

## Gantouw Hiking Club Programme April to Sept 2026

### Please note:

1. **This programme is provisional, and changes may be made at short notice, particularly in view of forecast weather conditions.** Hikes will be confirmed during the preceding week by email, when details of the hike as well as the name and contact number of the leader will be provided. In order to stay informed, you need to register to join our emailing list. Non-members may also join this list. It is a free service.
2. Please only contact the leader if necessary. You don't have to notify us of your intention to join a hike, unless indicated otherwise.
3. Day hikes usually depart early Saturday morning from a pre-arranged meeting point in the Helderberg area. Details will appear in the hike notice.
4. We are all required to comply with the Gantouw Hiker's Code of Conduct. Also see what to bring on a day hike. Consult <https://www.gantouwhiking.co.za/>.
5. Visitors are welcome to join our hikes and pay a visitor's fee of R40 per hike. Alternatively, you are invited to join the club at the following annual fees: Individual membership – R160; Senior (65+) – R120; Junior under 21 – Free; Students – Free.
6. Please note that all visitors and new members are required to participate in a grade 2 hike before attempting a more challenging hike. The leader may at his/her discretion decide not to permit visitors or members to join a difficult outing.

### Let op:

1. **Hierdie program is voorlopig en veranderinge kan op kort kennisgewing aangebring word, veral as gevolg van voorspelde weersomstandighede.** Elke stap word in die voorafgaande week per e-pos bevestig, en volledige inligting daarvoor asook die leier se kontakbesonderhede word dan ook verstrekk. Om op hoogte te bly, moet jy registreer om by ons e-pos lys aan te sluit. Nie-lede mag ook by hierdie lys aansluit sonder enige koste.
2. Kontak asb die stapleier slegs indien nodig – jy hoef nie te laat weet dat jy 'n stap wil mee maak nie, tensy anders aangedui.
3. Dagstappe vertrek gewoonlik Saterdagoggend vroeg vanaf 'n vooraf gereelde ontmoetingspunt in die Helderberg omgewing. Besonderhede sal in die stap kennisgewing verskyn.
4. Daar word van ons almal vereis om aan die Gedragskode te voldoen - verwys ook na wat jy moet saambring op 'n dagstap. Inligting is beskikbaar op <https://www.gantouwhiking.co.za/>.
5. Besoekers is welkom en betaal 'n besoekersfooie van R40 per stap. Alternatiewelik word jy uitgenooi om aan te sluit by ons klub teen die volgende jaarlikse fooie: Standaard ledegeld – R160; Senior (65+) – R120; Junior onder 21 – Gratis; Studente – Gratis.
6. Let asb daarop dat alle besoekers en nuwe lede eers aan 'n graad 2 stap moet deelneem voordat hulle 'n moeiliker graad 3 stap aanpak. Die stapleier mag sy diskresie gebruik om 'n besoeker of lid te verbied om aan 'n moeilike stap deel te neem.

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### Hike grading and important notes:

#### Grading / Gradering

<b>Exertion</b>	<b>1</b> Relatively easy	<b>2</b> Moderate	<b>3</b> Strenuous	<b>4</b> For the very fit
<b>Exposure to height</b>	<b>A</b> None	<b>B</b> Some	<b>C</b> Exposed	<b>D</b> Very exposed
<b>Technical difficulty</b>	<b>Green</b> Easy hiking, walking on a trail with occasional use of hands (if applicable)	<b>Orange</b> Easy scrambling, walking on or off path with frequent use of hands required	<b>Red</b> Scrambling – frequent use of hands to facilitate upward movement	<b>Black</b> Serious scrambling

**NB:** The grading assumes a basic level of hiking fitness. You are personally responsible for ensuring that you are capable of completing a particular hike in a reasonable time, and that you are able to keep up with the group.

**NB:** The programme is subject to change as weekend trips and shorter alternative hikes are organized and worked into the programme.

**NB:** Die gradering aanvaar basiese stapfiksheid Dit is jou persoonlike verantwoordelikheid om seker te maak dat jy fiks genoeg is om 'n bepaalde stap in 'n redelike tydsduur af te handel, en om by die groep by te hou.

**NB:** Die program is onderhewig aan veranderinge soos naweek uitstappies en korter stappe georganiseer en tot die program bygevoeg word.

SAT	Grade	Fees	Route	Permit	Leader
<b>April</b>					
3 April			Good Friday		
<b>4 April</b>	2.5BO	None	Pringle Bay – Hangklip with Milkwood Glen	None	Fay
	3.5B+G	None	Hermanus: Vogelgat – Base Camp to Maanschynskop	9 hikers only	Graham
5/6 April			Easter Sunday & Monday		
11 April			Saturday - Two Oceans Marathon in Cape Town		
<b>11 April</b>	3.5BO	None	Kleinmond (Fairy Glen) - Perdeberg via Highland Circuit	None	Dermot
<b>18 April</b>	2.5BO	None	Kalk Bay - Trappieskop to Cave Peak	None	Wim
<b>25 April</b>	2.5AG	HNR Mem/R30pp	Helderberg Nature Reserve – Woodie’s Walk	None	Judith
	4.0CR	R20 per vehicle	HNR – The Dome	None	Hannes

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27 April			Monday - Freedom Day		
<b>May</b>					
1 May			Friday – Worker’s Day		
2 May	2.0AO	None	Constantia Nek to Kirstenbosch Gardens	None	Philip
	3.5DB	None	Newlands Forest - Hiddingh Ascension descending via Aerial Cable Car	None	David Mc
9 May	1.5AO	None	Gordons Bay – Beach parking to Danie Miller trail and back for Coffee and Snacks	None	Denise
	3.5CO+	None	Hout Bay - Suikerbossie to Grootkop with Yellowwood Traverse	None	Hannes
16 May	2.0BG	None	Stellenbosch – Paradyskloof Waterfalls	None	Fay
	4.0BG	None	Hermanus: Vogelgat – Base Camp to Guy’s Pool	9 hikers only	Graham
23 May	2.0AG	None	Muizeberg – Amphitheatre Circuit via Spes Bona	None	Denise
	3.5CR	None	Stellenbosch - Simonsberg from Tokara	None	Pat
30 May	2.5BG	E-R75pp	Jonkershoek – Twin Peaks Contour Path from Gate	None	Philip
	3.5CO	None	Hout Bay – Suikerbossie to Separation Buttress (Recce hike)	None	David C
<b>June</b>					
6 June	2.5BO	None	Rooiels – River Gorge	None	Henry
13 June	3.0BO	None	Camps Bay - Oudekraal Ravine to St Paulspiek and Peak 761	None	Tim
16 June			Tuesday - Youth Day		
20 June	2.0AG	None	Sir Lowry’s Pass – Idiom Boulders Trail with Talk, ‘History of the Wagon Trail’	None	Steve
	3.5BO	Wild Card or E-R70pp	Jonkershoek (Witbrug) – Panorama Circuit	None	Hannes
27 June	2.5BO	Wild Card or E-R44pp	Silvermine – Noordhoek Peak to Skyline Ridge	None	Brad
<b>July</b>					
4 July	3.5BO	None	Stellenbosch – Stellenboschberg from Paradyskloof	None	Dermot
11 July	2.0AG	None	Hermanus Cliff Path – Grotto Beach to New Harbour	None	Denise

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18 July			Saturday – Nelson Mandela Day		
18 July	3.0CO	None	Camps Bay – Three Firs to Kasteelpoort	None	Janet
25 July	2.5BO	R70pp	Franschhoek Mont Rochelle – Dutoitskop Circuit (Cockwise)	None	Danilo
<b>August</b>					
1 Aug	2.5BO	Wild Card or E-R110pp	Cape Point – Paulsberg	Permit	Werner
	3.5B+O	R70pp	Mont Rochelle – Perdekop Circuit	None	Wim
8 Aug	2.5BO	None	Hout Bay – East Fort via Manganese Mine to Blackburn Ravine Lookout	None	Wim
9/10 Aug			Sun & Mon - National Woman's Day		
15 Aug	2.5AG	E-R60pp	Betty's Bay – Harold Porter to Lookout & Leopard's Kloof	None	Henry
	3.0CR	None	Table Mountain – India Venster to Kasteelpoort	None	Karin & Selwyn
22 Aug	2.0BO	None	Table Mountain – 12 Apostles Path, Bakoven side	None	Werner
	2.5BO	None	Silvermine – Steenberg Peak & beyond	None	Dermot
29 Aug	3.5BO	None	Table Mountain - Reserve and Cleft Peak via Cecilia Ridge and Nursery Ravine	None	Hannes
<b>September</b>					
5 Sept	2.5 BO	None	Kleinmond – Kasteelkop Crags to Dot's Dash	None	Fay
	3.5BO	Wild Card or R65pp	Kogelberg – Kogelberg Trail (24kms)	None	Pat
12 Sept	3C+R	None	Devil's Peak – Circuit via Mowbray Ridge, Knife Edge and East Face	None	Brad
19 Sept	2.5BO	None	Noordhoek - Noordhoek Beach to Chapman's Peak	None	Dermot
24 Sept			Thursday – Heritage Day		
26 Sept	2.5BO	None	Paarl – Bretagne Rock, Oukraal Kamp, Christmas Camp and back via Waterfall	None	Fay
	3.5CR	None	Constantia Nek – Agatha's Gully with Klaassenskop Traverses (and Chimneys for Wim)	None	Hannes