



BERG-EN-DAL HIKING CLUB

TUESDAY HIKING PROGRAMME: JANUARY - DECEMBER 2022

(First Tuesday of the month is an outing/ official trail.)

MTH	DAY	TIME	POINT OF DEPARTURE	AREA/ACTIVITY	GRADE	LEADER	CONTACT NUMBER	
Jan	4	7:00	Botanical Garden	Swings. Bring snacks and beverages.	ABA (2)	Hettie Botha	083 696 0395	
	11	7:00	Stander Street	Garden Route Dam area		None		
	18	7:00	Botanical Garden	Witfontein & mountain area		None		
	25	7:00	Stander Street	Garden Route Dam area		None		
Feb	1	7:00	Botanical Garden	Midbrak/Little Brak Beach hike. Bring snacks & beverages	AAA (2)	Mienie Ellis	072 291 6079	
	8	7:00	Stander Street	Garden Route Dam area		None		
	15	7:00 & 10:00	Botanical Garden	Witfontein & mountain area + Seniors tea: invited guests only (see notes)		Sonja Van Walbeek (seniors tea)		076 819 2393
	22	7:00	Stander Street	Garden Route Dam area		None		
Mar	1	7:00	Botanical Garden	Heroldsbaai>Maalgate. Bring snacks and beverages.	AAB (3)	Nicolette v Eetveldt	082 381 9478	
	8	7:00	Stander Street	Garden Route Dam area		None		
	15	7:00	Botanical Garden	Witfontein & mountain area		None		
	22	7:00	Stander Street	Garden Route Dam area		None		
	29	7:00	Botanical Garden	Witfontein & mountain area		None		
Apr	5	7:00	Stander Street	GR Dam & Pepsi Pools. Bring snacks and beverages.	ABA (2)	Linda Halgryn	083 299 7802	
	12	7:00	Botanical Garden	Witfontein & mountain area		None		
	19	7:00	Stander Street	Garden Route Dam area		None		
	26	7:00	Botanical Garden	Witfontein & mountain area		None		
May	3	8:00	Botanical Garden	Breakfast Rock. Bring snacks and beverages.	ABB (3)	Michele du Toit	071 139 0030	
	10	8:00	Stander Street	Garden Route Dam area		None		
	17	8:00	Botanical Garden	Witfontein & mountain area		None		
	24	8:00	Stander Street	Garden Route Dam area		None		
	31	8:00	Botanical Garden	Witfontein & mountain area		None		
Jun	7	8:00	Stander Street	Groeneweide, Green. Bring snacks and beverages.	ABB (4)	Su Carter	082 469 6152	
	14	8:00	Botanical Garden	Witfontein & mountain area		None		
	21	8:00	Stander Street	Garden Route Dam area		None		
	28	8:00	Botanical Garden	Witfontein & mountain area		None		
Jul	5	8:00	Botanical Garden	Wolwedans Dam. Bring snacks and beverages.	AAB (3)	Henri Le Roux	083 262 1697	
	12	8:00	Stander Street	Garden Route Dam area		None		
	19	8:00	Botanical Garden	Witfontein & mountain area		None		
	26	8:00	Stander Street	Garden Route Dam area		None		
Aug	2	8:00	Stander Street	Loverslane NMU campus. Bring snacks and beverages.	BAA (2)	Rose Von Bratt	072 233 9194	
	9	8:00	Botanical Garden	Witfontein & mountain area		None		
	16	8:00	Stander Street	Garden Route Dam area		None		
	23	8:00	Botanical Garden	Witfontein & mountain area		None		
	30	8:00	Stander Street	Garden Route Dam area		None		
Sep	6	7:00	Botanical Garden	Cross from Botanical Garden. Bring snacks and beverages. Spring Day surprise.	BBA (3)	Erika Carshagen	082 410 9613	
	13	7:00	Stander Street	Garden Route Dam area		None		
	20	7:00	Botanical Garden	Witfontein & mountain area		None		
	27	7:00	Stander Street	Garden Route Dam area		None		
Oct	4	7:00	Botanical Garden	Le Grande. Bring snacks and beverages.	AAA (3)	Henri Le Roux	083 262 1697	
	11	7:00	Stander Street	Garden Route Dam area		None		
	18	07:00 & 10:00	Botanical Garden	Witfontein & mountain area + Seniors tea: invited guests only (see notes)		Sonja Van Walbeek (seniors tea)		076 819 2393
	25	7:00	Stander Street	Garden Route Dam area		None		
Nov	1	7:00	Botanical Garden	Pepsi Pools. Bring snacks and beverages.	BBB (5)	Hettie Botha	083 696 0395	
	8	7:00	Stander Street	Garden Route Dam area		None		
	15	7:00	Botanical Garden	Witfontein & mountain area		None		
	22	7:00	Stander Street	Garden Route Dam area		None		
	29	7:00	Botanical Garden	Witfontein & mountain area		None		
Dec	6	7:00	Botanical Garden	Brown Headed Kingfisher. Bring snacks & beverages.	BBA (3)	Roza Barnes	084 626 1048	
	13	7:00	Stander Street	Garden Route Dam area		None		
	20	7:00	Botanical Garden	Witfontein & mountain area		None		
	27	7:00	Stander Street	Garden Route Dam area		None		



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SATURDAY HIKING PROGRAMME: JANUARY - DECEMBER 2022

MTH	DAY	TIME	DESCRIPTION	GRADE	LEADER	CONTACT NO.	COMMENTS
Jan	1	7:00	Herolds Bay > Maalgate	AAB (3)	Mienie Ellis	072 291 6079	(opportunity for swimming)
	8	7:00	Kaaimans River (swim)	AAC (5)	Douglas Thomas	082 732 6085	Bring life jacket
	15	7:00	Silver River Waterfall	BBC (5)	Nico Van Stryp	083 233 6319	(swim)
	22	7:00	Bridle Path > Waterfall	ABA (3)	Theresa Oldewage	072 133 7448	(swim) Buffalo Bay 21-23 Jan
	29	6:30	Terblans and Jonkersberg	ABB (4)	Jurie Erasmus	082 900 3003	Quarterly Saturday social (braai)
Feb	5	7:00	Wilderness Heritage	ABB (4)	Geoff Carter	083 680 8089	(swim)
	12	7:00	Herolds Bay > Dollieskraal	ABB (4)	Mienie Ellis	072 291 6079	(swim, low tide 07:20) Whiskey Creek 16-18
	19	7:00	Blombos, Lake Pleasant	BBA (5)	Mareta Strydom	084 474 4904	(swim)
	26	7:00	Beervlei	BBB (5)	Tessa Rhodes	083 303 2722	(swim)
Mar	5	7:00	Carmel-Pulpit Rock > Magic Forest	BBA (5)	Rosita Kuschke	082 211 5521	Quarterly Sunday social (braai) 6 Mar
	12	7:00	Van Dalen Peak/Cave - circle	BCB (8)	Jurie Erasmus	082 900 3003	
	19	7:00	Rogue Pony	AAB (4)	Roza Barnes	084 626 1048	Katot Meyer 18-21
	26	7:00	Tierkop > Kransberg	CCB (8)	Jeff Lester	082 566 3295	
Apr	2	6:30	St Blaize	BBB (5)	Mariaan Joubert	084 668 4747	(swim)
	9	7:00	Glentana to Great Brak	AAB (4)	Erika Carshagen	082 410 9613	(low tide 09:20) Quarterly Saturday social
	16	7:00	Forest Buzzard (Botanical Garden)	BBA (3)	Jurie Erasmus	082 900 3003	Diepwalle 15-17 / Celebratio dates t.b.c.
	23	7:00	Tolberg > Vensterberg	ABC (7)	Theresa Oldewage	072 133 7448	
	30	6:00	George Peak- circle via cross	BCC (8)	Gerrie Smith	071 849 9306	Alternative to Cross. (solar eclipse)
May	7	8:00	Dune Moll Rat	AAA (2)	Daniel Lester	082 774 0028	Quarterly Sunday social (braai) 8 May
	14	8:00	Groeneweide, Blue	BBA (3)	Roza Barnes	084 626 1048	
	21	8:00	Cradock Pass	BCB (7)	Geoff Carter	083 680 8089	Cape Town 22-29
	28	7:00	Koumashoek (circle)	BCC (9)	Nico Van Stryp	083 233 6319	
Jun	4	7:00	Noordstasie	BCC (9)	Jurie Erasmus	082 900 3003	Alternative Bosbok 08:00
	11	8:00	Sungazer	ABB (4)	Rosita Kuschke	082 211 5521	Sleeping Beauty 10-12
	18	8:00	Groenkopnek	CCB (6)	Su Carter	082 469 6152	
	25	8:00	Ebb & Flow>WildFarm>Standerweg	BAA (3)	Esther Van Rooyen	084 406 4413	
Jul	2		Winter Function				
	9	8:00	Southern Cross > Little Brak	BAA (1)	Hanli Townshend	082 574 3846	
	16	8:00	Oubaai Heritage > Dollieskraal	BBB (5)	Mienie Ellis	072 291 6079	(low tide 11:30)
	23	8:00	Doringrivier	BCB (7)	Mareta Strydom	084 474 4904	Anysberg 22-24
	30	8:00	Camferskloof Peak Skyline - circle	ABB (7)	André Roux	083 456 0618	
Aug	6	8:00	Jubilee Creek/Drupkelder	AAB (4)	Geoff Carter	083 680 8089	Quarterly Saturday social (braai)
	13	8:00	Montagu Pass	ABA (2)	Nicolette v Eetveldt	082 381 9478	Red Stone Hills 12-14
	20	8:00	Outeniqua pass>Montagu pass Skyline	ACC (8)	Jurie Erasmus	082 900 3003	
	27	8:00	Varingkloof>Ou Dam (Ou Dam Wes)	CCB (8)	Su Carter	082 469 6152	Alternative Swings
Sep	3	7:00	Camferskloof Peak	ABB (4)	Salomé Van Wyk	083 284 3492	Quarterly Sunday social (braai) 5 Sep
	10	6:30	Kranshoek	BBA (5)	Jeff Lester	082 566 3295	
	17	7:00	Breakfast Rock	ABB (4)	Nicolette v Eetveldt	082 381 9478	Marloth, Swellendam 14-18
	24	7:00	Kleinkranz > Gerickespunt	CAA (3)	Linda Halgryn	083 299 7802	(low tide 08:45)
Oct	1	7:00	Keurkop via Montagu Pass	ABC (7)	Gerrie Smith	071 849 9306	
	8	7:00	Eagle Falls	AAC (5)	Jurie Erasmus	082 900 3003	(swim) Quarterly Saturday social (braai)
	15	6:30	St Blaize	BBB (5)	Mariaan Joubert	083 284 3492	Swartberge 14-16
	22	7:00	Thunderbird	BBC (5)	Rose Von Bratt	072 233 9194	
	29	7:00	Pass to Pass	ABC (7)	Salomé Van Wyk	083 284 3492	
Nov	5	7:00	Cradock Peak	CDC (9)	Tessa Rhodes	083 303 2722	Alt. Bushbuck Quarterly Sunday social 6 Nov
	12	7:00	Circles in a Forest	ABA (4)	Henri Le Roux	083 262 1697	
	19	7:00	Groeneweide, Red	BBB (5)	Esther Van Rooyen	084 406 4413	
	26	7:00	Swings	ABA (2)	Theresa Oldewage	072 133 7448	Year End Function
Dec	3	7:00	Beervlei	BBB (5)	Nico Van Stryp	083 233 6319	(swim) Robberg 2-4
	10	7:00	Wolwedans Dam	AAB (1)	Mienie Ellis	072 291 6079	
	17	7:00	Pepsi Pools	AAC (5)	Su Carter	082 469 6152	
	24	8:00	Glentana > Shipwreck	AAA (2)	Salomé Van Wyk	083 284 3492	(swim, low tide 10:00)
	31	7:00	Silver River pool	AAB (3)	Hanli Townshend	082 574 3846	(swim)



BERG-EN-DAL HIKING CLUB

MULTI-DAY HIKING PROGRAMME: JANUARY - DECEMBER 2022

MTH	DATE	DESTINATION	ACTIVITY TYPE	ORGANISER	CONTACT NUMBER
Jan	21 to 23	Buffalo Bay	Day hikes	Esther van Rooyen	084 406 4413
Feb	16 to 18	Whiskey Creek, Keurbooms River	Rowing; Day hikes	Rose von Bratt	072 233 9194
Mar	18 to 21	Katot Meyer, De Vlugt area	Backpack	Rose von Bratt	072 233 9194
Apr	15 to 17	Diepwalle, Knysna and Celebratio Pomegranate Farm	Day hikes	Jeff Lester & Linda Halgryn	082 566 3295 & 083 299 7802
May	22 to 29	Cape (Table Mountain)	Backpack / Day hikes	Nico Van Stryp	083 233 6319
Jun	10 to 12	Sleeping Beauty, Riversdale	Day hikes	Douglas Thomas	082 732 6085
Jul	22 to 24	Anysberg, Ladismith area	Day hikes	Salomé Van Wyk	083 284 3492
Aug	12 to 14	Red Stone Hills, Calitzdorp	Day hikes	Roza Barnes	084 626 1048
Sep	14 to 18	Marloth, Swellendam	Backpack	Hanli Townshend	082 574 3846
Oct	14 to 16	Swartberge	Backpack	Douglas Thomas	082 732 6085
Dec	2 to 4	Robberg, Plettenberg Bay	Day hikes	Daniel Lester	082 774 0028



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FUNCTIONS: JANUARY - DECEMBER 2022

MONTH	DAY	ACTIVITY
Jan	29	Quarterly Saturday social (braai)
Feb	3	AGM - Annual General Meeting
	10	Quarterly Committee Meeting
	15	Seniors tea: invited guests only (see notes)
	17	Annual Hike Leaders Meeting
Mar	6	Quarterly Sunday social (braai)
Apr	9	Quarterly Saturday social (braai)
May	8	Quarterly Sunday social (braai)
	26	Quarterly Committee Meeting
Jul	2	Winter Function
Aug	6	Quarterly Saturday social (braai)
Sep	4	Quarterly Sunday social (braai)
	8	Quarterly Committee Meeting
Oct	8	Quarterly Saturday social (braai)
	18	Seniors tea: invited guests only (see notes)
Nov	3	Quarterly Committee Meeting
	6	Quarterly Sunday social (braai)
	26	Year End Function



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NOTES TO HIKING PROGRAMME

GRADING

Total Distance:

- A. Maximum 12km
- B. Between 12 and 18km
- C. Between 18 and 25km
- D. More than 25km

Total ascent (Sum of all vertical heights):

- A. Maximum 300m
- B. Between 300 and 750m
- C. Between 750 and 1500m
- D. More than 1500m

Technical evaluation:

The technical evaluation aims to give an indication of the conditions that may be expected on the route. These conditions include the general route layout in which obstacles such as rock scrambling, bundu bashing and boulder hopping, steep ascents, moving through narrow passages, over narrow reefs with or without chain ladders, through water crossings with or without compulsory swimming, through thick loose sand, etc. must be overcome.

- A. The routes are mainly on well-maintained roads, with very few or no obstacles and can be tackled without the use of technical skills;
- B. Exposure to obstacles is for short distances of the route only, where the application of technical skills during the walk is minimally required;
- C. Exposure to obstacles occurs over longer distances and is also much more in size, length and variety, resulting in technical skills that have to be applied more often;
- D. The degree of difficulty of the route is high where most of the route consists of obstacles in degrees of length, size and variety, resulting in technical skills that have to be applied almost continuously on the route. Hikers with fears and phobias such as fear of heights and claustrophobia should not attempt these routes. Hikers who attempt these routes must also be very fit and possess sufficient upper arm- and upper body strength.

After the elements of a route have been established, a calculation is performed to allocate one of three gradings (easy, average, difficult) to the route. This scale works on a rating of 1 to 11 where **1 to 3 is easy, 4 to 6 is average and 7 to 11 is difficult.**

For example, a route grading can be as follows: BBB (5).

GENERAL NOTES:

- All participants (members and guests) must familiarise themselves with the club rules (available on the club's website) and abide by the rules.
- All participants (members and guests) must complete an indemnity form prior to a hike, unless an existing indemnity is already held on file.
- Participants meet at the scheduled time on Saturdays in the parking area of the NG Moedergemeente, Kerkstraat, George unless alternative arrangements have been communicated.
- In the case of inclement weather, the day's hike is automatically cancelled.
- Hikers must enlighten themselves about the day's hike as plenty of information is available on the club's website. On easier routes the stronger hikers should not chase the pace and similarly, the more difficult routes must not be slowed down by unfit hikers.
- Changes or amendments to scheduled hikes must be in line with the *Hiking Guide*.
- On certain Saturdays there will be a function following the hike. View the club communications for more information closer to the hiking date. Where required and if possible, the club will supply wood for a braai.
- The Tea for Seniors is organised by Sonja and is solely for invited guests. The club donates milk tart, while invited members bring own drinks and chairs.

NOTES TO MULTI DAY HIKES:

- Club members receive priority for bookings.
- Deposits and other relevant fees must be paid to the hike leader as and when requested.
- When a hiker withdraws from the hike and cancels his booking, he/she remains accountable for all payments due. The hiker may therefore forfeit deposits and may have to pay any outstanding fees. It is his/ her responsibility to find a suitable person/replacement for the hike.

Webadres:

<https://bergendalhiking.co.za>