



## FIT-2-HIKE

Frank Dwyer  
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We have partnered with Frank Dwyer to Host Hikes in and around our local area twice a month for Evergreen Residents.

The proposal would be to provide a twice monthly outing of between two and three hours on an easily accessible hiking trails within the Table Mountain chain. Initially the trails selected would be those with well-established and easily walked paths and jeep tracks, until the fitness and ability of the group is established. The walking time would generally be in the region of two hours, with time allowed for gathering at the start and rest stops along the way.

***We would like to invite you along for a Hiking journey Talk with Frank Dwyer:***

**Date: Thursday, 4 March 2021**

**Time: 10am**

**Venue: Lifestyle Centre**

Evergreen Lifestyle Villages will sponsor the first two walks and from the second month there will be a charge of R100.00 per Resident to join the Hikes. This will include the route planning, transport and Registered Mountain Guide.

This charge will be charged back to your levy account.

### ***Some of the routes and paths that we will look at initially:***

- Silvermine East (Gate 2): Jeep Track, past the Waterfall to the Junction Pool and return
- Silvermine West (Gate 1): The Old Wagon Track – out and back
- Noordhoek Beach – out and back
- Alphen Trail – Constantia Green Belt – out and back (or to Kirstenbosch Botanical Gardens)
- Constantia Nek: Contour Path to Kirstenbosch Botanical Garden
- Silvermine West (Gate 1): Silvermine Reservoir and surrounding jeep tracks – River Walk, once the groups walk ability is established.

### **Covid-19 Protocols**

- All participants would be required to wear a mask, covering both nose and mouth during the initial gathering and briefing period. Once the group is walking, as we are undertaking vigorous exercise, masks can be removed provided that a reasonable social distance is maintained between participants. The general hiking protocol is for masks to be easily accessible and to be raised when passing or being passed by other groups.

RSVP with Reception to book a spot at the talk being hosted at your village: