



FIT-2-HIKE

Frank Dwyer
P.O. BOX 53376
Kenilworth
7745

Evergreen Resident Hike

Date:	Wednesday 5 th May and Thursday 6 th May 2021
Cost:	R100.00 pp - will be charged back to your levy account
Time:	TBC for collection once bookings have been confirmed
Venue:	This month's walk is on the historic Ou Wapad, parallel to Ou Kaapseweg. Starting at the boom on Ou Kaapseweg, behind Noordhoek Manor, the first kilometre is a bit of a climb. The highpoint has views over Fish Hoek, False Bay and the east side of Silvermine. There are significant stands of Common Sugarbush and Bearded Sugarbush along the way and a diversity of Fynbos. The route is approximately 5 km and finishes at the main entrance to Silvermine west side.
Start Time:	08h00

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.

For the first timers, indemnity form needs to be completed and handed in ONE day before the walk for Frank to update records and have on hand. Kindly hand these to your Reception so they can email off to Bronwyn by 15h00.

The Hike will be limited to **10 Residents**, please book directly with Bronwyn on 072 359 3008 between office hours 08h00 to 17h00 to secure your spot for either the 5th or 6th for us to arrange collection.