

EVERGREEN NEWSLETTER

ALOE ALOE

EVERGREEN
lifestyle
at lake michelle

"Whatever your situation, make the most you can of each and every day. Be nice to people, and laugh as much as possible."

DODDIE WEIR

Dear Residents,

I hope you've all had a good week.

Thank you to everyone who booked for the events we advertised in last week's newsletter. The Mother's Day Lunch is now fully booked. Please also remember to RSVP for next week's Bingo Night and the Ladies Meet & Greet on the 24th.

In anticipation of the Country and Western Dinner Dance on the 26th May, we have added a little 'Wild West' flavour to this week's Newsletter.

In 'Did You Know' read up on some interesting facts about the Wild West and in a special page named 'Cowboy Wisdom', get your head around some of the funny sayings real cowboys use.

Remember that in order to fully experience the theme of the dance, it's always more fun when looking the part so don your stetsons, your favourite cowboy boots and spurs, and get ready to kick up your heels while you do-si-do your 'pardner' around the room!.

In 'Bon Appétit', we take a "technology" angled approach with 3D-printed fish in order to support sustainability. Also read more about Mead and how it is made right here in Cape Town. You can even attend a tasting to awaken your inner Viking.

In 'Out And About' experience the breathtaking beauty of the Western Cape on two hiking trails that have been voted amongst the best in the world.

Wishing you all a wonderful weekend.

Regards
Riaan and the Evergreen Team

Week 20

IN THIS ISSUE

Weekly Activities

Your weekly guide to sport & recreational activities in the Village

It's A Celebration

Birthday's, Anniversaries & New Residents

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Delicious meals on offer this week!

Did you know?

10 Facts About the Wild West

Bon Appétit

This start-up is 3D printing fish to meet growing seafood demand

and

Have you ever tasted mead?


Out & About

Two Western Cape hikes named among the top 35 best hikes in the world

Cowboy Wisdom

Funny Cowboy sayings

ACTIVITIES & EVENTS

MON 15 MAY	TUE 16 MAY	WED 17 MAY	THUR 18 MAY	FRI 19 MAY	SAT 20 MAY	SUN 21 MAY
09h00 STRETCH CLASS 1ST FLOOR LOUNGE	09h00 CALLANETICS ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR LOUNGE	08h45 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
		09h00 TÁI CHI (2) ACTIVITY ROOM 1	10h00 KNITTING GROUP MAIN LOUNGE	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL	10h00 BRIDGE ACTIVITY ROOM 2	10h00 17, 31 MAY CHRISTIAN FELLOWSHIP 1ST FLOOR LOUNGE	10h30 TÁI CHI (1) ACTIVITY ROOM 1	11H00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES ACTIVITY ROOM 2	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 BRIDGE ACTIVITY ROOM 2			12H00 SUNDAY LUNCH BISTRO
	14h30 TABLE TENNIS TABLE TENNIS ROOM	15h00 LINE DANCING ACTIVITY ROOM 1	14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
			 18H00 BINGO NIGHT BISTRO	17H00 RESIDENT SOCIAL MAIN LOUNGE		
		REMINDER! WEDNESDAY IS RECYCLING COLLECTION DAY				

ACTIVITIES & FACILITIES

STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 443

Linda - 082 410 9443

CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

TABLE TENNIS

Social table tennis for beginners or more experienced players

Dianne - ext. 2061

BRIDGE

The card game that's both intellectually and socially stimulating

Cecily - ext. 2011

POOL

Get together and enjoy a game of pool in the 1st floor lounge

Bill - ext. 2040

GAMES

Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games

Cecily ext. 2011

Norma ext. 2089

LIBRARY

Read to hearts content. Grab a book from our wide range on offer

Jane - ext. 2063

SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue / Wed 09h00 - 16h00

Janine - 073 294 9655

GROUPS & EVENTS

CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John - ext. 2018

KNITTING GROUP

Knitting while socialising for an amazing cause.

Jen - ext. 2112
Avril - ext. 2049

GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val - ext. 2056

BIRD WATCHING

Bird watching in the Village or outside. Hikes and talks about South African and Western Cape Birdlife.

Ian - ext. 2094

LADIES MEET & GREET

A fun get-together for all the ladies.

Bridget - ext. 2002
Irene - ext. 2031

HIKING GROUP

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer.

Don - ext. 2039

OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike - ext. 2112

MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare - ext. 2039

AIR SHOW TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete - ext. 2065

UPCOMING EVENTS

MAY

MOTHER'S DAY LUNCH - 14TH
BINGO NIGHT - 18TH
FELLOWSHIP - 17TH, 31ST
MOBEE CARWASH - 24TH
MOVIE - 24TH
LADIES MEET & GREET - 24TH
SPECIAL EVENT - 26TH

JUNE

DINNER SERVICE - 2ND, 9TH, 30TH
SPECIAL DINNER EVENT - 9TH
FATHER'S DAY LUNCH - 18TH
FELLOWSHIP - 14TH, 28TH
MOBEE CARWASH - 14TH, 28TH
QUIZ NIGHT - 22ND
MOVIE - 28TH

JULY

DINNER SERVICE - 7TH, 14TH, 28TH
BASTILLE DAY DINNER - 14TH
FELLOWSHIP - 12TH, 26TH
MOBEE CARWASH - 12TH, 26TH
BINGO NIGHT - 20TH
CHRISTMAS IN JULY - 28TH

ACTIVITIES & EVENTS

EVERGREEN NOORDHOEK

BINGO

NIGHT

THURSDAY, 18 MAY

TIME: 18H00 | VENUE: BISTRO

ENTRY R20PP - ALL PROCEEDS GO
TOWARDS THE RESIDENT SOCIAL FUND

TO BOOK CONTACT
NORMA ROOS. EXT 2089

ACTIVITIES & EVENTS



The Ladies Meet & Greet Club

'Life is better with Friends'

If you're new to the Village or would like to meet regularly to socialise with a great group of ladies, please do join **The Ladies Meet & Greet Club.**

SPEAKER:

Gillian McCulloch
from Tom Ro Haven

WHEN: Wednesday
24th May at 15h00.

CONTACT:

Bridget on ext. 2002 or Irene on ext. 2031.

Everyone to please wear their name tags and hat of your choice for this months theme

Coffee / Tea and Scones
will be available at R20 pp.
Order directly with Bistro.
ext 2404

ACTIVITIES & EVENTS

FRIDAY, 26 MAY

**COUNTRY &
WESTERN DANCE**

LIVE ENTERTAINMENT
GORDON ROCKER

SEATING FROM 18H00
SERVING TIMES ON 30MIN INTERVALS.
PLEASE BOOK ACCORDINGLY

WELCOME DRINK
A GLASS OF CAPE TOWN CO WHITE OR RED WINE

TO SNACK ON
HOMEMADE CORN BREAD

MAIN COURSE BUFFET
BBQ PORK RIBS OR KENTUCKY-STYLE CHICKEN LEG 1/4
WITH HASSLEBACK POTATOES, SWEET PUMPKIN &
BAKED VEGETABLE HASH

DESSERT
APPLE PIE OR CHOCOLATE BROWNIE
WITH VANILLA ICE CREAM

R165 pp | Bookings essential - ext 2404

IT'S A CELEBRATION

*Count your age by friends, not years.
Count your life by smiles, not tears. — John Lennon*

ANNIVERSARIES

20 MAY
PETER & NANCY BROWN
Noordhoek

BIRTHDAYS

16 MAY
DENISE BAWS – Noordhoek

17 MAY
ANN STEPTO – Noordhoek
JOHN GRIMMER – Noordhoek

18 MAY
JEAN LAMB – Lake Michelle

20 MAY
RODNEY WILSON – Noordhoek

NEW RESIDENTS

DAVID & ELIZABETH MACKINNON-LITTLE
– NOORDHOEK APT 120

TREVOR & LORETTE HARDING FROM
– NOORDHOEK APT 121

DERRETT & HEATHER EVANS –
NOORDHOEK APT 17



WHAT'S ON THE MENU?

MENU

DAILY MEALS - R65

MONDAY

Spaghetti bolognese served with a side salad
OR

Tuscan chicken served with white rice and seasonal vegetables

TUESDAY

Green bean bredie served with yellow rice and a side of vegetables
OR

Crumbed pork chop served with garlic and herb potato wedges and roasted vegetables

WEDNESDAY

Fish cakes served with creamy mashed potatoes and seasonal vegetables
OR

Chicken a la King served with white rice and pan-fried vegetables

THURSDAY

Lambs liver and onions served with creamy mashed potatoes, beetroot and broccoli
OR

Quiche Lorraine served with potato wedges and a side salad

FRIDAY

Fish and chips served with tartar sauce, lemon wedge and a green salad
OR

Beef ragu served with creamy mashed potatoes and pan-fried greens

SATURDAY

Salmon and spinach pasta bake served with a Greek salad
OR

Crumbed chicken strips served with sweet potato fries and coleslaw

THE BISTRO

OPEN DAILY 08H00 - 16H00

DINNER SERVICE - FRIDAY'S FROM 18H00

DAILY MEAL ORDERS BY 14H00

BOOK ON EXT 2404

BREAKFAST - R65

FULL HOUSE

Grilled beef sausage and bacon served with your choice of 2 eggs, fries and 2 slices of toast and preserves

BINGO NIGHT SNACK MENU

OPTION 1 - R170

A selection of chicken strips, spring rolls, samoosas, quiches, and cocktail rolls with dip. (3 of each item)

OPTION 2 - R150

A selection of chicken strips, spring rolls, meatballs, and quiches with dip. (3 of each item)

OPTION 3- R120

Crudite Platter: Hummus dip, cream cheese infused with fresh herbs, vegetable sticks: carrots, cucumber, a selection of peppers, steamed broccoli, cherry tomatoes, boiled eggs (3 each)

SUNDAY LUNCH - R125

MAIN COURSE

Roasted garlic and rosemary beef served with hassle back potatoes, cauliflower and broccoli bake, Yorkshire pudding and red wine jus

DESSERT

Caramel banana tart

DID YOU KNOW?



10 FACTS ABOUT THE WILD WEST

ARTICLE BY: HISTORYHIT.COM

While there's some truth to the movie stereotypes, the real Old West differed in many ways from what you might think, featuring camels, cannibalism and more celebrities than it would be practical to count.

1. The Wild West was once part of Spain

From the 16th to the 19th centuries, the areas encompassing Florida and the states of the US southwest – including California, Arizona, Nevada, New Mexico, Colorado, and Texas – belonged to the viceroyalty of New Spain and were governed from Mexico City. Florida was the first to cede to the US, in 1819. The other areas followed in 1848 after the Mexican-American War. Under the peace treaty, Mexico (which inherited responsibility for the regions after gaining independence in 1821) recognised the US annexation of Texas and agreed to sell most of its territory north of the Rio Grande to the US for \$15 million.

2. Horses weren't the only means of transport

In 1855 Secretary of War Jefferson Davis allocated \$30,000 for the army to import camels from the Mediterranean and Middle East to use for transporting supplies. By 1857 the US Camel Corps was looking after around 75 camels at its base in Camp Verde, Texas.

While the camels proved effective at lugging materials across the desert – one group even made the 1,200-mile trek from Texas to a Los Angeles outpost – the Civil War disrupted the experiment and many of the animals were auctioned off, ending up working in circuses, mines and rail construction, while others escaped and roamed free.

3. Western hero Buffalo Bill Cody was a global superstar

One of the heroes of the Old West, Buffalo Bill Cody had a talent for self-promotion. His exploits as a soldier and bison hunter were published in books, magazines, and newspapers and he also recreated them on stage, starting his own Wild West show in 1883.

The open-air spectacular featured a cast of hundreds – including sharpshooter Annie Oakley and Native American chief Sitting Bull – reenacting buffalo hunts and stagecoach holdups, alongside displays of horsemanship and marksmanship. The show made Buffalo Bill a global celebrity and even Queen Victoria declared herself a fan.



4. A quarter of cowboys were black

You wouldn't know it from your average Hollywood western, but an estimated one in four cowboys was black. American ranchers settling in Texas brought slaves with them, later relying on them to mind their herds when they left to fight in the Civil War. After the abolition of slavery, the newly freed cowhands became much in demand.

One of the best-known African-American Old West heroes was Bass Reeves, the first US deputy marshal west of the Mississippi River, who arrested over 3,000 criminals in his three-decade career.

5. Geronimo escaped his reservation three times

After many years fighting the US Army, Chiricahua Apache leader Geronimo and his band were captured in 1877 and taken to a reservation in Arizona. But he struggled to adapt to settled life and ended up escaping three times: in 1878, 1881, and 1885.

Five thousand soldiers – a quarter of the US army – were involved in the last pursuit, but it still took over a year to bring Geronimo into custody. He was the last Native American leader to formally surrender to the US.

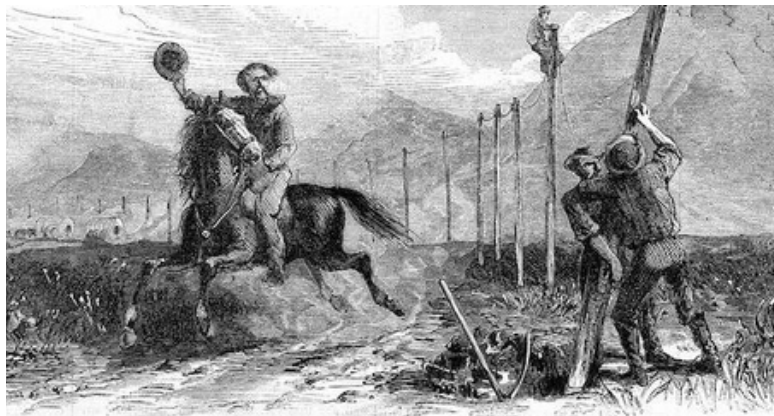
6. Wild Bill Hickok won one of the first quick-draw duels

One of the few recorded instances of a classic fast-draw duel took place on 21 July 1865 in Springfield, Missouri, between Wild Bill Hickok and the gambler Davis Tutt. A row over gambling debts brought rivalries between the two former friends to a head, leading to a showdown in the town square.

Standing sideways to each other around 70 meters apart, the two fired more or less simultaneously. Tutt missed, but Hickok hit the mark, killing his rival. Hickok was later acquitted of manslaughter. An 1867 Harper's Magazine article recounting the incident helped establish his legend.

7. The Pony Express lasted just a year and a half

A famous symbol of the Old West, the Pony Express postal service only operated for 18 months, between April 1860 and October 1861. The service was devised to get national news faster to the West as tensions rose before the Civil War. A team of 80 or so riders carried the mail day and night between St Joseph, Missouri, and Sacramento, California – a 1,900-mile journey. Riders stopped every 10 miles or so at carefully placed station houses to swap horses and maintain full gallop, shrinking delivery times from 24 days to 10. However, the arrival of the telegraph, which made communications almost instant, rendered the service obsolete.



8. Billy the Kid was a New Yorker and Jesse James was the son of a preacher

Two of the most notorious Wild West outlaws had origins you might not expect. Billy the Kid, real name Henry McCarty, was born on the East Side of New York in 1859 before moving west to Kansas and New Mexico. Only after his mother died when he was 15 did Billy begin the life of crime that led him to kill eight men and end up gunned down by Sheriff Pat Garrett at the age of just 21. Meanwhile, outlaw Jesse James was the son of Robert James, a Baptist minister and slave-owning farmer in Missouri, who died when Jesse was three. After a life spent robbing banks and trains, James was killed by one of his own men aged 34.

9. Dodge City was (kind of) dodgy

An important stop on the Great Western Cattle Trail, Dodge City in Kansas attracted money, saloons, gambling halls, brothels and a whole lot of trouble. The annual recorded murder rate there was 165 adults killed per 100,000 people, meaning that someone living in Dodge City between 1876 and 1885 had a one in 61 chance of getting offed. In comparison, the most violent city in the world in 2021, Tijuana, Mexico, has a murder rate of 138 adults killed per 100,000 people. However, you need to bear in mind that the tiny population of Dodge City distorts the statistics somewhat – it only takes a small number of killings to produce a high murder rate. In 1880, for example, just one person out of a population of 996 was murdered. So how dodgy was Dodge City? It depends on how you look at it.

10. Only two families survived the ill-fated Donner Party unscathed

The Donner Party was a group of settlers who in 1846 undertook the epic journey from Missouri to California by wagon train. Crossing the Sierra Nevada mountains, they got trapped by snow for four gruelling months.

BON APPÉTIT



THIS START-UP IS 3D-PRINTING FISH TO MEET GROWING SEAFOOD DEMAND

ARTICLE BY: NEWS24

Our oceans could be empty by 2048. This start-up is 3D-printing fish to meet growing seafood demand

- Around the world, people are consuming fish and seafood more than ever, according to the World Economic Forum (WEF).
- According to a study done by Dalhousie University, if things remain the same, the world's oceans could be virtually empty by 2048.
- Lab-grown beef and chicken have been studied for a while, but few companies have forayed into seafood.

According to a study done by Dalhousie University, if things remain the same, the world's oceans could be virtually empty by 2048. The dwindling fish population calls for alternatives to sidestep the environmental toll. Lab-grown beef and chicken have been studied for a while, but few companies have forayed into seafood.

Steakholder Foods, an Israel-based biotech company, and a Singaporean cellular agriculture start-up, Umami Meats, are now developing the first lab-grown fish fillet using 3D printing techniques.

'CLEAN, TRANSPARENT AND ANTIBIOTICS FREE'

"We've started to 3D-print fish products. The flakiness of the fish is something that is unique for fish. With our patent-protected printing capabilities, we know to 3D print exactly the same texture and flakiness of a real fish," said Arik Kaufman, CEO of Steakholder Foods. Cells of endangered species, such as grouper and eel, are being used to cultivate muscle and fat. They are then added to "bio-ink" to print a voluminous white finger-length fillet. "The process is clean, it's transparent. The end product is antibiotics free and I assume that in the future, we will understand the health benefits of these cultivated meat products," said Kaufman.

The outcome has the flakiness of traditional fish and when fried and seasoned it is hard to tell the difference. "It's really tasty," said Megumi Avigail Yoshitomi, representative director of the Japan Association for Cellular Agriculture, at a tasting event at Steakholder Foods's headquarters in Rehovot. She added: I can feel the same - almost the same - experience of the fish structure in my mouth. And I'm also, really amazed by the juiciness and also the kind of a buttery feel in my mouth.

CHALLENGES MATCHING REAL SEAFOOD

Although the process for lab-grown fish is easier than with beef, much less is known about fish than cow stem cells, according to Umami's chief executive, Mihir Pershad. Cell cultivation alone is still too expensive to match the cost of traditional seafood, so for now the fish cells are diluted with plant-based ingredients in the bio-ink.

Kaufman hopes the complexity and level of the products will be higher, and production prices will decrease in the future. "We want consumers to choose based on how it tastes and what it can do for the world and the planetary environment. And we want to take the cost off the table as consideration," Pershad added. The first products are expected to enter the market next year in Singapore and then, pending regulation, in countries like the United States and Japan.

Click [here](#) to see how the fish is printed.



HAVE YOU EVER TASTED MEAD?

Taste beer, gin and more made from mead (until June)

ARTICLE BY: CAPETOWNMAGAZINE.COM

WHAT IS MEAD?

Mead is the oldest fermented beverage in the world and the only alcoholic beverage that can occur in nature. It's simply made from honey, water, and yeast. Thanks to TV-sensation Game of Thrones, it's become more well-known in popular culture over the past couple of years: So much so that it is the fastest-growing alcoholic industry in the United States. When you hear the word "mead", you might associate it with the Vikings and medieval Europe. You wouldn't be wrong – mead has been made for centuries across the world. However, it was the Khoi San who first discovered it (and brewed it in half the time of their Northern counterparts, who took 40 years to ferment mead).

LEARN ABOUT ITS HISTORY + SUSTAINABILITY

Cape Town Meadery was started in 2016 by Dr. Ernst Thompson. He is full of knowledge about this fermented beverage and talks you through the entire tasting (which lasts about two hours). The tasting room is small, and since tastings are limited to 10 people, the experience feels intimate. You'll learn about the history of mead, the different production methods, and their sustainability mission. Cape Town Meadery uses organic Zambian honey, and by doing so, uplifts small rural communities and protects the natural forests and woodlands.

Mead also has a much lower carbon footprint than other alcoholic beverages. Only 5L of water is used to make 1L of mead (in comparison, 1740L of water is used to make 1L of gin).

TASTE MEAD WITH A TWIST

Sparkling mead, mead gin, mead lager... you'll try meads that vary from the traditional. The tasting includes 10 different kinds of mead. Melaurea Mead Methode Traditionnelle is a sparkling mead, with fine delicate bubbles and a very dry taste (with hints of lemon and buchu). The Braggot Lager is a winner for beer-lovers. It's easy drinking, with Pale Ale hops that give it a slightly citrus taste. There are also more traditional meads to try, like the sweet mead which has a thick syrupy mouthfeel (similar to a dessert wine). The dry mead, on the other hand, is light and crisp. Comparable to a chenin blanc, it's the type of drink that you'd sip at a summer picnic. You'll also be able to taste sweet and cloudy Viking-style mead, straight from the fermentation tank.

MAKE A BOOKING (UNTIL JUNE)

Cape Town Meadery offers limited tasting experiences throughout the year. It's currently being offered every second Saturday until 24 June 2023. Make a booking via Quicket. It can be a bit tricky to find. From Voortrekker Rd/R102, turn left onto 7th Avenue. Enter The Old Timber Yard on the left. Drive straight until you see Cape Town Meadery (Unit 27). Get the directions.

TRY THIS ANCIENT AFRICAN DRINK

Book a tasting: Until 24 June 2023 (11am - 1pm; 2.30pm - 4.30pm)

Cost: R120pp

Contact them on: Via the website;

@cape_town_meadery

OUT & ABOUT



TWO WESTERN CAPE HIKES NAMED AMONG THE TOP 35 BEST HIKES IN THE WORLD

ARTICLE BY: CAPETOWN{ETC}

Two hikes in the Western Cape have been recognised on an international level. The travel adventure company Explore! curated a list of the 35 best hikes in the world, and the Robberg Peninsula hiking trail in Plettenberg Bay was ranked 27th, while the Cecilia Waterfall via Cecilia Forest in Cape Town was ranked 29th.

Both trails offer stunning views and accessible terrain and promise to deliver a memorable and rewarding adventure for any hiker, regardless of experience level.

In regard to compiling the '35 of The Best Hikes in the World' list, the company commented, 'We at Explore! believe that any place worth going to is a place worth hiking through. So we've assembled a list of 35 of the best hikes in the world that almost anyone can do, from short jaunts you can do in less than an hour to longer, multi-day itineraries.'

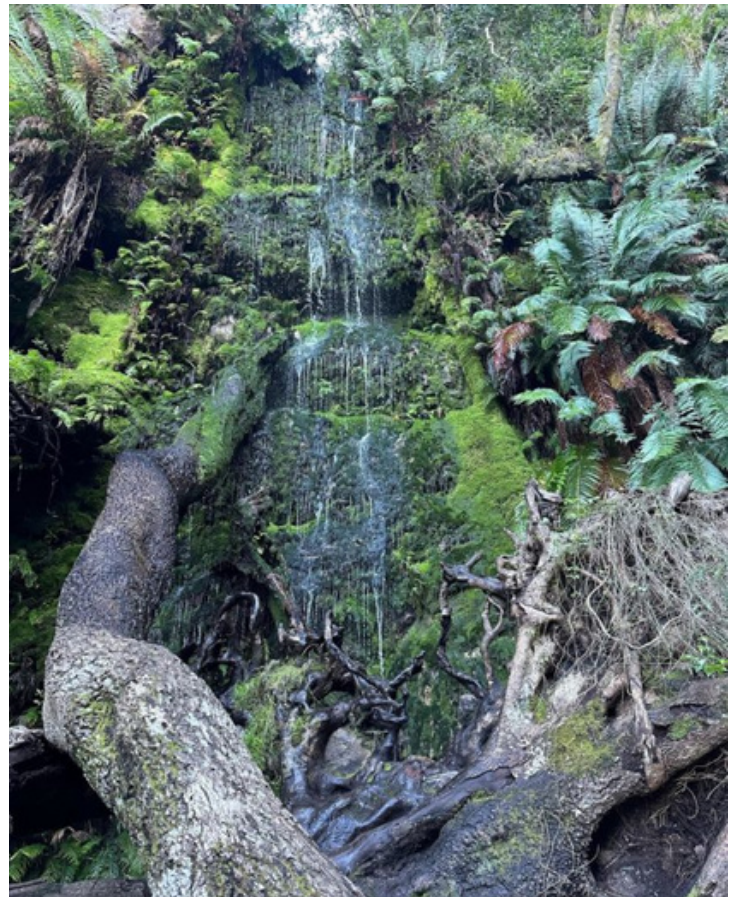
In order to generate the list and its respective rankings, Explore! evaluated hiking trails according to their:

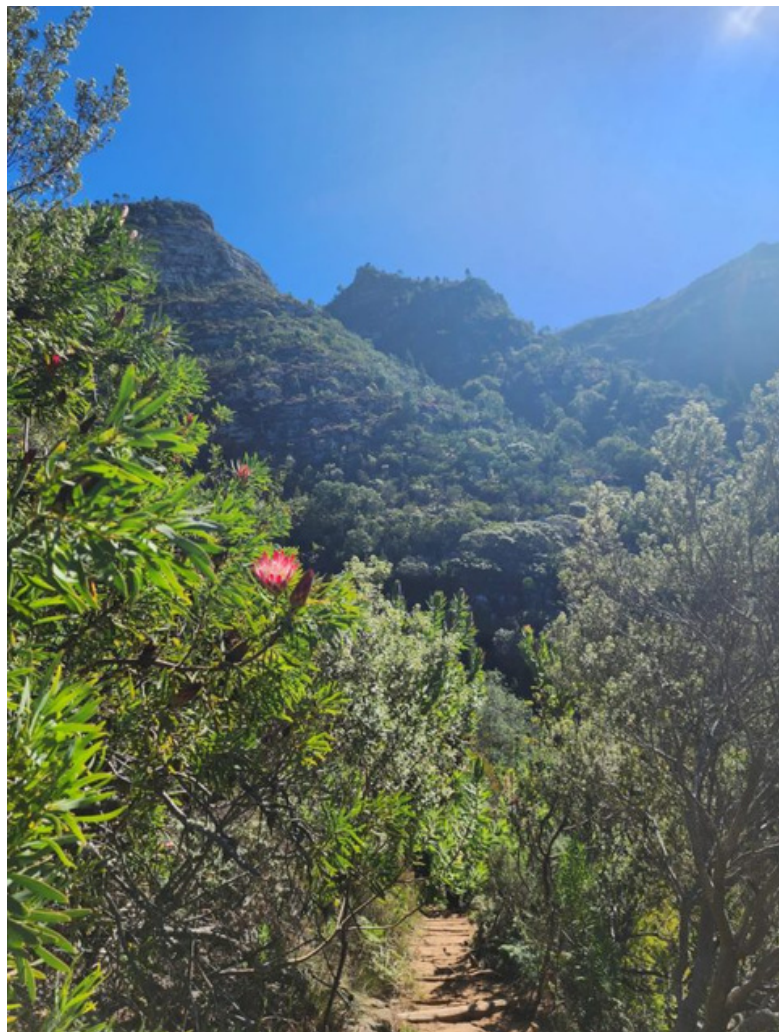
- Length (Distance)
- Elevation
- Duration
- Weather
- Instagrammability

Each hike received weighted points in each of the five categories listed above.

The more accessible and achievable the walk was for all ability levels in terms of length, elevation, and duration, the more points it received. In terms of weather, the area's average weather was compared to the ideal average temperature for walking and the hikes with the most hashtags received the most points for Instagrammability.

'Suitable for most fit and healthy travellers, all of these walks offer a satisfying and enriching challenge,' said Explore!





It added, 'Whatever kind of adventure you're looking for, at Explore, we believe in the kind of trip that leaves you with a profound sense of place – not just a souvenir or two.'

In terms of methodology, the hiking trails included in the ranking were compiled using top trail recommendations from AllTrails, Komoot and other authoritative travel blogs.

In the absence of specific locations, the nearest town, city or other landmark was used. Instagram points were assigned to locations and calculated by using Instagram's top descriptive hashtags for each location (e.g., #zionnationalpark).

Posting to social media, Table Mountain National Park has expressed its excitement that Cecilia Waterfall via Cecilia Forest has been named one of the world's top 35 hikes. It said:

The Robberg hiking trail in Plett is one of the area's most popular and well-known trails, as well as one of its most scenic. The trail is a circular route that orbits the Robberg peninsula, with two shorter variations ranging from easy to moderate.

Explore!'s '35 of the Best Hikes in the World' list:

1. Perito Moreno Glacier Trail, El Calafate, Santa Cruz, Argentina
2. Aoraki/Mount Cook Loop, Canterbury, New Zealand
3. Scenic Drive, Zion National Park, Springdale, Utah, USA
4. Continental Divide Trail From NM 547, Grants, New Mexico, USA
5. Lower Yosemite Falls Trail, Yosemite Valley, California, USA
6. Carnarvon Gorge, Carnarvon Park, Queensland, Australia
7. Colca Canyon: Cabanaconde – Llahuar, Cabanaconde, Arequipa, Peru
8. Wineglass Bay, Tasmania, Australia
9. B'nei Hamoshavim Ascent Loop from ידן ידן, Ein Gedi, Israel
10. Jaffa Port – St Peter's Church Loop from יבנה, Tel Aviv, Israel
11. World's End – Baker's Falls Loop from Ohiya, Horton Plains National Park & World's End, Sri Lanka
12. South Kaibab Trail to Ooh Aah Point, Grand Canyon, Arizona, USA
13. Okatse Canyon Loop from ბანჯუეტი, Banchueti, Georgia
14. Western Wall, Jerusalem יבנה from Loop, Jerusalem, Israel
15. Catbells Circular, Lake District, Cumbria, UK
16. Pietra Craiului Ridge Walk, Magura, Brasov County, Transylvania, Romania
17. Mirador Loop, Cotapaxi, Mejia, Cotopaxi, Ecuador
18. Path of the Gods, Bomarano, Campania, Italy
19. Balcony Trail, Madeira, Portugal
20. Offa's Dyke Trail, Chepstow, Monmouthshire to Prestatyn, Denbighshire, UK
21. Kaieteur Falls, Chenapau, Potaro-Siparuni, Guyana
22. Birtvisi Canyon Viewpoint and Ruins Hike, Tbsi, Kvemo Kartli, Georgia
23. El Tepozteco, Tepoztlan, Mexico
24. Grand Canyon Track, Blue Mountains, New South Wales, Australia
25. Shulamit-Quelle Loop ידן ידן from, Wadi David, Israel
26. Berber Villages, Atlas Mountains, Asni, Marrakesh-Tensift-El Haouz, Morocco
- 27. Robberg Peninsula, Plettenberg Bay, South Africa**
28. Montfort Castle Loop from הפצמ הליה, Upper Galilee, Israel
- 29. Cecilia Waterfall via Cecilia Forest, Table Mountain National Park, Cape Town, South Africa**
30. Inca Trail (Mollepata), Aguas Calientes, Peru
31. Huayna Potosi, La Paz, Bolivia
32. Mt Rosea Loop, The Grampians, Halls Gap, Victoria, Australia
33. Dschelada Pavian Loop from Gich, Simien National Park, Ethiopia
34. Annapurna Circuit, Besi Sahar, Nepal
35. Kilimanjaro, Lemosho Route, Arusha, Tanzania

COWBOY WISDOM



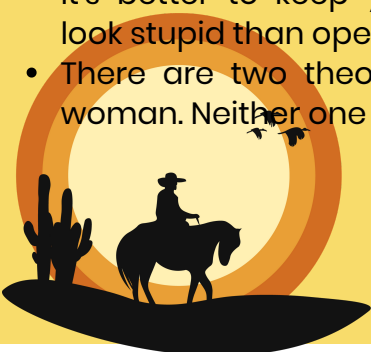
FUNNY COWBOY SAYINGS

There are more cowboy sayings than “howdy” or “yee-haw!” Ever since a man rode a horse, there has been cowboy wisdom. These witty Western sayings offer advice to greenhorns who are just starting in cowboy life. However, even if you’ve never sat in a saddle, these metaphorical expressions are great to keep in mind for your everyday life.

Advice About Talking to People

Cowboys aren’t known for being big talkers. But when they do speak, their words tend to carry a lot of weight. Whether you’re atop a horse or talking to an office coworker, these droll cowboy phrases can help you conduct yourself appropriately.

- Generally, you ain’t learnin’ nothin’ when your mouth’s a-jawin’.
- It’s better to keep your mouth shut and look stupid than open it and prove it.
- There are two theories to arguin’ with a woman. Neither one works.



Advice About Getting Into Trouble

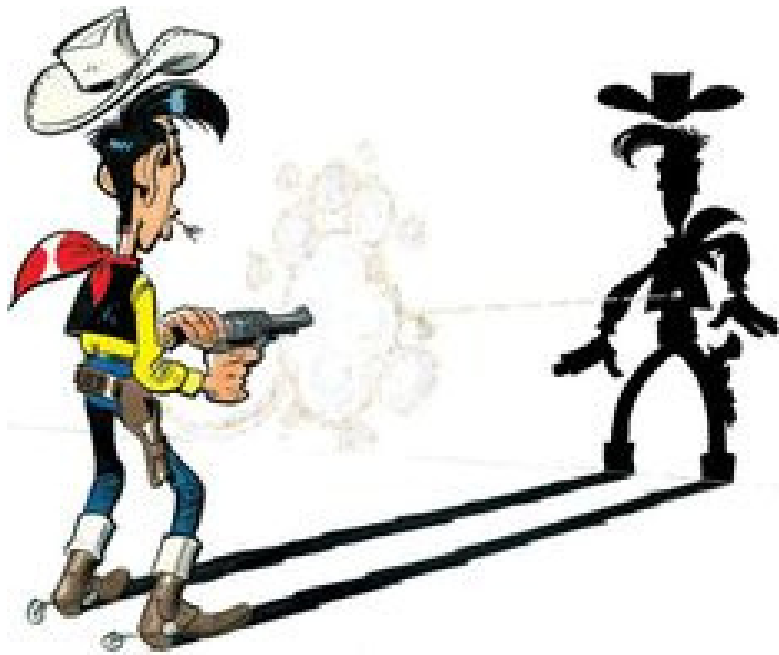
Rough-and-tumble cowboys tend to get into trouble from time to time. But getting into trouble isn’t exclusive to cowboys! Think about these comical sayings the next time you’re about to make a bad decision.

- If you find yourself in a hole, the first thing to do is stop digging.
- Just ‘cause trouble comes visitin’ doesn’t mean you have to offer it a place to sit down.
- Lettin’ the cat outta the bag is a whole lot easier than puttin’ it back.
- Nature gave us all something to fall back on, and sooner or later we all land flat on it.
- Some cowboys have too much tumbleweed in their blood to settle down.
- Sometimes you get and sometimes you get got.
- The quickest way to double your money is to fold it over and put it back into your pocket.
- The only good reason to ride a bull is to meet a nurse.
- When you’re throwin’ your weight around, be ready to have it thrown around by somebody else.
- We all got pieces of crazy in us, some bigger pieces than others.

Other Cowboy Wisdom

Sometimes you just need a cool cowboy quote to get through a tough situation. These Western sayings might be the piece of advice you didn’t even know that you needed.

- Always drink upstream from the herd.
- An onion can make people cry; but, there’s never been a vegetable that can make people laugh.
- Always take a good look at what you’re about to eat. It’s not so important to know what it is, but it’s critical to know what it was.
- Any cowboy can carry a tune. The trouble comes when he tries to unload it.
- Don’t worry about bitin’ off more’n you can chew; your mouth is probably a whole lot bigger’n you think.
- If you’re ridin’ ahead of the herd, take a look back every now and then to make sure it’s still there with ya.
- If it doesn’t seem to be worth the effort it probably isn’t.



Things a Cowboy Should Not Do

Here are some words to live by according to cowboys. Unlike the above examples, these sayings describe what cowboys should not do. Some are really good advice and all are funny cowboy sayings.

- Don't squat with your spurs on.
- Don't let your yearnings get ahead of your earnings.
- Don't dig for water under the outhouse.
- Don't go in if you don't know the way out.
- Don't mess with something that ain't bothering you.
- Never corner something meaner than you.
- Never drive black cattle in the dark.
- Never approach a bull from the front, a horse from the rear or a fool from any direction.
- Never ask how stupid someone is 'cause they'll turn around and show you.
- Never ask a barber if you need a haircut.
- Never slap a man who's chewing tobacco.

Cowboy Sayings About Horses

What would a cowboy, or cowgirl, for that matter, be without his or her horse? Is it even possible to be a cowboy without a horse? Here are some funny sayings about horses.

- I took to the life of a cowboy like a horse takes to oats.
- If you climb in the saddle, be ready for the ride.
- If you get thrown from a horse, you have to get up and get back on, unless you landed on a cactus; then you have to roll around and scream in pain.

- If you haven't fallen off a horse, then you haven't been ridin' long enough.
- The horse stopped with a jerk-- and the jerk fell off!
- There is no better place to heal a broken heart than on the back of a horse.
- There never was a horse that couldn't be rode; never was a cowboy who couldn't be thrown.
- Treat a woman like a racehorse, and she'll never be a nag.
- When in doubt, let your horse do the thinkin'.
- Speak your mind, but ride a fast horse.

Famous Cowboy Quotes

When you think of cowboys, who comes to mind? You might think of one of the many legendary characters played by John Wayne, or maybe the iconic Lone Ranger and his faithful horse Silver. Check out these quotes by famous fictional cowboys and Western writers to round out your cowboy sayings.

- "A cowboy is a man with guts and a horse." – William James, Western writer
- "Every gun makes its own tune." – Blondie, *The Good, The Bad, and the Ugly*
- "The only healthy way to live life is to learn to like all the little everyday things – like a sip of good whiskey in the evening, a soft bed, a glass of buttermilk, or a feisty gentleman like myself." – Gus McCrae, *Lonesome Dove* by Larry McMurtry
- "I won't be wronged, I won't be insulted, and I won't be laid a hand on. I don't do these things to other people, and I require the same from them." – J.B. Books, *The Shootist*
- "I'm your huckleberry." Doc Holliday, *Tombstone*
- "Shootin' from ambush is a bad habit. You may not live long enough to outgrow it." – Hopalong Cassidy, *Hopalong Cassidy: Lawless Legacy*
- "Snakes like you usually die of their own poison." – Chris Morrell, *'Neath the Arizona Skies*