

OCTOBER 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
Tues 1st - Sunday 6th October	Whale Trail		55km from Potberg to Koppie Alleen, with five overnight stops (hikers spend the first night at Potberg before starting the trail). The unspoilt natural beauty on this trail is unsurpassable, leading through lush fynbos and offering stunning views of the coast.	R3954(R4738)	Varies	R4.84/km	Moderate to Strenuous	Malcolm Timberlake	
Wed 2nd October	B'Sorah+ Braai *Super Leisure Hike*	07.15 for 07.45 SHARP HIKE START	Moderate to easy path walking over hills and along Skeerpoort river.	R70(R130) Pens. R50(R110)	Varies	R4.84/km	Moderate	Graham McKenzie	082 808 1800
Sunday 6th October	* SUNRISE HIKE * (Level 2) Kumbagana	MEET AT CG FOR 0630 HIKE START	Well marked hiking trails through the mountains and bush. Near Buffelspoort Dam. Some game around.	R80(R160)	Varies	R4.84/km	Strenuous	Brenda Durow	082 446 4334
Sun 6th October	Kumbagana	08.00 FOR 08.30 SHARP HIKE START	Well marked hiking trails through the mountains and bush. Near Buffelspoort Dam. Some game around.	R80(R160)	Varies	R4.84/km	Strenuous	Erlank vd Merwe	073 134 8341
Wed 9th October	Magalies Retreat	07.15 for 07.45 SHARP HIKE START	Easy to Moderate path walking with some game about.	R30(R90)	Varies	R4.84/km	Strenuous	Bernard Robinson	082 413 1450
Sat 12th - Sat 19th October	Amatola Trail		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.	R2910(R3482)	Varies	R4.84/km	Moderate to Strenuous	Erlank vd Merwe	
Sunday 13th October	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	Mary Reynolds Level 1	082 372 4869
Wed 16th October	Groenkloof (N.B. Hike fee payable at Gate - Credit Cards only)	07.15 for 07.45 SHARP HIKE START	Path walking and game viewing. Close to Pretoria.	R32 Pens. R51 Non Pens. Non Members R60 to JHC Convenor	Varies	R4.84/km	Moderate	Malcolm Yeomans	083 279 6625
Sun 20th October	Majakaneng	08.00 FOR 08.30 SHARP HIKE START	A hidden gem in the Magaliesberg biosphere. Generally considered a moderately challenging route.	R80 (R140) + R40 per car	Varies	R4.84/km	Moderate	To be confirmed	
Wed 23rd October	Highlander Trout Lodge	07.15 for 07.45 SHARP HIKE START	Track walking over hills and valleys. Some game about.	R50(R110)	Varies	R4.84/km	Moderate	Philip Welchman	083 254 0651
Fri 25th to Sun 27th October	Foothold Club Weekend (Members Only)		MEMBERS AND GUESTS ONLY. Communal braai.	R0(R75)	Varies	R4.84/km	Leisure	To be confirmed	
Sunday 27th October	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	Paul Richardson	082 813 9945
Wed 30th October	Vergenoeg	07.15 for 07.45 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	R4.84/km	Moderate	Greg King	082 452 1442

*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.