
Thurs 29 Sept - Thurs 6 Oct	Amatola Hike (Backpack)	Traversing the incredible Amatola Mountains and ending in the iconic village of Hogsback. The trail is truly amazing and one of the best in South Africa.	C	R3190(R3828)			Difficult	Leader (to be confirmed)	

*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.