

NATIONAL MEET 2023 Daily Hike Schedule (10 - 16 April)



Day	Meet Title	Location	Activity	Route	Description	Grade	Strenuous	Distance (Kms)		Elevation (m)	
								Hike	To Start	Min	Max
Tuesday 11 Deon/Derek	Sandstone Towers	Dangershoek		Circular	Sturdy vehicles to Nomlenga with Tele Falls hikers Down to the Telle River (Lesotho) and back Pass spectacular sandstone cliffs and towers	3	M	9	52	1780	2050
Gavin	Glen Gyle Peaks	Balloch		Circular	Hike from camp to ridge behind Overhang Follow the ridgeline to the Glen Gyle peaks Straight down to base and easy walk back to camp	4	H-	10	0	1860	2561
Anneline	Glen Gyle Ridge	Balloch		Out & Back	Hike from camp to ridge behind Overhang Turn back and explore cliffs behind Overhang For the not so fit hikers who want to turn around	2	M	5	0	1860	2320
Wednesday 12 Deon/Caroline	Wildflower excursion	Naudes Nek	Flora	Drive	Drive to Rhodes and up the Naudes Nek Pass Looking for alpine flowers Enjoy numerous orchids, gladioli etc in flower	0	L-	2	85	2400	2500
Gavin	Shepherd's Overhang	Balloch		Circular	Short hike in the next valley to a huge sheep overhang Up the valley past 3 waterfalls Return behind the large cliffs to camp.	2	M	11	0	1840	2200
Wium	Edge Hill Plateau	Lundeans Nek		Circular	From old Police Station up on eastern side Hike along ridge with good views towards Edge Hill Back over bogs to overlooking Lundeans Nek	3	M+	10	21	2000	2660
Thursday 13 Deon	Bird Atlassing	Telle Bridge	Birding	Drive	Do some bird atlas bashing for SABAP2 There are several blank pentads along the Tele River Return past Sterkspruit	0	L-	0	40	1420	2170
Wium	Halstone Krantz	Edge Hill farm		Out & Back	Start from the Wildfell valley up a bastion of a mountain Magnificent views in all directions of the Witteberg The top section is on the route of the strenuous 100km Skyrun	4	H	7	25	1920	2465
Gavin	Vlooiakraal Canyon	Glen Avon		Circular	From the Vlooiakraal Spruit bridge down the canyon At the confluence with the Joggemspruit up to Castle Rock Return along the top	2	M+	16	6	1700	1940

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Friday 14 Gavin	2 Waterfalls	Lundeans Nek			From the top of the pass hike along a cattle path Enjoy 2 high waterfalls in a spectacular setting Explore sandstone cliffs	2	L+	6	30	2150	2200
Wium	Balloch Peak	Glen Lyon		Circular	From Lower Glen Lyon farm to sandstone cliffs Up to Balloch Peak (Glen Lyon) with wide views Past 2 waterfalls down to road and back	3	H	13	17	1860	2649
Dawn	Rock Art Study Tour	Wartrail	R/Art	Lecture & Excursion	Phd proponent on Rock Art, Dawn Green Costs are R200pp with a minimum of R2000	1	L		15		
Saturday 15 Anneline	Triple Waterfall	Glen Lyon		Out & Back	Explore the Lyons Den Overhang shelter Hike to top of sandstone cliffs View the triple waterfall behind the Balloch Wall	2	M-	5	24	1900	2140
Wium	Balloch Wall	Wartrail		Circular / Linear	Tackle the Skyrun's notorious 500m Balloch Wall Straight up, enjoy the views at the top. Back to camp or down to Wartrail Sports Club	4	H	7	0	1800	2400
Deon	Flower ID	Balloch		Circular	Explore the base of cliffs and streams Try to ID flowers and take photos for iNaturalist	1	L	5	0	1860	2100
Daily Nico/Louis/ Nelia/Lourene	Easy Hiking	Balloch		Out & Back	Easy hiking for a relaxing day Explore different sandstone valleys Late start at 9h00 for a 2 - 4 hour day	1	L	4	0		

GRADING (Adapted from the MCSA South Cape Section Grading)

Grade 0	Walking: Strolling on good path, or level surface, suitable for the whole family.
Grade 1	Easy hiking: Walking on a trail, over relatively easy terrain.
Grade 2	Normal hiking: Walking on or off trail over rough terrain, but no use of hands needed
Grade 3	Easy scrambling: Walking on or off path with occasional use of hands required
Grade 4	Normal scrambling: Some use of hands with an occasional exposure to steep drop-offs

NATIONAL MEET 2023 Multi-Day Hike Schedule (10 - 16 April)

Day	Meet Title	Location	Setting	Route	Description	Grade	Strenuous	Distance (Kms)		Elevation (m)	
								Hike	To Start	Min	Max
Tuesday 11	Balloch High Rim	Balloch	Backpack	Circular	Hike from camp to ridge behind Overhang	3	H-	12	0	1860	2561
Richard					Follow the ridgeline to the Glen Gyle peaks						
Wednesday 12					Carry on to Skiddaw and camp along stream			15		2300	2649
Thursday 15					Up to the high ridges north of Balloch						
					Set up camp along a stream						
					Climb Glen Lyon (Balloch) peak without backpacks and return			8		2400	1860
					Down the Vlooiakraal valley past 3 waterfalls						
					Get back to camp						
Tuesday 11	Telle Falls	Dangershoek	Backpack	Linear	Sturdy vehicles needed to drive to start with daygroup	3	H	16	52	1900	2300
Derek					Initially hike with daygroup from Nomlenga						
Wednesday 12					Past the sandstone cliffs up the Telle valley and set up camp						
					Hike to the bottom of 2 Telle waterfalls and back			11		2100	2864
Thursday 13					Hike up to the the Story Teller cliff						
					View the 2 Telle Falls from the top.						
					Hike towards Breslins Kop and set up camp						
					Hike to the Wildfell falls			11	25	1900	2500
					Come down the Bridal Pass (reverse Skyrun route)						
					Down the Wildfell valley to Halseton Krantz to cars						
Wednesday 12	Ben Mac - Telle Falls	Hawkeshead	Slackpack	Various	Drive with 4X4's to Rhodes, up the Carlisle Hoek valley	2	M+	5	83	2580	3001
Anneline					Park cars past Tiffendell and hike up Ben MacDhui						
Thursday 13					Sleep night at Hawkeshead chalet						
					Climb Breslinskop and hike down to the Storyteller area			14		2400	2880
					View the Telle Falls from the top						
					Hike back to Hawkeshead chalet						
Friday 14					Hike to top of Wildfell waterfall			9	30	2300	2600
					Return by car down the Bidstone Pass						
Friday 14	Balloch Valley & Peak	Balloch	Backpack	Out & back	Up to top of Vlooiakraal Spruit past 3 small waterfalls	3	M+	15	0	1860	2649
Derek					Set up camp and continue without backpacks.						
Saturday 15					Hike to the spectacular views of Balloch peak and back						
					Down the Vlooiakraal valley past 3 waterfalls			8		2400	1860
					Return via the sandtone cliffs across the valley from camp						