



www.meridian.org.za

# Meridian Calendar

## May 2012 onwards

Help your Club by forwarding this Calendar to everyone you know.

Please e-mail contributions to next month's calendar by the 25<sup>th</sup> to Sam: [sqq1@mweb.co.za](mailto:sqq1@mweb.co.za)

NB: These events are subject to change. See update on website or phone co-ordinator to confirm.

Date	Coordinator	Event Description	Event Details	Grade
Sat 5 May	<b>Viv Marais</b> Email please	<b>Blackburn Buttres</b> From the Silvermine Dam, take the footpath to the "look out", descend down Blackburn Ravine to the contour path and then ascend up towards the first gully on the buttres. Lunch on Noordhoek Peak and return to the car park from the otherside of the dam. Lots of exposure and lovely B pitches.	8h30 @ Top car park at Silvermine Dam. Bring wild card or money. Only for fit, adventurous route finders who like a good pace. Heavy rain or high winds cancel. End: ±14h00. EMail (from 30 April): wilby@mweb.co.za	3Dd
Sun 6 May	<b>Victoria Wilson</b> Email please	<b>Smitswinkel to Simonstow</b> Are you ready again for a pre-winter challenge? Join this stunning yet strenuous part of the Hoerikwaggo Trail. A combo of 2 steep, long climbs and then flat walks. For the fitter hiker. A bit of scrambling. Bring: at least 3l water, layered clothing, lunch and tea snacks. Any sign of rain or strong wind cancels.	8h15 - Outside Tibetan Tea House for car shuttle, Harrington Str Simonstow. Off Simonstow Main Rd, after Police station on way towards Cape Point, opp friendly cafe Seaforth area. Duration: Approx 6 hrs. Contact (enquiries about hike only) Willsome434@gmail.com	3Cc
Sun 6 May	<b>Mario Anthes</b> Email please	<b>Kasteels Gully</b> An exciting rock scramble up Kasteels Gully with some challenging and exposed B+ and C pitches. You need to have a head for heights and good scrambling abilities. Be warned, this one is not easy! Descent via Kasteelspoort.	To be announced. Booking necessary. Maximum of 10 people. Email: anthes@iafrica.com	1Ed
Sat 12 May	<b>Louis Conradie</b> Email please	<b>Limietberg, Bainskloof</b> The trail starts at Eerste Tol at the top of Bainskloof and winds through the mountains down to Tweede Tol on Worcester's side of Bainskloof. Trail distance is 13 km. It is a strenuous hike and not for the unfit. No dogs allowed. Prepare for all weather conditions. Bad weather will not cancel the hike, but the hike can be very unpleasant if you are not well prepared. Bring along all the ordinary stuff for a full day hike. There will be quite enough time to take some beautiful pictures along the way. Only 12 hikers allowed.	08h00 @ Bainskloof Lodge at the top of Bainskloof. Ends ± 16h00. This is a Cape Nature permit hike. Permit fee: R30 p.p. or a valid Wild Card (Table Mountain cards not accepted). Closing date for bookings: Strictly Mon. 7 May. Permit fees must be paid directly to the hike leader. Email: louis@patat.co.za	3Bd
Sun 13 May	<b>Dee Young</b> 083 261 3326 021-685-7443	<b>Berties Balcony</b> Trappies/Cave Peak to Berties Balcony and back down Spes Bona. Some rock scrambling to start with, brunch at Berties' Balcony, and back down the beautiful Milkwood Forest route. (Not suitable for dogs unless they can be lifted up scrambles). Moderate pace. Bring tea and munchies. Rain cancels or check with leader on morning.	9:00 @ Kalk Bay very end of Boyes Drive at 'Trappies' sign. 4-5 hrs.	2Bb
Sat 19 May	<b>Colin Blake</b> 082 532 3124	<b>Skeleton Gorge, Dams, down Cecelia Ridge</b> Climb Table Mountain via one of its most famous routes, and explore the mountain dams.	12 noon at Cecelia Forest parking area. 4-5 hours	2Cd
Sat 19 May	<b>Dee Young</b> 083 261 3326 021-685-7443	<b>Diagonal</b> Great route starting up Porcupine on the 12 Apostles side, with wondrous views! and back down Kasteelspoort. Moderate pace. Well behaved hiking dogs welcome. Bring tea and munchies. Descend Kasteelspoort. Rain cancels or check with leader on morning.	9:00 @ Theresa Avenue, Camps Bay. 5-6 hrs.	2Bb
Sun 20 May	<b>Joanne Dunn</b> 083 460 3634	<b>Tarturus Cave</b> Amble to the Cave, bring torch if you are interested to view. RAIN cancels. Sms to confirm attendance. Max number 20 people. Drinks after at The Toad on the Road, base of Boyes Drive.	09h00 at 110 Boyes Drive, park on the pavement as indicated. End ±11h30. Email to confirm your attendance: jodunn@telkomsa.net	2Bb
Sun 20 May	<b>Colin Attwell</b> 021 531 6465 083 656 7121	<b>Constantiaberg Circuit</b> A long, but fairly easy walk to circumnavigate Constantiaberg. We'll head out to Blackburn Ravine, descend to the contour, up past the Manganese mine to cross the saddle before dropping down into the upper Tokai forest, along the Jeep track, then up the Elephant's Eye path to return to the cars at the dam. Have all you need with you, including rain gear as any weather can be expected at this time of the year!	08H30 Silvermine Dam car park. Bring WildCard or pay entrance fee. Duration: 6-7 hours.	3Bd
Sun 20 May	<b>Ken Greaves</b> 0823370277	<b>Seven Butresses</b> Traverse Porcupine, Jubilee, Barrier, Valken, Kasteel, Postern and Woody. Some B pitches along the way and the path is very bushy at times so wear long pants. The hike is in Off The Beaten Track by Karen Watkins.	08h30 at the top of Theresa Ave Camps Bay. Rain cancels or check with the hike leader on the day. End about 14h00. Phone or email: hadeda7@telkomsa.net	3Cc

Remember to bring your membership card on all hikes and events

Date	Coordinator	Event Description	Event Details	Grade
Fri 25 May	<b>Frank Dwyer</b> Email please	<b>Supper Club: Addis in Cape</b> Join us in a unique and exotic Ethiopian restaurant atmosphere to enjoy fine alternative and authentic cuisine, decor and service, in the heart of Cape Town.	Address: 41 Church Street, cnr Long and Church Str. For further Directions: You may call Addis in Cape: 021 424 5722. Bookings limited to 12 places: hostnet@mweb.co.za	
Fri 25 May	<b>John Taylor</b> Phone or email	<b>FISH RIVER CANYON (NAMIBIA): 25 - 31 MAY 2012</b> Get your passport ready! Get fit now! This 90 km hiking trail starts with a steep descent into the spectacular river gorge. Boulder hopping, some uphill shortcuts and river crossings, otherwise fairly flat. Dry season with warm days and cool nights. Full pack with all own equipment and food - recommend 15kg max and only dry food. River is flowing full so lots of water along the way. No ablution facilities, sleep under stars. Medical certificates are required. You must please program to do a few overnight hikes as well as full day hikes before departure. There will be a briefing before trip.	Current cost for hike R250. Additional costs to be paid include: possible shared transport (around R600/p) plus accomm 2 nights camping ±R125/night) plus all your food/drinks, plus bus transfer to start of around R150/p. Depart 09h00 on Thurs 24th, overnight at Noordoewer (Abiqua camp - around R80/p plus R40/vehicle), drive to Ai-Ais and descend Friday afternoon 25 May. Hike to finish at Ai-Ais Hot Springs on Thursday 31 May. Overnight at Ai-Ais and drive back arriving C/Town late Friday 1 June. Cell: 082 5646001 or Email: john@bestcape.co.za	Trail
Sun 27 May	<b>Sam G</b> 082 498 0361	<b>Getaway Hike</b> Walk along the Pipe Track, past Slangolie Ravine to go up Corridor Ravine. Explore a bit on top and have lunch. Down Kasteelspoort to the Pipe Track and back to Kloof Nek. Regular drink and tea stops. Rain won't cancel, might just do a shorter route. Wear bright clothes for good pictures and bring at least 2L water.	7.45 am at Kloof Nek Parking. End: ±3pm. <b>Attention Meridian Members:</b> Please wear your Meridian T-shirt and I need committed members to help with the leading. Let me know ASAP if you could help.	2Bb
Sun 3 Jun	<b>Rodney Manicom</b> 083 440 0054	<b>Silvermine South – All the peaks</b> We will leave from the Silvermine South gate and climb up Steenberg Peak then across to Steenberg lower peak, on to Muizenberg Peak, StJames Peak across to the Amphitheater and then down the Kleintuin path past the waterfall back to the parking lot. While this is not a difficult hike, fitness is essential due to the distance. Bring tea and lunch. Heavy rain, strong wind, low cloud cancels. Prepare for all weather conditions, minimum 2 litres water.	09h00 at Silvermine South Gate (Waterfall side on left travelling from Lakeside). Parking R5-00 or wild card. End ±16h00. Email: rodneymanicom@gmail.com	4Bc
Thu 7 Jun	<b>Sam Greyvenstein</b> 082 498 0361	<b>Pub Night: Constantia Nek Restaurant</b> Constantia Nek Restaurant, the oldest restaurant in Cape Town, is situated on the summit of Constantia Nek pass. On a cold winter night it's lovely to enjoy drinks around the fireplace. Bev will be in Cape Town for a visit, make use of this opportunity to say 'hi' to her.	From 7pm. Tel no of restaurant: 021 794 5132.	
Sat 16 Jun	<b>Colin Blake</b> 082 532 3124	<b>Noordhoek Peak</b> A circular route in Silvermine to what must be considered one of our countries most scenic spots.	1pm at the parking area at Silvermine Dam. Turn right off Ou Kaapse Weg. ±3.5 hours.	2Bc
Sat 14 Jul	<b>Colin Blake</b> 082 532 3124	<b>Elephants Eye Cave from Tokai Forest</b> An exciting hike from the bottom of Tokai Forest up to Elephants Eye Cave.	12noon at the Tokai Forest Arbortorium parking area. ± 4 hours.	2Bc
Thu 9 Aug	<b>Dee Young</b> 083 261 3326 021-685-7443	<b>GIFBERG FARM, North CEDARBERG: 9- 12 Aug 2012</b> Lots of day trails, or just relax by the pool! Situated 29km from VanRhynsdorp, this rustic and tranquil resort is the ideal getaway place to experience nature with a difference. Various Bushman painting sites can be visited on the hiking trails that put you in touch with the wonders of the Namaqualand nature such as wild flowers, natural pools in which you can swim, a watercourse that is similar to a smaller scale Fish River Canyon, spectacular rock formations and the diverse vegetation that is unique to the Western Cape.	R420 per person for the weekend. Fully equipped, only need to bring your food. See: www.gifberg.co.za No sms's or call me backs or email: dlyoung@mweb.co.za	Weekend
Sat 18 Aug	<b>Colin Blake</b> 082 532 3124	<b>Hout Bay Sentinel</b> An exciting walk up to the top of the Sentinel Peak, where if you are brave, you can peak over the sheer vertical drop to the sea below. Some easy scrambling is involved near the top.	1pm at Mariners Wharf parking area, Hout Bay. ± 3 hours.	2Bb
Sat 15 Sep	<b>Colin Blake</b> 082 532 3124	<b>Table Mountain Spring Walk</b> Up onto Table Top via Constantia Nek to look for spring flowers and explore dams.	9am at Constantia Nek parking area. ± 5 hours.	2Bc
Fri 21 Sep	<b>Dee Young</b> 021-685-7443 083 261 3326	<b>SEWEEKSPOORT: 21- 24 September 2012</b> 2 fully equipped cottages sleep 6 each - R400 per person for 3 nights which would entail taking the Friday off. This weekend will be to climb this peak, the highest in the region. If you've never seen the incredible Seweweekspoort, you haven't lived!!! See: <a href="http://www.seweweekspoortguestfarm.co.za/">http://www.seweweekspoortguestfarm.co.za/</a>	2 fully equipped cottages sleep 6 each - R400 per person for 3 nights which would entail taking the Friday off. Email: dlyoung@mweb.co.za	3Cd
Sun 30 Sep	<b>Sam G</b> 082 498 0361	<b>Getaway Hike</b>	TBA	TBA
Sun 7 Oct	<b>Stuart</b> Email Please	<b>Grootvadersbosch Overnight Trail: 5-7 Oct 2012</b> Enjoy a weekend overnight trail in the beautiful Grootvadersbosch Nature Reserve. On the Friday night, we stay over in the campsite and then on the Saturday, we walk (Approx 6hrs) up to the overnight huts and return on Sunday afternoon. Hiking fitness essential.	Cost per person is: R130 for campsite and hike and R30 conservation fee if no wild card). Wild card holders to submit number. Maximum 12 places (payment secures place). Phone 021 438 0860 (no Cell call me backs) or email: stuartd@wam.co.za	Trail

Date	Coordinator	Event Description	Event Details	Grade
Sat 20 Oct	<b>Colin Blake</b> 082 532 3124	<b>Rhodes Memorial to Kirstenbosch</b> A climb to the contour path, and then an easy walk through the forest to Kirstenbosch. Dogs allowed.	9am at the bottom Kirstenbosch car park (where main ticket office is). Shuttle cars to Rhodes Memorial, and start from that end. ±3 hours. 2Bb	2Bb
Sat 17 Nov	<b>Colin Blake</b> 082 532 3124	<b>Sunset Hike: Muizenberg &amp; St James Peaks</b> Hike to the top of these two stunning peaks, and enjoy sundowners on top. Bring torch, snacks and sundowners.	5pm at start of Boyes Drive (Westlake end). ± 3 hrs.	2Bb
Sat 15 Dec	<b>Colin Blake</b> 082 532 3124	<b>Sunset Hike: Little Lion's Head</b> A fairly easy climb to a beautiful sunset spot. Bring torch, snacks and sundowners.	5.30pm at turnoff to Suikerbossie Restaurant, Houtbay. ±2.5 hours.	2Bb
Tue 31 Dec	<b>Volunteer</b>	<b>Yes you can do it!</b> Just became a member? Jump in and lead something for us. Why wait for someone to ask? Name the route, the meeting place and if you are going for drinks after the hike. You choose the date, the start/end time, and it can be easy to difficult, just tell me what you like.	Email Sam all the details: <a href="mailto:calendar@meridian.org.za">calendar@meridian.org.za</a>	You decide

## Meridian Notes

Call METRO rescue at **021 937 0300** if you need medical assistance on the mountain.  
For other emergencies: call 086 110 6417.

<b>New Hikers (&amp; members)</b>	<p>Please contact the co-ordinator before joining any advertised hike and also have a look at our grading system and "what to take on a day hike" notes below.</p> <p style="text-align: center;"><b>Best time to call : 18h00-21h00 (or as specified on calendar entry)</b></p> <p>Please remember that our committee members and hike co-ordinators do these duties on a voluntary basis. If you are unable to get hold of them via the telephone - please do not expect them to phone you back - please leave a message with your comment, or phone back later if you are requiring an answer. Also <b>no</b> SMSes or Call me backs. They are not refunded for phone calls. Your assistance and understanding is greatly appreciated. Happy hiking.</p>
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<b>The following items are recommended on day hikes:</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Boots or shoes that are sturdy with strong non-slip soles</li> <li><input type="checkbox"/> Sunblock</li> <li><input type="checkbox"/> 2 litres water</li> <li><input type="checkbox"/> Lunch / snacks</li> <li><input type="checkbox"/> Warm clothing (even in summer, the temp can suddenly drop on the mountain)</li> <li><input type="checkbox"/> Space blanket</li> <li><input type="checkbox"/> Personal first aid kit</li> <li><input type="checkbox"/> Rain gear</li> <li><input type="checkbox"/> Torch (head lamp with flashing option)</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Cell phone (on silent)</li> <li><input type="checkbox"/> <b>Read <a href="#">Essential Info for Hikers</a></b></li> </ul>
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### Meridian Grading System

Length: (per day)	Gradient:	Effort:
1 – short – up to 6 km	A – flat/undulating – beach/contour.	a – easy
2 – short to med – 6-10 km	B – medium – Lion's Head.	b – mod easy
3 – medium – 10 to 14 km	C – steep – Skeleton Gorge – <i>Hiking Boots &amp; water essential.</i>	c – mod fit
4 – long – 14 to 18 km	D – steep with scrambling – Devil's Peak via Knife Edge - <i>Boots &amp; water.</i>	d – fit
5 – very long – over 18 km	E – more difficult scrambling–Kloof Corner – <i>Boots &amp; water essential.</i>	e – very fit

### Please Read the Following Carefully:

- **Risk:** Members and guests participate in club activities at their own risk. Listen to the hike leader's instructions.
- **Children & dogs:** Please call the leader to find out if s/he is happy to take children on a hike, or if dogs are welcome.
- **Opinions:** Members' and hike coordinators' opinions etc. are not necessarily those of the Club.
- **Cell phones:** Please remember to put your cell phone on "silent" for the duration of the hike.
- **The following items are recommended on day hikes:** Hat, sun block, 2 litres water, lunch, warm clothing, space blanket, money, personal first aid kit, rain gear, torch, whistle, cell phone (on "silent" during the hike).
- **Visitors: R15** for all Meridian events on the calendar. (**R15 per day** on longer trails / weekend away).
- **Cancellations:** Please phone the leader/co-ordinator to check that the hike is on, especially if you are not on e-mail. Cancellations do happen and you may be disappointed.

### How to book on a Trail/Weekend Away

- **No advance bookings.** Phone the hike leader at the opening date & time given in the calendar (not before).
- **Members get preference,** visitors names will be placed on the waiting list, if Trail not filled visitors will be used off waiting list.
- If you cannot book then, ask a friend to book for you.
- Give the Trail Leader all your contact details
- The Trail Leader has right of Refusal
- A member may book for one other person (including a non-member, though preference is given to members).
- Send **payment** to Treasurer, PO Box 15049, Vlaeberg, 8018. \* Write what you are paying for on the back of your cheque
- You may also deposit your Trail fee directly in the 'Meridian Hiking Club' Account, Nedbank, Claremont Branch; Branch Code: 104609; CURRENT A/C No.1046348396. Advise Beverley at [bevlothian@meridian.org.za](mailto:bevlothian@meridian.org.za) with your deposit details. Include your name and the Trail name for identification.
- You will need to make your own Travel arrangements.
- If payment not received by you within 14 days, your name will be moved to the waiting list.
- **Cancellations:** No refunds can be made.
- In the event of you needing to cancel it is your responsibility to find a replacement
- The Trail leader will have a waiting list, the names on the waiting list will be given to you, with contact details, and the Trail Leader will assist as far as possible to help you find a replacement. \* You must contact the people on the waiting list first.
- If a replacement cannot be found from the list you are entitled to go elsewhere, but the replacement must be accepted by the Trail leader. \* Financial arrangements will be between yourselves i.e. refunding of the Trail fee.
- If a replacement cannot be found you will forfeit the fee.